



LIVEABLE NEIGHBORHOODS

NEIGHBORHOOD NEWS

MARCH 2012



Liveable Neighborhoods Neighborhood News

Your neighborhood group information can be placed here.

If you would like newsletters made, contact our office at

(913) 573-8737 or email us at
vmliveableneighbor@wycokck.org.

SHEPHERD'S CENTER OFFERS FREE PEER SUPPORT TRAINING

If you are 50 years or older, and would like to volunteer your time in helping other older adults combat issues of depression and isolation, you are invited to participate in the Peer Support Program. The program is a partnership of the Shepherd's Center of KCK, the Wyandotte/Leavenworth Area Agency on Aging and the K.U. Office of Aging & Long Term Care. Made possible through support from the Healthcare Foundation of Greater Kansas City, the program seeks to assist older adults experiencing depression by pairing them with a trained peer. The pro-

gram's mission is to decrease the negative symptoms of mental health issues (e.g. depression and anxiety) experienced by older adults, and improve their general well-being, allowing them to remain both in their home environments and active in their communities. Research indicates that access to care, financial burdens and stigma issues related to mental health treatment are barriers that often keep older adults from receiving services for difficulties such as depression and isolation. In addition, participants receiving services through the Peer Support Program have been more recep-

tive to accepting help from their peers. Access is addressed as well, since the volunteers meet with participants in their own homes.

Melissa Bynum, Volunteer and Outreach Coordinator with the Shepherd's Center, will train small groups or even single individuals at your convenience. The training will take up to two hours. Once trained, willing volunteers are then matched with a participant, and together the volunteer and participant spend about one to two hours together a week for ten weeks - meeting, visiting and goal setting. After the ten week period is up, volunteers

can either continue to meet with their participant, be matched with a new participant, or exit the program. To schedule a free training session, or for more information on this program, contact Melissa Bynum at 913-281-8908 or email melissab@sckck.org. *The Shepherd's Center of Kansas City, Kansas is an interfaith, multi-cultural, nonprofit organization that promotes and supports Successful aging.*

Vision: Building a community that connects, values, engages and celebrates older adults.



AYS Academy Free GED Preparation Program

What: It's more than just a GED prep course, we also help to prepare you for your future through job readiness and life skills training.

When: Monday-Thursday 9:00am to 12:00pm

Who: For 16-21 year olds, Kansas residents, not enrolled in high school

Where: 803 Armstrong Ave. KCK 66101

For more information or to sign-up for the program contact Stephanie Balusek (913) 831-2820 or sbalusek@aysusa.org.



Quindaro Family Health Free Bend and Flex Class

Want to improve your health, flexibility, balance and strength? Join our free Bend and Flex Classes developed for adults who are interested in keeping their bodies active and mobile. Classes are Tuesdays and Fridays 11:00am - 11:45am at Quindaro Family Health Care, 530 Quindaro. For more information call Hayley at (913) 384-2988 or Rachel at (913) 621-0100 ext. 208.



March Calendar of Events

03/02/2012

NCPP 14th Annual Meeting (All are welcome)

Free

Trinity United Methodist Church (5010 Parallel)

6:00pm to 8:00pm

Please join us as we celebrate our fourteenth year as extra eyes and ears for the Kansas City Kansas Police Department. Our partnerships with the Unified Government, Police Dept, Churches, etc. help make Kansas City Kansas the most liveable city in America . Meet your Police Command Staff, your Community Police Officers, and members of the Sheriff's department as we say "Hand In hand We Can make It Work". Fundraiser raffle includes 32" HDTV, digital camera and many more prizes.

03/06/2012

Mayor Joe Reardon's State of the Government Address

Jack Reardon Civic Center 12:00pm

For ticket information call (913) 573-5010

Cost to attend the luncheon hosted by the Downtown KCK Rotary Club is \$20.

03/08/2012

Community Emergency Response Team (CERT) Training Begins
Emergency Operations Center 701 North 7th Street at City Hall
Free 8 week class but you must register in advance.

For information (913) 573-6300 or mbaughman@wycokck.org

Come be certified to help assist your neighborhood during an emergency situation.

03/16/2012

Adventures In Learning (Shepherd's Center)

Free

First Baptist Church 29th and Minnesota 8:30 a.m. - 1:00 p.m.

913-281-8908 or www.shepherdscenterkck.org

Call for a lunch reservation. Join us for adventures in learning.

Meet a friend or make a friend.

03/22/2012

Liveable Neighborhoods Meeting

Free—everyone welcome

Neighborhood Resource Center (4601 State Ave. SE Corner)

8:30am-10:00am

913-573-8737 or vmliveableneighbor@wycokck.org

Come learn about important programs and services available in your community. Also get updates on what's happening at city hall, the KCKPD and the WYCO Sheriffs Department.

04/14/2012

7th Annual Wyandotte County Ethic Festival

Free

KCKCC Athletic Field House 11:30a.m. - 5:30 p.m.

The festival will have great entertainment, plenty of great ethnic food and items for sale, a Creative Children's Corner and much more.



Growing KCK Corner



Kansas City Community Gardens Workshops

Space is limited. Please call 816-931-3877 to register.

Raised Bed Gardening

March 12 (Monday) 6:00-7:30pm

Community Housing Wyandotte County, 2 South 14th St.,

Discover the many benefits of raised bed gardening.

Learn how to construct your own raised beds and how to plant in them for maximum efficiency. Presented by Andrea Mathew, KCCG Program Director

Vegetable Garden Basics

April 16 (Monday) 6:00-7:30pm

Community Housing Wyandotte County, 2 South 14th St.,

This workshop is helpful for beginning and experienced gardeners. Learn the fundamentals of successful vegetable gardening including: site selection, soil improvement and preparation, garden planning, planting techniques, variety selection, garden maintenance and harvesting.

Presented by Ben Sharda, KCCG Executive Director.

ATTENTION Garden Funding Opportunities:

Get growing KCK Mini Grants

The purpose of the grant is to help start new community gardens, help existing community gardens and help farms expand their capacity to produce food for residents of Jackson, Wyandotte and Johnson counties. The program primarily focuses on areas with limited access to fresh, locally grown foods. Priority will be given to growers serving low-income communities and people with limited healthy food options. The deadline for the next round of grants will be August 1, 2012. For more information go to www.getgrowingkc.org or call (816) 226-7979.

The Kansas Community Gardens Project

The goal of the Kansas Community Gardens Project is to increase public and private value of our communities through the development of new community gardens in Kansas. We will provide seed money for 60 gardens over three years (2012-2014) in order to inspire the initiation and successful development of more community gardens. Applicants will be required to indicate how the gardens will: benefit the community, incorporate environmentally-sustainable practices, include project partners from the community, and implement measures to ensure the long-term financial stability of these new community gardens. For more information call Evelyn Neier at 785-410-3760 or eneier@ksu.edu.



Going Green Corner



GOING GREEN WITH LAWN CARE



With spring time coming, we are looking forward to seeing all of the colors of early flowers, of green leaves on our trees, and of a nice green lawn. But we don't always think about how some of our lawn maintenance issues can impact our environment. For example, over application of lawn chemicals can result in stormwater runoff that carries toxic levels of chemicals or excessive nutrients in our streams, lakes and groundwater. Many fertilizers can threaten our ecosystem and pose health risks for humans, pets, wildlife and aquatic organisms. It is possible to minimize lawn chemical runoff with actions such as:

- Go Natural: Consider compost or natural lawn chemical alter-

- natives.
- Landscape with Native Plants: They require less watering, fertilizers, pesticides, & care.
- Conduct a Soil Test: To determine type and amount of fertilizer if you use them.
- Follow Label Instructions: Read labels on lawn chemicals carefully.
- Fertilizer Location: Use caution on slopes & lawn edges so it doesn't wash away.
- Let fertilizer dry properly: Allow time for liquid chemicals to dry and don't use lawn chemicals before a heavy rainfall.

Lawn care options involved with mowing your grass may also have environmental impacts. Many people

will bag their grass clippings and send them to the landfill. An alternative to bagging your grass clippings is to leave them on your lawn. Some are worried that grass clippings cause thatch in your lawn but research by K-State has shown that grass clippings do not cause thatch. In fact grass clippings can serve as a natural lawn fertilizer.

Some tips to consider when leaving grass clippings on your lawn include:

- Mow only when your lawn is dry.
- Cut grass regularly. Don't remove more than 1/3 total leaf length on one mowing.
- Maintain a sharp blade on your mower.

Another suggestion for lawn care is

to never blow and leave your grass clippings on the street or on your driveway. Grass clippings can then be carried away by rain water into storm drains which will enter and pollute local streams, rivers, and lakes.

Your lawn care can also impact air quality. Lawn mowers are a major air pollutant. You can reduce air pollution by scheduling regular maintenance and oil changes for your mower. In addition, mowing your lawn in the evening is recommended over mowing in the heat of the day.

By Kirk Suther, Operation Brightside



2012 Spring Burn Permit Process

Residents are allowed to apply for a burn permit at any of the Fire Stations currently staffed by the Kansas City, Kansas Fire Department. The burn permit does not include commercial or business sites. If you operate a business out of your home you are classified as a business and cannot participate. The burn permit is valid for up to 3 days during the month of April 2012. Dates for fall time 2012 open burning will be released later. Applications must be received and approved at least 24 hours prior to the commencement of burning. Open burning with a permit is allowed between the hours of 7:00 a.m. to 6:00 p.m.

The resident doing the burning must be at the burning site at all times. Residents shall maintain a copy of the burn permit on site, an adequate water supply and/or fire extinguisher while conducting open burning. In no circumstance shall open burning occur within 15 feet of any building or within 15 feet from any one's property line. Piling of brush, tree limbs, grass and other organic materials are limited in size to 100 square feet at the base.

At any time, the Fire Chief may revoke burn permits or ban open burning. Weather conditions (high winds, low humidity) may make open burning too dangerous. Open burning may also be suspended when air pollution "Red Alert" days are declared by the Mid America Regional Council, MARC, and the Unified Government.

Each Burn Permit allows for one organic pile per permit, one permit per property. All organic materials burned within the city limits of Kansas City, Kansas are limited to organic materials and/or burning without a permit shall be subject to Section 1-7 (General Penalty, Continuing Violations) of the general provisions code of the Unified Government.

2012 Household Hazardous Waste Collection Days Set

The schedule for the Household Hazardous Waste Collection days for Wyandotte County residents has been set for 2012. The site will be open from 8:30 a.m. to 1:00 p.m. on the following Saturdays: April 21, May 19, June 16, July 21, August 18, September 15, and October 20.

The site is located at 2443 South 88th Street in Kansas City, Kansas. (South on 88th Street from K-32) or (East of I-435 using Woodend exit near Kaw River)

When bringing items to the collection site please label or identify all items. Items accepted include tires (limit of 10 tires and rims need to be removed), motor oil, batteries, anti-freeze, degreasers, paints, varnishes, solvents, lawn & garden insecticides/pesticides, and household cleaning products. For additional information call 573-5400.

URBAN FARMING BRINGS HEALTHY FOOD AND SO MUCH MORE

By Rachel Jefferson

Farming in the inner city is different and can oftentimes be more challenging than rural farming. Urban farmers face many challenges; lack of fertile ground or abundance of contaminated land, lack of access to farm equipment, high water rates or no access to water, zoning and codes issues, the list goes on. So you may ask, with those barriers, why anyone would want to start an urban farming enterprise. The answer is because the urban area is one of the areas that need access to healthy foods the most. Some of the other worthwhile benefits of urban farming are: job creation, community building, beautification of neighborhoods, agricultural education, but perhaps the most valuable thing farming can provide is a sense of pride and self-reliance that comes from growing one's own food.

Our national advances in technology allow us to communicate and interact with things

and people all over the world. We have made great strides in improving our global interconnectedness and many of us now participate in a global community spurred on my social media. However, these advances also bred a disconnection with our local environments and community. In our fast paced technology driven world we often forget about those who don't have access to the world at their fingertips and are slowed down by their lack of resources we take for granted. The world leaves these people behind and while economic and social growth occurs in regions that are "hooked in", areas like ours, in the downtown core of Kansas City Kansas are in a gap, facing the backlash that comes from lack of resources, lack of technology and lack of business growth. Our area cannot even bring a grocery store within the 66101 zip code, why? Because there's no money in serving those in the gap. When there's no money, there are no jobs, there's no homeownership and there's no self

reliance. Urban farming provides a means of putting money back in the community, re-educating people on the values of local commerce, while also beautifying areas which due to the gap, have been labeled blighted and are seen as undesirable places to live. It's a means of community building that allows groups in the urban core to educate and enrich each other's lives through skill building. It brings a sense of familiarity back to the neighborhood, believe me, if you start growing, people will take notice. Our younger generation needs a strong hand of guidance which we can give them by teaching them the pride that comes from nurturing the life of a plant and literally reaping the rewards when that plant blooms. It's an opportunity for us to bring the older generation back into the fold, to learn what they know, and capture their wisdom. You know the saying: "the old ways are the best ways", well in this case that is true as the older generation can teach us what

we've lost touch with such as canning or identifying wild greens.

It beautifies the area and it has been shown that blighted areas that invest in vegetable gardens or flower beds see less crime over time as the eye is naturally drawn to things of beauty. One thing vagrants don't want to be seen.

In the upcoming years we plan to expand our operation to include a greenhouse and fishery, which will allow us to produce year round. In addition to attending various farmer's markets we plan to install a Sunday farmer's market on-site to breed a more familiar relationship with our customers. We feel that an on-site market will assure our customers of the quality of the produce they are consuming. The local food movement is about identification of the source. With proper nourishment, the bonds that grow in a community from this type of venture can be as fruitful as the plants we cultivate.



April is Sexual Assault Awareness Month. Please join the Metropolitan Organization to Counter Sexual Assault (MOCSA) in raising awareness and working to prevent sexual violence in our community. If your organization or work place would like to host a Denim Day please contact Melanie Austin at maustin@mocsa.org or 816-285-1369. Denim Day is a way for organizations and businesses to show their support for victims of sexual violence and to raise awareness about sexual assault misconceptions. Look for upcoming events on MOCSA's Facebook page at www.facebook.com/mocsakc. It's time to talk about it! Connect, respect, and prevent sexual violence.

MOCSA

Breaking the Silence
Building a sustainable earth community



5th Annual Breaking the Silence Conference

March 30th –31st 2012

At the Jack Reardon Civic Center
(520 Minnesota Ave.)

To register or for more information go to:
<https://sites.google.com/site/breakingthesilencebsec/>
Or call Richard Mabion at (913) 481-9920