



ROSEDALE HEALTHY KIDS INITIATIVE

WINTER 2011

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International Walk to School Day Gets Results



This year the annual International Walk to School Day with Frank Rushton Elementary led to the painting of two crosswalks along 42nd Ave. Commissioner Ann Murguia who joined the festivities put in a work request to repaint the crosswalks after seeing the need for the improvements.

Two intersections along 42nd Avenue had previously had crosswalks but had not been repainted after the

road was repaved several years ago. The improvements will help to keep kids safe as they cross a street known for dangerously speeding traffic.

Approximately seventy individuals participated in the walk from the Rosedale Mural Project on the corner of 42nd and Mission to the elementary school. Parents, teachers, and local police were present to ensure walking safety.

Second Annual Healthy Halloween Provides Candy Free Fun

Over 70 kids and community members gathered in Whitmore Park in late October for the second annual Healthy Halloween and Health Fair. DJ Sun-Up Jones kept the crowd entertained and dancing while kids bounced in the bounce house and posed in costume for the Halloween photo booth.

The free event also featured face painting, pumpkin painting, and a variety of games, such as bean bag toss and sack races. Kids and adults snacked on popcorn and granola bars, as well as local apples and honey sticks donated by Good Natured Family Farms.



The Health Fair side of the event provided basic health screenings and flu and pneumonia shots at no cost. A second free health fair followed one week later at Southwest Boulevard Family Health Care.

Rosedale Healthy Kids Initiative and the University of Kansas Medical Center Research Institute combined forces to put on Healthy Halloween and the Health Fair. Youth Volunteer Corps members, neighborhood residents, KUMC students and a professor from the Kansas City Art Institute pitched in as volunteers to make the event a success. More photos are available on our website, www.healthykidsinitiative.org.

Farmers Market Ends a Successful Year

The Rosedale Farmers Market finished a successful season in style with a Fall Festival on September 25th. Enthusiastic market shoppers tried out a line dancing lesson taught by Priscilla Allen, the fitness director for Southwest Boulevard Family Health Care, which hosted the market. Kids competed in bobbing for apples and participated in apple cider making with Weston Heide and family. Barb Washburn, William Thomas and family provided barbecued chicken and vegetables for lunch, with baked goods provided by Diane Kuhn. Rachel Simmons auctioned off an apple pie and pie-making lessons. Shoppers enjoyed the last of the growing season, stocking up on roasted peppers, all kinds of squash, greens, tomatoes, and even some pawpaws (if you've never had one, you're missing out!) The Fall Festival celebrated a season of growth for the market, with over 3,000 total people buying fresh produce, an average of 7.5 vendors per week, and \$3503 dollars of SNAP and SFMNP money being spent on good food for double value. We can't wait to start up again next May!

NEW AMERICORPS VISTA BEGINS A YEAR WITH RHKI



The newest addition to the RHKI office is Erin Straughan, who joined RHKI in November as a VISTA member. Erin graduated from Grinnell College with a degree in English and Religious Studies. She has been working with Healthy Kids Club for four months through Rosedale Congregational Church, and has been shopping at the Rosedale Farmer's Market since it began. Erin is excited to start new Healthy Kids Clubs in Rosedale, and to help expand Rosedale's community gardens.

Upcoming Events - WINTER 2011/12

December 2-3: Growing Communities training, Rosedale Congregational Church, 4326 Lloyd St, KCK

December 6: Garden team meeting CANCELED

December 20: Youth Activities/Safe Routes meeting, 6:30 p.m. Rosedale Development Association, 1403 Southwest Blvd., KCK

December 24, 2011 – January 1, 2012: RDA/RHKI offices closed

January 10: Garden meeting (TOPIC: 2012 goals), 6:30 p.m. Rosedale Development Association, 1403 Southwest Blvd., KCK

January 17: Youth Activities/Safe Routes meeting (TOPIC: 2012 goals), 6:30 p.m. Rosedale Development Association, 1403 Southwest Blvd., KCK

February 7: Garden meeting (TOPIC TBD), 6:30 p.m. Rosedale Development Association, 1403 Southwest Blvd., KCK

Walking School Bus

To Frank Rushton Elementary - Leaves from St. Paul's A.M.E. church every Wednesday morning at 8:15. The church is located at 4000 South Minnie Street.

Home from T.A. Edison Elementary - Leaves from the in the gymnasium at 1:45 every Wednesday afternoon. To join the walking school bus at T.A. Edison just meet in the gymnasium at 1:30 on Wednesday.

RHKI to Host Renown Community Organizing and Gardening Workshop

RHKI is honored to host the American Community Gardening Association Growing Communities Workshop December 2 & 3 in Rosedale. The training focuses on developing sustainable leadership and building the capacity of community gardens, and will include over 45 gardeners from around the Kansas City metropolitan area. Don Boekelheide, an experienced gardener from North Carolina, and Laura Lavid of the American Community Gardening Association will be facilitating the workshop. The training is made possible by a generous grant from the Kansas Health Foundation, and is a part of the Rosedale Community Gardens Project.