



## Promoting Physical Activity and Good Nutrition

**Join us at the  
Health & Wellness Coalition Strategic Planning Meeting  
Tuesday, November 29th, 1-3 pm  
WSU Community Engagement Institute  
Harvester Room, 238 N Mead**

This meeting is designed as an active, in person meeting and we are looking forward to your participation. Interactive conversations are planned to gather wisdom from the group.

To accommodate as many schedules as possible, this meeting will also be available on [zoom](#) and we will do our best to support those who join virtually.

To view the minutes from the October Coalition meeting, click [here](#).

The December 27th meeting is canceled - enjoy your holidays

### Food and Farm Council approved!

On October 12th, 2022 – Sedgwick County Commissioners passed the resolution to form the Food and Farm Council.

On October 18th, 2022 – The City Council approved the 2nd reading of the FFC ordinance.

Next steps include applications to serve:

<https://boards.sedgwickcounty.org/> - in progress

<https://boardsict.wichita.gov/> - accepting applications



# SAVE THE DATE

to receive the

VIP  
pass



April 11, 2023  
8:30 AM - 4:00 PM  
Drury Plaza Hotel

to wellness at the Working Well Conference.

Presenting Sponsor



BlueCross BlueShield  
**Kansas**



Health & Wellness  
Coalition of Wichita  
Coordinated. Connected. Committed.



## Follow the Health & Wellness Coalition on Facebook!

The Health & Wellness Coalition is on Facebook. **Click here to follow our page** and engage with us on social media. We are willing to share your community events relating to physical activity and good nutrition on our page.



**Senior Services**  
OF WICHITA

### COMMUNITY NOTICE: A Vital Program for Seniors is Set to Close after over 40 Years of Service

Senior Services of Wichita will close an important program which provides groceries and safety checks to the homebound seniors of Wichita. The Roving Pantry Program, which grocery shops and delivers for homebound seniors age 60 and older, is set to end on Thursday, December 29, 2022 unless the agency, with help from the community, can raise \$50,000 to sustain services through 2023.

“Roving Pantry has been a program of Senior Services for well over 40 years now. Probably closer to 50” says Laurel Alkire, Executive Director “the program takes orders over the phone, inputs orders into the Dillons’ website, then picks up the groceries and delivers them to homebound seniors age 60 and older.”


“Our clients are often isolated with limited resources, no computer to order online and health issues that make walking or driving to large supermarkets a challenge” says Alkire. “Our staff doesn’t just deliver the groceries, they bring them into the client’s home and put them away. This is a huge help for seniors battling vision impairments or arthritis which makes lifting even small items a challenge. If a client receives Meals on Wheels along with Roving Pantry then we are able to meet 100% of their daily nutritional needs and keep them living safely in their own homes.”

Alkire says stagnant public funding coupled with the inability to raise enough private funds to offset costs is the reason for the closing “We’ve operated on an extremely lean budget for some time now. There simply isn’t enough money to sustain program operations for things like delivery van maintenance as well as being able to offer employees a competitive wage.”

**The organization needs to raise \$50,000 by December 15th to continue services for 2023. “We wanted to make a public announcement in hopes that someone, or a group of people or a company, hear our challenges and can possibly step forward and help.”**

**Contact Laurel Alkire, Executive Director, Senior Services Inc. of Wichita  
200 S. Walnut Wichita, KS 67213, 316-267-0302 x224  
[laurela@seniorservicesofwichita.org](mailto:laurela@seniorservicesofwichita.org)**

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NO Exploration Place parkrun this Saturday (11/19)!!! There is a course conflict with the [Wichita Turkey Trot](#). Join us 11/26.



## JOIN THE PARKRUN MOVEMENT

**WALK, JOG, RUN, VOLUNTEER**

or simply come and watch - it's up to you!

### FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

### FUN FOR ALL THE FAMILY

Strollers and dogs can take part

### IMPROVE HEALTH & FITNESS

Be active in the open air

### DEVELOP NEW SKILLS

Opportunities to volunteer

### FREE & EASY TO TAKE PART

No need for special equipment or clothing

### YOU DON'T HAVE TO RUN

Walkers are always welcome

### BE PART OF A COMMUNITY

Make new friends & socialize

### BUILD CONFIDENCE

Track progress & achieve goals

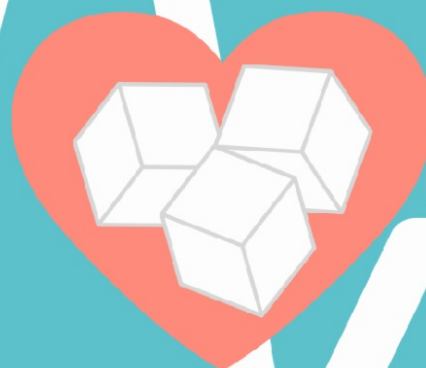
Register online at [parkrun.us/explorationplace](https://parkrun.us/explorationplace) and head down to your local event:

**Exploration Place parkrun**

Saturday mornings at 8am – begins Sep 17th







# Eating to Decrease Complications of Diabetes

Learn about nutrition for those with diabetes

**NOVEMBER 30, 2022 • 9:30 A.M.**  
**HAYSVILLE SENIOR CENTER**  
**160 E KARLA AVE**

For registration or questions please  
contact Mary Hiebert at 316-660-5141  
or [mary.hiebert@cpaaa.org](mailto:mary.hiebert@cpaaa.org)



**Make NOvember  
YESvember**



How do we balance cravings for all the comfort foods and traditions that come around this season while keeping our health at the forefront? Here are [6 simple tips](#) for how to say "yes" to all your holiday favorites.

## 2023-25 Community Health Improvement Plan **CHIP DEVELOPMENT MEETINGS**



*Join community partners to set priorities for a healthier Sedgwick County.*

### PLEASE PLAN TO ATTEND EACH MEETING TO:

**1 SELECT HEALTH ISSUES**  
Tuesday, October 18  
8:00 a.m. - 2:00 p.m.

**2 DEVELOP GOALS, OBJECTIVES & STRATEGIES**  
Monday, November 14  
8:00 a.m. - 2:00 p.m.

**3 DISCUSS HEALTH EQUITY IN CHIP WORK**  
Tuesday, December 13  
9:00 a.m. - 2:00 p.m.

**SEDGWICK COUNTY EXTENSION OFFICE • 7001 W. 21ST ST., WICHITA**



SEDGWICK COUNTY  
Health Department

*RSVP today!*

Register by scanning the QR code or by emailing  
[Daisy.Urbina-Ceja@sedgwick.gov](mailto:Daisy.Urbina-Ceja@sedgwick.gov)



**MONDAY**

**Open Gym** 5:45-10a (Nick S)  
**CrossFit** 12-1p (Maria N)  
**Open Gym** 3-5:30p (Nick S)  
**CrossFit** 6-7p (Cody P)

**TUESDAY**

**Open Gym** 9a-12p (Maria N)  
**Open Gym** 4-5:30p (Cale R)  
**Gentle Yoga** 5:30-6:30p (Liv G)

**WEDNESDAY**

**Open Gym** 5:45-11:30a (Nick/Mandy)  
**Power Yoga** 12-1p (Danita R)  
**Open Gym** 3-5:30p (Nick S)  
**CrossFit** 6-7p (Sean O)

**THURSDAY**

**Open Gym** 9a-12p ( DJ, Maria N)  
**Open Gym** 4-5:30p (Mallory F)  
**Power Yoga** 5:30-6:30p (Danita R)  
\*Closed 11/24\*

**FRIDAY**

**Open Gym** 5:45-10a (Nick/Mandy)  
**CrossFit** 9-10a (David H)  
**Open Gym** 3- 5:30p (Nick S)  
\*Open Gym 8-10a only on 11/25\*

**SATURDAY**

**Power Yoga** 10-11a (Danita R)  
**Open Gym** 11a-1p (James M)

**SUNDAY**

**Open Gym** 10a-12p (Volunteer)  
**Gentle Yoga** 5-6p (Donnie W)

**FALL BASKETBALL PARTY**

**THE PHOENIX 145 N. WABASH**  
**SATURDAY, NOV. 19TH, 2:00-4:00 PM**  
**FOOD, MUSIC, GAMES, BASKETBALL**  
**FAMILY FRIENDLY**  
FREE! Sign up using the QR code here



**Free with 48 hours of sobriety**  
**Download The Phoenix app on Google Play or App Store**  
**WWW.FACEBOOK.COM/THEPHOENIXWICHITA**

## How Gratitude Helps Your Health

Click [here](#) for tips on how to express gratitude around these five areas:

1. Health
2. Food
3. Activity
4. Relationships
5. Time



**The Salvation Army**  
**2022 Christmas Assistance**



Applications for Christmas assistance will be taken October 17 through November 16.

To complete an application at any time, please go on-line to

**[www.salvationarmy-wichita.org](http://www.salvationarmy-wichita.org)**.

Only one application is completed per household:

- For households with children 18 and younger living in the home, select "Angel Tree". Please have 2 gift ideas ready for each child.
- For adults 60 & older with no children living in the home, select "Star of Hope". You will receive a food voucher and can apply for a household gift (receiving household gift is dependent upon donations received).
- Be prepared to enter income for the entire household.
- At the distribution center, you must bring original IDs for everyone in your household to receive your gifts.
- Christmas Distribution is December 8-9. You will receive notification in early December instructing you of the date, time, and location to pick up your toys and food voucher.

No in-person applications will be done this year. If you cannot complete your application on-line, please call 316-425-6123, October 17 through November 16 to complete your application over the phone. Hours for the phone applications are Monday-Friday from 10 am-3 pm.



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## United Way needs 300 volunteers for 2023 income tax preparation services

United Way of the Plains is recruiting 300 volunteers for the 2023 Volunteer Income Tax Assistance (VITA) program that will operate Jan. 31 through April 18. The service is offered at no charge to households making \$60,000 or less annually. Funded through an annual grant secured from the Internal Revenue Service (IRS) and managed by the United Way of the Plains, the program is overseen by Sarah Crick Milligan, VITA Program Manager for United Way of the Plains.

Milligan recruits volunteers who are then trained to become IRS certified to file taxes and identify tax credits. More than 5,500 returns were prepared in 2022, valued at a record \$7.9 million that was returned to the local economy. Tax refunds help our neighbors become financially stable by retaining more of their earned income for rent, food, medical costs and other necessary expenses.

According to Milligan, many people in the area depend on the program that was originally established in



2003. "We know that this program has a tremendous impact on the lives of our friends and neighbors. We see immediate results when the people we serve can utilize their refunds to stabilize their futures. Our volunteers are working diligently to build a stronger community together. It's very rewarding to help people collect the refunds that they've earned."

Site coordinators and greeters are also needed for the 2023 tax season. These volunteer opportunities are ideal for young professionals who wish to add valuable experience to their resumes, retirees who are seeking a temporary volunteer position and anyone with a passion to help others. Interested volunteers should sign up at [unitedwayplains.org/taxvolunteer](http://unitedwayplains.org/taxvolunteer) for the program that serves Sedgwick, Butler, Cowley and Marion counties.

Interested in becoming a tax preparation volunteer?

- No experience needed
- Free training provided to become IRS certified
- Short-term opportunity (January through April)
- Select your site and service type (in-person or virtual) that fits your schedule
- On-site support from experienced professionals

Watch for additional information in January about the location and the hours of operation for VITA sites.

CONTACT: Angie Prather, Vice President of Marketing and Chief Community Engagement Officer, United Way of the Plains, (316) 267-1321, Ext. 4105, [aprather@unitedwayplains.org](mailto:aprather@unitedwayplains.org)

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[www.hwcwichita.org](http://www.hwcwichita.org)



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

[Unsubscribe shelley.rich@ymcawichita.org](mailto:unsubscribe_shelley.rich@ymcawichita.org)

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