

AARP Kansas

6220 SW 29th Street
Suite 300
Topeka, KS 66603
Toll Free 1-866-448-3619
Fax: 785-232-8259
Website: www.aarp.org/ks
Email: kaarp@aarp.org

Maren Turner, State Director

Mission Statement: AARP is dedicated to enhancing the quality of life for all as we age, leading positive social change and delivering value to members through information, advocacy and service.

Hours: 8:00 a.m. - 5:00 p.m., Monday – Friday.

AARP Kansas focuses on the following principal areas of concern to our members: Health & Supportive services; Economic Security and Work; Livable Communities; Advocacy, information and community service.

Services:

- AARP Tax-Aide: Trained volunteers provide tax counseling assistance from January through April
- AARP Driver Safety Program: Volunteer instructors offer driver education classes aimed at improving the skills of mature drivers.
- Community Service: Volunteers work on issues that are important to Kansans as they age through a statewide volunteer network and through local AARP chapters.
- Grassroots Advocacy: Staff and volunteers educate AARP members and the public about important economic, health and livable community issues and inform lawmakers and electoral candidates about AARP's positions on key policy issues.
- School Retirees Association: The Kansas Association of Retired School Personnel (KARSP) is affiliated with the National Retired Teachers Association, a division of AARP. Both promote the economic, social and professional status of retired school personnel and participating programs and services of AARP.

Eligibility: AARP takes an intergenerational approach to activities and programs.

How to Apply: For information on any of these programs or to become an AARP volunteer, please call the Kansas State Office at 1-866-448-3619.

Fees: Membership is \$16.00 annually and includes subscriptions to AARP, *The Magazine* and AARP *Bulletin*.

Funding: AARP is a non-profit organization supported by a variety of revenue streams.

Adult Protective Services Topeka Service Center

500 SW Van Buren Street
Topeka, KS 66603-3335
785-296-3133
Fax: 785-296-8655
24-Hour Toll Free Hotline 1- 800-922-5330

Becky Bridges, Supervisor, East Region
Pam Keller, Assist. Adult Protective Service Program
Administrator

Mission Statement: To provide intervention activities directed towards safeguarding the well-being and general welfare of adults in need of protection.

Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday.

Services:

- Initiate a personal visit with the adult within 24 hours to five working days depending on the risk of imminent danger to the individual.
- When appropriate, contact collateral sources (relatives, neighbors, service providers, etc.).
- With consent of the adult, interview the alleged perpetrator if one has been named.
- Discuss with the adult, guardian, conservator and/or caretaker what actions are needed and develop service plans or corrective action plans with recommendations to prevent further harm.
- Assist in locating services which are necessary to maintain physical or mental health such as legal services, medical care, appropriate living arrangements, assistance in personal hygiene, food, clothing, adequately heated and ventilated shelter, protection from maltreatment and transportation.
- Provide advocacy to assure protection of personal rights.
- After due process, enter the names of confirmed perpetrators of abuse, neglect and exploitation on a central registry that is available to community service providers, mental health centers, independent living agencies and home health agencies doing background checks for employment purposes.

Eligibility: Adults at risk are persons 18 years of age or older who are unable to protect their own interests and who are harmed or threatened with harm through action or inaction by themselves or others. Typically, this includes the elderly, physically disabled, mentally ill and developmentally disabled individuals.

How to make a report: Call Toll Free 1-800-922-5330.

Fees: None.

Funding: State General Fund.

Alzheimer's Association Heart of America Chapter

3625 SW 29th Street, Suite 102
Topeka, KS 66614
785-271-1844

24-hour Information and Support Line: 1-800-272-3900
Fax: 785-271-1804

Website: www.alz.org/kansascity
Email: cmiller@alz.org

Cindy Miller, Dementia Care Specialist

Mission Statement: Eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's.

Hours: 9:00 a.m. - 5:00 p.m., Monday – Friday, please call to schedule an appointment.

Services:

- Awareness and public policy.
- Education and training.
- Individual and family support.

Support Groups:

- Alzheimer's Early Stage support group
- Alzheimer's caregiver support groups; Brewster Place, Fink Dining Room; leader is Val Jahnke whose contact number is 785-271-1844.

Eligibility: We serve individuals with Alzheimer's disease or a related dementia, their caregivers, family members, and the community at large.

How to Apply: Call 785-271-1844 for information.

Fees: Family services are free. Professional training fee.

Funding: Fund raising, memorial and charitable donations, grants.

American Cancer Society, Inc. North Region

1315 SW Arrowhead Road
Topeka, KS 66604-4020
785-273-4462

Fax: 785-273-1503

24-hour information:

Toll Free 1-800-227-2345

Website: www.cancer.org

Emailstephanie.weiter@cancer.org

Stephanie Weiter, Senior Manager, Community Development

Mission Statement: The American Cancer Society is the nationwide voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer, and diminishing suffering from cancer through research, education, advocacy and service.

Hours: 8:30 a.m. - 5:00 p.m., Monday – Friday.

Services:

- Information for resources in the community to which families of cancer patients can turn for help.
- Support and Education Assistance: *i.e., Reach to Recovery*, for breast cancer patients.
- Support Groups: Referral to all cancer support groups for patients and families.
- Road to Recovery: Transportation for cancer patients to and from treatment. Call 1-877-227-2345 to schedule in advance.
- Look Good...Feel Better: A free program to help female cancer patients improve appearance and self-image demonstrated by a certified cosmetologist.
- Hotel Partners Program: A program with participating lodging facilities to provide housing for patients while receiving outpatient treatment.
- Patient navigators to help patients deal with issues they may encounter such as insurance questions, transportation, and financial assistance.

Eligibility: All cancer patients.

How to Apply: Call Toll Free 1-800-ACS-2345. (1-800-227-2345).

Fees: None.

Funding: Private donations, various continuing fund-raising events throughout the year.

American Heart Association, Inc.

5375 SW 7th Street, Suite 300
Topeka, KS 66606
785-272-7056
Fax: 785-272-2425
Website: www.heart.org

Kathy Palmer
Phone: 785-228-3405

Mission Statement: Building healthier lives free of cardiovascular disease and stroke. That single purpose drives all we do. The need for our work is beyond question.

Hours: 8:30 a.m. - 5:00 p.m., Monday – Friday.

Services:

- AHA funds cardiovascular research.
- Offers educational programs for the workplace, schools, healthcare sites, the community and other Cause Initiatives Programs such as Go Red for Women, Start! and Alliance for a Healthier Generation. The AHA also sets standards and guidelines and coordinates certified training centers to teach CPR, including advanced cardiac life support.
- Aims to strengthen the chance of survival with early access to 911, early CPR, early defibrillation and early advanced care to save lives of cardiac arrest victims.
- American Stroke Association is a division of the AHA, www.strokeassociation.org.
- Professional and public education materials range from scientific statements for health professionals to brochures on diet and exercise.
- Educational programs include: Search Your Heart, a prevention program for African Americans and Hispanic/Latinos.
- Power to End Stroke is an education and awareness campaign that embraces and celebrates the culture, energy, creativity and lifestyles of African Americans. It unites African Americans to help make an impact on the high incidence of stroke within the community. Yolanda King was the first National Ambassador for the Power to End Stroke campaign and passed away from cardiovascular disease shortly after being honored by the AHA.

Eligibility: Available to everyone.

How to Apply: Call 785-272-7056.

Fees: None.

Funding: Donations, memorials, bequests, special gifts and special events.

American Lung Association

In Kansas & Greater Kansas City
8400 W. 110th St., Suite 130
Overland Park, KS 66210
913-353-9165
Website: www.lung.org
Email: sara.prem@lung.org

Harold Wimmer, CEO
Linda Crider, Executive Director – Kansas & Greater Kansas City
Leah Martin – Director of Advocacy – Kansas, Missouri, Nebraska
Sara Prem, Advocacy Specialist – Kansas & Greater Kansas City

Hours: 8:30a.m. – 4:30p.m., Monday - Friday

Mission Statement: The American Lung Association is the leading organizations working to save lives by improving lung health and preventing lung disease through research, education and advocacy. Our mission is to save lives by improving lung health and preventing lung disease.

Strategic Imperatives:

- Defeat lung cancer.
- Improve the air we breathe so it will not cause or worsen lung disease.
- Reduce the burden of lung disease on individuals and their families.
- Eliminate tobacco use and tobacco-related diseases.

Services:

- Smoking Cessation
- Asthma Education
- Lung disease information and support

Eligibility: Available to all.

To Learn More: Visit lung.org or call 1-800-LUNGUSA

Fees: Fees vary according to program.

Funding: Grants and Gifts (85% of gifts go directly to programs)



American Red Cross Kansas Capital Area Chapter

1321 SW Topeka Blvd
Topeka, KS 66604
785-354-9238

Toll Free: 1-866-990-9910

Website: www.redcross.org/kansascapital

Email: jane.blocher@redcross.org

Jane Blocher, Executive Director

Mission Statement: The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Hours: 8:00 a.m. - 4:30 p.m., Monday – Friday and emergency disaster assistance available 24 hours a day.

Services:

- Disaster Services: During the first 48 hours after a disaster, we can assist families with shelter, food, clothing, shoes, and coats, toiletry items, flood clean-up kits, medical replacements, and mental health support.
- Emergency Communication Services for those in the Military. The Red Cross relays urgent messages to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations. Call 877-272-7337, available 24/7.
- The Red Cross also feeds emergency workers, handles inquiries from concerned family members outside the disaster area, provides blood and blood products to disaster victims, and helps access available resources.
- Health and Safety Education: Training in first aid, CPR, water safety, babysitting, sports safety, and the use of automated external defibrillators. Red Cross will provide custom training to meet special needs or safety requirements. Training is fee-based.
- The American Red Cross is the nation's largest blood collection organization, supplying more than 40 percent of the blood/products used in our country.

Eligibility: Serves Chase, Coffey, Clay, Geary, Jackson, Jefferson, Lyon, Marshall, Morris, Nemaha, Osage, Pottawatomie, Riley, Shawnee, Wabaunsee, Washington Counties and Fort Riley.

How to Apply: Call or come in.

Arthritis Foundation

1900 W. 75th St., Suite 200
Prairie Village, KS 66208
www.arthritis.org/kansas

Patty Dick, Events Director

Mission Statement: The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Hours: 9:00 a.m. – 4:00 p.m., Monday – Friday.

Services:

- Resource center for people with arthritis.
- Provide medical equipment for those who qualify financially.
- Provide disease brochures to individuals and physicians' offices.
- Offer evidence-based exercise programs for people with arthritis.
- Support families whose child (children) have juvenile arthritis.

Eligibility: People with arthritis or family members of people with arthritis.

How to Apply: Call 785-262-2233.

Fees: None, except fees for self-help classes.

Funding: Donations, grants.

Birthright of Topeka, Inc.

512 SW 7th Street
P.O. Box 414
Topeka, KS 66601-0414
785-234-0701

Toll Free: 1-800-550-4900, 24-hour Birthright Hotline

Lorraine Eggen, Director

Mission Statement: To uphold, at all times, that every pregnant girl or woman has the right to whatever help she may need to carry her child to term.

Hours: 9:30 a.m. - 1:00 p.m., Monday, Wednesday, and Saturday. 6:00 p.m. - 8:00 p.m., Tuesday, Wednesday and Thursday.

Services:

- Pregnancy testing.
- Friendships assist woman to mobilize her own resources, clothing for mother and baby.
- Help in making the appropriate use of the community resources available such as health, welfare, housing, education, counseling, prenatal classes and contact with adoption agencies when needed.

Eligibility: Available to everyone.

How to Apply: Call 785-234-0701, in person, or write to the above address.

Fees: All Birthright services are free and confidential.

Funding: Donations.

Brewster at Home

1205 SW 29th Street
Topeka, KS 66611
785-274-3303
Fax: 785-267-9355

Website: www.brewsterplace.org
E-mail: eileenm@brewsterplace.org

Eileen McGivern, Director

Mission Statement: Providing services people need, when they need them, in the place they call home.

Hours: Office 8:00 a.m. - 5:00 p.m. Monday – Friday
Many Brewster at Home services available 24/7.

Services:

- One-call access to a network of care and support services by vetted providers including meal preparation and delivery, handyman services, companionship, lawn care and snow removal, Home Health services, and more.
- Wellness programs designed to meet member needs including exercise classes, access to fitness equipment, social and cultural events, and educational seminars.
- Access to most Brewster Place Retirement Community activities, dining facilities, and therapy treatment modalities.
- Discrete technology-based health monitoring services including a medication delivery system and a wireless safety monitoring system and automatic emergency response system.
- Transportation to Doctors appointments, grocery shopping, and to Brewster Place for activities, use of facilities, and outpatient therapy.

Eligibility: Brewster at Home programs are designed for persons 55 years and older but there are no age restrictions on membership or use of services.

How to Apply: Call 785-274-3303 or complete an online inquiry at www.brewsterplace.org.

Fees: Membership fee required for access to all programs and services. Members receive substantial discounts on most services.

Funding: Private pay. Transportation services are partially funded by a grant from the Kansas Department of Transportation.

MARTHA'S VINEYARD HOUSE OF FAITH HOPE AND LOVE INC.
A 501 C (3) NON-PROFIT PUBLIC CHARITABLE ORGANIZATION
TRANSITIONAL HOME FOR HOMELESS VETERANS

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"STUDIO APARTMENTS FOR RENT"

ROOMS FOR RENT FOR MALE VETERANS. ALL APARTMENTS WILL BE OFFERED FOR 700.00 PER VETERAN PER MONTH. 2 VETERANS PER ROOM. 1-2 YEAR LEASE. APARTMENTS WILL INCLUDE:

LIVING ROOM BATHROOM KITCHEN ALL UTILITIES ARE PAID INCLUDING WATER. WASHER/DRYER. EXERCISE ROOM IS PROVIDED AS WELL. APARTMENT ARE COMPLETELY FURNISHED. CLOSE TO STORES AND RESTAURANTS.

LIBRARY AND DOWNTOWN LEAVENWORTH. QUIET NEIGHBORHOOD. BUS PASSES WILL BE PROVIDED TO AND FROM VA APPOINTMENTS. EVENING CLASSES SUCH AS: LIFE SKILLS HEALTH AND WELLNESS COMMUNITY GARDEN AND NUTRITION COMPUTER AND TECHNOLOGY TRAINING.

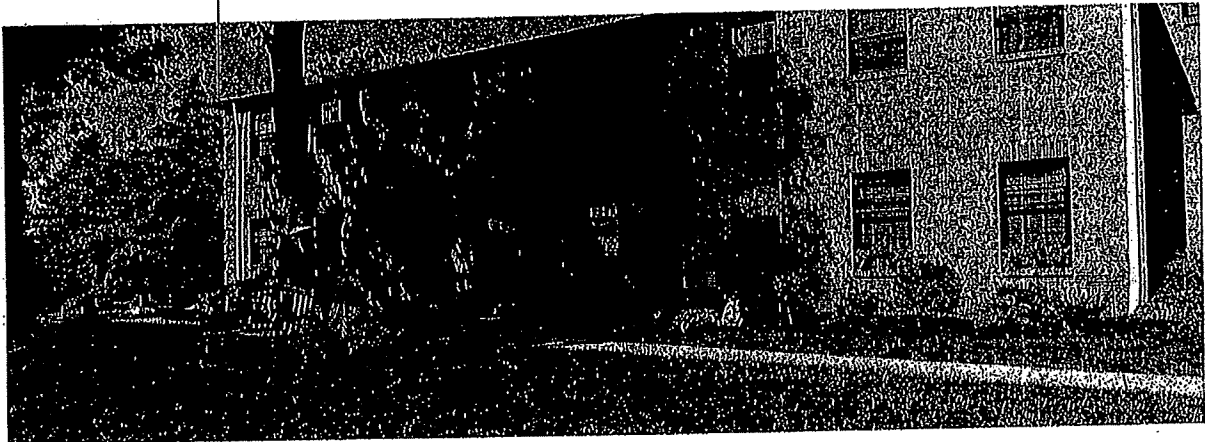
ANGER AND STRESS MANAGEMENT AND CONFLICT RESOLUTION CLASSES

ALL CLASSES ARE ON A VOLUNTEER BASIS AT MARTHA'S VINEYARD BUT ALL VA CLASSES ARE MANDATORY TO CONTINUE PER YOUR VA UNIT TEAM

MISSION: TO ENHANCE THE QUALITY OF LIFE FOR RESIDENTS BY PROVIDING AFFORDABLE HOUSING AND ASSISTED LIVING DWELLING THAT OFFER OPPORTUNITIES TO ENRICH THEIR LIVES. COMING SOON!!!!

MOVE IN DATE WILL BE APRIL 1, 2020

CONTACT MARTHA RIVERA 913-547-0664



EIN#: 84-3026685 Martha's Vineyard House of Faith, Hope & Love, Inc.



Martha's Vineyard House of Faith, Hope & Love, Inc.

a 501(c)3, non-profit entity and a public charitable organization

"Empowering Communities— One Family at a Time"

Contact: Martha Rivera—President

Address:

Leavenworth, KS 66048-5579

County: Leavenworth

Office: 913.547.0664

Email: MRivera913@aol.com



The **mission** is to enhance the quality of life for residents by providing affordable assisted-living dwellings that offer opportunities to enrich their lives by promoting health and wellness, personal development and social interactions.

Our **vision** as a faith-based, non-profit entity, is to enhance the quality of life for children, adults and seniors needing temporary emergency housing, shelter and affordable rent. The initiative has been designed especially for low-/to moderate-income ex-offenders, veterans, youth, single mothers, individuals in crisis, unemployed and with no or of low-/to moderate-income. By offering assisted-living dwellings and programs that promote health and wellness, career development, life skills and positive social interactions— families and individuals have hope to begin again with a stronger foundation.

By offering assisted-living dwellings and programs that promote health and wellness, career development, life skills and positive social interactions— families and individuals have hope to begin again with a stronger foundation.

Some of the community enrichment classes will include:

- | | |
|---|--------------------------------------|
| *Successful Living (Life Skills) Enrichment | *Transitions of the Ex-Offender |
| *Reunification of the Family | *Computer & Technology Training |
| *Summer & After School Tutoring | *Male Mentoring |
| *Health & Wellness | *Leadership & Career Development |
| *Literacy/Book Clubs | *Healthy Families & Relationships |
| *Community Gardens & Nutrition | *Anger & Stress Management |
| *Performing Arts (dance, theater, music) | *Intra-/Inter-Personal Relationships |
| *Low-Income Housing | *Conflict Resolution Workshops |

Fax to Martha 913-727-1340

RENTAL APPLICATION

Date _____
For _____ Beginning _____
(Address) (Date of occupancy)

1. Applicant: _____ Age _____
Name _____

2. Address: _____ Phone _____

3. Spouse: _____ Age _____ How long married _____
Name _____

4. Names and ages of all persons proposing to live in dwelling unit: *

Name	Age	Name	Age	Name	Age
_____	_____	_____	_____	_____	_____

* At Landlord's request, separate Rental Applications may be required for each person listed above.

5. Will you have pets? _____ Describe: _____

6. Present Landlord: _____
Name _____ Address _____ Phone _____

7. List your last two previous residences:

(a) _____ Landlord: _____
Address _____ Apt. _____ Name _____
City _____ State _____ Zip _____ Address _____ Phone _____
Rented from _____ (date) to _____ (date)
Monthly rent: _____

(b) _____ Landlord: _____
Address _____ Apt. _____ Name _____
City _____ State _____ Zip _____ Address _____ Phone _____
Rented from _____ (date) to _____ (date)
Monthly rent: _____

8. Employer: _____
Name _____ Address _____ Phone _____
Position _____ Supervisor _____ How long employed _____
Monthly salary: _____

9. Other income: _____
Name of source _____ Address _____ Phone _____
Position _____ Income per month _____
Source (circle one): spouse employment, child support/alimony/maintenance, public assistance, other (explain) _____

10. Combined monthly income of all co-applicants: _____

11. Excluding current employer, list two most recent employers

(a) _____
Name _____ Address _____ Phone _____
Position _____ How long employed _____ Monthly salary _____
Immediate supervisor: _____

(b) _____
Name _____ Address _____ Phone _____
Position _____ How long employed _____ Monthly salary _____
Immediate supervisor: _____

12. List three credit references or credit card accounts:

a.	Name _____	Address _____	Account No. _____	Phone _____
b.	Name _____	Address _____	Account No. _____	Phone _____
c.	Name _____	Address _____	Account No. _____	Phone _____

13. Bank:

Name _____	Address _____	Account No. _____
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14. List three persons (not related to you) who have knowledge of your character and reputation:

a.	Name _____	Address _____	Phone _____
b.	Name _____	Address _____	Phone _____
c.	Name _____	Address _____	Phone _____

15. Identification:

a. applicant:	Social Security No. _____	Driver's License No. / State _____
b. spouse:	Social Security No. _____	Driver's License No. / State _____

16. Contact in emergency:

Name _____	Address _____	Phone _____
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17. Automobiles:

a.	Make _____	Year _____	Color _____	License _____	State _____
b.	Make _____	Year _____	Color _____	License _____	State _____

IMPORTANT:

In making this Rental Application it is understood that an investigative consumer report may be prepared whereby information is obtained through personal interviews with your neighbors, friends, or others with whom you are acquainted. This inquiry includes information as to your character, general reputation, personal characteristics and mode of living. You have the right to make a written request within a reasonable period of time to receive additional, detailed information about the nature and scope of this investigation.

In signing and submitting this application, applicant(s) authorize Landlord or his agents to contact applicants' references, verify the facts reported by applicant, and make inquiries into other facts related to applicant's fitness as a tenant.

Acceptance by Landlord of this application and any money deposited herewith shall not form an agreement binding upon Landlord until Landlord accepts this application in writing.

\$_____ has been submitted with this application, consisting of an application fee of \$_____ and a deposit of \$_____ (to reserve the dwelling unit for applicant). Upon Landlord's acceptance of applicant all money submitted with this application will be credited toward applicant's security deposit. Landlord will reserve the dwelling unit for _____ days, after which the deposit and fee are forfeited. If applicant withdraws this application, the deposit will be refunded, but Landlord may retain the application fee.

I hereby acknowledge that I have read the provisions of this application and that the answers submitted are true.

Signed:

Applicant _____

Spouse _____

Application approved and accepted:

Signature _____

Date _____

INTERNAL USE ONLY

1. Present address: _____ Source: _____
Rental term: _____ Damage: _____ Complaints: _____
Rent: _____ Payment record: _____
Other: _____

2. Previous address: _____ Source: _____
Rental term: _____ Damage: _____ Complaints: _____
Rent: _____ Payment record: _____ Notice given: _____
Other: _____

3. Previous address: _____ Source: _____
Rental term: _____ Damage: _____ Complaints: _____
Rent: _____ Payment record: _____ Notice given: _____
Other: _____

EMPLOYMENT: Source: _____ Position: _____
Monthly salary _____ Employed since _____ Layoff expected? _____
Satisfactory performance? _____ Other: _____

SPOUSE EMPLOYMENT: Source _____ Position: _____
Monthly salary _____ Employed since _____ Layoff expected? _____
Satisfactory performance? _____ Other: _____

BANK: Source: _____
Names on account(s): _____ Type: _____
Date opened: _____ Rating: _____
Other: _____

Application () approved () rejected
by: _____
date: _____

UNIT ASSIGNED

Apt. No. _____ Rent (specify options and cost) _____

Deposits: _____ Other amounts paid: _____
Application fee:
Holding deposit:
Security deposit:
Pet deposit:

Possession requested: _____ Possession to begin: _____

Special notes:

Mobile Food Pantries for the week of May 24th

Wednesday

West Side Baptist Church, 1008 SW 4th St.

3:30 p.m. – 5:30 p.m.

Thursday

Topeka Rescue Mission, 401 NW Norris

Drive thru at the NW end of building

9:00 a.m. – 2:00 p.m.

Friday

Hummer Sports Complex

Hummer Park Football Field – East Parking Lot, 500 SW Tuffy Kellogg Dr.

9:00 a.m. – 10:00 a.m.

Auburn Community Center

121 W 11th St., Auburn, Ks.

12:30 p.m. – 2:00 p.m.



CITY OF TOPEKA

City Communications
City Hall, 215 SE 7th Street
Topeka, KS 66603

Tel: 785-368-0991
www.topeka.org

For Immediate Release

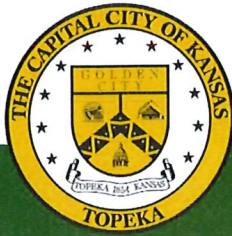
Contact for further information: Molly Hadfield, Director of Media Relations 368-0991,
mhadfield@topeka.org

Tuesday, May 18, 2021

City Water Supply Experiencing Taste and Odor Issues but Remains Safe to Drink

TOPEKA, KS – Topeka's drinking water is currently experiencing an issue with taste and odor. Recent rainfall and releases from reservoirs have caused a river flow and turbidity increase in the Kansas River. Topeka's water comes from the Kansas River and occasionally the river has unusually high levels of organic matter which can cause taste and odor issues. The water continues to meet all of the drinking water standards established by EPA and KDHE and is safe to drink.

The water is currently being treated by the City of Topeka's multiple barrier water treatment process. The City of Topeka will continue to monitor levels of taste and odor in the drinking water. Questions can be directed to the City of Topeka call center at 368-3111.



CITY OF TOPEKA

City Communications
City Hall, 215 SE 7th Street
Topeka, KS 66603

Tel: 785-368-0991
www.topeka.org

For Immediate Release

Contact for further information: Molly Hadfield, Director of Media Relations 368-0991, mhadfield@topeka.org or David Kolarik, Kansas City District, U.S. Army Corps of Engineers, 816-389-3486, david.s.kolarik@usace.army.mil

Tuesday, May 18, 2021

Kansas River Levee Improvement Project Completion

TOPEKA, KS – The City of Topeka is hosted a ribbon cutting ceremony for the Kansas River Levee improvements on Tuesday, May 18th. The Kansas River Levee improvements are part of the Topeka flood risk mitigation project. This is a \$30 million project funded between the Kansas City District, U.S. Army Corps of Engineers and the City of Topeka.

“The Kansas River Levee improvement project is a critical step to create stability at the flood wall during significant events such as flooding and heavy rainfall,” said Braxton Copley, Interim Director of Utilities. “This project will ensure that the floodplain is safer for our community with the installation of the buttresses and relief wells.”

“This is one of many projects at that the City of Topeka has completed at the Kansas River this year. I am proud of the Utilities Department for all of their hard work with the levee project to create a safer environment for our community,” said City Manager Brent Trout.

These improvements were to address vulnerabilities such as underseepage and flood wall stability that the Corps identified through inspection of the Topeka levee units. The improvements are designed to prevent critical failure of the levees experienced in other communities across the country in recent years during flood events caused by hurricanes and significant rain events. The improvements included the addition of relief wells and underseepage berms along with construction of approximately 230 concrete buttresses at the flood wall.

Program Sponsors



The *Work for Success* program features the Personal and Professional Development (PPD) Curriculum designed to inspire our participants to realize their dreams and achieve

self-sufficiency by providing hope, resources, and a plan. We believe in the value and potential of each individual, and this program will maximize your talents, your skills and the unique passions you bring to your community and to your family. You deserve to live the life you desire.



The Personal and Professional Development curriculum is a program designed by Connections to Success.
connectionstosuccess.org

Work for Success

is a program of Mirror and receives funds from a grant awarded by the Kansas Department for Children and Families.



M I R R O R

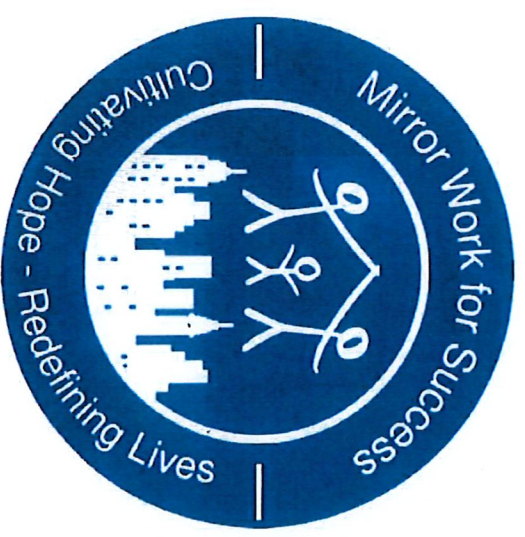
Mirror Work for Success
107 SW 6th Avenue Suite 2
Topeka, KS 66603
785-246-5737

Deb Dolsky - Program Director
ddolsky@mirrorinc.org



Strong Families Make a Strong Kansas

Revised December 2020



Work for Success Program

**Cultivating
Hope,
Redefining
Lives**



M I R R O R

CUSTOMIZED EMPLOYMENT SERVICES

Work for Success offers customized Personal and Professional Development Training sessions which follow-up with job placement and retention services.

We work with you to develop job search skills including completing applications, learning better interviewing skills, and networking to find the best job openings.

A job coach helps you design a resume, gets you dressed for success and ready for your next job opportunity!

HOPE

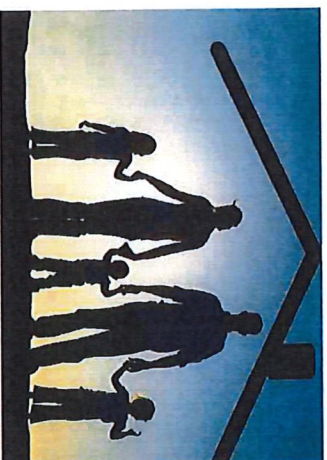
YOU MAY QUALIFY IF:

- ✓ You are receiving or eligible for DCF assistance (approved DCF referrals).
- ✓ You are unemployed and have a desire to obtain employment.
- ✓ You reside in the state of Kansas (primarily Shawnee County).



Featured Services

- ◆ Personalized Life Plan with SMART goals in important life domains including employment, family, health and others
- ◆ Clearly defined action steps to achieve your goals
- ◆ Individualized career assessment and employment goals
- ◆ 30-second commercial about yourself highlighting your skills, strengths, and employment goals



- ◆ Job hunting tools including professional email, resume, cover letter and interview clothing
- ◆ Feedback from mock interviews with industry professionals
- ◆ Robust understanding of the impact of gratitude in every area of your life

SUPPORT

FAMILY & YOUTH STABILITY SERVICES

Work for Success hosts 4-week Personal and Professional Development Training sessions, which follow-up with job placement and retention services.

SUCCESS

We provide healthy relationship skills training, parenting classes and financial literacy that enables our participants to obtain employment, achieve financial independence and provide home stability.

Our services include family crisis stabilization, designed to provide intensive, time-limited, in-home intervention to improve family relationships.

YOU MAY QUALIFY IF:

- ✓ You are an unemployed, underemployed or low-income parent with minor children. OR
- ✓ You are a young adult age 18-24 with a history of custody within DCF Foster Care or KDOC Juvenile Services and no longer under supervision.
- ✓ You reside in Shawnee, Jackson, Jefferson, Osage, Wabaussee, or Pottawattamie County.



KIDS IN THE KITCHEN



Available for eligible youth and offered at
no charge.

Grades: K-2 & 3-5

All classes must have a parent, guardian
or agency staff present.

Family Classes

Group Classes

Individual Classes

K-STATE RESEARCH AND EXTENSION

SHAWNEE COUNTY EFNEP

- ♦ Learn to read and follow recipes
- ♦ Learn how to make healthy meals and snacks
- ♦ Learn age appropriate cooking skills
- ♦ Learn how to FightBac!

FLEXIBLE SCHEDULES ONLINE & IN PERSON

Call or Email

Cori at csingleton@ksu.edu

Peggy at pderuy@ksu.edu

785-232-0062 x118



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



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Teen Cuisine 3.0

HEALTHY
EATING
MADE
SIMPLE!



**A SERIES OF SIX FUN LESSONS
TO BECOME AN EXPERT IN THE KITCHEN!**

Lesson 1: Eat Smart

Lesson 2: You Are What You Eat

Lesson 3: Power Up with Breakfast

Lesson 4: Find the Fat

Lesson 5: Kick the Sugar Habit

Lesson 6: Snack Attack

- Classes available in-person, online or by phone for eligible youth, grades 6 – 12, at no charge. ***A parent, guardian or agency staff member must be present during classes.***
- Complete all lessons and earn a reusable K-State shopping bag filled with several kitchen utensils and a workbook full of healthy recipes for meals and snacks!



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COOKING BASICS

RECIPE READING
101

FOOD SAFETY

NUTRITION FACTS

KITCHEN SAFETY

**SHAWNEE COUNTY
EFNEP**

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