



The Rosedalian

ROSEDALE DEVELOPMENT ASSOCIATION NEWSLETTER

www.rosedale.org

Partnerships form around Rosedale Ridge

Phoenix Family Housing, KC Urban Youth and RDA are coming together in hopes of enhancing community life at the Rosedale Ridge apartments.

In mid-2009 Diane Richardson began working at Rosedale Ridge for Phoenix Family Housing. Phoenix Family, according to their mission statement, intends to empower people living in low-income housing and help them gain self-sufficiency. In order to learn about Rosedale Richardson quickly visited RDA.

Since taking the position at Rosedale Ridge, Richardson has conducted activities to get to know the families and the youth. She started out with a four-week summer program which included nutrition education and a My Story project. When school started, she began a reading program with 10-15 youth every Monday and Tuesday.

With increasing volunteers on site for the after school program, including personnel assistance from RDA, the students are provided with one-on-one time with tutors who assist and encourage them in their reading and homework. The program also stresses respect for one another. And the program has paid dividends as the



DIANE RICHARDSON PHOTO


Students Kaya Maltbia and Jaron Byrd work hard on their homework with assistance from Jordan Penner. The after school program provides needed tutoring and teaches respect for one another.

children gain more and more confidence in their reading and schoolwork.

Many students are excited to come to the program, do their homework and read. A highlight always seems to be the "appreciation-time" which invites the students to say what they appreciate

about others. Through this exercise the students are given valuable reinforcement and learn to see each other's gifts.

KC Urban Youth, a faith-based organization which tries to, "empower youth with resources to develop faith, character, knowledge and skills," committed to Rosedale Ridge in December. They soon began the process of getting to know its residents. They have begun to investigate how future programs should be shaped to best fit the communities' needs and will play a large role in summer programming.

With amazing things already happening at Rosedale Ridge, Richardson knows that with these new partnerships, the work being done in Rosedale Ridge will amplify and, she said, "help people get what they need in order to thrive, not just survive." 

You are invited ...

to the 25th Annual **Easter Egg Hunt** in Whitmore Park Saturday, **April 3** at 10:30 a.m. (Don't be late!). Location: **1400 Block of Southwest Blvd.** Sponsored by Rainbow Mennonite Church and the Rosedale Optimist Club.



Volunteer Spotlight:

Father and Son, the Lysingers

Jeff Lysinger's father used to keep a box of tools in his car at all times and stop to help anyone with a broken down car. Today, Jeff Lysinger and his son Derek continue in the giving spirit of their family as two of Rosedale's hardest working residents.

Jeff, who works as a postal officer, and Derek, 16 years old, have worked together on countless projects in Rosedale. They are two of RDA's best volunteers. They help RDA so much, in fact, that RDA's office manager Linda Wright tells Jeff that if he gets tired of Derek, she'll "take him any day."

But it's clear the two Lysingers work well together. Jeff said the two have worked together for so long, projects flow smoothly. "Derek knows what I'm after," Jeff says.

Derek says, "sometimes he doesn't even seem like my dad, and sometimes it seems we have more of a 'friend relationship.'"

Besides the example of public service set by Jeff's father, Jeff believes that as a postal officer, he is in a privileged position to see the community's needs. As he says, they just try to "fill that gap" and meet needs where they are lacking. Whether that means chatting with an elderly person, painting a house or plowing snow, the Lysingers are happy for the opportunity to help.

Derek for many years has been volunteering with RDA to complete many minor home repairs projects, major vacant lot clean-ups and distributing information door-to-door. This winter he has been particularly busy assisting with snow removal for area elderly. Derek uses a tractor with a plow and said that his dad directs him from inside the car.

Derek realizes the importance of working for the betterment of one's community. While Derek's friends may won-



Derek Lysinger did his best to keep warm while clearing snow for more than 30 hours this winter around Rosedale.

der why he works so much on Saturdays, he believes that it is his friends who are missing out, not him. Volunteering, he said, has provided him the opportunity to learn different skills, be helpful to others and have fun all the while.

Both Jeff and Derek believe in taking part in the community and working to better it. Jeff said this is, "the right thing to do." Like his grandfather before him, Derek agrees with that too. ☞

Projects Needed

From spring through fall RDA looks for worthy volunteer projects to carry out for the betterment of its residents. Many different groups, within and outside of Rosedale, would like to volunteer for projects such as minor home repair and major clean-ups on empty lots or roadways. The volunteers provide a

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.

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Monday-Friday, 9 a.m.-5 p.m.

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Board of Directors,
www.rosedale.org/
who_board.htm

A weatherization program

is underway in 13 counties, including Wyandotte, to carry out home energy saving projects for the elderly, handicapped and low-income families. This service is provided at no cost for those who qualify. For more information and access to an application visit <http://www.eckan.org/Page585.htm> online, or come by the RDA office.

valuable service for many of the older and disabled residents in our community. In order for us to put our volunteers to the best possible use, your help is needed to provide RDA with project ideas. Please contact the RDA office if you need help or know someone who does. We will take it from there. ☞

Expert advice:

Spring fitness

By Priscilla Allen

Fitness Director, Southwest Blvd. Family Health Fitness Center

It's March! How are you doing on your work outs? Like a lot of us, we tend to slack off little by little until there are no work outs going on.

Here are a few ideas to keep you motivated:

- Find a work out buddy to keep you motivated.
- Writing down you goals for the day/week/month are a great way to stay on track.
- Talking to supportive friends and/or family members about your work outs plans will keep you focused.
- Track your exercise

Now that you are inspired to get up and move, what's your next step?

- Get a membership to a local gym.
- Go to the local park and exercise on the jungle gym.
- Walk and/or run in the park
- Work out at home with exercise DVDs
- Get up and dance!

What needs to happen before, during, and after your work outs?

- Drink plenty of water
- Eat at least 1 hour prior to working out to keep your energy up.
- Resting between sets to let muscle recover, but not too long
- Wiping down equipment that you have used to help prevent the spread of germs

A few more tips to keep in mind:

- Stay consistent with your work outs
- Your work outs should last between 30-60 minutes
- Eat healthy and in moderation
- Sleep 7-8 hours

Southwest Blvd. Family Fitness Center offers monthly memberships. Our prices are based on a sliding scale. We have cardio, strength training, martial arts and flexibility classes throughout the day 6 days per week. Our group classes are part of your membership. To find out more, please call 913-384-2988. ☎

Farmers market moving forward

While gardeners are anxiously awaiting and preparing for spring and the arrival of the growing season, the Healthy Kids Initiative (HKI) is furiously planning a farmers market that promises to be bursting with the fruits of labor of a variety of gardeners and farmers in and around Rosedale.

HKI views making healthy foods readily available as a key element of building a healthy community and reducing childhood obesity in Rosedale. Establishing a farmers market is a large step in this direction. Heidi Holliday, community organizer for the HKI, said, "We hope that the farmers market can become a gathering place for the community, and assist in making the healthy choice an easy choice here in Rosedale."

Besides being a natural outgrowth of the HKI, the farmers market is being driven forward by the exuberant leadership provided by market coordinators Joe Heide and Pat Devine.

HKI, along with Heide and Devine, has been busy recruiting vendors, establishing the location and planning to train volunteers for the market. Just as gardeners know that hard work being put into planning in the winter will pay big dividends come summer, so HKI knows that planning now will lead to a

successful farmers market.

Devine stressed that this program will support local growers, while making healthy produce more available and affordable. He said it also may, "alter long-term community behavior to buy nutritious food."

Devine and Heide hope to have 8-10 vendors every Sunday and, Devine said, "maintain throughout the growing season a variety of fruits and vegetables including short-season items such as blackberries."

Besides variety, the consumer can expect the market will offer quality produce at a competitive price. With all the produce being local, the consumer is not paying much for transportation costs and is guaranteed a fresh product.

Furthermore, thanks to a grant from the Menorah Legacy Foundation, SNAP card users will receive twice the dollar value on every purchase. In other words, a 10 dollar charge to the SNAP card will be worth 20 dollars of produce at the market.

The farmers market will be located at the Southwest Boulevard Family Health Care at the intersection of Rainbow/7th St Trafficway and Southwest Blvd., and will be open 12-4 p.m. every Sunday from May 16 through October 17. ☎

Membership application

Annual business dues: \$100 ☎ Annual household dues: \$15

Name of business **or** name of household

Address City State ZIP code

Contact person

Day phone Evening phone Fax

E-mail address

Please mail application, along with check made payable to:
Rosedale Development Association
1403 Southwest Blvd.
Kansas City, KS 66103

Rosedale Business of the Month:

Heinen Landscape and Irrigation

Phone: (913) 432-5011, **Address:** 1036 Merriam Lane, Kansas City, KS 66103
E-mail: info@heinenlandscape.com, **Website:** www.heinenlandscape.com

Stepping out into a colorful, aesthetically pleasing yard in the brightness of a sunny spring day or in the half-light of a still summers evening adds a peaceful touch to one's day. It is that touch that Heinen Landscape and Irrigation has provided for thousands of customers for more than 25 years.

Bill Stalder of Heinen Landscape and Irrigation likes to say that when you step outside onto your lawn, there is not anything on your lot that Heinen cannot help you with. Whether it is large redesign and landscaping (home or business), irrigation, maintenance, plant and bed care, or even snow removal, Heinen is happy to do it.

Heinen's slogan "designing with nature," conveys their dedication to accentuate the natural beauty of the plants and trees they are so fond of and to work in an environmentally responsible manner.

It seems that working intimately with plants has brought to Heinen a respect for nature, and more importantly, a love for its beauty and a



COURTESY OF HEINEN LANDSCAPE AND IRRIGATION

Founder Dave Heinen has successfully run Heinen Landscape and Irrigation for more than 25 years. He focuses on listening to the clients' needs, delivering the best professional solutions and being environmentally conscious.


desire to sustain it.

Stalder commented that many nonprofessional yard care businesses will, out of ignorance, over spray in an attempt to keep out pests and weeds.

Heinen's horticulturalists, such as Tim Pruter, understand the ins-and-outs of lawn and garden care and, as professionals, treat the environment with respect.

Furthermore, Heinen Landscape and Irrigation knows that the ability to do great work comes to nothing if that work is not what the customer wanted. For this reason, Stalder said, Heinen's professionals try to spend a lot of time with their customers understanding their goals, their likes and dislikes and to consider coloring and seasonality to best fit the customer's desires.

It is because of this emphasis on understanding the customer, professional work and respect for nature that, in a very competitive field of business, Heinen has operated successfully since 1985.

Besides beautifying and taking care of many peoples' outdoor areas, Heinen has shown a belief in enriching the community. Heinen has donated time and labor to work with RDA on several different community projects, and for that, RDA and all Rosdadians can be thankful. 



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