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Northsider

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Issue 10

Burrell Creates Awareness through Collaboration

On The Agenda

MONTHLY LUNCHEON

OCTOBER 11TH
11:30 TO 1:00

TOPIC: CANDIDATE & ELECTION
FORUM

LOCATION: BOOT DADDY'S
(OZARK EMPIRE FAIRGROUNDS)

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In The Future

MONTHLY LUNCHEON

NOVEMBER 8TH
JASON GAGE
SPRINGFIELD CITY MANAGER
11:30 TO 1:00 PM

LOCATION: TBD

Communities across the nation have been impacted by the opioid crisis and the alarming increase in suicide, and according to Mandy Vela, Community Development Coordinator with Burrell Health, the key to addressing these issues locally is collaboration. In her role with Burrell she strives to foster relationships at community meetings, charitable interactions, education events and conferences, with the primary focus to bring awareness to community needs.



Mandy Vela with Burrell Health spoke to our NSBA lunch crowd about collaboration

Vela recently organized a Community Pop-up Bake Sale to raise awareness and funds for suicide awareness. According to Vela, 25% of the population struggles with a mental health challenge, and yet less than 50% get the treatment they need.

include partnering with NAMI and the Springfield Greene County Library to host a series on suicide awareness; a partnership with Boys & Girls Clubs that identifies kids who are at risk for mental health challenges in hopes of reducing barriers to an early intervention, and a partnership with SPS to address the low counseling staff to student ratio.

Vela introduced the audience to the study of Adverse Childhood Experiences, (ACEs), which she stated, "is the best predictor of poor health and the 2nd best predictor of academic failure." In Missouri, 13% of students have experienced 3 or more ACE's which makes them a third more likely to experience academic failure compared to other students.

Some of the collaborations underway

(continued on page 2)

"Just for Kicks" Serious About Giving Away Shoes

NSBA is all about championing the students in north Springfield, so when we learned about the efforts of Greenwood Laboratory School senior John Sharp to provide new shoes for kids, we just had to know more about this amazing young man. John, co-founded the non-profit organization "Just for Kicks" which has managed to purchase new shoes for each student at Robberson Community School the past three years, over 600 pairs; 220 this year alone.

Sharp said, "During my 8th and 9th grade years, I volunteered at the Boys and Girls Clubs around Springfield and saw that most of the kids did not have adequate shoes for physical activities." (continued on page 2)

NOTICE

Construction is underway at the Cox College of Nursing and NSBA is temporarily relocating to the Ozark Empire Fairgrounds. Beginning in September, our monthly luncheon meeting will be at Boot Daddy's - across from the E-Plex. Bring your appetite and we'll see you on the 11th at 11:30 a.m.

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Collaboration (cont. from pg. 1)

In regard to the epidemic of opioid abuse Burrell is part of an assembled panel of experts from across the state who address treatment options, addiction management and strategies to beat addiction. Vela stated that this on-going conversation explores how to help someone in crisis, support them in recovery, and what will it look like going forward in their lives.

- **45,000 Students in Missouri struggle with anxiety**
- **50% of all mental health issues begin by age 14**
- **16.2% of MO students considered suicide in 2015**

Burrell also collaborated with Jordan Valley Healthcare in an opioid integrated care program that partners social workers from Burrell with clinicians at Jordan Valley to create a care regimen for persons who are struggling with opioid misuse.

Vela concluded by saying that her job is to ensure that, “collaborative efforts are on-going to face these challenges in the community.”

bet·ter·ment
 /'bedərment/  NORTH SPRINGFIELD BETTERTMENT ASSOCIATION
 noun
 1. the act or process of improving something.
 "they believed that what they were doing was vital for the betterment of society"

NSBA Betterment Award recipients for September

Syd Tippie is pictured here receiving the NSBA Residential Betterment Award, for the improvements to his property in the Grant Beach Neighborhood, from board member Brent Gilstrap.



Danny Edwards from Connelly Plumbing was awarded the NSBA Commercial Betterment Award, for renovations to their property on east Division, from board member Brent Gilstrap and NSBA member Mary Reed.

Shoes (cont. from pg. 1)

Many kids were wearing flip flops, boots, or shoes that had holes in them.” Sharp started out to raise enough money for one class, but to his surprise he secured enough donations for the entire school.

Kevin Huffman, the principal at Robberson stated, “Many of my students walk to school, so having good, sturdy shoes is extremely important. This will also take one thing off the plate for my parents, many of whom are often worried about paying bills and providing for their children.”

Sharp says, “new shoes make a big difference for kids, they give confidence, pride and motivation to be active and physically fit.”

Huffman added, “There were squeals of excitement and cheers all day as the shoes were being distributed. For days following, kids run up to me and show me their new shoes. One student said he had never had a new pair of shoes before. Another went on and on about how good these felt on her feet.

Sharp is an academic and athletic standout at Greenwood, and hopes to continued this program upon completion of college where he will major in finance and computer science.

Persons interested in supporting “Just for Kicks” can make at donation at the Community Foundation of the Ozarks.

Who We Are



Beautification • Education • Recognition

Our Purpose:

To encourage and promote worthwhile and honorable endeavors which will make North Springfield a better place in which to work and live. Our intent is to be alert to our community's needs and well-versed and knowledgeable in order to take constructive action for community betterment.

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Letter from the NSBA President



The crispness of fall that we've been feeling means it's October and the holidays and New Year will be here before we know it! As we look forward to the holidays let me remind everyone we are soliciting auction items for our annual fundraiser, part of the biggest Christmas party in Springfield. Please let me or any of the NSBA Board Members know if you have a product or service you'd like to donate to this event. Money raised from this event help us with our Annual Attendance Party, purchase plaques for the Betterment Awards, planting for the north Glenstone traffic islands and so much more.

If you know someone who's interested in joining our association, encourage them to join in October and their membership is good through 2019. We've had a great run over the past few years with membership, and we'd like to continue this trend. A simple way to recruit new members is to tell prospects about all the benefits and perks that you receive for belonging to NSBA; your personal story is really the selling point, so please let the community know about NSBA!

As always, thank you for what you do to make north Springfield a great place to live, work and raise a family!

Jacquie, NSBA President

Nate's Notes



Adverse Childhood Experiences can help us to understand academic failure, but knowing how to instill resilience in children helps us understand success. The building blocks of resilience include; good role models, community bonding opportunities and friendship building. Also, a sense of fairness and equity in how children feel they are treated not only enhances childhood but could be essential to health and educational attendance.

NSBA Notes

Become an NSBA Member Today!
Membership Dues

Retired Individuals: \$20.00
Neighborhood Associations: \$20.00
Single Membership: \$65.00*
Corporate for 2 individuals: \$100.00
Corporate for 3 individuals: \$150.00

Plus 3-person Corporate Memberships will get to present a 10-minute company profile at an NSBA General Meeting

Contact any board member for more information.

***A Single Membership is one person, with or without a company affiliation, who wants to join NSBA.**

The Mission of NSBA

Our purpose is to promote and encourage worthwhile and honorable endeavors, which make north Springfield a better place to work and live. Our intent is to be alert, well versed, and knowledgeable to our community's needs in order to take constructive action for community involvement.



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Make a Difference - Join a NSBA Committee Today!

Here are the various committees you can be involved with: Attendance Party, Betterment, Fundraising, Glenstone Islands, Membership, Program and Public Communication.