



## **First Half August 2025 eNewsletter • July 31, 2025**

- **3<sup>rd</sup> Year for 4-Session Frontline Leader Development Training**
  - **A Smashing Beginning to Autumn: Team Charity Event at Chicken N Pickle**
  - **How to know about every place to Eat, Drink & Play in North Kansas City**
  - **NKC Health workshop survey**
  - **Friday in the Park August 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>**
  - **North Kansas City Business Council Events**
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### **3<sup>rd</sup> Year for Frontline Leader Development Training**

Any type of business that has potential or new Frontline Leaders can benefit from the 4-part training series offered by Missouri Enterprise and the North Kansas City Business Council this Fall.

The Frontline Leader Development workshop is training designed to develop workers into leaders. Leadership is a continual journey. Each session builds on the previous session. Four 4-hour sessions on Thursdays, 10 a.m. to 2 p.m., at the conveniently located SEi training room at 1225 Swift. Thank you to Security Equipment, Inc. (SEi) for donating this space.

- Sep 11: Foundation of Communication, helping leaders recognize the role of emotional intelligence, engaging the 'head' and the 'heart' to build and retain your work force
- Oct 9: Coaching in the moment to be able to approach most any situation
- Nov 13: Resolve Conflict in a way to minimize potential damage
- Dec 11: Setting Goals and Reviewing Results with SMART goals for a positive outcome for you and your employees.

North Kansas City Business Council member rate: \$265 per person/session, \$1,060 total (\$120 discount)

Non-member rate: \$295 per person/session, \$1,180 total





Go to this link for more information and/or to register and pay: [Frontline Leadership Development 9/11 • 10/9 • 11/13 • 12/11 - Sep 11, 2025](#) Contact Doug Schmitz at [816-705-7373](tel:816-705-7373) or [dschmitz@missourienterprise.org](mailto:dschmitz@missourienterprise.org) if you have questions.

## A Smashing Beginning to Autumn: Team Charity Event at Chicken N Pickle


Smash, Serve, and Celebrate at Our Fall Team-Building Bash at Chicken N Pickle! Tuesday, September 9, 3:00–6:00 p.m.

Looking for a fresh way to build stronger teams and spark some friendly competition? Join the North Kansas City Business Council for an afternoon of high-energy games, great food, and community connection at Chicken N Pickle!

This action-packed event features:

-  Team-building games like pickleball, Paddle Smash, cornhole, and Jenga
-  Tasty bites and optional drink tickets
-  Raffles, prizes, and giveaways
-  Casual networking in a relaxed, social setting

Whether you're rallying coworkers or coming solo, you'll leave with laughs, connections, and maybe even bragging rights.

 Space is limited to 80 players—stay tuned for details on team set-up, pricing, and more! Put it on your calendar now.

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## How to know about every place to eat, drink and play in NKC

The attachment to this enewsletter will show you every place in North Kansas City to eat, drink or play. Please feel free to download and print. Share with everyone you know to support our local businesses.

- Unique Eateries
- Breweries, Distilleries and Bars
- Bakeries
- Unique Retailers
- Event Spaces and Catering
- Restaurant Chains and Fast Food
- Entertainment
- Exercise and Fitness
- Hotels and Apartments

Note: After the Destinations & Attractions trifold was printed we learned that Big Rip Brewery has closed because the head brewer is moving out of state. The brewery at 2016 E 9<sup>th</sup> Avenue will re-open sometime in the future after a bit of makeover with new management and a new name.

## **NKC Health workshop survey**

An amazing variety of health and healthy living education options is available from NKC Health (formerly known as North Kansas City Hospital). The North Kansas City Business Council plans to partner with NKC Health to offer some of these as sponsored events.

Would you please take a few minutes to identify 3 or 4 of the many options shown below that you think would have the most value for you and your business team or family and then send an email message to [richard@nkcbusinesscouncil.com](mailto:richard@nkcbusinesscouncil.com) so we can select a few to offer?

### **HEALTH EDUCATION**

- MENTAL HEALTH FIRST AID
- HERB OR HAZARD: NAVIGATING THE COMPLEX CHEMISTRY OF CANNABIS AND PRESCRIPTION MEDICATIONS
- SAVE A LIFE FROM AN OVERDOSE
- SLEEP IS A SUPERPOWER
- SCIENCE OF HAPPINESS
- HOW TO STUBBORNLY REFUSE TO MAKE YOURSELF MISERABLE
- TOUGH TALKS: HOW TO LEAD BRAVE CONVERSATIONS
- HIGH BLOOD PRESSURE: THE SILENT KILLER
- HER HEART MATTERS: WOMEN AND HEART DISEASE
- TOUGH CONVERSATIONS: HOW TO LEAD TOUGH CONVERSATIONS
- KNOW THE FACTS, STOP A STROKE IN IT'S TRACKS
- FALL PREVENTION
- ALL THE RIGHT MOVES FOR CARDIAC HEALTH AND LONGEVITY
- PAIN PERCEPTIONS

### **THE AMAZING BRAIN**

- MUSIC: IT'S A TOTAL BRAIN WORKOUT
- LONG HAUL COVID AND THE BRAIN
- THE AGING BRAIN – WHAT IS NORMAL AND WHAT IS NOT
- THE IMPACTS OF STRESS ON THE BRAIN
- EFFECTIVE COMMUNICATION WITH YOUR DOCTOR
- EMPOWER THE FUTURE – DPOA AND LIVING WILLS
- HEART RX
- IMMUNE AND THRIVING – ALL YOU NEED TO KNOW ABOUT VACCINATIONS
- FEMME FIT – WOMEN AND EXERCISE
- SUPPLEMENTS 101

### **HEALTH SCREENINGS**

- KNOW YOUR NUMBERS: FASTING LIPID, BLOOD SUGAR AND BLOOD PRESSURE SCREENINGS
- KNOW YOUR NUMBERS: Hemoglobin A1C
- GRIP STRENGTH ASSESSMENT

- BODY COMPOSITION ASSESSMENT
- DERMA SCAN ASSESSMENT

## **CERTIFICATIONS**

- QUESTION, PERSUADE, AND REFER (QPR)
- FIRST AID, CPR and AED
- STOP THE BLEED
- SAFE SITTER

## **NUTRITION**

- HEALTHY HABITS FOR PRE-DIABETES
- BUSTING FOOD MYTHS
- NUTRITION AS WE AGE
- EAT THE MEDITERRANEAN WAY
- COOKING FOR WEIGHT LOSS
- UNLOCKING THE GLUTEN PUZZLE
- HEART HEALTHY EATING ON THE GO

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## **Friday in the Park – August 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>**

**The Turpine Tyme Ragsters** will bring Ragtime and Dixieland music to Friday in the Park on Friday, August 1 at North Kansas City's Festival Pavilion in Macken Park from 11:30 AM to 1:00 PM. All concerts are free and open to the public, and every event features a drawing for prizes donated by local businesses. There is plenty of parking, playgrounds, restrooms and the park is completely handicap accessible. Sponsored by the City of North Kansas City.

**Melissa and Company** will bring Country music to Friday in the Park at North Kansas City's Festival Pavilion August 8 in Macken Park from 11:30 AM to 1:00 PM.

**PenderBlast Red-E-Mix** will bring a variety of music to Friday in the Park at North Kansas City's Festival Pavilion August 15. in Macken Park from 11:30 AM to 1:00 PM.

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## **North Kansas City Business Council Events**

- **First Friday Coffee – Friday, August 1** at North Kansas City High School beginning at 7:45 a.m. and ending at 9:00 a.m.
- **Monthly Membership Luncheon, Thursday, August 28** at Diamond Conference Center, 1875 Diamond Parkway (next to Aloft Hotel), featuring U.S. Congressman Emanuel Cleaver who represents North Kansas City. Beginning at 11:30 a.m. Register and pay at this

link: [2025 August Luncheon sponsored by MegaKC: Congressman Emanuel Cleaver II - Aug 28, 2025](#)

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**Note:** Only North Kansas City Business Council member businesses will be featured in these enewsletters, although the distribution goes to ALL businesses to get more attention for the featured businesses. Whenever any member business is mentioned, I will also include the website address of that business so readers can inquire further about your business if they are interested.

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Rich

Richard P Groves  
Executive Director  
405 E 19<sup>th</sup> Ave  
North Kansas City, MO 64116  
[www.nkcbusinesscouncil.com](http://www.nkcbusinesscouncil.com)