



## WHAT'S UP AT THE CREEK?

The Community Newsletter of Southcreek Office Park



**Please Join Us in Welcoming:** the newest community members who have recently arrived or will be arriving within the next couple of months. We are honored to have them join us here in Southcreek Office Park!

**Moss Adams LLC (10/13)**

**Vulcraft Sales Corporation (12/13)**

## 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 **September** Anniversary Crew!

**Law Offices of Daniel P. Hanson (9/97)**

**OCLC Online Computer Library, Inc. (9/01)**

**America's Mortgage Banc, Inc. (9/05)**

**Willis of Greater Kansas, Inc. (9/09)**

**Seck & Associates (9/10)**

**S & M Engineering, P.A. (9/11)**

**IHI, Inc. (9/12)**

**Purcell International (9/12)**

**The Pack America Corp. (9/12)**

**Hear Ye, Hear Ye:** Tickets to the Renaissance Festival will be available at the Southcreek management office by mid-August! Also, this year we are also offering special internet savings if you can't make it to our office. We are delighted to offer these services to our tenants again this year!



**Tickets: Adults = \$14.50; Children = \$8.50 [5-12 years old]**

Gate Prices: Adults = \$19.95; Child = \$10.95

**DDI Internet Corporate Code = DDI2013**

**DDI Internet prices: Adults = \$17.25; Children = \$10.15**

For more information or to purchase DDI Internet Tickets, please see the attached flyer and visit [www.kcrenfest.com](http://www.kcrenfest.com) for times and dates of operation.

**You are invited to participate in the 2013 Flu Shot Program!** The Management Team at Dean Development Incorporated would like to extend this service to our community members, with **Healthy Solutions Incorporated** once again providing flu shots for us this year.



The dates for this year's event: **October 2nd & October 3rd** – Cost: \$21.00 per flu shot. Pneumonia shots are \$80.00 – call Terri Murphy to make sure nurses will have them available.

**Employer coupons:** Employers who would like to pay for their employee's flu shots can **contact Terri Murphy, RN, BSN, MBA at Healthy Solutions Incorporated, 913-345-2223 or [tmurphy@healthysolutionsinc.com](mailto:tmurphy@healthysolutionsinc.com), to set up an account** and to get coupons for your employees to utilize at the clinics. **Healthy Solutions Incorporated** will then invoice you after the clinics are completed.

For more detailed information regarding this year's flu shot, please review the attached flyers to this newsletter provided by Healthy Solutions, Inc. Here's to staying healthy this year!

### Wednesday, October 2nd

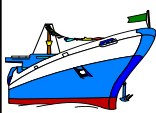
**8am – 11am  
Building V  
12980 Metcalf  
Lobby Area**

**Noon – 4pm  
Building XV  
13200 Metcalf  
Lobby Area**

### Thursday, October 3rd

**8am – 11am  
Building XV  
13200 Metcalf  
Lobby Area**

**Noon – 4pm  
Building V  
12980 Metcalf  
Lobby Area**

**'On Board' at Southcreek:**

Please contact our Property Manager at (913) 685-4100 for more details or to place an item or service onto the board. Although Southcreek Office Park does not recommend, endorse, or warrant any services or products attached to this newsletter, we are pleased to provide this forum for our tenants. You can contact us either by telephone (913) 685-4100; fax us at (913) 685-1232, or send an email to us at [ddirealty@ddirealty.com](mailto:ddirealty@ddirealty.com).

**Enjoy the Walking Trail this Fall ...**

Take advantage of this great season. As the temperatures are slowly lowering, there is no better time to explore the walking trail around the lake!



Put on those walking shoes, take in the changing scenery—go ahead, treat yourself! It's just what the doctor ordered.

**FYI: Three times around the lake equals one mile!**

**September Calendar:**

Childhood Obesity Awareness Month  
Leukemia & Lymphoma Awareness Month  
National Cholesterol Education Month  
National Ovarian Cancer Awareness Month  
National Yoga Month  
Prostate Cancer Awareness Month

9/02/13 = Labor Day  
9/04/13 = Rosh Hashanah  
9/08/13 = National Grandparents' Day  
9/11/13 = Patriot Day  
9/13/13 = Yom Kippur  
9/17/13 = Constitution & Citizenship Day  
9/20/13 = National POW/MIA Recognition Day  
9/22/13 = 1st Day of Autumn

**If You Know...**

Anyone interested in office space? Please have them contact Elaine Sight or Kathy Woodward, SIOR of DDI Commercial, Inc. You may also visit us online at [www.ddicommercial.com](http://www.ddicommercial.com). Our offices are located at:

7200 West 132<sup>nd</sup> Street, Suite 300

Overland Park, KS 66213

Telephone (913)-685-4100—Fax (913) 685-1232

E-Mail [ddicommercial@ddirealty.com](mailto:ddicommercial@ddirealty.com)

Don't forget to check out the official website for Southcreek Office Park for information about the property, or to view and/or download the latest newsletter!

[www.southcreekofficepark.com](http://www.southcreekofficepark.com)

**Advertiser's Specials...**

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

Frank Ancona Honda

913.782.3636

Grant's Cause 5K

[www.grantscause.com](http://www.grantscause.com)

Healthy Solutions

[www.healthysolutionsinc.com](http://www.healthysolutionsinc.com)

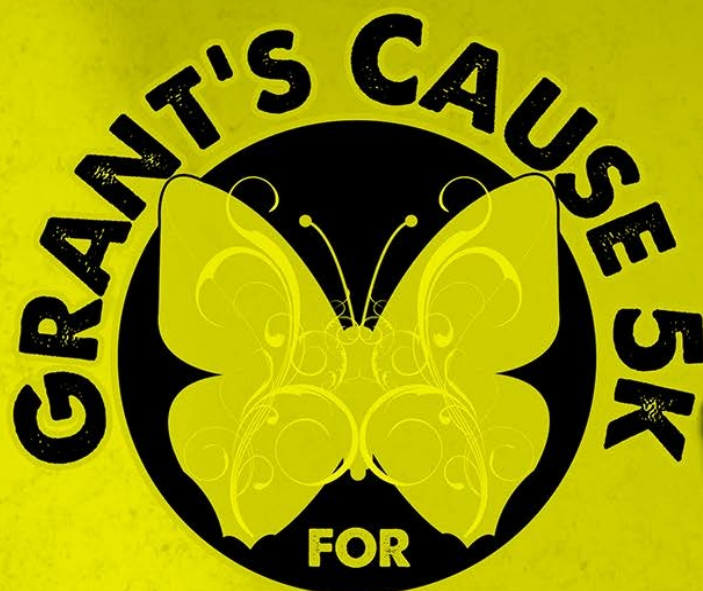
Pie Five Pizza Co.

[www.piefivepizza.com](http://www.piefivepizza.com)

**Festivals & Events Around The Area in September...**

08/30/13—09/01/13	= Kansas City Irish Fest	— <a href="http://www.kcirlishfest.com">www.kcirlishfest.com</a>
08/30/13—09/02/13	= Santa-Cali-Gon Days	— <a href="http://www.santacaligon.com">www.santacaligon.com</a>
08/31/13—10/14/13	= KC Renaissance Festival (weekends)	— <a href="http://www.kcrenfest.com">www.kcrenfest.com</a>
09/03/13—09/08/13	= 33rd Annual Art Westport	— <a href="http://www.artwestport.net">www.artwestport.net</a>
09/05/13—09/07/13	= Johnson County Old Settlers	— <a href="http://www.johnsoncountylvdsettlers.org">www.johnsoncountylvdsettlers.org</a>
09/06/13—09/15/13	= Kansas State Fair	— <a href="http://www.kansasstatefair.com">www.kansasstatefair.com</a>
09/07/13—09/08/13	= Kansas City Chalk & Walk Festival	— <a href="http://www.kcchalkandwalk.org">www.kcchalkandwalk.org</a>
09/13/13—09/15/13	= Blue Springs Fall Fun Festival	— <a href="http://www.bluespringsfallfestival.com">www.bluespringsfallfestival.com</a>
09/14/13—09/18/13	= Jesse James Festival	— <a href="http://www.jessejamesfestival.com">www.jessejamesfestival.com</a>
09/20/13—09/22/13	= 81st Plaza Art Fair	— <a href="http://www.countrvclubplaza.com">www.countrvclubplaza.com</a>
09/28/13	= American Royal Parade	— <a href="http://www.americanroyal.com">www.americanroyal.com</a>





## **SPINA BIFIDA**

**ALL PROCEEDS BENEFIT GILLESPIE FAMILY**

**SATURDAY SEPT 21ST 9AM  
5K RUN OR WALK,  
STARTING AT JOEL DEAN HITT PARK**

**FAMILY FRIENDLY RACE • STROLLERS WELCOME  
MUSIC AND EMCEE PROVIDED BY KCRADIO.COM  
PARK OPEN FOR KID PLAY • BOUNCE HOUSE  
T-SHIRTS FOR REGISTERED PARTICIPANTS AND VOLUNTEERS  
SNACKS AND DRINKS PROVIDED AFTER**

**813 ALLENDALE LAKE RD  
GREENWOOD, MO**

**PARTICIPANTS \$20 • FREE FOR CHILDREN 12 AND UNDER  
DONATIONS ACCEPTED • EVENT IS RAIN OR SHINE**

**GRANTS CAUSE.COM** 

### **SPONSORS**



**kcradio.com**  
Kansas City's Favorite Music 1

**CM Century Marketing, Inc.**  
design • print • apparel • signage • web

**<http://www.grantscause.com/>**



**SOUTHCREEK** OFFICE  
PARK

Sponsored by Healthy Solutions, Inc.

Note to Self:  
Get a flu vaccine  
to protect me,  
my family, and  
my co-workers!

**Wednesday, October 2<sup>nd</sup>**

Building V...9:00 am – 11:00 am

Building XV...12:00 pm – 4:00 pm

**Thursday, October 3<sup>rd</sup>**

Building XV...9:00 am – 11:00 am

Building V...12:00 pm – 4:00 pm

## **INSURANCE PLANS ACCEPTED**

Current insurance card required at time of service

Aetna  
Blue Cross Blue Shield  
Cigna  
Coventry of Kansas  
Humana  
United Healthcare

Advantra  
Care Improvement Plus  
Humana Medicare Health Plan  
Medicare Part B  
Sterling  
Today's Options / Pyramid  
United Healthcare Medicare Solutions

**For those without accepted insurance...Flu shot \$21 cash or check at time of service.**

*Pneumonia shots are also available. Inquire at the clinic.*

### **AT YOUR OFFICE or COUPONS**

Contact Terri Murphy at 913-345-2223 or e-mail [tmurphy@healthysolutionsinc.com](mailto:tmurphy@healthysolutionsinc.com) if you would like to schedule a flu clinic at your office or to provide company paid coupons for your employees to use at the flu shot clinics.

**[www.healthysolutionsinc.com](http://www.healthysolutionsinc.com)**

## **2013 Seasonal Flu Shot:**

Flu is a serious contagious disease that can lead to hospitalization and even death. The CDC has determined that the flu leads to 200,000 hospitalizations and 36,000 deaths a year. In 2009–2010, a new and very different flu virus (called 2009 H1N1) spread worldwide causing the first flu pandemic in more than 40 years. Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1N1 virus to spread this upcoming season along with other seasonal flu viruses. The CDC asks folks to “Take 3 Actions To Fight The Flu”. According to the *Mayo Clinic*, “The vaccine’s effectiveness is usually strongest during the first 6 months after receiving a flu shot. After that, the strength of the protection it provides begins to diminish.” The CDC urges you to take the following actions to protect yourself and others from influenza (the flu):



**HS HEALTHY SOLUTIONS**  
INCORPORATED  
Planning Today for a Healthy Tomorrow  
**913-345-2223**

### **1. Take time to get a flu vaccine.**

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common. The 2013-2014 vaccine will protect against an H3N2 virus, a new influenza B virus and the 2009 H1N1.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2013-2014 season vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

### **2. Take everyday preventive actions to stop the spread of germs.**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.



### **3. Take flu antiviral drugs if your doctor prescribes them.**

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

[www.cdc.gov/flu](http://www.cdc.gov/flu)

[www.flu.gov](http://www.flu.gov)



Ancona Business Advantage



Free oil change for tenants of Southcreek Office Park when a vehicle is purchased and this ad is brought at time of test drive.

#### **Southcreek Office Park**

#### **Concierge Sales Process**

- ◆ A personalized consultation to pinpoint your needs in a new or pre-owned vehicle.
- ◆ The vehicle that interests you can be brought to you at work or home for a test drive.
- ◆ Your trade-in vehicle can be appraised when the test drive occurs.
- ◆ An online credit application can be completed at your home.
- ◆ You only need to visit the dealership to finalize your purchase.

Contact our

**Ancona Business Advantage**  
specialists for an appointment.

913-782-3636

**Karen Judt**

816-255-7273

[Karenj.frankanconahonda@gs.reyrey.com](mailto:Karenj.frankanconahonda@gs.reyrey.com)

# Grand Opening Southcreek Special



**pie five**  
PIZZA CO.

FRESH, PERSONAL PIZZA IN 5 MINUTES OR LESS

Shoppes at Deer Creek Woods  
13366 Metcalf Avenue  
913-897-7435 (PIE5)

▶ [PIEFIVEPIZZA.COM](http://PIEFIVEPIZZA.COM)

enjoy a **\$5 pie**

Bring this coupon in to receive your  
custom, personal pie.

Offer valid until 10/31/13. Must present coupon to redeem offer. Coupon authorizes you to receive one (1) regular price \$6.79 pizza for \$5. Not valid with bundles or any other discounts. Add \$2 for Gluten Free crust. Drink and tax not included. One coupon per customer. Dine in only. **COUPON CODE SC5PIE**

◀  
**FARMERS  
MARKET  
PIE**

▶ **15% off**

**When you order 10 or more pies.**  
**For catering please call 913-568-7675**

