Mayor Holland, health experts to attend Healthy Halloween  
by Will Lyons and Aaron Davis

Each year Whitmore Park is filled with hundreds of Rosedale residents as they celebrate RDA’s fall festival, Healthy Halloween. But this year they will be joined by Kansas City, KS mayor Mark Holland, sports medicine physician and fitness instructor Dr. Jordan Metzl, and nutrition expert Cynthia Lair.

Holland will kick off the festival at 2 p.m. on Oct. 24 at Whitmore Park with a special proclamation recognizing Healthy Halloween for its health-conscious activities.

“I believe that improving health outcomes in Wyandotte County is a top priority of mine, and we can make a big impact on this issue by reinforcing healthy habits with our kids,” Holland said. “Halloween is such a fun holiday, but the emphasis is too often about how much candy can be consumed. I commend the RDA for hosting an event that will put an emphasis on the importance of eating healthy and moving our bodies.”

Dr. Metzl will follow with a kid-friendly version of his “Iron Strength” fitness routine, designed for people of all skill levels. To bring these healthy habits home, LaR will present cooking healthy and nutritious meals for the whole family.

Healthy Halloween also will include fun activities, including ghost races, pumpkin bowling, Pharmacy representatives from Walgreens will give free flu shots to all attendees, and members of BikeWalkKC will help fix bicycles and teach bicycle safety.

“It gets the boys motivated,” Terri Rankin, a Rosedale resident who attended Healthy Halloween last year, said about her sons. “They had a real good time with all the activities. They liked it a lot.”

Building girl power with Girl Scouts  
by Andrea Steere

When it comes to youth sports programs, RDA offers lots of options. But one group was consistently underrepresented in these activities: Girls. Clearly, Rosedale’s girls were looking for a different kind of after-school activity. One that could bring them together to explore their interests and develop new skills.

“I have tried to show my daughter how she can give back, and I think the girls will get even more out of the experience,” said Will Lyons, a Rosedale resident who attended Healthy Halloween last year.

“We hope to engage our girls in ways that will help them become future leaders and go-getters,” Andrea Steere, RDA staff member and assistant troop leader, said. “We want to talk about healthy living and explore science and technology-related activities.”

This past summer the girls participated in art projects, gardening, and planning troop activities. This fall the Rosedale Girl Scouts hiked through the Ozarks.

“I like to go on hikes,” one of the troop’s youngest members, Hannah, said. “I like to explore.”

To help the Rosedale Girl Scouts troop implement their activities, contact Andrea Steere at andrea@rosedale.org or call (913) 677-5097.
Meet the RDA Board and Staff

Theresa Reyes-Cummings

Theresa Reyes-Cummings grew up in Rosedale and has been on the RDA Board since 2012. She works full-time in the mental health field and enjoys traveling with her husband, trail running, and spending time with their children and grand-children at Rosedale Park.

Daniel Serda

Daniel Serda has served on the RDA Board since 2011 and is a Kansas City, KS native. He is principal and owner of the Rosedale-based inSITE planning, a small consulting firm that provides community planning, economic development, and urban design services to public, private, and nonprofit clients.

Volunteers prepare baskets for the Feed A Family program in Rosedale.

Feed-a-Family established to help stop hunger one family at a time

by Alexa Gattison

Warm smiles, happy hearts, and family meals make the holiday season wonderful. However, having enough food can be a struggle for families in need. With Thanksgiving quickly approaching, the annual Feed A Family program is designed to provide some relief.

Sergeant Carl Swartz, with the University of Kansas Medical Center Police Department, established the program in 1979, and it was taken over by George Kemper, a pastor and retired KUMC community policing officer, in 1984. The KUMC Police Department carried on the program until 2000, when Rosedale Development Association was enlisted to help.

Today, Feed-a-Family partners with community members, neighbors, and local businesses to gather donations for the program and identify families. This year, the KUMC Public Safety Department and FOP Lodge 57 will be collecting nonperishable items and donations for perishable goods. The program serves over 50 families annually, providing them with Thanksgiving fixings, fresh produce, house-hold items, and coats.

“The program serves two purposes: it is a way to serve the community and a way to collaborate with community partners to help those who are less fortunate,” said Kemper. “To make a donation or to volunteer for Feed a Family, please contact William Lyons, at will@rosedale.org or call (913) 677-5097.

Rosedale Development Association

Working in partnership with residents, businesses, and institutions to build a strong and healthy community, the Rosedale Development Association works to gather donations for the program and identify families. This year, the KUMC Public Safety Department and FOP Lodge 57 will be collecting nonperishable items and donations for perishable goods. The program serves over 50 families annually, providing them with Thanksgiving fixings, fresh produce, household items, and coats.

For this event the community comes together,” Kemper said. “The program serves two purposes: it is a way to serve the community and a way to collaborate with community partners to help those who are less fortunate.”

To make a donation or to volunteer for Feed a Family, please contact William Lyons at will@rosedale.org or call (913) 677-5097.

Rosedale’s old souls get growing

by Kate Green

Community gardens are growing at Rosedale Towers, a Kansas City, KS Housing Authority, housing many of Rosedale’s older residents. The garden is unique, in that instead of renting individual plots, they grow and harvest together. Those dedicated to the mission have been growing the past two seasons, when the complex received a grant to build raised beds. Currently, there are three 4-by-12 foot beds, one at a height comfortable for a wheelchair.

The summer bounty consists of tomatoes and peppers, while in the cool months they grow a hearty amount of leafy greens, broccoli, and garlic. Members of the tenancy association decide which plants make the cut, before making the beds to plant, weed, and water. The gardens held raised beds helped provide food for all residents, especially those running out of money or food stamps by the end of the month. The garden encourages physical activity and education for the residents.

The Rosedale Towers Tenant Association meetings are open to all residents of the complex. Meetings are held on the second Monday each month at 3:30 p.m. For more information, please contact Anna Nanoski at anna@rosedale.org or (913) 677-5097.

Survey update:
parks, playgrounds, and youth programs

by Adrienne Showalter Mallock

Preliminary results from the Rosedale community survey give clear insight into some of the things that Rosedaleians care deeply about: parks, playgrounds, and youth programs.

A quick glance at responses about availability of certain types of places and programs clearly paints the picture of a community that values the spaces and programs that equip not just youth, but all Rosedale residents to play, be active, connect, and engage with one another.

A striking 77 percent of the 800+ respondents indicated that they considered parks and playgrounds to be very or extremely important. At that rate, parks and playgrounds may be one of the most unifying priorities of the Rosedale community.

Families more notable is the 63 percent who placed the same level of importance on programming for youth ages 6-17. What is notable about this is that of the people who completed the survey, only 9 percent have children currently living in their home. Rosedalians care about youth, whether they have kids and teens at home or not.

How have you noticed that Rosedale prioritizes children and youth as a community? In what ways can you and your neighbors support youth, parks and playgrounds?

To share your story, please contact Adrienne Mallock at adrienne@rosedale.org or call (913) 677-5097. Keep an eye on upcoming newsletters for further results from the community survey.