### Livable Neighborhoods News

#### **Mission of Livable Neighborhoods**

To improve the quality of life in our community through organized neighborhood and government partnerships that provide information, training, resources, and a forum for open discussion.

Office: Neighborhood Resource Center (NRC), 4953 State Ave

Hours: 8am-5pm (NRC lobby closes at 4pm)

Contact: <a href="mailto:livableneighborhoods@wycokck.org">livableneighborhoods@wycokck.org</a> or 913-573-8737

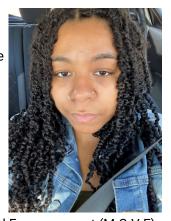




Stay connected with us via Facebook or Receive our weekly e-news by emailing <a href="mailto:livableneighborhoods@wycokck.org">livableneighborhoods@wycokck.org</a>

# Welcome to Livable Neighborhoods new Neighborhood Liaison Minah Chapell!

Minah Chapell transitioned to the Unified Government from Kansas City, Kansas Public Schools where she served as a middle school world language teacher. Prior to education, Minah participated in community service and youth mentor opportunities that fueled her interest in social welfare. These opportunities included



roles in KCMO's Men of Vision and Empowerment (M.O.V.E) and the Burn Program with Children's Mercy Hospitals. In her position as neighborhood liaison, she hopes to continue serving communities in a positive and meaningful way. Minah holds a B.A. in Hispanic Language and Literature with a minor in Social Work from the University of Pittsburgh. She aims to use her skills, educational background, and propensity for community service to aid her hometown of Kansas City, and the Greater Wyandotte County area. It is important for Minah to give back and empower the community that has watered her. She believes that she can use her position here at the Unified Government to provide the Wyandotte County community with tools and resources to be the agents of their own empowerment and improvement. In her personal life, Minah's hobbies include cooking, astrology, music and podcast, and going on solo movie dates (shoutout \$5 Tuesdays at AMC).

### Livable Neighborhoods Monthly Meeting: April 27th

4th Thursday of the month
January to October
9:00am - 10:30 am
Attend via Zoom or in person at the Neighborhood
Resource Center.
To be added to the Zoom invitation please send an

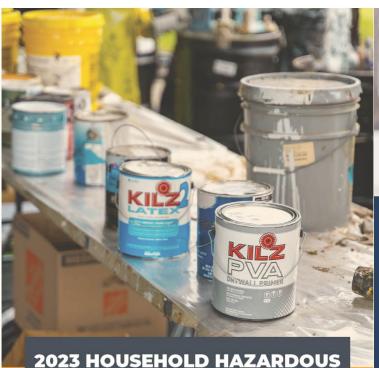
livableneighborhoods@wycokck.org

#### **Updates from:**

email to:

UG Mayor's Office
UG Public Health Department
WYCO Sheriff's Department
WYCP/KCK District Attorney's Office
KCK Police Department
KCK Fire Department
UG Neighborhood Resource Center
KCK School District USD 500
Turner School District
Board of Public Utilities
Livable Neighborhoods Task Force





APRIL 15, MAY 20, JUNE 10, JULY 15, AUGUST 19, SEPTEMBER 16 & OCTOBER 21 8:30 AM - 1:00 PM

**WASTE DISPOSAL DAYS** 

LOCATED AT 2443 SOUTH 88TH STREET, KANSAS CITY, KS 66111



Seeking adults ages 40-60 without memory impairment for research on risk factors for Alzheimer's including:

- · Benefits of exercise and diet
- Different risks for men and women

Surveys can be completed online or by telephone

- Surveys expected to take 15-30 minutes to complete
- Receive \$75 upon completion of all surveys
- Free to stop at anytime

#### **SCAN ME**



KU ALZHEIMER'S DISEASE RESEARCH CENTER

For more information contact Amber Watts, Ph.D. branchlab@ku.edu

#### **ACCEPTED**

- · Auto Batteries, Brake Fluid
- · Carburetor Cleaner, Degreasers
- · Gasoline, Fuel & Used Motor Oil
- Concrete Cleaner, Driveway Sealer
- Furniture Stripper, Glue with Solvents
- Latex & Oil based paint, Paint Thinner, Putty, Grout, Calk, Spackle
- Roofing Tar, Stain, Varnish, Lacquer
- · Turpentine, Water-Based Glues
- Wood Preservatives, Aerosol products
- · Drain & Oven Cleaner
- · Mothballs, Nail Polish Remover
- · Polishes with Solvents
- Spot Remover, Propane Cylinders
- · Fertilizer with Weed Killer, Herbicides
- Insecticides, Pesticides (Insects & Pests) & Rodent Bait
- 10 Tire Limit (Rims Must Be Removed From Tires)

#### **NOT ACCEPTED**

- · Electronics waste
- Smoke detectors
- · Ammunition
- Asbestos
- Brush Killers with 2,3,5-T or 2, 4, 5-TP, Chlorophenoxy Derivative Acids
- Compressed Gas Cylinders (Helium)
- Dioxins
- Explosives
- · Infectious Waste
- Kepone (Found in Older Insecticides)
- · Laboratory Chemicals
- · PCB's
- · Radioactive Waste
- Wood Preservatives Containing Tri, Tetra, or Pentachlorophenols

## Harvesters

Mobile Food Distribution

Sponsored by LRA & Sunset Hills Church In partnership with

Kansas City Kansas Police Department Community Oriented Policing Unit



6347 Leavenworth Road Kansas City, KS

Kansas City, Kansas proof of residency required for first time visitors

Food distribution to begin at approximately 1:30 p.m.
Line closes when food distribution begins

1st and 3rd Fridays of the month

Please enter from North 63<sup>rd</sup> Street and Roswell Avenue (from N. 63<sup>rd</sup> Street turn west onto Roswell, turn north onto N 64<sup>th</sup> Street go to the west entrance of the Sunset Hills Church lot)

Available to Wyandotte County residents only. Visitors must show proof of residency with a document displaying their current name and address. The center will not accept hazardous waste from businesses, non-profits, or other commercial entities.



#### Living with Chronic Conditions? Join us for a FREE ONLINE WORKSHOP **Chronic Disease Self-Management Workshop**

- · Improve decision-making and problem-solving skills
- Communicate better with family, friends and health professionals
- Accept and manage anger, depression, and difficult emotions
- Prevent and reduce fatigue
- Learn new ways to eat healthy
- Find healthy ways to control pain
- Increase physical activity
- Define and accomplish your goals
- Take charge of your health

"The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner." – Living with Chronic Conditions workshop participant

March 8th - April 12th, 2023 Wednesdays from 1:30 - 4 pm

Classes will be held online via Zoom Registration required. Email Matt at mchandler@kumc.edu to register











A partnership for better health

# Catch someone something in your neighborhood

Have you seen someone doing something good in your Wyandotte County or KCK neighborhood?

Send in a photo with a brief description to livableneighborhoods@wycokck.org and they will be featured in an upcoming e-newsletter.

We want to recognize them!

# Interested in learning why exercise is beneficial for the brain?

#### CONSIDER THE AEROBIC STUDY

We are looking for individuals to participate in a study with a total of four in-person visits to help us to understand how the brain uses energy and how those energy changes may contribute to brain health. After the initial screening of memory and fitness, participants are randomized into moderate or high intensity stationary bike exercise followed by a blood collection and brain imaging. The same procedures are also performed during a resting visit.

#### WHO CAN PARTICIPATE?

- / Those are at least 60 years old
- / Those able to exercise on a stationary bicycle and treadmill
- / Not insulin-dependent
- / Not currently taking a blood thinning medication

We need YOUR help to answer this important question.





FOR THIS STUDY-SCAN THE CODE ABOVE OR CALL 913.588.0555 OPTI



"The greatness of a community is most accurately measured by the compassionate action of its members."

CORETTA SCOTT KING



#### Reminders

April 18th— Federal & State Income Taxes due

May 11th— Public Health Emergency (PHE) for COVID-19 expires

### SAT. APRIL 1 11AM KCKPD Peace FREE WALK T-SHIRTS! LEARN ABOUT ANTI-CRIME INITIATIVES! BRING THE FAMILY! GRAB YOUR **EQUIPMENT &** PHOTO OPS FOR THE Gather at 5th and Washington Blvd, then

VEHICLE DISPLAYS. POLICE K-95, WHEEL AND SPECIAL OPERATIONS UNIT, RECRUITMENT TABLE, SAFETY **DEMOS & MORE!** 

walk with us to 5th and Parallel Pkwv. for FREE hotdog lunch & rally.



KIDS W/LEO THE LION. APPEARANCE BY HAILEY THE KCKPD COMFORT DOG & FREE SHUTTLE BETWEEN LOCATIONS!







2023 GUIDELINES + APPLICATION

The residents of every community desire to improve their individual quality of life and collective sustainability, yet many face adversity on their journey to create lasting change. The people of Kansas City's neighborhoods are creative and skilled in solving problems, from mobilizing volunteers and building strong networks, to finding new ways and resources to accomplish their goals. Too often, lack of access to capital prevents them from bringing their ideas to fruition. Since 2015, the Community Capital Fund (CCF) has provided critical funding through the Neighborhoods Rising Fund (NRF) to help neighborhoods leverage residents' talent and energy to realize their collective dreams and bring positive change to life. The NRF helps to seed dreams and nurture aspirations in Kansas City neighborhoods through microgrants made to neighborhood organizations and community groups. This capital is often the difference between combating community decline or proliferating the outcomes of long-term neighborhood disinvestment.

For many supported by NRF, this is the only capital they can access to support their neighborhood preservation and growth efforts. These small projects address systemic issues of inequality, while empowering residents through capacity-building efforts supported by CCF, its partners, and the neighborhoods leading these unique projects.

#### WHAT IS THE NEIGHBORHOODS RISING FUND (NRF)?

The NRF is a funding collaborative that annually provides one-year grants of up to \$5,000, as well as two-year grants of up to \$10,000 in split payments per year for high-impact, innovative community projects and neighborhood revitalization initiatives. These efforts help build stronger, more effective neighborhood organizations and community groups and benefit low- to moderate-income areas throughout the Greater Kansas City Metropolitan Area. Projects and initiatives should be documented as created by the community, which means vetted through inclusive, neighborhood-wide decisionmaking and resident-involvement processes. To date, selected projects and initiatives have ranged from public safety and cleanup initiatives to property and public space improvements, as well as identity-building and resource-sharing events.



"There is no power for change greater than a community discovering what it cares about."

MARGARET J. WHEATLEY

