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nsbanet.com

*** Notice ***

IN ACCORDANCE WITH OUR LOCAL HEALTH DEPARTMENTS ADVISORIES, NSBA WILL CONTINUE TO PRACTICE SOCIAL DISTANCING AND NOT HOST THESE EVENTS:

- MAY LUNCHEON
- ATTENDANCE PARTY

WE'VE ALSO TEMPORARILY POSTPONED OUR 50TH ANNIVERSARY CELEBRATION. WE HOPE TO ANNOUNCE A SAVE-DATE SOON FOR THE MONTH OF SEPTEMBER.

Stay Connected

INFO@NSBANET.COM
CALL: 417.319.6625



Stay Informed

Northsider

Volume 29

May 2020

Issue 5

IT'S BACK TO BUSINESS - SAFELY

Over the past six weeks we have seen our day to day turned upside down, but in the words of a REO Speedwagon song, the way through this is to "keep yourselves together, keep everybody warm, and always remember to keep riding the storm out."

Recently Mayor Ken McClure and the Greene County Commission issued separate but similar Road to Recovery plans as a guidepost for businesses and other organizations to safely reopen.

Considered "Phase I" designed to reopen the economy in a safe and measured way to the benefit of those previously referred to as non-essential businesses.

NSBA President Jacque Breedlove-Harness says, "this is a very positive



step for our local businesses. In the coming days and weeks, NSBA would encourage you to continue practicing social distance, as much as possible, as

you begin to more regularly visit such north Springfield businesses as Houlihans, Big Mommas on Commercial Street, Macadoodles, OCH, and the DoubleTree."

WE WILL SURVIVE
#COVID-19



According to a press release issued by the Springfield Greene-County Health Department, "we are still advised to adhere as much as possible to the social distancing and cleaning guidelines recommended by the Centers for Disease Control and Prevention, including, but not limited to when customers are standing in line or when individuals, including employees, are using shared indoor or outdoor spaces."

Until we can safely meet again we hope that everyone stays safe, healthy and is sensible regarding COVID-19.

For 23 years NSBA has been a proud supporter of the 13 north Springfield elementary schools and has helped foster improvements in school attendance year after year. That's why it came with such disappointment when we had to cancel our Annual Attendance Party due to COVID-19. We want everyone to know that the NSBA Board of Directors is working in cooperation the SPS to create a way to recognize those students who worked so hard to attain a 99% attendance record during this school year. Things may have changed, but one thing remains the same - our support of our students.



The NSBA Betterment Award is on hiatus during the pandemic, but will return when we resume to monthly luncheons. In the mean time, join NSBA Board Member Brent Gilstrap in the Zoom Coffee House.

NSBA Board Member Brent Gilstrap has set up the Zoom Coffee House on Wednesday morning from 8:30-10 am. These conversations are set-up to help carry us through our shared experience. Brent has posed such questions as, "what have you learned about yourself through the shutdown and what adjustments do you plan to make as a result of what you've learned? Or how do you plan to transition back to the new normal? If you'd like to join Brent and others, please find him on Facebook and he'll gladly share the Zoom link.

Stress and Coping

Amidst the stress of the current coronavirus crisis, the Missouri Coalition for Community Behavioral Healthcare is offering the application *myStrength*, a self-help resource that is private and confidential, and provides information and inspiration on multiple topics. *myStrength* offers content and resources on Coping Skills During COVID-19, stress management, depression, anxiety, substance use disorders, chronic pain, sleep disturbance issues, and more. Visit <https://www.mocoalition.org/coronavirus-covid-19> for more information.

Doctor Elizabeth Scott published these *5 Self-Care Practices for Every Area of Your Life* in an article for *verywell mind*. Read the full article at <https://bit.ly/35wKUto>

Physical Self-Care

Are you taking charge of your health?

Social Self-Care

What are you doing to nurture your relationships with friends and family?

Mental Self-Care

Are you doing proactive things to help you stay mentally healthy?

Spiritual Self-Care

What questions do you ask yourself about your life and experience?

Emotional Self-Care

Do you incorporate activities into your life that help you feel recharged?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or you feel like harming yourself or others call 911 or the Burrell Crisis Line at 800-494-7355 or text 747741 and put MHFA in the subject line.

Who We Are



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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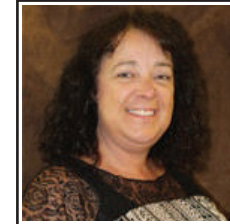
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Northsider is published monthly and intended to encourage North Springfield business owners and residents to engage in activities, which better their community. All articles should be submitted to the editor three weeks prior to the scheduled luncheon.

NORTHSIDER STAFF
STEVE MILLER, EDITOR
RICK FAY, PRODUCTION COORDINATOR

HOW TO CONTACT US
Mail to: NSBA c/o Drury University,
900 N. Benton,
Springfield, MO 65802

Email: Northsider@nsbanet.com

Letter from the NSBA President



Not only do I consider myself a community advocate of north Springfield; I also live, work and patronize businesses on a regular basis and have continued to do so, in a responsible manner, during the pandemic. And, yes I know that holds true for people all across this wonderful community we live in, but this week I am especially filled with North Side Pride in recognition of the 150th Anniversary of Frisco Railroad coming to Springfield. We've got a legacy of perseverance that has seen north Springfield prosper, and I hope you'll join me



as we begin to reopen our community and demonstrate the resilience that is our heritage when we've been faced with any number of obstacles along the way.

While NSBA is not able to be out in, and doing for, the community like we would like, we know that on the other side of where we are now, is a stronger, more vibrant north Springfield. Until then, I hope everyone stays safe and in good health at this time, and we'll see you all in the near future.

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

Jacquie Breedlove-Harness, NSBA President

Nate's Notes



DID YOU KNOW?

Some of the best ways to help young people during the pandemic is to: Share age-appropriate information; Reassure them; Address rumors; Answer questions; Set a good example by taking care of yourself, and Limit exposure to media.

NSBA Notes

Become an NSBA Member Today! Membership Dues

- Retired Individuals: \$25**
- Neighborhood Associations: \$25**
- Single Membership: \$75**
- Corporate for 2 individuals: \$125**
- Corporate for 3 individuals: \$150**

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.*



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Have you thought about serving on a NSBA Committee?

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