## Livable Neighborhood 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 Livable Neighborhoods' New Director

Kayla Hower came to the Unified Government from Mid-America Regional Council's (MARC) Department of Aging and

Adult Services where her work focused on managing programs serving older adults and people with disabilities. She has over 10 years of experience navigating community resources, and government funded programs while working with older adults, individuals with disabilities, and people whose incomes are below



the federal poverty threshold. This experience has highlighted the gaps in community services, and barriers many individuals face trying to pursue economic and health stability. Kayla holds a B.S. in Family Studies and Human Services from Kansas State University and Master of Public Health (MPH) from the University of Missouri - Columbia.

It is important for Kayla to make a difference in the community that she lives in and that is what lead her to the Unified Government. She enjoys exploring innovative solutions to complex problems and bringing together community stakeholders to address these problems.

Outside of work she enjoys various arts and crafts, audio books, podcasts, and spending time with her husband, two kids, and pets.

### Livable Neighborhoods Monthly Meeting: February 23rd

4th Thursday of the month January to October 9:00am

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





#### WHY?

Physical activity can increase quality of life in those with dementia and their caregivers.

We want to know if physical activity programs can be delivered over an iPad to individuals with dementia and their caregivers.

### WHO?

- o Adults 55 years or older
- Must have Alzheimer's disease or dementia
- Must live at home and have a caregiver

#### Participants will receive:

- Free exercise coaching provided remotely at home
- o iPad, Fitbit, and payment









### Food Growing Workshop

Learn how to grow food in your own home

### Come away with

- · Knowledge on best food growing practices
- A cold-weather crop, giving you easy access to fresh produce
- Potting soil and materials for any and all houseplants
   ALL FREE TO THE PUBLIC

Workshop date, time, and location to be determined by survey.

Use this link to complete the survey: <a href="https://forms.gle/4W7Sm15ZfotSp1y7A">https://forms.gle/4W7Sm15ZfotSp1y7A</a>







### **BPU Offers Cold Weather Tips to Prevent and Thaw Frozen Pipes**

- Allow a small trickle of water to run overnight to keep pipes from freezing. The cost of the extra water is low
  compared to the cost to repair a broken pipe. BPU also encourages customers to capture the water for wise water use. The water can be used to water indoor plants and more.
- Open cabinet doors to expose pipes to warmer room temperatures to help keep them from freezing.
- Eliminate sources of cold air near water lines by repairing broken windows, insulating walls, closing off crawl spaces and eliminating drafts near doors.
- Know the location of your main water shut-off valve. If a pipe freezes or bursts, shut the water off immediately. Protect your pipes. Wrap exposed pipes with insulation or use electrical heat tracing wire; newspaper or fabric might also work. If your pipes freeze: Shut off the water immediately. Do not attempt to thaw frozen pipes unless the water is shut off. Freezing can often cause unseen cracks in pipes or joints.
- Apply heat to the frozen pipe by warming the air around it, or by applying heat directly to a pipe. You can use a
  hair dryer, space heater or hot water. Be sure not to leave space heaters unattended, and avoid the use of kerosene heaters or open flames.
- Once the pipes have thawed, turn the water back on slowly and check for cracks and leaks. BPU also advises that sub-freezing temperatures can cause aging water mains to break and cause water to cover roadways. If you see a leak, your water service is disrupted, or you experience low pressure, please contact the company's Water Issues Line at 913-573-9622 to report an emergency.

# HARDSHIP ASSISTANCE PROGRAM

## To be eligible you must have:

- Received BPU services for at least 6 months
- Experienced one of the following:
  - Changes in family composition or marital status
  - Changes in employment or income status
  - Unexpected documented expenses
  - Health emergency







### **ATTENTION SENIORS:** Apply for a tax rebate.

Our team will be at locations across Wyandotte County from January 3, 2023 through March 31, 2023 to assist with your senior tax rebate applications.



#### **Homestead Property** Tax Rebates

Wyandotte County seniors born before January 1, 1967 or disabled prior to 2022, own their home, with an annual income of \$37,750/year or less may be eligible for a tax refund. Seniors with dependent minors living with them, veterans (65+), disabled veterans, or surviving spouses may also be eligible.



### Sales/Utility Tax Rebates

Seniors born before January 1, 1957, residing in Kansas City, KS, with income \$25K or less, may be eligible for refunds of up to \$150 for utilities (electricity, gas, water, phone).



### What to Bring:

- □ Contact information
- Proof of 2022 income for all persons living in your home, including:
  - п W2 and/or 1099
- Social Security Income Statement
- □ Railroad Retirement Statement
  □ Veteran's Disability Statement
- □ Bank Interest Statements
- □ Food Stamp Award
- п Child Support Income

#### **Additional Homestead Documents**

- □ Copy of real estate tax statement
- □ Amount of 2021 refund (if applicable)
- Blank bank deposit form with account number and routing information for electronic payment

#### **Additional Utility Documents**

□ Copy of 2022 utility bills (BPU, gas, and AT&T landline)

### MAKE YOUR APPOINTMENT TODAY | CALL 3-1-1.

MONDAYS, 8:30AM-4PM

(701 N. 7th Street, 3rd Floor) TUESDAYS, 9AM-12PM (1310 N. 10th Street)

TUESDAYS, 1PM-4PM Armourdale Community Ctr. (730 Osage Avenue)

WEDNESDAYS, 9AM-12PM Joe E. Amayo Community Ctr. (2810 Metropolitan Avenue)

WEDNESDAYS, 10AM-2PM The Windmill KO (840 S. 55th Street)

THURSDAYS, 9AM-12PM Eisenhower Community Ctr. (2901 N. 72nd Street)

THURSDAYS, 1PM-4PM

FRIDAYS, 8:30AM-4PM Office of the Clerk (701 N. 7th Street, 3rd Floor)



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!



"ALL OF US, AT SOME TIME OR OTHER, NEED HELP. WHETHER WE'RE GIVING OR RECEIVING HELP, EACH ONE OF US HAS SOMETHING VALUABLE TO BRING TO THIS WORLD. THAT'S ONE OF THE THINGS THAT CONNECTS US AS NEIGHBORS—IN OUR OWN WAY, EACH ONE OF US IS A GIVER AND A RECEIVER."

MISTER ROGERS

**Let Us Hear From** 



engagetrustees@kckcc.edu

Tuesday, February 14 3 - 5 pm **Bristol Hill UM Church** 

4826 County Line, KCK 66106