

March 2023

Livable Neighborhoods 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: 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 started with the Unified Government on 2/16/2022.
More info to come soon!



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

Livable Neighborhoods

Monthly Meeting:

March 23rd

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

Hypertension Awareness and Prevention Project (HAPp)

PROGRAM GOAL

Participating adults with hypertension (HTN) will learn how to lower and manage their blood pressure.

WHAT IS HAPp?

A self-monitoring blood pressure program that will provide participants with:

- A FREE blood pressure monitor.
- An opportunity to meet with a trained Heart Healthy Ambassador Coach twice a month to help take and track blood pressure.
- Monthly nutrition education workshops.



WHY JOIN HAPp?

- Learn how to monitor your blood pressure accurately at home.
- Increase your knowledge about hypertension and healthy living.
- Become an advocate for your health.
- Access to community resources.
- Learn how to make connections between lifestyle and blood pressure readings.

WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in and readiness for the program
- ✗ Significant cardiac event- last 6 months
- ✗ Atrial fibrillation or other arrhythmias
- ✗ Having or at risk for Lymphedema

Contact your local coach for more info!

Lori Wuellner
913-299-9300
lwuellne@ksu.edu

To register for the FREE program, visit:

<https://bit.ly/3vREUJ3>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Lori Wuellner, two weeks prior to the start of the event (February 15, 2023) at 913-299-9300 or lwuellne@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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)

YOU ARE INVITED & DINNER IS ON US!

PRIORITIZING EQUITY IN WYANDOTTE COUNTY: DISMANTLING SYSTEMIC RACISM

ON-SITE DAYCARE AVAILABLE | FREE TRANSPORTATION UPON REQUEST

Join us to prioritize issues to dismantle systemic racism, locally. We will use the KJ technique (a prioritization method) to sort local issues based on impact and urgency. Our goal is to gather community feedback and support, to advocate for a UG budget that adequately funds programs, policies, and initiatives to address systemic racism in Wyandotte County. Receive a VISA gift card for your time. Space is limited.

| FREE DINNER |
| FREE DAYCARE ON-SITE |
| FREE TRANSPORTATION |



PLEASE RSVP
wycohetf.org/rsvp
OR CALL (913) 283-4158



For free transportation or interpreters, please RSVP two business days in advance. American Sign Language interpreters are available upon request.



Facilitator Dr. Caleb Stephens
(LMSW, LMHC)
Community organizer and activist for the last 10 years. His research areas include: the Black narrative, safety, hope, empowerment, intentionality, and authenticity.

Dinner crafted by
The Prospect KC Urban Eatery

A culinary social enterprise supporting communities with nutritional education, kitchen culinary training and culinary entrepreneurship support.

This initiative is a partnership between Wyandotte County Health Department, the office of Mayor Tyrone Garner, the WYCO Health Equity Task Force and community organizations. Updated: January, 2023.



PRIORITIZING EQUITY IN WYANDOTTE COUNTY: DISMANTLING SYSTEMIC RACISM

ON-SITE DAYCARE AVAILABLE | FREE TRANSPORTATION UPON REQUEST

DINNER IS SERVED AT 5:30 P.M. DISCUSSION FROM 6:00 P.M. – 7:30 P.M.
RSVP IS HIGHLY ENCOURAGED. SPACE IS LIMITED TO 20 PEOPLE AT EACH SESSION. RSVP AND RECEIVE A VISA GIFT CARD WHEN YOU ATTEND.

Wednesday, February 8, 2023
Quindaro Community Center
2726 Brown Ave, Kansas City, KS 66104

Thursday, February 9, 2023
Bethany Community Center
1120 Central Ave Kansas City KS 66102.

Wednesday, February 15, 2023
Beatrice L. Lee Community Center
1310 N 10th St, Kansas City, KS

Thursday, February 16, 2023
Eisenhower Middle School
2901 N 72nd St, Kansas City, KS 66109

Wednesday, February 22, 2023
Joe E. Amayo, Argentine Community Center
2810 Metropolitan Ave, Kansas City, KS 66106

Thursday, February 23, 2023
Piper CTE Building
4410 N 107 St. Kansas City, Kansas 66109



PLEASE RSVP
wycohetf.org/rsvp
OR CALL (913) 283-4158



For free transportation or interpreters, please RSVP two business days in advance. American Sign Language interpreters are available upon request.

MIÉRCOLES, MARZO 1, 2023
*****EVENTO EN ESPAÑOL*****
KCKPL South Branch Room A
3104 Strong Ave, Kansas City, KS 66106

Thursday, March 2, 2023
Bonner Springs Community Center
200 E 3rd St, Bonner Springs, KS 66012

Wednesday, March 8, 2023
Carl Bruce Middle School
2100 N 18th St, Kansas City, KS 66104

Thursday, March 9, 2023
Eisenhower Middle School
2901 N 72nd St, Kansas City, KS 66109

Wednesday, March 15, 2023
Wyandotte County Health Department
619 Ann Ave, Kansas City, KS 66101

Thursday, March 16, 2023
VIRTUAL Session at 6:30 p.m. - 8:00 p.m.

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of December, January, and February.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2017

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.



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

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



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

KU
LONDON
CENTER ON AGING
The University of Kansas

Shepherd's Center
of Kansas City, Kansas

Quality Improvement Organizations
Improving Knowledge, Improving Health Care
Quality Improvement Network

Great Plains Kansas
Quality Improvement Network
Department of Health and Human Services

A partnership for better health



NEWS RELEASE

KANSAS CITY BOARD OF PUBLIC UTILITIES
OFFICE OF MARKETING & CORPORATE COMMUNICATIONS
540 Minnesota Avenue
Kansas City, KS 66101

Contact: David Mehlhaff
Chief Communications Officer

Date: January 26, 2023

For Immediate Release

E-mail: dmehlhaff@bpu.com
Web site: www.bpu.com
Facebook: www.facebook.com/kckbpu
Twitter: [http://twitter.com/kckbpu](https://twitter.com/kckbpu)
YouTube: <https://www.youtube.com/user/kckbpu>

Low-Income Energy Assistance Program (LIEAP) Now Open in State of Kansas

(KANSAS CITY, Kan.) — The Low-Income Energy Assistance Program (LIEAP), a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit, is currently available for eligible Kansans. Persons with disabilities, older adults and families with children are the primary groups who are assisted.

The program is managed and administered by the State of Kansas Department for Children and Families (DCF), with the 2023 application open from January 3, 2023 through March 31, 2023. To qualify, applicants must be responsible for direct payment of their heating bills, with income eligibility requirements set at 150% of the federal poverty level, among other things.

To learn more about eligibility requirements, find additional information, or complete a LIEAP application, interested parties should go to the [State of Kansas DCF website](https://www.kansas.gov/energy) or call the State of Kansas DCF offices directly at 1-800-432-0043.

Funding for the LIEAP is provided by the U.S. Department of Health and Human Services, Office of Community Service through the Federal Low-Income Home Energy Assistance Program.

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Press Release



Unified Government Public Health Department, in partnership with Unified Government Transportation, Vibrant Health, Duchesne Clinic, Family Health Care, JayDoc Clinic, KU Landon Center on Aging, Mercy and Truth, Pharmacy of Grace, and Swope Health West and Wyandotte Locations.

FOR IMMEDIATE RELEASE

February 1, 2023

WYCO Health Link Program Offers Free Transportation to Clinical Services in Wyandotte County

Summary

- The WYCO Health Link program provides free rides to and from non-emergency medical appointments at participating clinics for people who live in Wyandotte County.
- Rides are scheduled for patients by clinic staff. Patients must have an appointment.
- Participating clinics include Duchesne Clinic, Family Health Care, JayDoc Clinic, KU Landon Center on Aging, Mercy and Truth, Pharmacy of Grace, Swope Health (West and Wyandotte Locations), and the Unified Government Public Health Department.
- Learn more by visiting: <https://www.wycokck.org/Departments/Transportation/Wyco-Health-Link>

February 1, 2023 (Kansas City, KS) – People in Wyandotte County can now get free rides to-and-from medical appointments through the WYCO Health Link program. The program is available for people who live in Wyandotte County and have an appointment at a participating clinic for non-emergency medical services. Individuals can participate in this program regardless of income, insurance coverage or immigration status.

WYCO Health Link began in August 2022. Since the launch, more than 250 rides have been provided to medical appointments across the participating clinics.

WYCO Health Link is coordinated in partnership between the Unified Government Transportation Department, Unified Government Public Health Department, Vibrant Health and the participating clinics. The goal of the program is to increase access to healthcare for people in Wyandotte County who may have trouble getting to medical appointments due to lack of transportation.

About the Rides

Rides are scheduled for patients through clinic staff at each of the participating clinics. Unified Government Transit is the primary transportation provider for WYCO Health Link. Rides are provided at no cost to the patient.

WYCO Health Link offers:

- ADA compliant rides
- Ability to install child car and booster seats in UG Transit vehicles
- Text/phone call reminders in English and Spanish

Participating Clinics:

Duchesne Clinic

636 Tauromee Ave, Kansas City, KS 66101
(913) 321-2626

Family Health Care

340 Southwest Blvd, Kansas City, KS 66103
(913) 722-3100

Jay Doc Clinic

300 Southwest Boulevard, Kansas City, KS 66103
(913) 387-1202

KU Landon Center on Aging

3599 Rainbow Blvd, Kansas City, KS 66103
(913) 588-6970

Mercy and Truth

721 N 31st St, Kansas City, KS 66102
(913) 621-0074

Pharmacy of Grace

721 N 31st St, Kansas City, KS 66102
(913) 953-8260

Swope Health West Location

4835 State Ave, Kansas City, KS 66102
(913) 321-2200

Swope Health Wyandotte Location

21 N 12th St. Ste 400, Kansas City, KS 66102
(816) 922-7600

Unified Government Public Health Department

619 Ann Ave, Kansas City, KS 66101
(913) 573-8855

Learn about WYCO Health Link at:

<https://www.wycokck.org/Departments/Transportation/Wyco-Health-Link>

This program is paid for in part by ARPA (American Rescue Plan Act) funding.



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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!

Reminder

March 15th—Personal Property Filing Deadline



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

CORETTA SCOTT KING

