

# St. Anthony's Senior Living

## COMMUNITY LIFE NEWSLETTER

### INSIDE THIS ISSUE:

Civic Life	2
Forever Young Choir	2
Adventures in Learning	3
Life Begins at the Library	3
Staying Fit & Trim	4
Area Services	4



### Who do I call?

#### **Executive Director**

Jeff Walters 846-0871

#### **Concierge**

Bonnie Smith 846-0870

#### **Director of Plant Operations**

Dave Smith 846-0875

#### **Community Life Director**

Jessie Ann Mehl 846-0874

#### **Marketing & Sales**

Nancy Majors 846-0872

Mark Ledom, Jr. 846-0873

## BE WELL KNOWN

Our residents come from many places. They have a story that is unique to them. We honor that individuality and work to meet each person's passions, while challenging them to grow, learn and contribute to the enrichment of others. We believe that healthy aging is based on four cornerstones: Social; Intellectual; Inspirational; and Physical.

Life at St. Anthony's is based on a partnership, with you. Instead of "doing" for you, we partner with you, to create a community that not only meets your needs, but encourages purposeful living. The Activity Calendars accompanying this newsletter are just to get us started. Future calendar's will include activities of your design and choosing. You will find many opportunities to use your talents, skills and passions. Here at St. Anthony's you will, "Be Well Known."

## Speaking of Well Known

Not only do we encourage the residents here to be well known, we like for our staff to be well known to you. From time to time we will highlight staff in this newsletter.

You've probably already talked to Bonnie Smith on the phone. She's our Lead Concierge. You may not have talked to her husband, though. Dave is our Director of Plant Operations. These two drive an hour and a half round trip from Holt, Missouri each day to work at St. Anthony's. Before coming to St. Anthony's, Dave and Bonnie worked at Oxford Grand Assisted Living in Liberty, MO. Prior to that, they both had long careers at Smithfield Farmland.

It's what these two do when they're not working, though, that you might find the most interesting. For more than ten years, they have run a homeless ministry. Every other Saturday they take a warm meal and clothing to those less fortunate. The ministry has grown and become incorporated as a non-profit. They've been able to obtain a bus which allows them to serve up to 150 people each trip. The bus makes its way through the streets of Kansas City serving those under bridges and in homeless camps. Over the years, they've gotten to know the people they serve and worry about them when they don't meet them at the bus.

Dave and Bonnie are humble people who don't seek accolades for their work. They don't actively seek donations. However, listening to their experiences, it becomes apparent that there are some things that we might be able to do to help. Dave says that hygiene products are always needed. Travel sizes of toothpaste and deodorant, facial tissues, and toothpaste. They also like goodie bags. Baked goods like brownies and cookies are always a hit. If you'd like to donate items, you can stop by the concierge desk and talk to Bonnie.

## ENGAGEMENT IN CIVIC LIFE



Don't forget to change your address for voting. You can go to [www.kceb.org](http://www.kceb.org) and download the form to complete to make this change. You can also go to the Election Board at:

3 West Pershing Rd., Suite 2800  
Kansas City, Missouri 64108  
M-F; 8 a.m. – 5 p.m.

Be aware of **deadlines**. If you mail the form, it must be postmarked by the 4<sup>th</sup> Wednesday preceding an election to vote in that election. If delivered in person, it must be received in the office of the election authority by the 4<sup>th</sup> Wednesday preceding an election to vote in that election. A Community Life staff member can also download and print off the change of address for you. As of now, your new Polling Location will be at Highland Park Rehab. This facility is just behind St. Anthony's. You will be in Ward 8, Precinct 9.

**Our state reps in Jefferson City are:** Senator Jason Holsman District 7  
Representative Ashley Bland Manlove District 26

---

## Forever Young Choir

Following the Premier of the documentary, "Young at Heart," in 2008, choirs featuring older adults began popping up around the country. These choirs, are not your grandparent's tunes. If you were born in 1940, you were a young adult of twenty-two when the Rolling Stones hit the airwaves. For that matter, at the time of the Beatles humble beginnings in 1957 you were a teenager. So, you know how to rock! If you haven't seen the documentary, let's pop some popcorn and roll footage. Bring a hankie.

These choirs' challenge societies perception of aging. It may even shatter yours! Members are led through songs by groups like the Rolling Stones, James Brown, the Pointer Sisters, Sonic Youth, the Beatles, Coldplay, the Ramones and more.

The Landon Center on Aging at KU Med started their own choir, called the, "Forever Young Choir." The format is the same as that in the documentary. Here's the best part; there are NO auditions; everyone is welcome. Is a great voice even necessary? Think about it, does Bob Dylan really have a great voice?



Choir practice is an hour every Monday, from 2:00 to 3:00. We will provide a ride there and back. There are two sessions; one in the fall and one in the spring. The spring session begins on Monday January 27. At the end of each session, a concert is held and is this is where you get to show off to those doubting kids and grandkids.

---

## **TED:** "Ideas worth spreading"

Are you by nature a curious person? Do you seek a deeper understanding of the world we live in? TED is a global community, welcoming people from every discipline, religion, culture. Their website says they, "believe passionately in the power of ideas to change attitudes, lives and, ultimately, the world.

**TED** talks are short videos. They run in length for about five to fifteen minutes. On Mondays at 1:30, we will have a discussion group following the videos. Beginning topics include, "Nature. Beauty. Gratitude," "The Mothers Who Found Forgiveness," "On Life, Ping-Pong, Happiness," "On Ritual, Aging & Meaning," and, "On Hate, Coffee, Understanding. Join others in conversation as we learn more about the world around us and what makes humans so interesting.

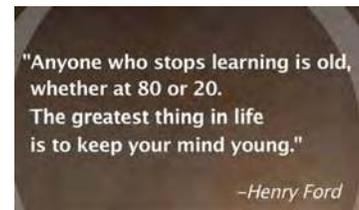
---

## Adventures in Learning



Adventures in Learning is a program of the Shepherd's Center Central at 5144 Oak St. As a sponsor of this program, St. Anthony's encourages residents to participate in the wonderful variety of classes, speakers and events that are offered.

Each 10-week session offers a wide array of topics. Classes are on Fridays from 9AM to 1PM. St. Anthony's will take you there at 8:45 and pick you up at 1:00. There is a \$20 fee to attend all ten sessions, or if you don't want to commit right away there is a \$5.00 drop-in option for those coming 1-2 day a quarter. You can take your own lunch or reserve one for \$7 by calling the Shepherd's Center at 816-444-1121. Get more info at [www.sccentral.org](http://www.sccentral.org)



## Life is Better With a Library Card

Albert Einstein said, "The only thing that you absolutely have to know, is the location of the library." My mother always told me when I was a child, that we were never poor, as long as there were libraries.

The K.C. Library System, as well as the Johnson County Library System just across the state line offers an abundance of interesting programs and events, including author events, speakers and concerts. As we learn of upcoming events, we will add them to our outing schedule.

If you're a reader, you know that trips to the library are a must, to get your book fix. We are happy to help get you there. We will take you to the Plaza Library twice a month on the first and fourth Tuesdays.

If you have difficulty walking distances or carrying books, you have the option of having your books delivered right to you. Pick up an application from the Community Life department. Complete it and we will fax it to the library for you. An account will be set up for you, and you will then be able to order your books. Books are mailed directly to you. When you're finished reading them, simply ship them back in the green bag that's provided at no charge to you. It's just that easy!

## Staying Fit and Trim

We are excited about our fitness center and the wellness classes we will offer, but that doesn't mean you can't get out and try some other things.

The Cleaver Family YMCA at 7000 Troost offers a heated swimming pool for classes in Aqua Arthritis and Water Fitness. Water is very easy on the joints and can provide relief for conditions like Arthritis, Parkinson's and Fibromyalgia. If swimming isn't your thing, you can join a game of Pickle Ball on the Basketball Courts.

Memberships are affordably priced and there is a good chance that your Medicare Advantage or Medigap plan will pay a portion, or all of the costs. YMCA staff have agreed to visit us this fall, talk about programs and help you determine if your plan offers this benefit. If not, you might want to consider it during Medicare open enrollment later this fall.

If you're wondering how to get to the "Y," wonder no more. That's why you moved here. Hop on board, and we will run you over there.

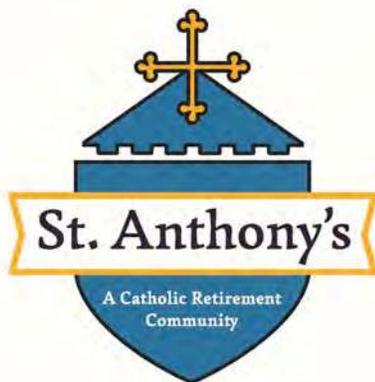
**When moving to St. Anthony's,  
don't forget to pick up a Change of Address card at the Post Office**

1000 E. 68th St.  
Kansas City, Missouri 64131

816--846-0871

[www.stanthonyskc.com](http://www.stanthonyskc.com)

**Come Stay, Play and Pray With Us**



## What Do I Do With My Stuff?

Over the next couple of months, some of you will begin the often difficult task of downsizing. It can be daunting, trying to figure out what to do with all of your "stuff." If this sounds like you, here are some tips to get you started.

Start by making a list of what you want to bring with you. This will ensure that you don't leave something behind that is useful or meaningful to you.

Go through closets and drawers and immediately get rid of anything that holds no meaning or value to you. Once you do this, you'll have a better idea of what you really want to keep.

Many of you have already toured your new apartments, but if you haven't done so, come back and take pictures of the space and write down measurements. You might not want to bring your Great Aunt Bertha's Chifforobe if it's not going to leave you room for other things.

If you have some time before you move in, and you're not completely sure if you can live without something, put it away for a while and see how well you can live without it. Once you know for sure how you feel about that object, you can dispose of it or not.

Lastly, see if someone among your family or friends would like to have something of yours. If not, consider donating to *Turnstyles*, a thrift store operated by Catholic Charities.

Organizational expert, Marie Kondo tells us, "The space in which we live should be for the person we are becoming now, not for the person we were in the past." Good Luck!

## Area Services

Moving to a new neighborhood can be confusing when you don't know where things are. Here is a list of places to get you started.

### Grocery Stores

**Aldi** 0.4 miles  
6415 Troost Ave.

**Cosentino's Price Chopper** 2.0 miles  
Brookside Shopping Area  
6327 Brookside Plaza

**Hy-Vee** 2.1 miles  
7620 State Line Rd.

**Whole Food Market** 2.1 miles  
301 E 51st St.

**Trader Joe's** 2.9 miles  
8600 Ward Parkway

### Gas Stations

**BP** 0.4 miles  
6401 Troost

**Phillips 66** 1.0 miles  
705 E. 75 St.

**Shell** 1.4 miles  
604 W. 75th St.

**Quick Trip** 1.5 miles  
344 W. 72nd St.

### Pharmacies

**Walgreens** 0.6 miles  
1100 E. 63rd St.

**CVS** 2.2 miles  
5011 Main St.

### Post Offices

7420 Troost  
119 W. Gregory Blvd.