

Promoting Physical Activity & Good Nutrition

November Coalition Meeting
Tuesday, 11/28 2-3 pm
WSU Tech - NICHE, 124 S. Broadway

Plan to arrive by 1:55pm to be directed to the Conference Room located on the Culinary School level with view of working student kitchens. Learn about this state-of-the-art facility in downtown Wichita and take a tour following the Coalition meeting.



Click [here](#) for the October Coalition meeting summary. [Email](#) to be added to the monthly calendar invitation.

November 2023

Day Week Month List

Mon	Tue	Wed	Thu	Fri	Sat
30	31	Nov 1	2	3	4
	6:30pm ICT Men's Group	6pm Let's Talk: A Community	2pm Medicare & You Semina	9am BridgesICT (HopeNet) 12pm First Friday Health A	8am Exploration Place Pa 11:30am LUNCH AT LIVE WE
6	7	8	9	10	11
	6:30pm ICT Men's Group	1pm KanCare Enrollment Ev 1:30pm Diabetes Self-Man 4pm Alzheimer's Association 6pm Trans, Nonbinary, & Qu			8am Exploration Place Pa
13	14	15	16	17	18
	6:30pm ICT Men's Group	8:30am Education Workgr 1:30pm Diabetes Self-Man	2pm Mobile Produce Distribu	1pm Community Resource F	6:30am Thanksgiving Food B 8am Thanksgiving Dinner G 8am Turkey Distribution (Col
20	21	22	23	24	25
3pm Food Access Workgr	2:30pm Healthcare Access 6:30pm ICT Men's Group	4pm KanCare Enrollment Ev 1:30pm Diabetes Self-Man 4:45pm Produce Distribution	11am Thanksgiving Meal (Be 4pm The Lord's Diner - Mobi 5:30pm Thanksgiving "To-Go		8am Exploration Place Pa

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

ICT/SC Food and Farm Council

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



2023 Meeting Dates: December 5
2024 Meeting Dates: January 9, February 6, March 5
Location: Rockwell Branch Library, 5939 East 9th
Street North, Wichita, KS 67208

[Click here for meeting agendas and the virtual option link.](#)

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TURKEY DRIVE '23

Benefitting the
Open Door Community Food Ministry's
Holiday Distribution

Join us in collecting:
FROZEN TURKEYS
CANNED AND BOXED FOOD ITEMS
MONETARY DONATIONS

HELP END HUNGER IN OUR COMMUNITY
AND PROVIDE HOLIDAY MEALS
TO THOSE IN NEED DURING THE HOLIDAY SEASON.
Shopping List is provided

DATE: Friday, November 17, 2023
TIME: 7am to 9:30am
WHERE: Wichita WaterWalk (back of building)

Wichita Public School Contact:
Patty Stuever

THANK YOU TO OUR MEDIA SPONSORS: **KNSS** **102.9 BUZZ** **103.7 KEYN** **POWER 104.3** **POWER 104.3** **KFH**

www.umopendoor.org

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open door
Food • Clothing • Shelter

If you are interested in supporting the Open Door Annual Turkey Drive 2022, here is a "shopping list" of the items needed by Open Door's Community Food Ministry. Please do not feel obligated to purchase all the items on this list, but any help you can provide will go a long way and is appreciated. We also collect donations so we can purchase food in bulk. Learn more at www.umopendoor.org and follow us on Facebook @OpenDoor.

Thank you for opening your heart to people in need this Thanksgiving.

- Turkey (frozen)
- Stuffing mix
- Canned Vegetables & Fruits
 - Corn
 - Sweet Potatoes
 - Pears, Peaches, Pineapple, Apricots
 - Green Beans
 - Beans
- Pies (pumpkin, lemon, apple)
- Pie Shells (shelf stable non-refrigerated please)
- Pie Fillings (pumpkin, lemon, apple)
- Fresh fruit (Apples and Oranges)
- Oatmeal
- Potatoes (Instant)
- Jell-O/Gelatin
- Cakes/Cake Mixes
- Mini Marshmallows
- Peanut Butter
- Macaroni & Cheese
- Canned Soups
- Canned Fish

For more information, contact [Patty](#).

THANKSGIVING FOOD BOXES

SATURDAY, NOVEMBER 18TH

BREAD OF LIFE 1301 E GALENA
THANKSGIVING DINNER 9 AM-3 PM
GIVEAWAY (316) 689-6866

COLLEGE HILL UNITED 2930 E 1ST ST
METHODIST CHURCH 9-11 AM
TURKEY DISTRIBUTION (316) 683-4643

***CENTRAL COMMUNITY CHURCH** 6100 W MAPLE
THANKSGIVING FOOD BAG 6:30 AM
*NOT A FOOD BANK PARTNER AGENCY DRIVE-THRU ONLY

MONDAY, NOVEMBER 20TH -
WEDNESDAY, NOVEMBER 22ND

UNITED METHODIST 2130 E 21ST ST N
OPEN DOOR 9:00-NOON &
THANKSGIVING FOOD 1-4:00 EACH DAY
DISTRIBUTION (316) 267-4201

WEDNESDAY, NOVEMBER 22ND

NEW LIFE CHURCH 1156 N OLIVER
PRODUCE DISTRIBUTION 4:45 PM
ONLY (NO TURKEYS) (316) 265-3663

THANKSGIVING MEALS

THURSDAY, NOVEMBER 23RD

THE LORD'S DINER 520 N BROADWAY
THANKSGIVING "TO-GO" 2825 S HILLSIDE
OR SIT DOWN DINNERS 5:30-7:30 PM

THE LORD'S DINER ATWATER
MOBILE FOOD NEIGHBORHOOD
TRUCK LOCATIONS RESOURCE CENTER
2755 E 19TH ST
4-6 PM

CALL
THE LORD'S EVERGREEN NEIGHBORHOOD
DINER AT (316) RESOURCE CENTER
266-4966 2700 N WOODLAND
4-5 PM

FOR ADDITIONAL HILLTOP COMMUNITY
INFORMATION CENTER
1329 S TERRACE
4-6 PM

***BETHEL LIFE CENTER** 3777 S MERIDIAN
THANKSGIVING MEAL 11 AM-2 PM
IN-PERSON, WHILE SUPPLIES LAST (316) 522-7148
*NOT A FOOD BANK PARTNER AGENCY

CHRISTMAS RESOURCES

THE LORD'S DINER 520 N BROADWAY
CHRISTMAS DAY "TO-GO" 2825 S HILLSIDE
OR SIT DOWN DINNERS 5:30-7:30 PM

THE LORD'S DINER SAME AS
MOBILE FOOD THANKSGIVING DAY
TRUCK LOCATIONS MEAL SITES & TIMES

OPERATION HOLIDAY 223 S MAIN ST
APPS ACCEPTED NOV 1-30 (316)777-6097
DEC 12-16 DISTRIBUTION
WWW.OPERATIONHOLIDAY.ORG

SALVATION ARMY (316) 425-6123
APPS ACCEPTED OCT 16-NOV 15 CALL FOR
DEC 14-15 DISTRIBUTION PHONE APPS
WWW.SALVATIONARMY-WICHITA.ORG

MOBILE DISTRIBUTIONS

IN NOVEMBER - DECEMBER

EVERGREEN PARK 2700 N WOODLAND
MOBILE STARTS @ 1:00 PM
DISTRIBUTION
• FRIDAY, NOV 3RD
• FRIDAY, DEC 1ST

WORD OF LIFE 2020 E BLAKE
PRODUCE STARTS @ 4:30 PM
DISTRIBUTION
• FRIDAY, NOV 3RD
• FRIDAY, DEC 1ST

URBAN LEAGUE 2418 E 9TH
PRODUCE STARTS @ 2:00 PM
DISTRIBUTION
• THURSDAY, NOV 16TH
• THURSDAY, DEC 21ST

NEW LIFE CHURCH 1156 N OLIVER
PRODUCE STARTS @ 4:45 PM
DISTRIBUTION
• WEDNESDAY, NOV 22ND
• THURSDAY, DEC 21ST

PROGRESSIVE 2725 E 25TH ST N
MISSIONARY STARTS @ 1:00 PM
BAPTIST CHURCH
• NOVEMBER - CANCELLED
• FRIDAY, DECEMBER 29TH

MOBILE THE LORD'S DINER
HYGIENE 2823 S HILLSIDE
PANTRY STARTS @ 9:00 AM
• SATURDAY, NOV 18TH
• SATURDAY, DEC 16TH

SCAN THIS QR CODE FOR ALL UPCOMING
WICHITA MOBILE DISTRIBUTIONS OR VISIT
KANSASFOODBANK.ORG/ICTMOBILES



CALL THE KANSAS FOOD BANK
AT (316) 265-3663 WITH ANY QUESTIONS
REGARDING THIS FLYER.



Save the date

WORKING WELL CONFERENCE

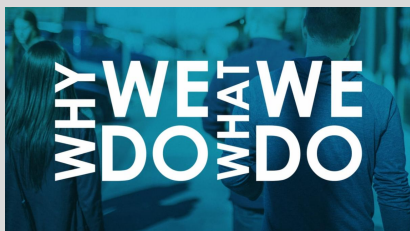
📅 April 11, 2024

📍 The Vail, Wichita

🕒 8:30 a.m. - 4 p.m.



Presenting Sponsor



Connecting to our Mission

Each Coalition meeting since January has featured research or data to connect the work we do to the community.

In 1990 with funding from the Centers for Disease Control and Prevention, the Kansas Department of Health and Environment conducted the first phone-based Kansas Behavioral Risk Factor Surveillance System survey. Since that time, the survey has been helping inform health policy in our state. Click [here](#) for the Sedgwick County report.



Kansas

Safe Routes to School

Here are three easy ways you can help build the Safe Routes To Schools network and empower the SRTS movement here in Kansas:

1. **Check out our new website!** KansasSRTS.org has all sorts of news and information to get you pumped about SRTS.
2. **Join the SRTS email list.** If you received this e-newsletter directly, then you're already signed up! If it was forwarded by a friend or colleague, make sure to [sign yourself up](#). And tell your friends!
3. **Register your school.** Registering your school for the Kansas SRTS Program gives you access to SRTS resources, events, and networks to help promote walking, biking, and rolling to school. To register, [fill out this simple form](#).

The holidays can be a time to look forward to but can also add a challenge for those who are food insecure. Your help in getting this information out is a huge help to the Kansas

Food Bank. Let [Ken](#) know if you would like a PDF version for printing.



MOBILE PRODUCE DISTRIBUTION
at Urban League of Kansas

3RD THURSDAY OF EACH MONTH
THURSDAY, NOVEMBER 16TH
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

KANSAS food bank, POWER 93.5, Urban League of Kansas, BANK OF AMERICA

SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE PRODUCE DISTRIBUTION
at New Life Church

WEDNESDAY, NOVEMBER 22, 2023
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

KANSAS food bank, NEW LIFE CHURCH, POWER 93.5

SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE FOOD DISTRIBUTION
at Evergreen Park

1ST FRIDAY OF EACH MONTH
FRIDAY, DECEMBER 1
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

KANSAS food bank, City of Wichita, Park & Recreation, Housing & Community Services, BANK OF AMERICA

SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



MOBILE PRODUCE DISTRIBUTION
at Word of Life Church

FRIDAY, DECEMBER 1ST
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

KANSAS food bank, iHeartRadio 96.3, WLC, PURSUE LOVE TRANSFORM

SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS
OR VISIT KANSASFOODBANK.ORG/ICTMOBILES



Exploration Place parkrun

A free, fun, and friendly weekly 5k community event. Walk, job, run, volunteer or spectate - it's up to you!

[Click here to register](#)

Please note: Exploration Place parkrun is cancelled on 11/18/23 because of the [Wichita Turkey Trot](#).

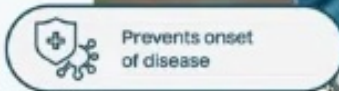
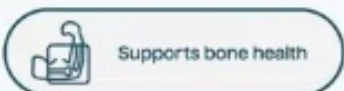
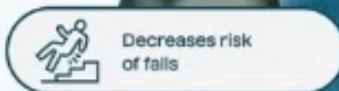
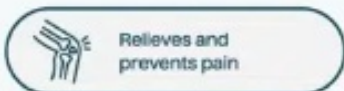
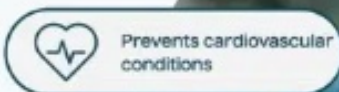


Benefits of Exercise for Older Adults

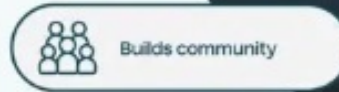
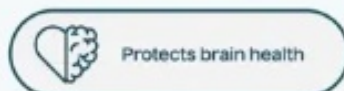
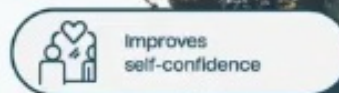
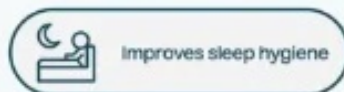
NCOE | Adviser
National Council on Aging

Age should never be a reason to stop challenging your mind and body. Exercise promotes physical, mental, emotional, and social benefits that keep you happy and healthy—especially during harsh winter months.

Physical Benefits:



Mental and Emotional Benefits:

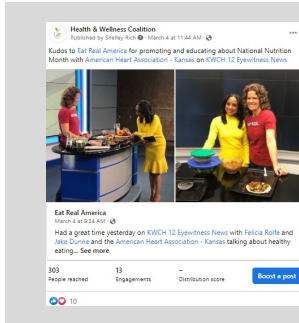


Staying Active in Cold Weather: A Safety Guide for Older Adults

[Click here](#) for the full review including: the importance of exercise, getting into a routine, safe activity in colder weather, adaptive exercise considerations, taking care of your body, and helpful technologies.

Key Takeaways

- Regular physical activity offers physical, mental, emotional, and social benefits.
- Older adults are at risk for vitamin D deficiency and subsequent health conditions, like frailty. Safe participation in outdoor activities can increase sun exposure and boost the body's vitamin D production, even in cold weather.
- Don't let bad weather stop you from moving. Many resources are available to help you find different ways to exercise indoors, whether at a gym or at home.



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.

Give the Gift of Health this Holiday Season

Source: K-State Research and Extension Sedgwick County newsletter.

For many of us, Thanksgiving kicks off the giving season. If donating to a local food pantry is on your "to-do" list, consider giving the gift of health by donating nutrient-rich, non-perishable food items this holiday season. Suggestions include: canned fruit packed in water or 100% juice, low-sodium or no-salt added canned vegetables, whole-grain crackers, canned tuna or chicken, walnuts, pecans, peanuts, almonds, low-sodium soups, brown rice, shelf-stable milk.



[Click here for more information](#)

K-STATE

Research and Extension

Local Food Systems

COMMUNITY

Roundtable

Join us for an opportunity to share, listen and learn about local food systems in your community.

These roundtable discussions are a time to build connections, share successes and challenges, and learn about resources to support and grow local foods. Scan the QR code below to learn more and RSVP.

VIRTUAL ROUNDTABLES

Tuesday
Dec. 5, 2023
12 p.m.
7 p.m.

Thursday
Dec. 7, 2023
12 p.m.
7 p.m.



More details available at:
ksre-learn.com/local-foods-roundtable



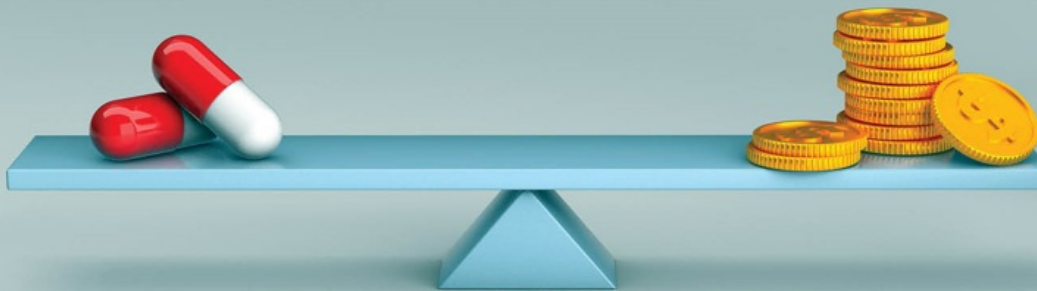
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Rebecca McMahon, 316-361-6779.

K-State Research and Extension is an equal opportunity provider and employer.

46th Annual Healthcare Roundtable Conference

Leaping to Value in Health Benefits



Keynote Speaker

Matt Ohrt

Co-Founder & Chief Healthcare Officer at Self Fund Health.

Sharing the healthcare success formula any employer can use.



Gain valuable insights and real-world advice from innovative employers and industry experts

When / Where: Feb. 29, 2024,
9 a.m. – 3:30 p.m. at Wichita
Advanced Learning Library

Early Bird Rates (through Jan. 15):
Members: \$35
Non-members: \$125

Other Topics

- ◆ Improving benefits through value-based insurance design
- ◆ Addressing high-cost claims
- ◆ First “Positive Deviant Award”
- ◆ Legal update
- ◆ And more!



Kansas Business Group on Health

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

Click [here](#) to learn more and to register. Because you support the Health & Wellness Coalition, use this code for \$25 off registration: hwcguest25.

www.hwcwichita.org



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

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