



WHAT'S UP AT THE CREEK?

The Community Newsletter of Southcreek Office Park

Happy Anniversary!

The Park is celebrating the following anniversaries this month. We thank each of you for choosing Southcreek Office Park and look forward to providing many years of quality leasing services and property management to you and your staff...

Here's our **April** Anniversary Crew!

DDI Realty Services, Inc. (4/93)

Acrisure, LLC (4/20)

Avant Law Group (4/20)

Employee Benefit Consultants (4/22)

Finishing Accents, LLC (4/20)

Gowan Company (4/07)

Hitachi Energy USA, Inc. (4/15)

JS Held, LLC (4/19)

Kinley Exploration, LLC (4/09)

Pathway Medical Billing, LLC (4/19)

Sewalson Milazzo Financial Consulting (4/22)

Unified Life Insurance Company (4/95)

Wells Fargo Clearing Services, Inc. (4/00)



FOOD TRUCKS!

Where: Southcreek Office Park

When: Wednesdays 10:30-1:30

Starting: May 1, 2024

Ending: November 13, 2024

More information attached..

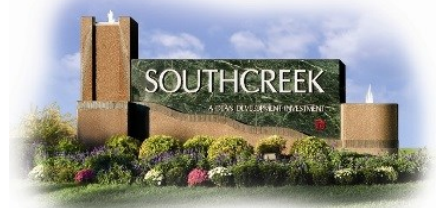
APRIL
—STRESS—
AWARENESS
—MONTH

Kegs 'n' Eggs

on April 6th at the Renaissance Festival Grounds. Largest egg hunt for adults 21 and over with \$50,000 in prizes! Shopping, contests, live music, food trucks, etc., will be there.

Scan the attached QR code for \$5 off your ticket to this fun event.

Anyone who purchases their ticket online before 5pm on April 5th will receive a free ticket to the 2024 KC Renaissance Festival in their swag bag!



Join Us in Welcoming:

We are honored to have the following tenant join us in Southcreek Office Park!

Cetera Financial Group, Inc. (5/24)



Safety Zones...

In case of severe weather, the safest location within your building will always be on the ground floor at the center of the building (such as the common hallway, low end of stairwells or the restrooms).

Stay away from all glass such as windows and doors. Do not leave the building to seek shelter in other areas of Southcreek Office Park.

If you are in your vehicle arriving to or departing from your office, exit your vehicle immediately and seek shelter within a building on the first floor, or in a low-lying ravine or ditch. Avoid seeking shelter under bridges. For additional information, check out the following websites:

www.weather.com

www.spc.noaa.gov/faq/tornado/safetv.html

April Fool's Day!

Did you know that Marshall and Vincent Dean purposely began their business venture together—Southcreek Office Park—on April 1st?

This year they are celebrating **31** years in business.
Happy Anniversary!

Check Out This Month's Specials...

Please review the special offers extended to readers of this newsletter from the following companies:

Kegs 'n' Eggs

Silver Dollar City

TFL

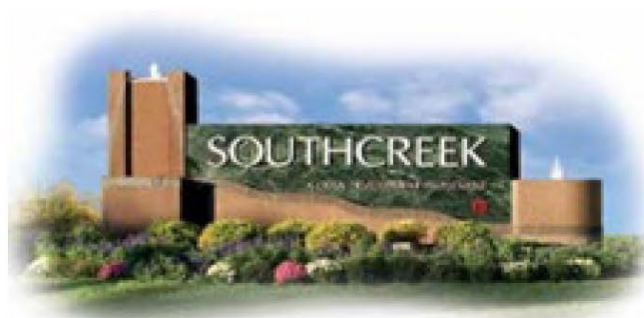
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www.SouthcreekOfficePark.com

SOUTHCREEK FOOD TRUCK SCHEDULE 2024

2024	7301 W 129th St (Bldg IVa)	7200 W 132nd St (Bldg XIIA)
<i>Hours each Wednesday: 10:30a-1:30p</i>		
May-01	Tina's Truck	
May-08		Taste of Brazil
May-15	The Melt	
May-22		Cowboy Coffee Post
May-29	Krazy Crepes	
Jun-05		ChickHoovenSwine BBQ
Jun-12	Taste of Kansas City	
Jun-19		The Melt
Jun-26	Coco Loco Grill	
Jul-03		Irvzilla's Hawaiin Grill
Jul-10	Eat Schmidt Food Truck	
Jul-17		Taste of Kansas City
Jul-24	Coco Loco Grill	
Jul-31		Krazy Crepes
Aug-07	Estrella Azul	
Aug-14		Chilliakillers
Aug-21	ChickHoovenSwine BBQ	
Aug-28		The Melt
Sep-04	Taste of Kansas City	
Sep-11		Tina's Truck
Sep-18	Irvzilla's Hawaiian Grill	
Sep-25		Krazy Crepes
Oct-02	Tina's Truck	
Oct-09		Taste of Kansas City
Oct-16	Krazy Crepes	
Oct-23		Irvzilla's Hawaiin Grill
Oct-30	Cowboy Coffee Post	
Nov-06		Chilliakillers
Nov-13	The Melt	





TICKETS FOR LESS



SLIDE INTO SAVINGS

Use code **SOUTHCREEK** to get \$25 off your next order

TICKETSFORLESS.COM

SPORTS

CONCERTS

THEATER

GET YOUR KANSAS CITY ROYALS TICKETS AND MORE TODAY!

OFFER ONLY VALID ON QUALIFYING ORDERS OF \$100 OR MORE. LIMIT ONE USE PER CUSTOMER.



SCAN FOR
\$5 OFF
DISCOUNT



APRIL 6 2024

Unlimited Beverage
Tasting, Cash Prizes,
Egg Hunt, Shopping,
& Contests

FOOD TRUCKS
LIVE MUSIC

REGISTRATION
Begins At 9am

PRE-PARTY WITH DJ
11am to 1pm

EGG HUNT &
BEVERAGE TASTING
1pm to 6pm

RAIN
OR SHINE

Kansas City
Renaissance Festival

633 N 130TH ST. BONNER SPRINGS, KS 66012

FREE Parking Brought To You By:



DRINK RESPONSIBLY



@KansasCityRenFest



@kcrenfest

The Kansas City Renaissance Festival has a fantastic one-day event coming up on April 6th called Kegs 'n' Eggs. It's the largest egg hunt for adults 21 and over with \$50,000 in prizes and unlimited beverage tasting of beer, wine, spirits and mocktails. As if that weren't enough of an EGG-citing time there is also shopping, contests, live music and food trucks and a pre-party to round out the fun.

As added bonus everyone will be receiving a pair of special eclipse glasses in their swag bag so they can enjoy the eclipse on April 8th. AND anyone who purchases their ticket online before 5pm on April 5th will receive a free ticket to the 2024 Kansas City Renaissance Festival in their swag bag at check-in the day of the event.

Please scan the attached flyer got a \$5 off discount!



SAVE UP TO 15% OFF TICKETS

Only available at silverdollarcity.com/save

Use Promo Code: **22579**





I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



National Institute
of Mental Health

NIH Publication No. 20-MH-8125

www.nimh.nih.gov

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