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THE ROSEDALLIAN

ROSEDALE DEVELOPMENT ASSOCIATION NEWSLETTER

Community Spotlight

Our biggest neighbor

by Erin Stryka

The University of Kansas Medical Center shapes life in Rosedale in every way. You have probably heard about the groundbreaking on the new, \$75 million Health Education building that aims to decrease the doctor shortage in the 30 Kansas counties that are medically underserved, and that KUMC received the National Cancer Institute designation in 2012. You may even know that the KU School of Nursing is designated a Center of Excellence in Nursing Education. But how much do you know about what KUMC is doing in the rest of Rosedale?

If you have seen people working in Rosedale wearing bright blue t-shirts that say,

“We Are KU,” you have seen students hard at work during one of several Med One volunteer days, organized by KU Student Life. One hundred twenty students from the Schools of Nursing, Medicine and Health Professions volunteered in Rosedale in July and August doing home repairs, weeding gardens, and building trails. Fifteen students made a longer commitment to coach youth volleyball, soccer, and flag football teams this fall.

KUMC’s A Healthy U Committee has been active in making both the University and Rosedale healthier. They recently partnered with Rosedale Farmers Market to bring the market to campus for one



ERIN STRYKA

KUMC students supporting the Rosedale community by assisting in garden work. (Photo by: Erin Stryka)

day in August and in September, connecting KU students and staff with local growers. The committee is also partnering with RDA to organize Healthy Halloween this year, bringing in Dr. Jordan Metzl

as a special guest to teach balance and agility exercises. Finally, KUMC is currently analyzing the data from the Rosedale Community Survey so your voices are heard as clearly as possible.

Mayor Holland, health experts to attend Healthy Halloween

by Will Lyons and Aaron Davis

Each year Whitmore Park is filled with hundreds of Rosedallians 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.

“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 shifts the focus and brings our community together.”

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

Healthy Halloween also will include fun activities, including ghost races, pumpkin painting, mask making, and a bounce house. New games also will be available,

like mummy wrapping races and pumpkin bowling. Pharmacy representatives from Walgreens will give free flu shots to all attendants, 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 all.”



HEIDI HOLLIDAY

Youth are all smiles competing in the Healthy Halloween sack race.

Join RDA for their 6th annual Healthy Halloween from 2-5 p.m. Oct. 24, 2015 at Whitmore

Park, 1412 Southwest Blvd., Kansas City, KS, 66103. To learn more about the event or

volunteer, please contact Will Lyons at will@rosedale.org or call (913) 677-5097.

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.

“The thought of starting a group with the girls that could do community service-based projects interested me a lot,” troop leader Jennifer Bates said.

“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.”

Troop 1685, a Girl Scouts troop made up of kindergarten through fifth grade girls in Rosedale, has only been together since April, but they have big plans.

“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 Rozarks.

“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.

Elite Designs gives back in big way

by Aaron Davis

This fall, RDA found itself in a bit of a pinch. The youth sports teams were without jerseys for the upcoming season. While searching for fair prices and sponsors in the Kansas City area, Elite Designs stepped up to help.

Robert Brown and his family over at Elite Designs, a local screen printing shop, are dedicated to helping children.

"The T-shirts help give the children a sense of belonging with a team, something very important when growing up," Brown said.

Elite Designs printed 70 T-shirts at no cost to RDA or the families participating in sports this fall.

"One hundred years from now, it won't matter what car I drove, what kind of house I lived in, how much I had in my bank account, nor what my clothes looked like. But, the world may

be a little better because I was important in the life of a child," Brown said, paraphrasing a famous quote from Dr. Forest Witcraft.

Brown and his family have taken those words to heart and believe what matters in life



Robert Brown and Aaron Davis show off T-shirts they printed for RDA sports teams

is that you make a difference in the lives of people around you. And for our kids here in Rosedale, they have truly done that.

i Elite Designs, a family owned business, is located at 2616 State Ave., Kansas City, KS, and has been open since October 2003. They can be reached at (913) 281-2652 or www.elitedesignskc.com.

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.



HEIDI HOLLIDAY

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 Alexis Gatson

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 with the program until 2000, when Rosedale Development Association was enlisted to help.

RDA now partners with community members, neighborhood groups, churches, schools and local businesses to gather donations for the program and identify families. This year, the KUMC Public Safety Department and FOP Lodge 37 will be collecting nonperishable items and donations for perishable goods. The program serves over 30 families annually, providing them with Thanksgiving fixings, fresh produce, house-

hold 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."

i To make a donation or to volunteer for Feed a Family, please contact Will 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 and to improve the quality of life for those who live, work, and play in Rosedale.

1403 Southwest Blvd.
Kansas City, KS 66103
Phone (913) 677-5097
Fax (913) 677-3437
info@rosedale.org
Monday-Friday, 9 a.m.-5 p.m.

Heidi Holliday Executive Director
Staff and Board of Directors
online at rosedale.org
Design Lizzardbrand Inc.
Facebook.com/RosedaleDevelopment
Twitter.com/RosedaleDA
Rosedale.org

Community Calendar

Thursday, October 8

Rosedale Neighborhood Leadership Academy: "Relationship Building" with Dina Newman
6-7:30 p.m., 1401 Southwest Blvd., KCK

Friday, October 16

Feed A Family Nominations due

Saturday, October 24

Healthy Halloween (free event)
2-5:00 p.m., Whitmore Park, Southwest Blvd. and S. Early Street, KCK

Friday, October 29

HambINGO
7-8 p.m., Hamburger Mary's, 3700 Broadway Blvd., KCMO

Thursday, November 5

Rosedale Neighborhood Leadership Academy: "Planning for Sustainability" with LaMonica Upton
6-7:30 p.m., 1401 Southwest Blvd., KCK

Wednesday, November 25

Planet Play Pop-Up Play Lab (free event)
10 a.m. - 2 p.m., 1401 Southwest Blvd.

Every Month

Interested in attending your local neighborhood groups?
Check out rosedale.org/live/neighborhood-groups/ for more information on specific dates and times.

i For additional information about upcoming events and other community happenings, call (913) 677-5097.



Rosedale's old souls get growing

by Katie 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 gardening for 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 summertime bounty consists of tomatoes and peppers, while in the cool months they grow a hardy amount of leafy greens, broccoli, and garlic. Members of

the tenant association decide which plants make the cut, before making the beds to plant, weed, and water.

The gardeners felt 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.

i 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 Ahnna Nanoski at ahnna@rosedale.org or (913) 677-5097.



KATIE GREEN

Residents work on the garden in the cool early spring weather.

RDA Support Form

Name of business or name of household

Address

City

State/ ZIP code

Contact person

Preferred phone

Email address

Please mail form, along with check made payable to:

Rosedale Development Association, 1403 Southwest Blvd., Kansas City, KS 66103

Suggested support levels:

Keystone: \$1,000 and above

Crown: \$750-999

Column: \$250-\$749

Foundation: \$0-\$249

Other: \$

Survey update: parks, playgrounds, and youth programs

by Adrienne Showalter Matlock

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

A quick glance at responses to questions 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.

Even more notable is the 63 percent who placed the same level of importance on programming for youth ages 6-17. What is so notable about this is that of the people who completed the survey, only 9 percent have children currently living in their home. Rosedalian 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?

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