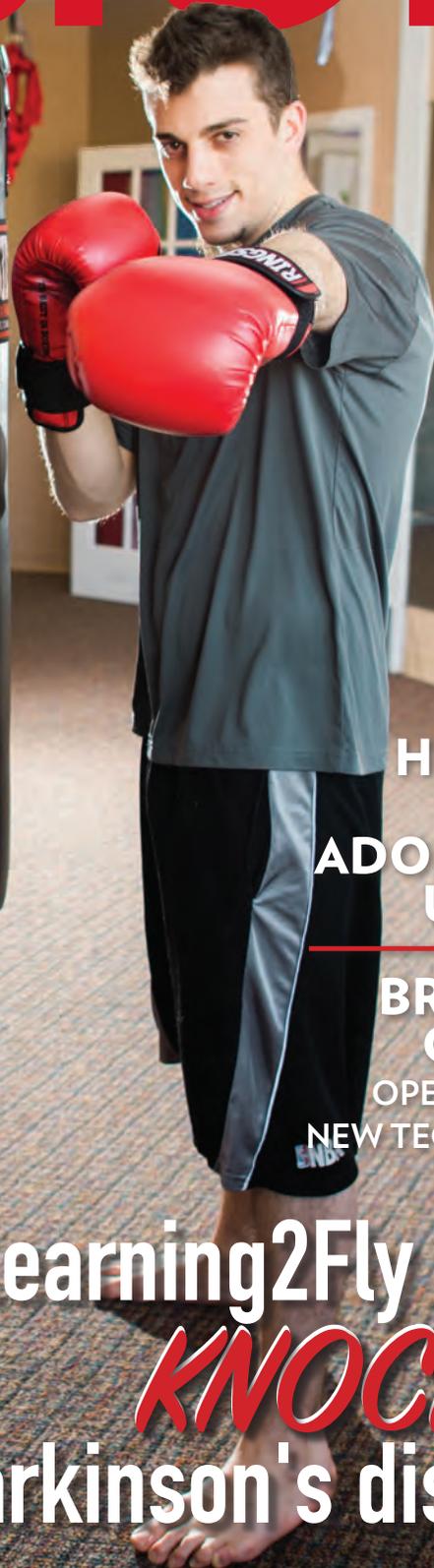


Mission

Your Hometown

February / March 2018



HOLIDAY
FAMILY
ADOPTIONS
UPDATE

BRILL EYE
CENTER
OPENS EYES TO
NEW TECHNOLOGY

Learning2Fly helps
KNOCK out
Parkinson's disease



2018 New Year's Resolution No.3: Purge!

According to Webster, purge means to clear yourself of unwanted things. So, I am here to help you!

Christmas wrapping: Do you know how many pieces of paper, gift bags and ribbon it takes to wrap presents for over 200 individuals? A lot! It's February, so you've probably stored your Christmas giftwrap away for the year, but next time you come across it, consider donating some, or ALL, of it to our 2018 Holiday Adoption program.

Boxes: Small boxes, large boxes, shoeboxes, tiny boxes — we can use them all. Gather those boxes and gift-wrap and drop them off at the Sylvester Powell, Jr. Community Center.

Regifting: What do you do with that vase Aunt Mable gave you that just isn't your taste? Or maybe you got three of the exact same wedding gifts. If this is you, think about donating those items (new, please), and we would be happy to help you re-gift it! Among all of our families, I am certain we will be able to find just the right home for it!

Bicycles: Yes, we are still collecting bicycles! The City of Mission is sponsoring a Bike-A-Thon at The Bar on Thursday, April 7 — giving you the opportunity to "donate a bike, take a bike," while making a donation to our Bike Fund, which enables us to purchase new bikes for our youth at Christmas!

Adopt a child; buy them a coat: Did you know that many kids right here in our local schools go without coats, hats and gloves every day?

The holidays may be over, but there should not be any child in our community who doesn't have a coat! So, if you would like to contribute, Kathy Lockard at the Community Center will be happy to take your donation, and one of our Family Adoption Committee members will be more than happy to take the family shopping.

Yarn! Each year, we have two ladies who love to knit. One provides our families with scarves and the other with knit hats. We would like to provide them with free yarn — so, again, you may drop your yarn off at the Community Center.

Books: I am sure you probably have a lot of books you have read and re-read and would love to donate so your Mission neighbors can enjoy them. Did you know you may take them to the Community Center where you can donate books? Or you may donate a book and take a book — enhancing your own literary experience.

Does your home feel lighter? Even though the holidays are over, spring cleaning is just around the corner, and we will accept your kind donations throughout the year. And I am certain that, like me, you do not want to see a child going to school without a coat, hat or gloves. As you "purge," think of our Family Adoption Program and all our residents you are helping. That's such a great way to start a new year! Thank you so much!

Suzie Gibbs
Chair
Mission Magazine Committee

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On the cover:

SUMYA AND HER SON MATTHEW ANANI IN THE BOXING ROOM OF THEIR BUSINESS, LEARNING2FLY, WHERE THEY TEACH A CLASS FOR PEOPLE WHO HAVE BEEN DIAGNOSED WITH PARKINSON'S DISEASE.

Mission

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PUBLISHERS.....	Steve Rose David Small
EXECUTIVE EDITOR.....	Barbara Bayer
EDITOR.....	Kris Baker
ADVERTISING EXECUTIVE.....	Angie Riffel
PRODUCTION DIRECTOR.....	Mike Bennett
GRAPHIC DESIGNER.....	Megan Seymour
PHOTOGRAPHY.....	Cathy Donovan Sarah Reeves
EDITORIAL BOARD.....	Stoney Bogan Cathy Casey Suzie Gibbs Mary Horvatin Kathy Lockard Bill McCrea Mark Raduziner



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4210 Shawnee Mission Parkway, Suite 314A
Fairway, KS 66205
Phone: 913-951-8425 | sgibbs@missionks.org

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If you have a story idea, contact Suzie Gibbs at 913-671-8564 or sgibbs@missionks.org.

PUNCHING PARKINSON'S

Learning2Fly offers classes comprised of boxing, meditation and more for people with parkinson's disease

By Kris Baker | Photos by Sarah Reeves

Nadine Clapp throws a punch at Matthew Anani, then shuffles her feet and throws an uppercut. She throws a couple more jabs; Nadine, 67, is participating in an intense boxing workout. She has been coming to this class for about two years after hearing about it on Facebook. When she started attending, she learned the class includes workouts in a number of disciplines — including boxing, yoga, aerial aerobics, Pilates, calisthenics and meditation. Nadine had always enjoyed an active lifestyle and had practiced yoga before; however, there was a specific reason she wanted to come to this class.

Nadine has been diagnosed with Parkinson's disease, and this class, Body and Brain Fitness – Boxing for Parkinson's Disease, is specifically designed to help people with this affliction. The class, held at Learning2Fly in Mission, has been a great benefit to Nadine as she deals with her diagnosis.

"It keeps me strong," Nadine commented on the class. "It's good to get out and get moving, and this class does that and keeps me sharp."

The fitness class for Parkinson's patients is the creation of Sumya Anani and her son, Matthew. Sumya is the owner of Learning2Fly, 4711 Lamar Ave. She competed as a professional boxer from 1996 to 2006, during which time she was a four-time world boxing champion. After her career in the ring ended, Sumya decided she wanted to step into the arena of teaching and began her training to become a fitness instructor.

"I wanted to take what I had learned through my years of training and share that with others," Sumya said. "I had such a great teacher and I know how much a person like that can inspire people."



Sumya and Matthew Anani of Learning2Fly. Matthew is a two-time Kansas City Golden Gloves champion and won the Ringside World's Amateur tournament. Sumya is a four-time world boxing champion and inductee into the Boxing Hall of Fame.

After finishing up with boxing, Sumya, a Kansas City native, attended an aerial fitness class in Colorado. Inspired by this new kind of exercise and all the fun people had with it, she wanted to bring this growing movement to her hometown. All Sumya needed was a place to hold her classes; fortunately, one location stood out immediately.

HOME IN THE HEARTLAND

The white geodesic dome stands above Lamar Avenue, the sunlight twinkling off its triangle-shaped windows. Inside, people are flying through the air, swinging on silk ropes. This dome is the home of Learning2Fly, a unique business in a distinctive building, where Sumya teaches aerial fitness classes. Students get a good workout and have fun climbing, hanging and swinging from silks tethered to the ceiling high above. During a full class this Mission business resembles a small Cirque du Soleil performance.

"I love this building," Sumya said. "You look at it from the outside and you want to see what it's like inside."

The domed building is interesting inside and out. On the ground floor is a large, open room where the aerial aerobics classes are held; Learning2Fly also hosts K-12 field trips, aerial fitness parties, and youth camps when kids are out of school. Go up a few flights of stairs where you will reach the top of the dome. The room looks like one you might see in a "Rocky" movie; those triangle-shaped windows let the sun in, shining off the mirrored walls and illuminating the heavy boxing bags.

This room is where the Parkinson's classes are held. Sumya started the classes two years ago after reading an article titled "The Incredible Shrinking Disease." The article discussed how people with Parkinson's become hesitant to go out in the world because of their embarrassment about their physical limitations. This article also mentioned how beneficial exercise, in particular boxing training, can be to people with Parkinson's. A lightbulb went off in Sumya's head.

"Here was a way I could put all my boxing training to use," Sumya explained. "I read there are 40,000 people with Parkinson's in Kansas City; this seemed like my way to help some of those people."

Sumya recruited her son, Matthew, who is a two-time

Nadine Clapp hits the heavy bag during a class at Learning2Fly. Nadine comes every Wednesday to this class for people with Parkinson's.

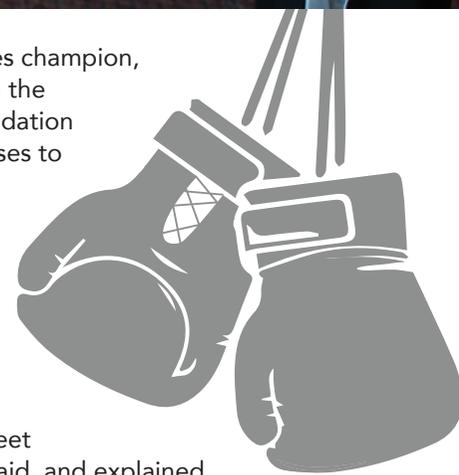


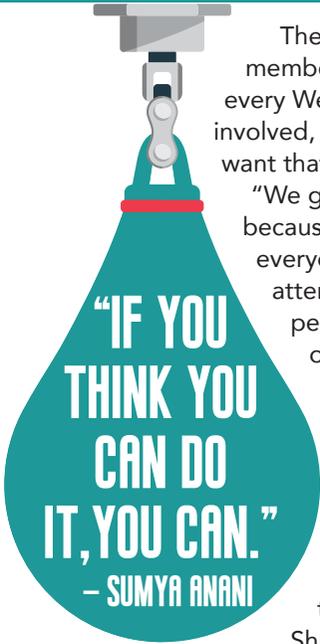
Kansas City Golden Gloves champion, to help. The two met with the National Parkinson's Foundation and attended special classes to become certified to teach Parkinson's patients. With the Foundation's help and through trial and error, they designed the class that Matthew now teaches.

"We do a full-body workout; we start at the feet and work up," Matthew said, and explained that the Parkinson's class begins with foot stretches. "We work out the face muscles; working out every muscle is so important."

After the feet and more stretching, there is a light workout that leads up to the boxing.

"Boxing training is particularly beneficial because you have to use your mind and your body — both get a workout," Sumya offered. "It takes hand-eye coordination. You have to be thinking about what punch to throw, when to move your feet. During normal aerobics, when people are on the treadmill, their mind wanders (and) they are not present. Here you must be present, and that helps people with Parkinson's because it keeps that connection between body and mind during the workout."





The class averages three to five members and meets at 10:45 a.m. every Wednesday. Though boxing is involved, Sumya and Matthew don't want that to intimidate anyone.

"We go at your own pace, and because the classes are small, everyone gets personalized attention. We tailor it for each person," Matthew said. "And no one is actually getting punched, except maybe me."

Sumya said she has seen mobility improve for her regular class goers. Many have told her that getting out and being able to move better has gone a long way to fighting their "Incredible Shrinking Disease."

"People take on a whole new identity when they are diagnosed," Sumya revealed. "People tell me the class has them feeling like themselves again."

On the Learning2Fly website, www.iamlearning2fly.com, there is an expression Sumya believes speaks to this kind of positive affirmation.

"When they examined the bumblebee, they found that it should not be able to fly," Sumya said. "Its wings are not big enough to support its body. But the bee doesn't know that, so because he thinks he can fly, he can. People need to try and be more like that. If you think you can do it, you can. Believe that something can happen, and it will. It's the power of positive thinking."



BODY AND

BRAIN FITNESS –

BOXING FOR PARKINSON'S DISEASE

Learning2Fly is offering a revolutionary new mind/body fitness program designed for anyone who has Parkinson's disease. This program introduces 10 key elements to support and help management of the disease.

1 - FOOT FITNESS

Keeping the feet limber can improve balance and help avoid trips and falls. Foam rollers are used to work on mobility and stimulate the many nerve endings in the feet.

2 - FLEXIBILITY

Chair yoga improves breathing, which can reduce anxiety. Regular stretching is vital to relieve tension and increase range of motion. Aerial silks will be used to traction the spine safely.

3 - BOXING

Boxing has been shown to be beneficial for patients who are trying to beat Parkinson's.

4 - STRENGTH TRAINING

Stronger muscles improve walking skills and make general daily activities easier. The focus is on big muscle groups and core strength, which promotes ease of movement.

5 - FACIAL YOGA

Facial yoga can counteract rigidity of the face and loss of control over facial muscles. This may improve control of facial expressions such as blinking or smiling.

6 - MEDITATION

Each class includes a singing meditation that is recommended by the Alzheimer's Research and Prevention Foundation. This can increase voice volume and speech clarity.

7 - ART THERAPY

At the end of the fitness portion of class, the class works with beads, colors, draws or paints. This activates fine motor movements, teaches focus and boosts self-esteem.

8 - AROMATHERAPY

Oils are diffused in the classes. Certain oils have been shown to uplift moods and to have other beneficial cognitive effects.

9 - NUTRITION

Information regarding good nutritional habits is shared.

10 - COMMUNITY

This class encourages participants to establish friendships and feel a sense of community.