



City of Lawrence

The Flame | February 2021

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

Langston Hughes

City launches Safer Neighborhood Speeds campaign

In January 2021, the City of Lawrence launched the Safer Neighborhood Speeds education and community outreach campaign. The goal is to improve safety throughout Lawrence's neighborhood streets. It focuses on reminding drivers to take three key actions for safety:

1. Slow down
2. Look out for others
3. Stop for people wanting to cross the street

The Safer Neighborhood Speeds campaign is part of the Neighborhood Traffic Management Program, which is designed to improve the environment and quality of life in Lawrence neighborhoods.

The Neighborhood Traffic Management Program uses a comprehensive approach, known as the "Five Es", to address unsafe driving on the City's neighborhood streets: *Education, Encouragement, Enforcement, Evaluation and Engineering.*

The "Five Es" have become a reality in the City of Lawrence through the following program implementations:

- Speed limit reductions on many neighborhood streets
- A community outreach campaign (the Safer Neighborhood Speeds campaign)
- Traffic law enforcement and education
- Temporary engineering solutions
- Evaluation with each approach

While the Safer Neighborhood Speeds campaign is only one part of the larger Neighborhood Traffic Management

Program, it is vitally important to the program's overall success. Residents and organizations are encouraged to get involved and help spread the word.

Individuals can pick up Safer Speeds materials, such as yard signs, for themselves at Lawrence community hubs, including the East Lawrence Recreation Center, Holcom Park Recreation Center and Sports Pavilion Lawrence, among others.

In a corresponding effort of the Neighborhood Traffic Management Program, the City began installing 25 mph speed limit signs on neighborhood streets in January 2021. That implementation should be completed in February 2021.

More information is online, including how you can become a campaign ambassador: lawrenceks.org/mso/safer-speeds.



City info available online at lawrenceks.org and on cable Channel 25.

The FLAME is published by the City Manager's Office, 832-3400.



Online Resource for wellness and mental health

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, for both adults and children. Additionally, while public health measures like social distancing are necessary to reduce the spread of COVID-19, they 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**.



Coronavirus Response and Recovery Hub

A one-stop resource for COVID
response and recovery information
in Douglas County!

douglascountyks.org/coronavirus



Join the #DGKS ❤️ campaign

A county-wide community well-being collaboration

You're invited to join residents across Douglas County in a community collaboration to share messages of hope and inspiration. The #DGKS❤️ campaign is aimed at improving and maintaining our community's well-being as we continue to navigate the COVID-19 pandemic.

Well-being is the state of being comfortable, healthy and happy. Our homes, workplaces and communities are all influenced by our well-being. Unfortunately, over this past year, social distancing and disruption to work, school and family life have put a strain on everyone's well-being. This is partly why this community collaboration was created.

You can visit the campaign website to participate and gain access to a variety of resources aimed at improving and/or

maintaining the overall well-being of our community: ldchealth.org/hope. More information on #DGKS❤️ is also available on the campaign's Facebook page at: facebook.com/dgkshope.

The community resources included on this web page and Facebook page offer new ways to find purpose, connection and help when you need it. With a little attention and practice, we can all enhance our well-being and work toward balance and contentment.

You may also see individuals and businesses throughout our community show their support of the campaign by promoting the #DGKS❤️ campaign signs. You can check the website and Facebook page to see if signs are still available and, if so, where they can be picked up.



o u r m i s s i o n :

Insert: #300

We create a community where all enjoy life and feel at home.

This month's issue of The Flame is printed in color to add some brightness to these winter days during the ongoing pandemic.