



Senator Barbara Anne Washington's Legislative Column for Nov. 27, 2024

Thankful and Blessed

Jackson County neighbors, I am so thankful and blessed to call our community home and represent you in the Missouri Senate. Kansas City has had another fantastic year in sports and set a new precedent for women's professional soccer. Infrastructure projects are underway across the region. We have hosted massive events and welcomed visitors from all over the world. Lately, local churches and nonprofits have been preparing to serve Thanksgiving spreads to those who may be alone or go without otherwise. It's hard not to swell with gratitude and pride when I reflect on these achievements, both large and small.

I hope your Thanksgiving is filled with appreciation and blessings as you gather with family and friends, celebrate traditions and indulge on carbs like my favorites, sweet potatoes and mac and cheese. Please be mindful of the less fortunate and grateful for all you have.

Pre-Filing Begins on Dec. 2

Next week, I'll be returning to Jefferson City to pre-file bills for the 2025 legislative session. My focus will remain on needed criminal justice reforms, protecting women and other vulnerable populations and securing funding for our community. If you haven't participated in the legislative process before, resolve to get involved in the New Year. Bookmark my [webpage](#) to monitor my legislation, offer your expertise on proposals, testify at [hearings](#) or schedule an appointment to visit me in my Capitol office.

Please share the following information and community event flyers with your contacts.

LIHEAP Application and Support Session is Next Week

Attention residents of Jackson, Clay and Platte counties. On Wednesday, Dec. 4, the Ivanhoe Neighborhood Council will be hosting a Low Income Home Energy Assistance Program (LIHEAP) Application and Support Session at its Center at 3700 Woodland Ave., from 9 a.m. - 4 p.m. Local

utility companies will be on-site to answer questions. The event is free and open to the public, but registration is required. Visit incthrives.org or call 816-253-8952 for more information.



BASKETBALL CLINIC

& KCPD CAREER FAIR

**SATURDAY
NOV 30 9a-12p**

**8AM FREE CLINIC
REGISTRATION:
OPEN TO ALL MIDDLE AND
HIGH SCHOOLERS**

**9701 MARION PARK DRIVE
KANSAS CITY MO 64137**



Police

KC/MO

YOU ARE INVITED TO

CRAM-A-CRUISER

Holiday Toy Drive

TUESDAY, DECEMBER 3RD

4-6 PM

1310 CARONDELET DR KCMO 64114

- Come enjoy Snacks, cocoa and crafts with Santa Claus and His helpers!
- All Donations will benefit Center School District and Hickman Mills School District.

Brought to you By:

UMB BANK **with THE Roasterie**
AIR ROASTED COFFEE

KC POLICE PD

HRSA
Office of Intergovernmental and External Affairs

Federal Grants 101 Workshop

December 4, 2024
9:00 am - 4:00 pm C.T.

Bethel Neighborhood Center
14 S. 7th St
Kansas City, KS 66101

Topics at a Glance

- Grant Application Process
- HRSA Funding Opportunities
- Tips and Tricks
- Technical Assistance and Resources

The Health Resources and Services Administration (HRSA), Office of Intergovernmental and External Affairs- Region 7, invites you to a Grants 101 Workshop in Kansas City, Kansas.

To register for this **free** event, click the link or scan the QR Code:
<https://forms.office.com/g/K9f5Bfumyj>

We also invite you to join us for the maternal health and health workforce meetings on December 5th.

Maternal Health:
<https://forms.office.com/g/wADPW7Ns9G>

Health Workforce:
<https://forms.office.com/g/rZaAZ1XcAD>

YOU MUST REGISTER TO ATTEND AS SPACE IS LIMITED. FOR MORE INFORMATION, CONTACT KEALY HOULAHAN AT KHOUHLAHD@HRSA.GOV

Deadline to submit application:
December 31, 2024

Senior Property Tax Application Assistance

For assistance with filling out the Senior Property Tax application, please come by the Ivanhoe Neighborhood Center. Legal Aid will be available to help two days out of the week. Copies of the application will be available as well.

3700 Woodland Ave,
Kansas City, MO
64109 on
Tuesdays and Thursdays between 8:30AM- 4:30PM

SENIOR FITNESS

CHAIR FITNESS	WATER FITNESS
Chair Fitness is a low intensity fitness class designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for both seated exercises and standing support. The class will incorporate light weights, bands and can be modified depending on fitness level. This class is good for anyone with mobility issues or injuries. All ages are welcome.	Water Aerobics is designed to build and increase muscle strength, cardio endurance, flexibility and toning. The class is held in waist-deep water or deeper and rarely includes swimming. Many of the exercises in a water aerobics class are similar to a normal aerobics class, but because water is so buoyant, moves can be completed with less impact on the joints.
Monday/ Wednesday 9 a.m.	Tuesday/ Thursday 10 a.m.

Southeast Community Center
4201 E. 63rd Street, KCMO

Ages: 50+
Drop-in Fee: \$5 Adult, \$3 Senior or FREE with Membership

For more information, call 816-513-0632
kcparks.org

The KCMO Parks and Recreation Department facilities and programs are available to people of all abilities. If accommodations or modifications are needed to participate, please contact Taryn Anderson at 816-513-7624.

Holidazzle 2024

A Children's Holiday Festival

*Come Enjoy Family Breakfast,
Live Entertainment, Photos with Santa and a
Toy Give-Away!*

Saturday, December 14th
10:30 a.m. - 2 p.m.

Bruce R. Watkins
Cultural Heritage Center
3700 Martin Luther King, Jr. Blvd, KCMO 64130

This is a **FREE** event for families
with children ages infant to 14 years.

RSVP by December 10th at 816.513.0700

brucewatkinscenter.com
kcparks.org





COLLEGE SCHOLARSHIPS & TUITION-FREE JOB TRAINING

College Scholarships Available:

- 9th Grade: College Savings Match up to \$1,400
- 11th Grade: Traditional College Scholarship up to \$50,000
- Age 18+: Adult Learner College Scholarship up to \$50,000

Tuition-Free Job Trainings Available in:

- Healthcare
- Information Technology
- Manufacturing
- Construction
- Logistics/Warehousing
- Service Careers

Get started on your future TODAY!



Scan here for a digital version of this flyer

GreatJobsKC.org

What is Great Jobs KC

Great Jobs KC is a Kansas City nonprofit that provides college scholarships and tuition-free job training to income eligible adults (17+) within the KC metro area. Through our Employer Partnership team we are providing access to employment for all of our Scholars upon completion of their programs.



It is an honor representing the great people of Jackson County's 9th Senatorial District. If you need assistance navigating state government or understanding the legislative process, please contact me by calling 573-751-3158 or emailing Barbara.Washington@senate.mo.gov. My team is here for you!