



Promoting Physical Activity & Good Nutrition



May Meeting - Ralph Wulz Riverside Tennis Center.

Join us at 2:00 pm on Tuesday, May 28th, 551 Nims. This is the first of five City of Wichita Park & Recreation spotlights this summer!

Click [here](#) for the April meeting minutes. Mark your calendar for the 4th Tuesday of each month or [email](#) to be added to the calendar invitation.

Thank you Sunflower Foundation

The Sunflower Foundation recently awarded nearly \$1.5 million in grants to help support the core operating capacities of 65 organizations, **including the Health & Wellness Coalition**, serving nearly two-thirds of Kansas counties so they can better meet the critical health needs of their communities. This initiative strengthens the capacity of nonprofits to fulfill their missions, serve their communities, and bolster their impact.

[Click here for the full list of grantees](#)





The 19th annual Working Well Conference would not have been successful without the help of these passionate and dedicated Coalition partners.

Congratulations to these winning worksites: Policy Award: Mental Health America of South Central Kansas. Idea Boards: KLS Central Intake and Derby Recreation Commission.



MAY IS NATIONAL BIKE MONTH



**BIKE MONTH
EVENTS**

**BIKE TO WORK
DAY CHALLENGE**

Bike Month ICT Event Highlights

Check out our calendar on bikemonthict.org or visit our Facebook page for local biking events and group rides! Don't see it on the calendar? Make sure to share your event so others can join in on the fun!

Tour de Wichita April 28	Opens Streets ICT NoMar May 5	2nd Sunday Slow Roll - The Keeper May 12	Bike To Work Lunch May 17
Bike Share ICT 7th Birthday May 17		Wicked Wind 100 Ride May 19	

 @bikemonthict

 bikemonthict.org

ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the First Tuesday of the Month

Next meeting: June 4th

NEW: click [here](#) to sign up for Council alerts.



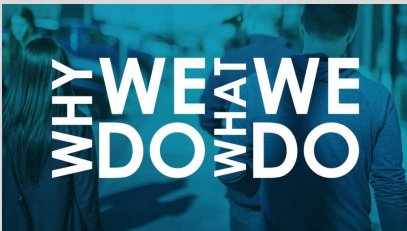
Rockwell Branch Library, 5939 East 9th Street North
[Click here for meeting agendas and the virtual option link.](#)

Munching for your melon

May is [Mental Health Month](#).

Our mind and body are so integrated we even use “heartache” and “gut-wrenching” to describe our emotions. Research shows that fruits and veggies can benefit our mental, physical and long-term health.

Neglecting one part of the body can eventually bring down the entire system. [Research shows](#) that our chemistry (influenced by diet) can impact our mental, physical, and long-term health... and vice versa.



Connecting to our Mission

Check out the 2020-2025 Dietary Guidelines for Americans. Make every bite count.

The foods and beverages we consume have a profound impact on our health. Follow these [four guidelines](#).



The critical role sports can play in promoting girls' mental health

A new study by the Women's Sports Foundation, "Thriving Through Sport: The Transformative Impact on Girls' Mental Health", reveals sports participation positively impacts depression, anxiety, and more.



Free Webinar
June 25



**Kansas Business
Group on Health**

Supporting Employees with Weight-Related Chronic Conditions

Developing your culture, environment, and benefits to support employees

Learn:

- ◆ How to create a culture and environment to support total well-being
- ◆ Strategies for prevention and management of weight-related conditions

Date/Time:
June 25,
10 to 11 a.m.
The event is free.

See this and all our events at www.ksbgh.org/events

Partner Announcements

We Need Your Input!

Help Central Plains Area Agency on Aging plan for the future. Please complete the survey and tell us what you think about community based services, transportation options, wellness and educational programming for adults 60+ and caregivers of older adults.

Please provide input by June 15th.



Use the QR code to access the survey or call 855-200-2372.



855-200-2372
CPAAA.org



Take the second survey

During the first round of engagement in Fall 2023, the consultants heard that you wanted to bicycle more, but needed more separation from motor vehicles to make that happen. Review images of various bicycle facilities and share how comfortable you would feel using the link below. After that, you will be asked to draw on the map of future bikeway routes.

[Click on the bar at the top of this website.](#)



HOOP HOUSE RISING

Brian Mann will teach you tips and tricks as you learn how to build a high tunnel on the farm!

Please RSVP,
Lunch Provided!



Pearson's Family Farms
2430 E 33rd St N. Wichita, KS 67219

SATURDAY, MAY 18TH
9AM - 1PM

commongroundpg.com/farmers-training/

There may be other opportunities on the farm. Wear closed-toed shoes and pants, not shorts. Bring a hat, sunscreen, a water bottle, and any other items you might need for the outdoors.



CELEBRATING OLDER AMERICANS MONTH
POWERED BY CONNECTION

Wellness in the Park

- ✓ Fun Demos
- ✓ Activities
- ✓ Wellness Information
- ✓ Info on Services for Older Adults
- ✓ Irene Hart Award presented for
Outstanding Service in the Field of Aging

Tuesday, May 21, 1-4 p.m.
Plum Shelter, Sedgwick County Park
6501 W. 21st St. N., Wichita



Central Plains Area Agency on Aging

1-855-200-2372

YOGA
in the Gardens

**THURSDAYS,
MAY 9, 16, 23 & 30**

 **BOTANICA**
WICHITA

6:00 – 7:00 pm Click [here](#) to register.

Member Cost: \$8/class or \$30 for all 4 classes

Non-Member Cost: \$15/class or \$50 for all 4 classes, includes admission

*For a 4 class bundle, contact Janet Lyda at 316-264-0448 ext. 109

This all levels yoga class will focus on combining gentle stretching poses with conscious breathing and proper alignment to help you feel stronger and more grounded. Class is taught by Wichita local, Kaylee Thompson, who is Yoga Alliance Certified with 400+ hours of Yoga teacher and meditation training. Weather permitting, yoga will be in the gardens. Rainy day? Yoga will be indoors! Take a moment for yourself to just breathe, move and be surrounded by the beauty of Botanica.

Presented by Haysville Park Board

KIDS TO PARKS DAY

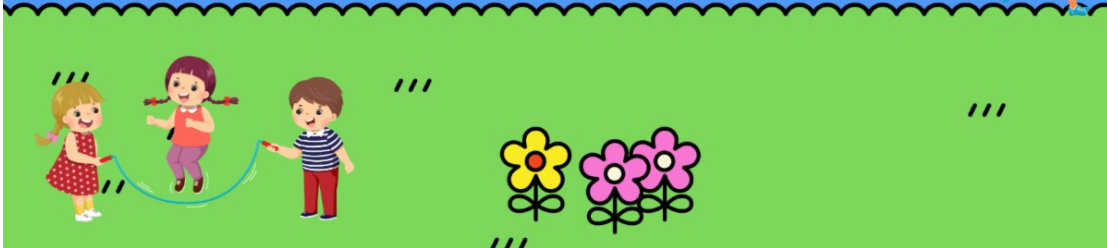
JUNE 1ST 9:00AM - NOON
RIGGS PARK

BIKE RIDE W/ MAYOR
REGISTRATION
BEGINS @9AM!
BRING YOUR BIKE!

FREE EVENT!

PRIZE DRAWINGS
AFTER BIKE RIDE!

PETTING ZOO, HORSEBACK RIDES,
SNOW CONES(EXTRA COST), YARD GAMES,
SMOKE ROOM DEMO, TOUCH-A-TRUCK AND MORE!





**8AM
EVERY
WEEK**

EXPLORATION PLACE PARKRUN

Who

Anyone can participate however they wish: run, walk, volunteer, spectate. Register online if you'd like your name listed in the results.

When and Where

every **Saturday at 8am**
at Exploration Place's Festival Plaza

More Info

parkrun.us/explorationplace
facebook: Exploration Place parkrun

**RUN
WALK
JOG**

FREE

5K



Register



MOBILE PRODUCE DISTRIBUTION
at Urban League of Kansas



3RD THURSDAY OF EACH MONTH
THURSDAY, MAY 16
STARTS @ 2:00 PM
(WHILE SUPPLIES LAST)

2418 E 9TH ST N
WICHITA, KS

DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD





SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



MOBILE PRODUCE DISTRIBUTION
at New Life Church



FRIDAY MAY 24, 2024
STARTS @ 4:45 PM
(WHILE SUPPLIES LAST)

1156 N OLIVER
WICHITA, KS

WALK-UP DISTRIBUTION IN GYMNASIUM
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD




SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



Last month the Kansas Food Bank saw an increase in the number of neighbors utilizing mobile pantries.

627 households (representing over 2,000 people) came to local pantries.

MOBILE PRODUCE DISTRIBUTION
at Word of Life Church



FRIDAY, MAY 31ST
STARTS @ 4:30 PM
(WHILE SUPPLIES LAST)

WORD OF LIFE SOUTH CAMPUS
2020 E BLAKE ST
WICHITA, KS

WALK-UP DISTRIBUTION IN GYMNASIUM
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD





SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



MOBILE FOOD DISTRIBUTION
at Evergreen Park



1ST FRIDAY OF EACH MONTH
FRIDAY, JUNE 7
STARTS @ 1:00 PM

2700 N WOODLAND
WICHITA, KS

DRIVE-THRU DISTRIBUTION
GUESTS SIGN IN WITH BASIC INFORMATION ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD






SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



These pantries offer fresh produce as a central part of their distribution.

Thank you to the volunteers that make these mobile food drives possible.

**It's Farmers Market Season!
Get More From Your SNAP/EBT Benefits With Double Up Food Bucks**

At **farmers markets**, every dollar you spend is matched with FREE Double Up Food Bucks tokens – up to \$25 every market day. You can use tokens immediately or redeem at a later market day to purchase fresh fruits and vegetables. Visit the farmers market information booth to get your tokens. Click [here](#) to find participating locations in



Wichita Transit Network Plan

**Wichita Transit is developing a plan
to improve transit for the community.**

WichitaTransitPlan.com



Share your thoughts on how
transit can work better for you.



State-of-the-Art Fitness Court®

Blue Cross and Blue Shield of Kansas, Wichita Park & Recreation, and [National Fitness Campaign](#) have announced a partnership to bring an outdoor Fitness Court® to Pat Garcia Veterans Memorial Park. The Fitness Court, located 2640 N. Wellington Place, officially opened May 10th.

Developed to expand free access to high-quality workouts and create equitable access to exercise



for the community. The Fitness Court is the world's best outdoor gym that lets people use their body weight to get a complete workout using 7 exercise stations.

JUST ONE ROW CAN MAKE A DIFFERENCE TO OTHERS IN OUR COMMUNITY

1. Plant an extra row
2. Invite your friends
3. Harvest your crops
4. Drop off your donation
5. MAKE A DIFFERENCE

K-STATE
Research and Extension

Master Gardener
Sedgwick County

DROPOFF LOCATIONS

Augusta Ace Home Center 316 W 7th Ave., Augusta	Hillside Nursery 2200 S. Hillside	Johnson's Garden Center - East 6225 E. Shadybrook	Woodard Mercantile 4160 N. Maize Rd, Maize
Botanica 701 Amidon St.	Hillside Feed and Seed 1805 S. Hillside	Johnson's Garden Center - West 2707 W. 13th	Woodard Mercantile 1313 E. Hwy 54, Andover
Brady Nursery 11200 W. Kellogg	ICT Food Rescue, Towne West Square 4600 W. Kellogg Drive	Mr Mc's Market 1901 E 21st Street North	Valley Feed & Seed 1903 S. Meridian

PLANT A ROW FOR THE HUNGRY

Is a local partnership between Sedgwick County Extension Master Gardeners and ICT Food Rescue to encourage, collect and deliver donations of fresh, healthy produce from home and community gardens to neighbors in need at no cost.

To learn more visit:

<https://www.sedgwick.k-state.edu/local-food/plantarow.html>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
 K-State Research and Extension is an equal opportunity provider and employer.

For over 20 years, Plant a Row for the Hungry has honored the tradition of gardeners sharing their bountiful harvests with others. We encourage local home gardeners, hobby farmers, and community gardens to take a hand in reducing hunger in the community by

planting and harvesting extra produce, fruits, and herbs with the intention to donate in mind.

Locally, the cooperative effort between the Sedgwick County Extension Master Gardener volunteers and ICT Food Rescue makes it simple for people to contribute fresh produce that will be used to feed those in need in our community. When you donate by dropping fresh vegetables, herbs, or fruit off at one of the local collection sites, it becomes bags of produce for families or seniors in need, meals for those in shelters or low-income housing, or a healthy snack for kids in daycare.

The Plant a Row program will resume June 1, 2024 . See the flyer for a site near you!



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Need a little help feeding your kids when school is out for summer?

Learn how the new Summer EBT program can help you!

Summer EBT, also known as SUN Bucks in some other states, is a new program to help families buy food for their school-aged children during the summer. Families will get **\$120 for each eligible child** to buy groceries during the summer. Children who get **Summer EBT** can still participate in other summer meal programs. Receiving **Summer EBT** will not affect children or families' immigration status.

Is my child eligible for Summer EBT?

Your child is eligible for **Summer EBT** if:

- Your child is school-aged (7-17 years old) and received **Food Assistance, Temporary Assistance for Needy Families (TANF), and/or Foster Care benefits** at any point during the school year
OR
- Your child attended a Kansas school that offers the National School Lunch or School Breakfast Program, and your household income meets the requirements for free or reduced-price school meals at any point during the school year.

How does Summer EBT work?

In Kansas, **Summer EBT** will be added to an existing household Kansas Benefits Card (also known as an EBT card) or loaded onto a Kansas Benefits Card and mailed to your home. If eligible, you can use **Summer EBT** benefits to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept SNAP EBT benefits. **Summer EBT** is a convenient way to help your children thrive.

When can I expect to receive Summer EBT benefits for my child(ren)?

By the end of July 2024 benefits will be issued automatically to eligible children who can be identified by DCF. Any child(ren) who did not receive benefits by the end of July 2024 may apply for **Summer EBT** benefits through the online self-service portal, www.dcfapp.kees.ks.gov. Online applications will be accepted from August 12, 2024, through September 11, 2024.

USDA is an equal opportunity provider, employer, and lender. • January 2024 • For more information, visit: www.fns.usda.gov/summer

Summer EBT is made possible with funding from the U.S. Department of Agriculture, Food and Nutrition Service.



Recently moved? Or do one of these programs have an old address for you?

Update your address by calling 1-888-369-4777 or through the online self-service portal to ensure your **Summer EBT** benefits are sent to the correct address!



Partner Announcement Repeats

Do you struggle to buy groceries?

About 57,000 people in Sedgwick County don't have adequate food.

There are community resources who want to help. Scan this QR code for resources or go online here: hwcwichita.org/local-food-resources



SEDGWICK COUNTY HEALTH EVENTS

Scan the QR code for a calendar of upcoming health events in the community

or visit sacd.online/events

18
Workgroup (CHIP) 7:30am Commun
Through Menopaus 4pm Pendants fo

25

NEW! Community Sedgwick County Health Department Health Events Calendar

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email healthevents@sedgwick.gov

K-State Research and Extension-Sedgwick in partnership with The Sedgwick County Health Department offer:

A Matter of Balance



DO YOU HAVE CONCERNS ABOUT FALLING?

This award-winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

The program utilizes volunteer coaches to teach the eight, two-hour sessions.

Classes Help Participants Learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Designed for Community-Dwelling Older Adults Who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve

Here's what participants say about A Matter of Balance:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."



Scan the QR code to sign up



Outcomes at 6 Months

97% are more comfortable talking about fear of falling

97% feel comfortable increasing activity

99% plan to continue exercising

98% would recommend the program to others

FOR MORE INFORMATION

Call 316-660-7428

Register at: [https://www.sedgwick.k-state.edu/aging-medicare/](https://www.sedgwick.k-state.edu/aging-medicare/events/)



Beets always win because they are "un-beet-able"!

If you read this newsletter to the end to find the answer to the joke, email Shelley for a free prize!

www.hwcwichita.org



Health & Wellness Coalition | 1102 S. Hillside, Wichita, KS 67211

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