

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: livableneighborhoods@wycokck.org or 913-573-8737



Stay connected with us via Facebook or

Receive our weekly e-news by emailing livableneighborhoods@wycokck.org

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 email to:

livableneighborhoods@wycokck.org

Updates from:

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

DO
something
GOOD in your
neighborhood



2023 HOUSEHOLD HAZARDOUS WASTE DISPOSAL DAYS

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

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

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

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.

WWW.WYCKOCK.ORG/WASTE | 2443 SOUTH 88TH STREET, KANSAS CITY, KS 66111

HEALTHY MIDLIFE FOR ALZHEIMER'S PREVENTION



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



<https://bit.ly/3MWfErw>

KU ALZHEIMER'S DISEASE RESEARCH CENTER
The University of Kansas Medical Center

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

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 63rd Street and Roswell Avenue
(from N. 63rd Street turn west onto Roswell, turn north onto N 64th Street go to the west entrance of the Sunset Hills Church lot)



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

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.



IF YOU ARE INTERESTED IN BEING CONSIDERED FOR THIS STUDY—**SCAN THE CODE ABOVE**
OR CALL 913.588.0555 OPTION 1

Catch someone
DOING
something
GOOD 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!

“

"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 WALK

FREE WALK
T-SHIRTS!
LEARN ABOUT
ANTI-CRIME
INITIATIVES!



BRING THE FAMILY!
GRAB YOUR
NEIGHBORS!

EQUIPMENT &
VEHICLE DISPLAYS,
POLICE K-9S, WHEEL
AND SPECIAL
OPERATIONS UNIT,
RECRUITMENT
TABLE, SAFETY
DEMOS & MORE!

Gather at 5th and Washington Blvd. then
walk with us to 5th and Parallel Pkwy.
for FREE hotdog lunch & rally.



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



Stop Littering!

We all want our community to look attractive and have safe, enjoyable recreational spaces. Littering is a surefire way to make our communities unattractive, degrade water quality, and siphon the fun out of recreational experiences.

Improve your community — STOP LITTERING!

Fast food containers, cigarette butts, candy wrappers and other trash deposited onto streets and parking lots wash into storm sewers and eventually make their way into our rivers and streams.

Litter generally takes years to degrade and can even leech toxic chemicals into the water supply.

Here are some things you can do on your own and with your community to help end littering and protect water quality:

- **If you smoke, get your butts in the trash.** Cigarette butts are the most littered item on U.S. roadways — accounting for 38% of all roadway litter. Help combat litter by disposing of cigarette butts properly.
- **Trash, don't toss.** Don't toss fast food containers, cups, or candy wrappers out of your car window. Instead, keep a small trash bag handy in your car for garbage.
- **Deter the litterbugs.** Start beautification programs in your community that include litter brigades. Visit wycokck.org/Government/SOAR/Adopt-A-Spot to find out how you adopt a local spot to clean regularly.

Do your part to protect the environment! Learn more about river and stream cleanup and volunteer opportunities online at wycokck.org/Stormwater. **Remember, if it's on the ground, it's in our water.**

Learn more at wycokck.org/Stormwater



NEIGHBORHOODS
Rising Fund

NEIGHBORHOODS RISING FUND

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 decision-making 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.

"ALONE, WE
CAN DO SO
LITTLE;
TOGETHER,
WE CAN DO
SO MUCH"

HELEN KELLER

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

MARGARET J. WHEATLEY