



City Administrator's Report

May 12, 2022

110 Smithville, LLC Plan Submission

The development group for the downtown project at the former Spelman Hospital has submitted a draft Tax Increment Financing Plan to city special economic development counsel Gilmore & Bell. Following their review of the draft submission, it was forwarded to staff for initial review and comment. The comments from review have been compiled and forwarded to counsel for the developer to inform the next steps in the process.

The statutorily outlined process for review of economic development plans outlines public hearing processes and notification of other taxing jurisdictions. This process is approximately three months from start to finish. As staff, attorneys and the developer continue discussion on the draft plan, updates will be provided to the Board as to the proscribed process and where we currently are within that process.

Smithville Commons TIF Five Year Public Hearing

State statute requires periodic reporting on the status of approved economic development plans. Annually, status reports are filed with the state Department of Revenue. The Smithville Commons TIF was approved in 2017. Statute requires a public hearing be held every five years. The initial five-year hearing is scheduled for the Board of Aldermen Meeting on June 7. The attached Notice of Public Hearing has been provided to the Courier Tribune for publication on May 12, 19, 26 and June 2.

ARPA Tourism Grant

The City is partnering with the Smithville Main Street District to apply for grant funds through the Clay County ARPA Tourism Marketing Matching Grant. Applications are due May 15. The maximum grant amount available is \$25,000, requiring a 50% match. The program goals are to increase traveler spending and economic benefit for Clay County, Missouri through effective marketing and promotion, leverage funds to maximize marketing impact, and support industry collaboration and align industry marketing efforts to enhance Clay County's competitiveness in the tourism market. The grant submitted to the program is for consulting services to create a Smithville Wayfinding and Signage Design Guide. The primary objective of obtaining a wayfinding and sign design guide is to create a cohesive plan for signage in the downtown Smithville area. Using the guide, signage will be created to promote a sense of place and celebrate

what is unique about Smithville. The wayfinding signage created from the guidelines will better promote the Smithville brand and to enhance the experience of residents and visitors alike. It is also a planning tool to be used as funding becomes available for improvements to existing and future signage. Once fully implemented, the guide will raise the sense of arrival, increase aesthetics, and simplify vehicular and pedestrian movement throughout downtown and Smithville as a whole.

Employee Wellness Newsletter

Attached is this month's employee wellness newsletter.

Public Works Week Lunch

In recognition of Public Works and Public Safety weeks, the Public Works Department is hosting a picnic for all employees at Heritage Park on Thursday, May 19 from 11:30 a.m. to 1:00 p.m.

Board Retreat

A reminder that the Board of Aldermen/Staff Retreat is planned for Wednesday, May 25. The meeting will begin at 8:30 at the Northwest campus location at 6889 North Oak Trafficway in Gladstone. Access to the building is from the parking lot off 68th Street. The campus location on the fourth-floor room 424B.

Spring Bulky Item Pick-up

Spring Bulky Item Pick-Up has been scheduled for the week of June 6-10. Residents may discard up to five bulky items with their scheduled trash pick-up day.

**CITY OF SMITHVILLE, MISSOURI
NOTICE OF PUBLIC HEARING**

Before the Board of Aldermen of the City of Smithville, Missouri

June 7, 2022

7:00 p.m.

In accordance with Section 99.865 of the Missouri Revised Statutes, the Board of Aldermen of the City of Smithville, Missouri, will hold a public hearing in Smithville City Hall Council Chambers 107 West Main Street, Smithville, Missouri 64089, at 7:00 p.m., Tuesday, June 7, 2022, or as soon thereafter as possible, to determine if the following tax increment financing plan and the redevelopment project associated with such plan is making satisfactory progress under the proposed time schedules contained within the approved plan for completion of the projects:

- Smithville Commons TIF Plan

Linda Drummond, City Clerk
City of Smithville, Missouri

Published on:

May 12, 2022

May 19, 2022

May 26, 2022

June 2, 2022

Wellness Program

CITY OF SMITHVILLE



May 2022 Newsletter



Introduction

In January 2022, the City created a new Employee Wellness Committee to develop a program and challenges for staff.

As part of the program, you will start to see quarterly Newsletters that provide educational materials and healthy tips. The information included in this newsletter is for informational purposes only and does not intend to substitute professional medical advice.

Stay tuned for details about the first Wellness Challenge during the month of June!

If you have any ideas for future newsletter topics or wellness challenges please use this [survey link](#). All ideas are greatly appreciated!



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Get Involved!

We are still looking for additional committee members from each department.

If you would like to join the committee please contact [Anna Mitchell](#).

Biometric Screening Results

In March, the Wellness committee organized a **Biometric Screening Event** at City Hall where 25 employees participated. The wellness committee will use these results to develop future newsletters and educational sessions.

Biometric Assessment Results:

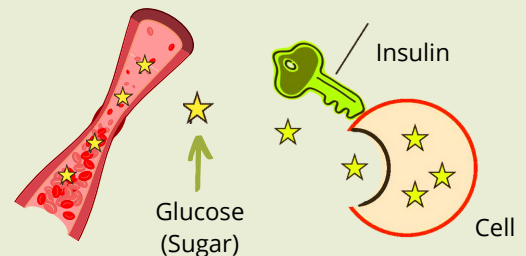
61% of employees: Elevated Risk of Diabetes
42% of employees: Elevated BMI
35% of employees: Elevated Blood Pressure
20% of employees: High Cholesterol



Diabetes 101

Diabetes is a condition in which blood glucose is too high. Diabetes can be classified in two types: Type 1 & 2.

In **type 1 diabetes**, the body does not produce insulin. When a cell needs energy, insulin acts as a key to unlock a cell. This opens the cell so sugar can enter and be used for energy. This condition can be managed with **insulin therapy** and a healthy lifestyle (exercise and proper diet).



Type 2 diabetes is the most common. The body produces insulin but is not used efficiently. Some people can control their blood sugar levels with **healthy eating and exercise**, other may need medication or insulin to help manage it. **The good news is that this condition can be prevented!! About 9 in 10 cases in the U.S. can be avoided by making lifestyle changes.**

HOW TO PREVENT?



HEALTHY &
BALANCED EATING



APPROPRIATE BODY
WEIGHT



MODERATE PHYSICAL
EXERCISE

What if I already have diabetes?

Guidelines for prevention are also appropriate if you have a diabetes diagnosis. (If you are taking insulin medication, you may need more or less carbohydrate at a meal. **For specific guidance refer to your diabetes care team).**

Tune up your diet

- ✓ Choose whole grains over refined grains or other highly processed carbohydrates.
- ✓ Skip sugary drinks.
- ✓ Choose healthy fats.
- ✓ Limit red meat and avoid processed meat. Choose nuts, beans, or fish instead.
- ! Don't smoke. It increases (in 50%) your chances to develop diabetes.

Source: American Diabetes Association, 2022 ([Diabetes Symptoms, Causes, & Treatment](#) | [ADA](#)).

Medical Advice Disclaimer

The information included in this newsletter is for informational purposes only and does not intend to substitute professional medical advice.

Resources Included With City Insurance



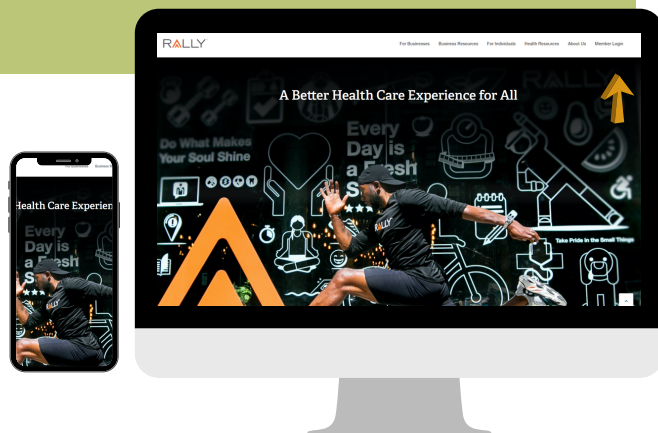
United Healthcare's RALLY Program

Download the free RALLY app OR visit Rally rewards website

<https://accounts.werally.com/login>



Create an account with your email.



Physical Activity Reward:

Check in on the app 12 days per month to confirm you worked out (workouts could be house chores/yard work, playing with kids, etc).

Each month you check in at least 12 times you will receive \$20 direct deposited into your account.



Rally Rewards:

- Complete other wellness tasks to earn points. Tasks include biometric screenings, weight loss challenges, cessation programs, etc.
- Lots of free wellness programs & challenges to participate in.
- Use points to enter into raffles or receive discounts on wellness items.

United Healthcare Fitness Perks:

Discounted subscriptions to Peloton and Apple Fitness.



RALLY

Questions? Please contact <https://www.rallyhealth.com/contact-us>

How To Stay Healthy At Work

- Stand up when you can.
- Eat elsewhere (not at your desk).
- Clean your snack shelf.
- Set a walking meeting.
- Bring lunch from home, rather than eating out.
- Set a timer for a stretch break.

To see the full article visit:
<https://content.werally.com/article/178577>



Easy, Fast, Healthy Food Options

Skinny Taco Salad



Ingredients

Flour tortillas
Spices (Salt, pepper, chili powder, cumin, garlic)
Ground Turkey
Romain Lettuce
Black Beans
Corn & tomatoes
Avocado
Cilantro + green onions
Cheddar cheese
Greek yogurt + salsa
Optional: Paprika, onion powder, hot sauce

10 Snack ideas



- Nuts and seeds (Loaded with good fats!)
- Fresh fruit and vegetables
- Greek yogurt (Try adding fruits & nuts)
- Low fat cottage cheese (You can also add fruit)
- String Cheese
- Hard boiled eggs (Excellent source of lean protein)
- Air popped and lightly seasoned Popcorn (It's a whole grain! Who knew?!)
- Rice cakes and whole grain crackers
- Fruit and veggie smoothie
- Whole grain crackers with canned tuna or salmon

Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During the month of May, there is a national movement to raise awareness about mental health and help reduce the stigma. Mental health is an incredibly important part of your overall health.

- ✓ Engage in meditation and/or mindfulness.
- ✓ Avoid heavy substance use.
- ✓ Get help from a licensed mental health professional when and if you need it.
- ✓ Practice self-care and make yourself a priority.
- ✓ Disconnect from electronics and social media.
- ✓ Engage in activities that provide meaning.
- ✓ Volunteer.



Source: [National Alliance on Mental Illness, 2022](#)



Feel-Good Workouts Anyone Can Do

Working out can help you feel better in so many ways. It can boost your energy and mood, improve sleep, and make you feel stronger and healthier. And yes, along with a healthy diet, exercise can help with weight loss. A high-intensity workout can help burn fat in minutes, but even lower intensity workouts pack major mojo. One study looked at how well different types of exercises promote weight loss, and you might be surprised how easy some are. **Time to get moving!**

Got 15 Minutes?

Try this [HIIT Workout](#) ⚡



Try this [Beginners Workout](#) ⚡

