



City of Lawrence

The Flame | October 2020

**"We Have
Tomorrow —
Bright Before
Us, Like A
Flame."**

Langston Hughes

Join the Safe Winter Walkways program

The City of Lawrence and the Senior Resource Center for Douglas County need your help!

The Safe Winter Walkways program, a collaboration between the two organizations, is kicking off for Winter 2020/2021, and volunteers are needed to help elderly and disabled individuals clear *public* sidewalks following snow events.

During winter months, Lawrence residents need safe access to public sidewalks to accomplish day-to-day tasks, like walking to stores, going to work or just enjoying the fresh air during a stroll outside.

The Safe Winter Walkways program is an excellent resource to help ensure safe public sidewalks by assisting community members who are physically unable to keep their sidewalks clear during snow events. It is a structured version of what already happens in many neighborhoods — neighbors helping neighbors.

While October may seem early to start thinking about snowy weather, it's important to get participants and volunteers matched before winter weather really begins. The goal is to have residents and volunteers matched prior to the snow season.

VOLUNTEER SHOVELERS

Able-bodied Lawrence residents with a passion for helping others are needed to volunteer. Volunteers are matched with residents needing assistance, and the program makes every effort to match volunteers with residents in their neighborhoods.

Individual volunteers are welcome, but the program also encourages volunteer groups, civic organizations and youth groups to consider volunteering as a team.

All volunteers are asked to commit to the entire snow season and shovel after each snow fall. Volunteers are not required to provide snow removal for *private* driveways, sidewalks or walkways, but they may choose to also clear these areas.

Volunteer shovelers can sign up by calling 785-832-3338 or registering via online form at lawrenceks.org/safe_winter_walkways.

RESIDENT PARTICIPANTS

Elderly and disabled individuals who are responsible for the care of *public* sidewalks, but are physically unable to keep them clear following snow events, are encouraged to participate in the program. This program is for public sidewalks only, and priority is given to homes with public sidewalks.

Participant registration will close on November 20, 2020, so that volunteers and participants can be matched before the holiday season and wintery weather begins.

Interested participants can visit the City website for more information or to sign up: lawrenceks.org/safe_winter_walkways.

CONTACT INFORMATION

For any questions on the Safe Winter Walkways program, including volunteering or signing up as a resident participant, please contact Larry Woydziak with the Senior Resource Center for Douglas County (Call 785-842-0543 x 115 or email lwoydzia@YourSRC.org).



Time to get your Flu Shot!

More than ever, this year it is vitally important that you get your flu shot due to the ongoing COVID-19 pandemic. While the flu shot does not guarantee that you will not get the flu, it can help decrease your chances of getting sick.

The flu shot can also help make the flu less severe if you do get it, which can save lives, prevent hospitalizations and lessen the need for visits to health care facilities.

Lawrence-Douglas County Public Health recommends you get your flu shot before the end of October, which gives you about two weeks to develop immunity before flu season typically begins.

There will be a variety of locations in Douglas County to get the flu shot, including drug stores. Lawrence-Douglas County Public Health and LMH Health will also have the vaccine available.

More information: <http://ldchealth.org/flu>

Online Resource for wellness, mental health available to Douglas County residents

For those who are feeling anxious, fearful or stressed – especially as we continue to deal with the worldwide COVID-19 pandemic – **YOU ARE NOT ALONE!**

Fear and anxiety about a new disease and what could happen can be overwhelming, and it can cause strong emotions in both adults and children. Additionally, while public health safety measures, such as social distancing, are necessary to reduce the spread of COVID-19, these measures can also increase already intense emotions, making people feel even more isolated, lonely, stressed and/or anxious during these trying times.

Addressing and coping with these emotions in a healthy way will make you, the people you care about, and our community stronger. One resource that can help is myStrength, which is available for FREE to all Douglas County residents.

MyStrength is an online tool that is available 24/7. It promotes emotional wellness, assists new and expectant parents, and helps manage depression, anxiety, stress, substance use disorders, chronic pain and insomnia. The platform empowers individuals with personalized pathways, incorporating multiple programs to help manage and overcome comorbid challenges.

The tool is confidential and personalized to each user. It allows individuals to set goals and track their changes over time.

MyStrength can be accessed from any computer or mobile device and is available for individuals ages 13 and older.

Sign up for the myStrength app by visiting their website (myStrength.com) and using the free access code for Douglas County Residents: **DouglasCounty**.

Code Enforcement Categories added to Lawrence Listens

In September, we discontinued the Code Violations reporting form on the City website, moving violation reporting to the Lawrence Listens platform.

Lawrence residents wishing to report a code violation will need to use either the online version of Lawrence Listens (lawrenceks.org/listens) or the mobile app available for free in the Apple App Store and Google Play Store.

Along with Code Violation reporting, residents can also report issues such as potholes, missed solid waste collections, parks issues, down trees and low-hanging tree limbs, and much more.

After downloading the Lawrence Listens mobile app, or accessing on the City of Lawrence website, residents must set up a simple profile before they start making requests. Then, submitting a request takes only a few seconds. Users click the new request button, take a photo of the issue, drop a pin on the location on a map, select a category, give a quick description of the issue and hit submit.

City staff will receive and process the request, providing updates in real-time.



COUNTY GRANTED \$90K FOR FOOD WASTE REDUCTION

Douglas County is one of just 13 communities across the country to receive the first-ever Community Compost and Food Waste Reduction Grant from the United States Department of Agriculture's Office of Urban Agriculture. Through the grant, the County has been awarded nearly \$90,000 to work on food waste reduction.

The Lawrence-Douglas County Sustainability Office will use a majority of the grant money to fund a two-year Food Waste Reduction Analyst position as part of Douglas County's Partnerships for Food Resource Recovery project.

This Food Waste Reduction Analyst will initially work to expand on a farmer-volunteer gleaning network in Douglas County. They will also collaborate with the City of Lawrence to pilot a food waste compost stream for Just Food, the food bank of Douglas County. The Analyst will also work toward other food waste reduction strategies as laid out in the Douglas County Food System Plan.

This project relies on the collaboration of multiple community partners, including the Lawrence-Douglas County Sustainability Office, City of Lawrence, Douglas County Food Policy Council, Moon on the Meadow Farm, Just Food, Sunrise Project, Lawrence Community Shelter, and University of Kansas Center for Environmental Policy.

Individuals and Businesses invited to sign the Lawrence Promise

The Lawrence Promise is a pledge made by businesses and individual community members who are committed to creating COVID-19 transmission barriers, enhancing sanitation, promoting health screenings, following industry-specific guidance and making themselves available to speak with those who may have questions or concerns.



Recently, the City of Lawrence signed on to the Lawrence Promise, demonstrating our commitment to following all public health mandates and keeping our staff and the public safe from COVID-19.

We join the Lawrence Promise in the belief that keeping Lawrence healthy and safe is a shared responsibility. That's why there is a Lawrence Promise for individuals too.

Anyone who is committed to following the CDC's recommendations of cleaning their hands often, avoiding close contact with others, covering their mouth and nose when around others, staying home when sick, and covering coughs and sneezes is encouraged to sign the promise.

Interested community members can go online to learn more and sign on: lawrencepromise.com.