

RETURN SERVICE REQUESTED

Good neighbor

KC Direct Primary Care provides affordable healthcare to Rosedale

By Sarah Waggoner

Since January of 2017, Kansas City Direct Primary Care (KCDPC) has been serving Rosedaliens and other area locals with high-value, transparently-priced healthcare. Recently, KCDPC hired its third physician, Dr. Christina Crumpecker, and with her arrival, they are proud to be able to announce a discounted


rate for those economically affected by COVID-19.

"I feel incredibly fortunate to have joined KCDPC, particularly during our current public health crisis. I am so grateful and humbled to serve my fellow KC metro citizens with the compassionate, competent, and committed team at KCDPC. We understand that everyone is experiencing their own challenges during the COVID pandemic. We hope to ease some of that strain by ensuring our most financially-strained members do not lose access to their primary care physician at a time when access to high-quality healthcare is more important than ever," shared Dr. Crumpecker.

At KCDPC, they offer a monthly membership that is designed to provide patients with health care cost savings while also increasing access to care. The monthly membership fees range from \$20 for

kids to \$90 for those over age 65. There are no copays or hidden fees, and they prioritize communication between each patient and their physician, aided by the use of interpreters when necessary. After-hours and home visits can be arranged for a small fee, helping patients avoid the ER when possible. Patients also have access to wholesale-priced labs, medications, and radiology services.

For those who are suffering from economic hardship during this time, KCDPC is offering 3 months of membership for \$150, a 47% discount from usual fees. Firmly believing that good health is elevated by a long-term relationship with a primary care physician, KCDPC hopes that this effort will support the community not only in the shorter term, but will also connect community members to a physician they can trust for the long-term.

 *Those interested in the COVID economic hardship program are invited to read more and apply at kansascitydirectprimarycare.com/covid-19-economic-hardship-relief/.*

Rosedale Development Association

Our mission is to work with residents, businesses, and institutions to develop a thriving Rosedale community.

1403 Southwest Blvd.
Kansas City, KS 66103
Phone: 913-677-5097
Fax: 913-677-3437
Email: info@rosedale.org
Hours: Monday-Friday, 9 a.m.-5 p.m.
Erin Stryka Executive Director
Sarah Waggoner Editor
Lizzardbrand Design/illustration
Staff and Board of Directors
online at rosedale.org
Facebook.com/RosedaleDevelopment
Twitter.com/RosedaleDA
Rosedale.org



THE ROSEDALIAN

R O S E D A L E D E V E L O P M E N T A S S O C I A T I O N N E W S L E T T E R

Participate in Spring and Summer Programming in Rosedale

By: Erin Stryka

We can't wait to see you in 2021, Rosedale! This spring, RDA will continue our virtual programming and look forward to resuming in-person programming when it is safe. Read on for program news and enrollment dates this spring.

First, we are delighted to announce that Samanthé Burton-Bosket, a member of the RDA team since 2018, recently accepted the position of ARCH Program Director. Samanthé has served as an AmeriCorps Member, Program Coordinator, and two-time director of Rainbow Summer Program. She is passionate about reading, youth development, and bringing safe yet fun programming to Rosedale kids throughout the pandemic. Thanks for continuing your great work in this new position, Samanthé!


One of Samanthé's recent creations are the ARCH Activity Boxes! These kits have a variety of crafts, games, exercise and cooking activities, and contain opportunities to advocate for a healthier neighborhood. Students or families who complete the weekly activities are entered into a drawing to win Rosedale prizes. Enrollment for Activity Boxes is now open at rosedale.org/activity-boxes/.

Rosedale Future Professionals, where middle school students can earn a stipend by completing a financial management curriculum, will continue in a virtual/remote format

this spring, with sessions available February 1-10, 15-24 and March 1-10. Students can sign up at rosedale.org/roseyale-future-professionals/.

Green thumbs and beginner gardeners alike can reserve a plot in a Rosedale community garden starting March 1, at rosedale.org/gardens/.

And finally, keep an eye out for summer programs! Summer Youth Employment applications will be available March 15, with the program running June 7 through July 23. Rainbow Summer Program applications will be opening on March 31, with the program running June 14 through July 23. Applications will be available online, or you can call our office at 913-677-5097 to have an application mailed to you.

 *For questions or more information about any of our youth programming, please contact Samanthé at samanthe@rosedale.org.*



Samanthe Burton-Bosket



Rosedalians enjoy the Luminary Hike at the Rozark Trails.

Neighborhood Socials encourage residents to connect


By Alissa Workman

Nearly a year into a pandemic that has drastically changed the ways that we interact with friends and neighbors, Rosedale Development Association is pleased to introduce Rosedale Neighborhood Socials. Approximately once a month, RDA will host an event that allows for socializing with neighbors and engaging in some community fun while maintaining the precautions necessary to prevent the spread of Covid-19.

In August, RDA conducted a community survey to assess how Rosedaliens were coping with the complexities of the pandemic, and what their priorities were in Rosedale over the next 18 months. Overwhelmingly, respondents indicated that they felt disconnected from neighbors and

were looking for safe ways to stay active — physically and mentally — while maintaining a sense of connectedness.

The Neighborhood Socials will be virtual or in-person, depending on the topic and what is safe and allowable under state and local guidelines. In December, RDA tested the idea through the Luminary Hike and the virtual Annual Meeting, both with success. Tentative topics for the 2021 series include sip and paint, distance yoga in the park, and a sidewalk chalk walk.

 *Those who would like additional information about the Socials as they are planned can get added to the list by reaching out to Alissa at 913-662-2182 or emailing alissa@rosedale.org.*



KCDPC staff are happy to serve the Rosedale community!

The Covid-19 Vaccine: Questions answered and myths debunked

By Sarah Waggoner

As the Covid-19 vaccination starts to roll out in Wyan-dotte County, there is a lot of different information going around and concerns about safety and eligibility. Recently, we had the opportunity to interview expert Juliann Van Liew, Director of the Unified Government Public Health Department (UGPHD), about the Covid-19 vaccine and its importance to the health of our community.

Q: First of all, could you just tell me a little bit about how you feel about the vaccine, and if you are planning on receiving it?

Juliann: I could not be more excited about the vaccine. I feel it every day when I'm working out at our vaccination site — there is hope in the air, because people know that vaccines are our way out of this. We still have a long way to go. But we are moving in the right direction.

I actually got my first dose of the vaccine! I was certainly eager to get vaccinated — I am working at our facility at 78th and State almost every day, interacting closely with other staff and where patients are coming in and out every

day, so this helps protect me and my family.

Q: Is the Covid-19 vaccine unsafe because it was so rapidly developed and tested? Were typical vaccine safety protocols and procedures skipped or rushed?

Juliann: It's important to understand just how robust those clinical trials were, and to know that the FDA provided an Emergency Use Authoriza-tion because they felt it was safe enough to start using, and important enough to start now to prevent more people from getting sick or dying from Covid-19.

During the clinical trials, tens of thousands of people from multiple races and ethnic-ities got the vaccine. Both the Moderna and Pfizer-BioNTech vaccine were shown to be between 94 and 95 percent ef-fective. Most people in the tri-als had no side effects or very minimal side effects, like pain in their arm where they got the shot. After the second dose, some people, about 10-15 percent, have some symptoms like a low-grade fever or some cold or flu like symptoms for a day or two. This is just part of

the immune system respond-ing to the vaccine and starting to build that immunity.

Q: Will the vaccine alter or interfere with my DNA?

Juliann: There's some confu-sion around this, since “mRNA” sounds so similar to “DNA,” but our medical officers and other team members have looked at the data on how these vaccines work, and no, the vaccine cannot alter your DNA in any way. The vac-cine does not reach the part of your cells where your DNA is located (the nucleus of the cell), which means there is no way it can alter your DNA. These mRNA vaccines basi-cally teach your cells to make a harmless protein that helps your immune system build the antibodies it needs to fight the virus that causes Covid-19.

Q: Is there live virus matter or fetal tissue in the Covid-19 vaccines?

Juliann: The vaccines do not contain any fetal tissue. Additionally, these mRNA vaccines from Moderna and Pfizer-BioNTech do not contain the virus, so they cannot give you Covid-19, nor do they introduce any amount of the virus to your body.

Q: Is there any way this vaccine could cause infertility in those who receive it?

Juliann: No! People are understandably uneasy when

they hear something like this, but, this is a rumor with no facts behind it. There's abso-lutely nothing in the science on these vaccines showing that they cause infertility.

Q: Some people are worried about not knowing long-term effects of the vaccine because it is so new. Is it common for vaccines to receive FDA approval and then cause problems later on?

Juliann: It's important to note that this is not the first time mRNA technology has been used — It has been used for many years in other treatments for conditions like cancer.

It is not at all common for the FDA to have to backtrack on approval of a medicine or vac-cine, though it has happened. The FDA has vaccine safety monitoring systems in place.

Q: How many people in Kansas City, KS have already been vaccinated?

Juliann: We are working on pulling the data for the entire county and creating a data “hub” on our website specifi-cally about vaccines. At our vaccine site, we've given more than 2,400 doses so far.

📌 The UGPHD urges everyone who is interested in getting the vaccine to fill out the Vaccine Interest Form at bit.ly/WyCoVaccineForm and more information, including eligibility, can be found at bit.ly/VaccineOverview.

La vacuna de Covid-19: Preguntas respondidas y Mitos desacreditados

De Sarah Waggoner

Como la vacunación de Co-vid-19 comienza a implemen-tarse en el condado de Wyan-dotte, hay mucha información diferente y preocupaciones acerca de la seguridad y la elegibilidad. Recientemente tuvimos la oportunidad de en-trevistar al experta Juliann Van Liew, Directora del Departamen-to de Salud Pública del Gobierno Unificado (UGPHD), sobre la vacuna Covid-19 y su

importancia para la salud de nuestra comunidad.

Q: En primer lugar, ¿podría decirme un poco sobre cómo se siente acerca de la vacuna, y si está planeando recibirla?

Juliann: No podría estar más entusiasmado con la vacuna. Lo siento todos los días cuan-do estoy trabajando en nuestro sitio de vacunación, hay esperanza en el aire, porque

Kansas vaccination phases | By population

PHASE	1	>	2	>	3	>	4	>	5
POPULATION	<ul style="list-style-type: none">Healthcare workersResidents and patients in long-term care (LTC), senior housing or LTC-supported independent livingWorkers critical to pandemic response continuity		<ul style="list-style-type: none">Persons aged 65+Congregate settingsHigh-contact critical workers		<ul style="list-style-type: none">Persons aged 16-64 with severe medical risksOther critical workers		<ul style="list-style-type: none">Persons aged 16-64 with other medical conditions		<ul style="list-style-type: none">Rest of population aged 16+Children* <p>*Subject to further research on vaccine risks and effectiveness for children</p>

la gente sabe que las vacunas son nuestra manera de salir de esto. Todavía tenemos un largo camino por recorrer. Pero estamos avanzando en la dirección correcta.

¡Recibí mi primera dosis de la vacuna! Fue bastante indoloro, más fácil que una vacuna contra la gripe. Reci-biré mi segunda dosis a fina-les de este mes. Ciertamente estaba ansioso por vacu-narme — estoy trabajando en nuestras instalaciones en 78th y State casi todos los días, interactuando estrechamente con otro personal y donde los pacientes entran y salen todos los días, así que esto ayuda a protegerme a mí y a mi familia.

Q: ¿Es la vacuna Covid-19 insegura porque fue tan rápidamente desarrollada y probada? ¿Se omitieron o precipitaron los protocolos y procedimientos típicos de seguridad de las vacunas?

Juliann: Es comprensible que la gente se pregunte por esto, ya que se movió más rápido de lo que normalmente se ve para las vacunas. Pero es importante entender cuán sólidos eran esos ensayos clínicos, y saber que la FDA proporcionó una autorización de uso de emergencia porque sentían que era lo suficiente-mente seguro para empezar a usar, y lo suficientemente importante para comenzar

ahora para evitar que más personas se enfermen o muri-eran de Covid-19.

Durante los ensayos clínicos, decenas de miles de personas de múltiples razas y etnias recibieron la vacuna. Tanto la vacuna moderna como la vacuna Pfizer-Bi-oNTech mostraron ser entre el 94 y el 95% efectivas. La mayoría de los participantes en los ensayos no tuvieron efectos secundarios ni efectos secundarios muy mínimos, como dolor en el brazo donde recibieron la inyección. Después de la segunda dosis, algunas personas, alrededor del 10-15%, tienen algunos síntomas como fiebre de bajo grado o algún resfriado o síntomas similares a la gripe durante uno o dos días. Esto es solo parte del sistema inmunológico.

Q: ¿La vacuna alterará o interferirá con mi ADN?

Juliann: Hay cierta con-fusión en torno a esto, ya que el “ARNm” suena tan similar al “ADN”, pero nuestros oficiales médicos y otros miembros del equipo han analizado los datos sobre cómo funcionan estas vacunas, y no, la vacuna no puede alterar su ADN de ninguna manera. La vacuna no llega a la parte de las cé-lulas donde se encuentra el ADN (el núcleo de la célula),

lo que significa que no hay forma de que pueda alterar el ADN. Estas vacunas contra el ARNm básicamente ense-ñan a las células a producir una proteína inofensiva que ayuda al sistema inmunitario a desarrollar los anticuerpos que necesita para combatir el virus que causa Covid-19.

Q: ¿Hay materia de virus vivo o tejido fetal en las vacunas Covid-19?

Juliann: Sabemos que hay un montón de preocupa-ciones y muchos rumores sobre los ingredientes de las vacunas. Las vacunas no contienen ningún tejido fetal. Además, estas vacunas de ARNm de moderna y Pfizer-BioNTech no contienen el virus, por lo que no pueden darle Covid-19, ni introducen ninguna cantidad del virus en su cuerpo.

Q: ¿Hay alguna manera de que esta vacuna pueda causar infertilidad en quienes la reciben?

Juliann: No! La gente es comprensiblemente incómoda cuando oye algo como esto, pero una vez más, este es un rumor sin hechos detrás de él. No hay absolutamente nada en la ciencia sobre estas vacunas que demuestre que causan infertilidad.

Q: Algunas personas están preocupadas por no saber los efectos a largo plazo de la

vacuna porque es tan nueva. ¿Es común que las vacunas reciban la aprobación de la FDA y luego causen problemas más adelante?

Juliann: Es importante tener en cuenta que esta no es la primera vez que se utiliza la tecnología de ARNm – Se ha utilizado durante muchos años en otros tratamientos para condiciones como el cáncer.

No es en absoluto común que la FDA tenga que hacer un seguimiento de la apro-bación de un medicamento o vacuna, aunque ha sucedido. La FDA cuenta con sistemas de monitoreo de la seguridad de las vacunas.

Q: Cuántas personas en Kansas City, KS ya han sido vacunadas?

Juliann: Estamos trabajando en la extracción de los datos para todo el condado y la creación de un “hub” de datos en nuestro sitio web especí-ficamente sobre las vacunas. En nuestro sitio de vacunas, hemos dado más de 2.400 dosis hasta ahora.

📌 El UGPHD insta a todas las personas que estén interesadas en recibir la vacuna a llenar el Formulario de Interés de Vacunas en bit.ly/WyCoVaccineForm y más información, incluyendo la elegibilidad, se puede encontrar en bit.ly/VaccineOverview

