

THE PALMER CENTER POST

Independence Parks / Recreation / Tourism

The Parks /Recreation/Tourism Department's mission for The Palmer Center is to encourage the well-being of older adults in Independence, Missouri. The Palmer Center is a 60+ community center.

Fall 2020



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COVID-19 UPDATE

Dear Friends,

When The Palmer Center closed temporarily in mid-March as a pre-caution due to COVID-19, I did not imagine that we would still be closed as we enter fall. As COVID-19 remains a concern in our area, especially for older adults and those with chronic health conditions, we will continue to follow local health officials recommendations to further delay re-opening. The current plan is for The Palmer Center to re-open when the City reaches Phase 3 of it's re-opening plan, however the situation remains fluid and plans may be modified. We are also coordinating with our Area Agency on Aging, Mid-America Regional Council, and other senior centers in the area. A summary of the current Parks/Recreation/Tourism re-opening plan can be found at:

<https://www.ci.independence.mo.us/ParksAndRec>.

The latest information about COVID-19 along with information about supports and resources can be found at the website: <https://www.ci.independence.mo.us/covid19>.

During this time that we are closed, we want to stay connected. Look for information inside about virtual programs, frozen meal deliveries, and being added to our phone call list.

We certainly miss seeing everyone, and are looking forward to the day that we are able to re-open and see everyone again in person.

Cheryl DeHaan,
Recreation Program and Facility Supervisor



FITNESS & PHYSICAL ACTIVITY

Fitness Room, SilverSneakers, and Renew Active passes may be used for working out at The Roger T. Sermon Center.

The below classes are being held at The Sermon Center:

WAKE UP WORKOUT

Wednesdays & Fridays, 10:45 a.m.-11:30 a.m. \$2

This low impact class will give you a great cardio workout!
Instructor: Michelle Pena

STRETCH & TONE

Tuesdays & Thursdays, 10:45 a.m.-11:30 a.m. \$1

Maintain & improve your current level of strength using a variety of hand held equipment. Instructor: Michelle Pena

For a list of other available classes, visit the Sermon Center website at: <http://www.ci.independence.mo.us/parksandrec/sermon>

Measures including temperature checks, social distancing requirements, face coverings, and other modifications are in place. As procedures may change, please contact each facility for specific measures currently in place.

Roger T. Sermon Center: 816-325-7370

Truman Memorial Building: 816-325-7843

The below classes are being held at the Truman Memorial Building:

WAKE UP WORKOUT

Mondays 9:00-9:45 a.m. \$2

This low impact class will give you a great cardio workout!
Instructor: Michelle Pena

SILVERSNEAKERS YOGA

Mondays, 10:00 a.m. & Wednesdays, 1:45 p.m.

\$2 for non-SilverSneakers Members

Improve joint range of movement, strength and balance - and relax! Learn safe moves and breathing exercises to reduce stress and mental anxiety. Instructor: Michelle Pena and Susan Reynolds-Berg

ZUMBA GOLD

Tuesdays, 1:30 p.m. \$2 for non-SilverSneakers Members

This combo dance/exercise class fuses hypnotic Latin and international rhythms and easy to follow moves to create a DYNAMIC workout! Instructor: Susan Reynolds-Berg

If you are at high risk of COVID-19 or are a caregiver for a high risk individual, please evaluate your participation in these events carefully. While steps are being taken to limit exposure through masks and social distancing, there is still a potential for exposure to COVID-19 and other airborne illnesses.

HEALTH & EDUCATION

VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Wednesdays, 9/16 - 10/28 from 1:00 - 3:30 p.m.

Living with a chronic condition such as diabetes, arthritis, heart disease, pain, or anxiety can be a daily challenge, but it doesn't have to be. Attend an "Intro to Online Programs" session followed by a FREE 6 week online workshop and discover how to make healthy food choices; increase physical activity and exercise safely; cope with pain and fatigue; communicate effectively with your health team; and develop an action plan to improve your health and wellbeing. Participants must use a device with a camera and microphone to participate. **Pre-registration by 9/8/2020 is required. To register, call The Palmer Center at 816-325-6200.**

This program is funded in part by an award to the Missouri Association on Area Agencies on Aging through a grant from the Prevention and Public Health Fund by the US Dept. of Health and Human Services, Administration for Community Living.

COMING SOON:

VIRTUAL WALK WITH EASE PROGRAM

Dates and Times TBA

Walk With Ease is a 6 week evidenced-based program created by the Arthritis Foundation to help people with arthritis or other related conditions reduce pain, increase balance, strength, and walking pace, and improve overall health. Visit the Parks/Recreation/Tourism Facebook page, or call the Palmer Center at 816-325-6200 to find out the dates and to register.

FUN LINKS

- ◆ Take a Class or watch a virtual event through the Mid-Continent Public Library at www.mymcpl.org
- ◆ Tour one of our Nation's National Parks at NPS.gov
- ◆ Choose from thousands of brief talks by experts in their field at TED.com/Talks
- ◆ Explore the vast collections of the Smithsonian Institute at si.edu/learn-explore

MEALS

In conjunction with Mid-America Regional Council, lunches are available for adults 60 years and older and their spouses, and for those 18-59 with a verified disability. When the center is open, hot lunches are served Monday through Friday at 11:30 a.m. While temporarily closed as a precaution due to the COVID-19 pandemic, frozen meals are being delivered to seniors who are choosing to isolate at home.

To inquire about frozen meal delivery while the Palmer Center is temporarily closed:

If you live in Independence and have eaten at the Palmer Center during the past 2 years, call The Palmer Center at 816-325-6200.

If you live outside of Independence or have not eaten at The Palmer Center recently, call Mid-America Regional Council at 816-421-4980 or United Way at 211.

The suggested donation is \$3 per meal.

Donations for meals may be mailed to:

Mid-America Regional Council
Attn: Bob Hogan
600 Broadway, Suite 200
Kansas City, MO 64105-1659

OTHER FOOD RESOURCES

Information about USDA boxed food events and other food resources can be found at indep.us/covidhelp.

TRANSPORTATION

INDEACCESS

Older adult transportation and ADA paratransit is available for qualified individuals. It is curb-to-curb transportation which operates Monday-Saturday within the city limits of Independence. Please call IndeAccess to request an application—461-IBUS (4287).



Adult Abuse and Neglect Hotline
1-800-392-0210
Make a difference. Make the call.

SUPPORT & ASSISTANCE

MID-AMERICA REGIONAL COUNCIL

For information about Mid-America Regional Council (MARC) Aging and Adult Services, call 816-421-4980. MARC is the local Area Agency on Aging.



UNITED WAY 211

United Way 211 is a free referral line that connects people with the community resources and assistance programs they need. The 211 phone line is answered 7 days a week, 24 hours a day. For assistance, visit 211kc.org or dial 211.

DISASTER DISTRESS HELPLINE

Anxious about COVID-19? The Missouri Department of Mental Health has a Disaster Distress Helpline, **1-800-985-5990** or text "TalkWithUs" to **66746**.

This is a free, confidential, and multilingual crisis support service. Callers and texters are connected to trained and caring professionals from crisis counseling centers in the network. The Helpline staff provide confidential counseling, referrals, and other needed support services.

WELLNESS CHECK PHONE CALLS

While the Palmer Center is temporarily closed, staff members are making regular phone calls to seniors in the community to check in and stay in touch. If you would like to be added to the phone call list and receive calls, contact the Palmer Center at 816-325-6200.

MEDICARE OPEN ENROLLMENT

Wednesday, 11/4 from 10 a.m. - 2 p.m.

Missouri CLAIM provides free, unbiased counseling and education to Missouri Medicare beneficiaries. CLAIM will be offering Medicare open enrollment phone appointments on Wednesday, November 4th, from 10 a.m. to 2 p.m. through its partnership with The Palmer Center. You may call the CLAIM call center at 1-800-390-3330 beginning Thursday, October 15th to make an appointment.



THE PALMER CENTER

Independence Parks / Recreation / Tourism

P.O. Box 1019

Independence, MO 64051

Return Service Requested

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CONTACT INFORMATION

THE PALMER CENTER

PHONE NUMBER: 816-325-6200

Fax #: 325-6210

Website: www.indepmo.org

Facebook: Independence Parks/
Recreation/Tourism

Mailing Address: P.O. Box 1019
Independence, MO 64051

Street Address: 218-A North Pleasant
Street, Independence, MO 64050

OUR WEBSITE

indepmo.org

Click on “Departments”

Click on “Parks and Recreation”

Click on “Palmer Center”

Staff:

Cheryl DeHaan, Recreation Program & Facility Supervisor

Lynda Kidwell, Administrative Specialist II

Rick Davis, Nutrition Site Aide

Jim Willoughby, Custodian

Center Attendants

Janna Huddleston, Anthony Jacobs, Sharon Propst,

Jamie Vaughn, Judy Zeikle

*If you have changed your address, or you no longer
wish to receive this mailing, please call 325-6200.*

Thank you!