



## PRESS RELEASE

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101 East Kansas St. • Liberty, MO 64068 • T: 816.439.4415 • F: 816.439.4419 • W: [www.libertymissouri.gov](http://www.libertymissouri.gov)

### FOR IMMEDIATE RELEASE

DATE: June 19, 2019

CONTACT: Brigitte Thomas, Silver Center coordinator, 816.439.4368 or  
[bthomas@libertymo.gov](mailto:bthomas@libertymo.gov)

### July Events at the Liberty Silver Center

**LIBERTY Mo.** – The Liberty Silver Center’s July calendar is stacked full of fun with a wide variety of education programs, live performances, games and more for the active older adults in the Liberty community. Come for one or all of these great events:

#### **Senior Farmers Market Nutrition Program**

##### **Monday, July 1 – 9 - 11:00 a.m.**

Representatives with Missouri Senior Farmers Market Nutrition Program (MoSFMNP) will be at the Liberty Community Center Monday, July 1 from 9-11 a.m. MoSFMNP provides benefit vouchers to eligible seniors 60 and over to purchase eligible foods at a farmers market with an authorized farmer. Seniors (or their designated proxy) must meet the following qualifications and bring the supporting documentation to apply:

- **Proof of address.** Must live in the state of Missouri, in Cass, Clay, Jackson, Platte or Ray counties. The following are examples of what will be accepted: utility bill, pay check, government-issued check, bank statement, property tax receipt or housing rental contract.
- **Proof of income.** Must have a household income of less than 185% federal poverty income level. The following documents will be accepted as proof of income: paystub, income statement, W-2, tax return or other tax form.
- **Proof of age.** Individuals must be at least 60 years old and bring a state issued ID or birth certificate.

Once applications are completed and approved, eligible seniors will be given the vouchers that same day along with a list of the markets with authorized farmers they can purchase from.

**NOTE:** Only one supporting document in each category is required. Several examples of what are accepted are listed above, but you only need to bring one in each category (address, income and age).

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**Level of Care Health Fair – Your Road Map for Aging in Place**

**Monday, July 15 – 8 – 11 a.m.**

From downsizing your family home to deciding where and how you want to spend your golden years. Join us for a vendor fair showcasing all the services available as you age.

Vendors in attendance include Clay County Senior Services, Veterans Home Care, Westbrook Care Center, Norterre, Asana Hospice, Focus Healthcare Solutions and more. From home care services, senior independent or assisted living, income based senior apartments, memory care or nursing homes. Come learn about all of your options!

**Wellness Wednesday**

**Wednesday, July 17 – 10:30 a.m. – 12 p.m.**

Focus Healthcare Solutions offers free blood pressure screenings on the third Wednesday of each month in partnership with our monthly wellness forums. July's wellness presentation is all about hydration. Learn about the importance of drinking water, how much you should be drinking daily and more with Kimberly Heard.

Music and fun will start at 10:30 a.m. with the presentation to follow at 11:15 a.m.

**July Birthday Celebration**

**Friday, July 19 – 10:30 a.m.**

Let's celebrate Life! Each month the Liberty Silver Center hosts a birthday party to celebrate everyone with a birthday during that calendar month. July's party entertainment is Melissa & Company. Music begins at 10:30 a.m. Lunch will be served at 11:30 a.m. To reserve a lunch call Brigitte at 816.439.4368 by noon the day prior. If it's your birthday month please be sure to let her know because your birthday lunch is FREE!

**Chronic Pain Self-Management (CPSMP) Workshop**

**Tuesdays, August 13 – September 17 – 1 – 3:30 p.m.**

This FREE six-week evidence based workshop will teach practical skills for managing the challenges of living with chronic pain. This program, provided by the Mid-America Regional Council, is for people who have a primary or secondary diagnosis of chronic pain, including all types of non-cancer chronic pain conditions, arthritis or diabetes.

Please register in advance as this workshop will fill up quickly. The registration deadline is Tuesday, August 6. You can register in person at the Liberty Community Center welcome desk, by phone at 816.439.4360 or online at [www.libertymissouri.gov/2314/Community-Programs](http://www.libertymissouri.gov/2314/Community-Programs)

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**Annual Rummage and Bake Sale**  
**Friday, August 30 – 8 a.m. – 1 p.m.**

The Silver Center Rummage and Bake sale is always a crowd pleaser! Come in and see all the treasures and goodies. All money raised supports the Silver Center and helps provide programming and supplies throughout the year.

We will be collecting items for the sale Thursday, August 29 at 8 a.m. If you would like to donate items for the sale, please call Brigitte at 816.439.4368. Any items that aren't sold are donated to Hillcrest Hope Thrift Store in Liberty.

All of the events at the Liberty Silver Center are **FREE** unless otherwise noted. If you would like to join us for lunch any day, Monday- Friday, reserve your meal by calling Brigitte at 816.439.4368 by noon the day prior. A donation of \$2 is accepted for lunch. To learn more about the Liberty Silver Center, drop by and visit or go online to [www.libertymissouri.gov/SilverCenter](http://www.libertymissouri.gov/SilverCenter) where we have a full calendar of all the events, classes, day trips and more coming up July – September 2019.

The Liberty Silver Center is located inside the Liberty Community Center at 1600 S. Withers Road.

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