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 liveableneighbor@wycokck.org

Double Up Food Bucks Pilot Program Launched in Greater Kansas City

From July 1 to December 31st, electronic benefits transfer (EBT) customers at two Price Chopper stores in and near Kansas City, Kansas will match every dollar EBT users spend on local produce (up to $25 per day) with another dollar in rewards that can be used for any produce purchased at the same store through the end of the year. State agencies issue EBT cards to low-income families who qualify for the federal government’s Supplemental Nutrition Assistance Program (SNAP).

Kansas Price Chopper stores participating in the pilot program are:
- 4950 Roe Blvd., Roeland Park, Kansas
- 4301 State Avenue, Kansas City, Kansas

The Double Up Food Bucks program was created by Fair Food Network in 2009 to help low-income families eat more healthy food and support local farmers. Fair Food Network has partnered with a local coalition to bring the Double Up Food Bucks pilot program to the Kansas City area. Participants include KU Medical Center, KC Healthy Kids, Good Natured Family Farms, Ball’s Price Chopper Stores and the Mid-America Regional Council.

For more information, please visit: www.DoubleUpKC.org

Aging with Grace

The most up-to-date information on health programs “Smart Aging” class, attendees learn about the latest information related to Smart Aging. Learn how to embrace aging. Discuss ways to incorporate this information into daily living. Create life-long behaviors and habits for living longer, healthier and smarter.

TOPICS COVERED

Social Engagement Diet and Nutrition
Exercise & Physical Activity Brain Health

Our focus is to provide evidence-based health education to equip participants with the tools and opportunities to begin applying the information and to overcome barriers that prevent participants from adhering to healthy behaviors, specifically those encountered by the aging population we serve. By doing so, we hope to modify lifestyle factors that may lower the risk of developing chronic diseases.

Fridays, October 2nd and 9th
10:00 A.M. - 11:30 A.M.
Area Agency on Aging & Disability Resource Center
849-C North 47th Street
Kansas City, Kansas 66102

Healthy Snacks Provided & Drawing for Gift Card!

If you are interested in attending the above classes, please register with Trish Weatherspoon, Community Health Advocate at 913-945-5023.
**How Will You Manage Your Autumn Leaves?**

What will you do with all those leaves that fall on your lawn in the autumn? Will you burn them? Will you bag them and put them into the landfill? Will you blow them onto the street and have them end up causing problems with our storm water drains?

Have you considered using your leaves in your landscaping? The tree leaves that accumulate in and around your lawn represent a valuable natural resource that can be used to provide a good source of organic matter and nutrients for use in your landscaping. You can and should take advantage of managing and using leaves in your yard’s landscaping with the following options:

**Mowing Leaves:** A light covering of leaves can be mowed, simply leaving the shredded leaves in place on the lawn. This technique is most effective when a mulching mower is used or when baffles are attached to conventional mowers. However, mowing the lawn is not an effective method of leaf management when a heavy leaf cover is present. Removing the leaves is then required.

**Mulching with Leaves:** Mulch is any material applied to the soil surface for protection or improvement of the area covered. A layer of leaves applied to the surface of the soil as a mulch around trees, shrubs, in flower and vegetable gardens will conserve soil moisture, control weeds and grasses, reduce soil erosion, and prevent soil crusting. Mowing your leaves or putting them thru a shredder will create a more uniform mulch material.

**Composting Leaves:** Compost is a dark, crumbly and earth-smelling form of organic matter that has gone through a natural decomposition process. Decomposition and recycling of organic wastes are an essential part of soil building and healthy plant growth in forests and pastures, as well as our lawns and gardens. The process of decomposition or composting can be carried out in simple compost piles, bins or more elaborate homemade or purchased devices. Composting leaves and other landscape wastes can be used to add a natural source of nutrients to soil; to loosen tight heavy clay soils; and to help sandy soil retain moisture and nutrients.

**Tilling Leaves into Soil:** There may be an easier, simpler way to incorporate organic materials into garden soils than building a compost pile. Organic materials can be directly applied to garden soil using a plow or tiller which will allow the decomposition or composting process to occur directly in the soil rather than in the compost pile. The autumn season, when a variety of organic materials are available in the form of leaves, pruning, garden refuse, and lawn clippings is an ideal time to do direct application of organic materials into garden soils. A backyard garden tiller should be able to directly incorporate 4” to 5” of organic materials at one time.

**2015 Kansas City, Kansas Burn Permit**

Residents in Kansas City, Kansas are allowed to apply for a burn permit for the upcoming time period of October 16, 2015 through November 15, 2015 at any of the Fire Stations currently staffed by the Kansas City, Kansas Fire Department. Kansas City, Kansas residents are limited to one 3-day burn permit per burn period that allows for the combustion of 10 feet by 10 foot or smaller pile of naturally occurring residential organic yard waste generated onsite. If you operate a business out of your home you are classified as a business and cannot participate. 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.

Each Burn Permit allows for one organic pile per permit, one permit per residential property. Yard waste generated such as tree limbs, leaves, weeds, brush and grass 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 of Wyandotte County/ KCK.

At no time shall wire insulation, tires, rubber products, plastic, automobile products, paper, cardboard, construction chemicals, household chemicals or any other material that normally emits dense smoke, noxious odors or hazardous air pollutants be burned. At any time, the Fire Chief or his designee 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.

**2015 Household Hazardous Waste**

The remaining 2015 schedule for the Household Hazardous Waste Collection days for Wyandotte County residents is October 17. The site will be open from 8:30 a.m. to 1:00 p.m. on those two Saturdays. 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, antifreeze, degreasers, paints, varnishes, solvents, lawn & garden insecticides/pesticides, and household cleaning products. For additional information call 573-5400.

**Source:** Kansas State University Extension Website
**JFK Recreation Center** - Monday October 31, 2015 6:00pm at 1310 North 10th Street. There will be costume contest, dance contest, candy and fun! There will also be a family pumpkin carving contest. For more information or to volunteer call (913) 231-4135.

**Eisenhower Center** – Saturday October 31, 2015 6:00pm 2901 North 72nd Street. There will be free candy and hotdogs. For more information call (913) 573-8327.

**Argentine Community Center** – Saturday October 31, 2015 6:00pm 2810 Metropolitan. There will be free candy and hotdogs. For more information call (913) 573-8327.

**Armourdale Community Center** – Saturday October 31, 2015 6:00pm 730 Osage. There will be free candy and hotdogs. For more information call (913) 573-8327.

**Bethany Community Center** – Saturday October 31, 2015 6:00pm 1120 Central Ave. There will be free candy and hotdogs. For more information call (913) 573-8327.

**Kensington Gym** – Saturday October 31, 2015 7:00pm 2900 State Avenue. There will be free candy and hotdogs. For more information call (913) 573-8327.

**Alcott Arts Center Trunk or Treat** – Saturday October 31, 2015 5-8pm There will be free candy with face painting by Sheryl Nance-Durst. If you would like to volunteer or donate please call (913) 233-2787

**Turner Recreation Commission Spooktacular** – Saturday October 24, 2015 6:00pm to 8:00pm 831 South 55th Street. There will be games, free candy and more!

---

**October 2015**

October 13, 2015 ~ Mayor’s Listening Tour District 6: Turner High School 5:30 p.m.

October 14, 2015 ~ KCK Women’s Chamber of Commerce After Hours Gathering 5:30-7:30 p.m. Grinter House 1420 S 78 St, Kansas City, KS 66111 Register for FREE before October 12, 2015 at www.womenschamberkck.org

October 22, 2015 ~ Liveable Neighborhoods Meeting Free Everyone Welcome Neighborhood Resource Center 4953 State Avenue 8:30am-10:00am For more information contact: 913-573-8737 or liveableneighor@wycokck.org

---

**2015 Parade Schedule**

**Silver City Day Parade** – Saturday, October 3, 2015 10:00am Along Strong Ave. For more information call (913) 730-0241 or www.silvercitydays.org

**Turner Days Parade** – Saturday, October 10, 2015 10:00am Along 55th Street. For more information call (913) 362-5862 or www.turnerdays.com

---

**KCK Police Launches C.H.A.M.P.I.O.N**

The C.H.A.M.P.I.O.N initiative is a new community outreach program launched by the KCK Police Department and two areas businesses. It stands for, "Children Having Activities & Meeting Police In Our Neighborhoods."

Due to the donation of over 120 sports balls (Footballs, Soccer balls, Basketballs, & Playground balls) and 40 bags, by Varsity Sports and and Champro Sports, the Community Policing unit will distribute the equipment.

The items are a way for officers to begin building positive relationships with kids in the neighborhoods by starting a "Pick-Up" game or simply playing catch. This gives officers the option of positively interacting with kids. The goal is to build a closer relationship not only with our current community members, but future residents of Kansas City, Kansas.
Identity Theft: The Crime and Its Impact - What You Need to Know, Tuesday, October 13, 1:30-3:30 p.m. Identity Theft Protection Tips; "Skimming" - What is It?; What to Do When Your Identity is Stolen; and Victim Assistance Resources. Men and women are welcome.

Nutrition programs are offered on most 4th Thursday of the month from 9:30 to 11:00 a.m. The program is offered in partnership with K-State Extension and taught by Pat Callaghan, master food volunteer. Women and men are welcome. Upcoming classes are:

Thursday, October 22, Become an Expert Label Reader: Stock a Healthy Kitchen

We also offer nutrition classes in Spanish in partnership with K-State Extension and Research. Teresa Moreno is the teacher. Thursday, October 15, 10:00-11:00 a.m.

When a Family Changes: Dealing with Separation and Divorce, Monday, October 19, 1:30-3:00 p.m. This program covers information needed in order for women to protect themselves and their children. Find out how to take care of legal issues, financial issues, emotional needs.

2015~2016 Unified Government Neighborhood Group Grant Applications are due by 12:00pm October 30, 2015

It is that time of year again for the Mayor’s Annual Holiday Tree Lighting

November 20, 2015

We are calling on neighborhood groups to join the decorating fun. Bring your creative ideas and show your neighborhood pride.

To reserve your tree contact us at:

(913) 573-8737 or email liveableneighbor@wycokck.org

There are a limited number of trees so please reserve yours as soon as possible!!