



Meeting Summary
Tuesday, February 25th 2025, 2-3pm
K-State Research & Extension - Meadowlark Room

generation living in the **Our mission: Promote physical activity and good nutrition for every greater Wichita area through people, programs, and policies.**

1. Coalition Updates

- a. The Coalition has funds to pay for **YOUR Professional Development**. This will continue to be offered until all the funds are dispersed. If you want to attend a conference, but don't have the budget to pay for registration, if it benefits the community related to physical activity and good nutrition, the Coalition will pay. OR, your organization will pay for the registration, but you need funds for travel. To inquire about funds, contact Shelley.
- b. The 20th annual **Working Well Conference** is April 8th. Register before the early bird rate of \$100 ends on 3/6/25. Have you ever wished your worksite had a healthier environment? if so, this conference is for YOU! Gather a team of 4+ people and each one gets a 20% discount.
- c. The Health & Wellness Coalition is making progress on the following **Grants**, if you have questions, email Shelley.
 - i. Food Secure Community Initiative - 3 year project, Economic Inequality is the root cause of hunger that was selected by the community. The next step is to gather community members to create an action plan.
 - ii. The Pathways to a Healthy Kansas stakeholders are also working on an action plan as this two-year grant is getting started.
 - iii. Partnerships for a Healthier America is discussing the list of possible anchor institutions for the Good Food Cities program.
 - iv. The Chronic Disease Risk Reduction State Fiscal Year 2026 grant is due 3/17 and will include a physical activity and nutrition workplan involving Policy, Systems, and Environmental change in worksites!
 - v. The Sunflower Foundation Capacity Building grant wraps up in May - coming soon - improvements to the HWC website and newsletter!
- d. BONUS UPDATE - May is Bike Month - more information next month!

2. Education: Olga Lesnik, K-State Research & Extension – Sedgwick County Sudden Cardiac Arrest and Hands-Only CPR training

3. Networking/Good News/Upcoming Activities/Events

- a. Jennifer Youngers – RSVP Volunteer program – 170 volunteers at SGCo at different locations. Always seeking more volunteers, you have to be 55 and older.
- b. ICT Food Rescue – t-shirts available, a fundraiser, a lot of interest in the organization recently, it is very easy and flexible
- c. Great Plains Diabetes will be doing a class on diabetes on 03/15 at the Derby Public Library, doing a comprehensive education. We will try to do specific education on each individual's attendees
- d. Holly Terril – Bike Walk Wichita – we are dedicated to getting people moving. Opportunities to get people bikes from very young children to older adults. We have a speaker event from Johnson supplies and Pedaler on April 1st - Tuesday. Annual fundraiser – April 27th, in collaboration with Great Plains Diabetes. Last week, we were designated a platinum status through Community friendly business
- e. Active Age – nonprofit newspaper, distributed in Sedgwick, Harvey and Butler county. It is free, all you have to do is sign up. It is mostly for people 55 and older. Call to learn more.

- f. Angie Cassidy with Ascension Via Christi – new series of wellness webinars. First one is on weight loss surgery, it is free to attend, it is presented by medical director on Monday March 10th at 6pm. Distributed flyers.
- g. Lianna Frye with YMCA – another round of cooking matters in March. It will be at the downtown YMCA. New information: we have a cancer survivor retreat on Thu, April 17th, the registration just opened. They don't need to be a YMCA member to participate. Registration required, info on the website.
- h. Wendy James, Wichita Fam. Med. – 2nd DEP cohort, meet on Wednesday
- i. Michelle Davis, Kansas Legal Services – Leanna stars on YMCA 360 video – dynamic stretching. Expungement clinic coming up in Wichita, KS. If someone has a conviction from years ago and have served all time/dues. If they have difficulty finding work, they might be able to get expungement. The deadline to apply is March 25th. 316-2673975 - #to call, or go to Kansaslegalservices.org website.
- j. Kenzie Kirkland – Food and Farm Council – Next meeting is March 4th. We have been working on the food system master plan. Mostly we have been meeting with other organizations in the community, and we would love to connect with more. Going forward, we are starting to work on addressing food and farm policies.
- k. Robin Dauster – WPL (Walters), tonight 5-6:45 – DOCTALK – birth inequity and healthcare inequities. KS birth justice society will be there. They are also in the midst of summer planning, we are working with Hearts and Minds (NAMI).
- l. Director of Education for MHA – we just got a grant for outdoor mentoring. We are super excited for it, it combines physical and mental health, and creates appreciation for outdoor. If you know a child who could use some mentoring, the requirement is to participate once a month for 1.5hrs for 12 months. You and the child will receive some training. In honor of mental health awareness month in May, we have partner with us initiative. We really want to turn awareness into action, so we want more partnerships and all organizations to partner with us, you can attend our events, collect donation, and many other things! May 10th – Children Mental health Awareness event, SG CO Park a 2 – hour event, we bring a whole bunch of community organizations, food, library truck and so much more.
- m. Jessica Warren - Mobility Manager for SC Kansas. We help people find transportation. I work with all public transit providers in 7 counties. I present to groups on how to access transportation, what resources there are, and we work with providers to get transportation to those who need it. KSrides.org – website to check out.

4. Why We Do What We Do, Closing, Call to Action & Completely Random Coalition Facts

- a. WWDWWD - Did you know this January, the City of Wichita passed an updated bike plan from the original one in 2013? I didn't until I scheduled a call with the Bicycle/Pedestrian Advisory Board chair, Alan Kailer. I consider myself to be connected in the community AND I am invested in this topic, but there is SO MUCH GOING ON! Let's continue to communicate, share good news, and work together!
- b. Completely random coalition fact: towards the end of the February newsletter, a question was posed about how the reader liked the flipped content (the newsletter started with community announcements vs. Coalition announcements). Guess how many people responded and were entered to win one of 2, \$50 gift cards? **NINE**. Congrats to Pamaline and Samantha for being the lucky winners.
- c. Closing:
 - i. Thank you for coming
 - ii. Call to action - network and SHARE WHAT YOU LEARNED
 - iii. Join us at the March meeting as we celebrate National Nutrition Month.

Next meeting: Tuesday, March 25th 2pm, Kitchens at Empower

