

Hello Everyone

Please pass this free summer learning opportunity onto your clients that might be interested.

The Spike Event is scheduled for July 15th from 11-1PM at the Topeka Zoo, admission is free for the first 300 kids and guest beginning at 11AM. There will be prizes, books, free lunch for individuals 18 and younger and lots of ideas for active learning.

Please share this information with those that might be interested.

Also would your agency like to host a table at this event? Please register here to reserve a spot at the zoo - <https://forms.office.com/Pages/ResponsePage.aspx?id=k5ddHvYFk2jC-KbABdVIKENCBranLBOmMzJyXe3Zq5UMFpKTTU1T0RGSF1xSEVWMURIN09ZNEISQy4u>

For questions, feel free to email Jess at jnb@unitedwaytopeka.org

In Service,

Jess

Jessica Neumann Barraclough (she/her/hers)

Director of Volunteer Engagement

785.228.5120

United Way of Greater Topeka

1527 SW Fairlawn Rd

Topeka, KS 66604

unitedwaytopeka.org



United Way
of Greater Topeka

Rachelle Vega-Retana, Grants Administrator
City of Topeka, Dept. of Planning & Development
Division of Housing Services
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Topeka, Ks. 66607
Phone: (785) 368-4490
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Maria Anderson

From: Rachelle Vega-Retana
Sent: Thursday, June 23, 2022 4:24 PM
Subject: July 2022 - Leadership Development - Board Leadership Training

United Way of Greater Topeka is excited to share our open registration for our July Class of Board Leadership Training. This training will provide community members opportunities to advance their leadership and service to the community, by becoming a stronger Board Member. This beginning training provides an excellent foundation to best practices to nonprofit management and Board service.

July 13th and 20th from 8AM - 12:30PM at Washburn University

This training is open to all who currently sit on a board, those interested in serving on a board and nonprofit professionals interested in learning more about nonprofit management and volunteer engagement.

For more information about the program and to register, please visit our website www.unitedwaytopeka.org/board-leadership-development. *It is important to verify with your employer that you have the ability to attend and register for this program.*

Registration is open and is limited to 40 participants.

Cost is \$75 for 9 hours of training.

For more questions feel free to email Jess BarracloUGH at jnb@unitedwaytopeka.org

In Service,

Jess

Jessica Neumann BarracloUGH

She/Her/Hers

Director of Volunteer Engagement

[United Way of Greater Topeka](http://www.unitedwaytopeka.org)

Phone: 785.228.5120 | Fax: 785.273.2467

1527 SW Fairlawn Rd. Topeka, KS 66604

Rachelle Vega-Retana, Grants Administrator
City of Topeka, Dept. of Planning & Development



CITY OF
TOPEKA

ARPA

Community Grants

Information Session

Thursday, June 23
6:00 p.m. - 7:00 p.m.
Zoom



Learn about:

- The application process
- How to fill out the application
- Deadlines
- What information staff and the Governing Body are looking for

Register by emailing ARPA@topeka.org.

Upon registering, you will be provided with the Zoom meeting details.

Maria Anderson

From: Rachelle Vega-Retana
Sent: Thursday, June 23, 2022 11:02 AM
Subject: Positions Open

Part-time Direct Support Staff

Shifts available: Evenings, Overnights, Weekend, and Holidays

Seeking caring and dependable staff for an Adult Mental Health Group Home. Knowledge of mental health is a plus. Need to know how to cook and socialize with individuals with disabilities. Work experience would include working with individuals with Mental Health disabilities. Must pass pre-employment screening and background check. Starting pay is 12.00 per hour and this is only a part-time position.

Sehara Hays, Director of Residential Services
Breakthrough House Inc.
403 NW Lyman Road, Suite A
Topeka, KS 66608
Office: (785)232-6807
Cell: (620)513-6070
Shavs@breakthroughhouse.org

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DOING THE
MOST GOOD

For Immediate Release

The Salvation Army
1320 SE 6th St
Topeka KS 66607
785-233-9648
Contact: Shelley Robertson

EVERGY DONATES FANS TO THE SALVATION ARMY

Annual Donation Helps Those People in Need During Summer Heat

TOPEKA, KS (JUNE X, 2022) -- The Salvation Army and Evergy are providing families a cost-effective way to cool down their homes during sweltering Topeka summers. People without access to air conditioning or other means of staying cool during hot and humid weather can receive fans starting at 9:00 a.m. until noon, on Tuesday, June 28, at The Salvation Army, 1320 SE 6th Street. Continuing its annual donation, Evergy provided about 300 fans to be given away in Topeka.

"The Salvation Army is helping us reach some of the most vulnerable members of our communities and help them stay safe during the heat of summer," said Cynthia McCarvel, community relations manager for Evergy. "Continuing this program allows us to reach more homes and help those in need."

The fans are intended for people who do not have a fan or air conditioning in their home and are on very limited incomes. To help the most people, each household is eligible for one fan. Proper ID and proof of address (utility bill or another document) are required. The fans will be distributed on a first-come, first-served basis until all are handed out.

Evergy's local gift of fans is part of a contribution of 2,600 fans being distributed throughout the communities it serves.

Fans help relieve sweltering summer heat, but some days finding an air-conditioned space is the safest option. Stay aware of these heat safety tips and signs of heat illness.



HEAT SAFETY

- Never leave children or pets alone in enclosed vehicles.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Take frequent breaks if working outdoors.
- Use a buddy system when working in excessive heat.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on animals frequently to ensure that they are not suffering from the heat. Ensure they have water and a shady place to rest.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing.

HEAT CAN BE DANGEROUS

Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heatstroke. Avoid problems by drinking plenty of fluids and limiting drinks with caffeine or alcohol.

If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle and replenish their fluids with half a glass (about 4 ounces) of cool water every 15 minutes.

If a person is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

HEAT STROKE IS LIFE-THREATENING

Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heatstroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

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About Evergy

Evergy, Inc. (NYSE: EVRG), serves 1.6 million customers in Kansas and Missouri. Evergy's mission is to empower a better future. Our focus remains on producing, transmitting and delivering reliable, affordable, and sustainable energy for the benefit of our stakeholders. Today, about half of Evergy's power comes from carbon-free sources, creating more reliable energy with less impact to the environment. We value innovation and adaptability to give our customers better ways to manage their energy use, to create a safe, diverse and inclusive workplace for our employees, and to add value for our investors. Headquartered in Kansas City, our employees are active members of the communities we serve. Evergy online newsroom: newsroom.Evergy.com and media line 888.613.0003.

About The Salvation Army

The Salvation Army of Kansas and Western Missouri is an evangelical part of the universal Christian church established in 1865 and has been supporting those in need in His name without discrimination. The organization provides assistance through a broad array of social services ranging from food for the hungry, relief for disaster victims, assistance for the disabled, outreach for the elderly and ill, clothing and shelter to the homeless, and opportunities for underprivileged children. For more information about the Kansas and Western Missouri Division of the Salvation Army, visit www.SalArmyMOKAN.org.





Job Description: Two-Part-times Payee Assistant

The Payee Department performs several functions.

- 1) Representative Payee for SSDI and/or SSI beneficiaries

The Payee Assistant role and responsibilities:

- Assist payee consumers towards independence in their monthly handling.
- Write and post Quicken and mail consumer's bill payments in their monthly handling.
- Write, post to Quicken and mail when designated rent & payee fee checks.
- Keep accurate payee records, payee check and copies of receipts.
- Assist Consumers as needed and on a daily basis.
- Work directly with Consumers with Mental Health Diagnosis.
- Other duties as assigned by Director

- 2) Representative Payee for SSDI and/or SSI beneficiaries

The Payee Assistant role and responsibilities:

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- Assist Consumers as needed and on a daily basis.
- Work directly with Consumers with Mental Health Diagnosis.
- Other duties as assigned by Director

Job Type: Two Part-time Position

Breakthrough House Inc.

403 NW Lyman Road Suite A

Email Resume: doakes@breakthroughhouse.org (785) 232-6807 ext.103

From: Rachelle Vega-Retana <rvretana@topeka.org>
Sent: Tuesday, June 21, 2022 2:18 PM
Subject: Resource: Low-Cost Generic Prescriptions

What is it?

Cost Plus Drugs is an online pharmacy which offers common generic prescriptions.

How much is it?

The prescriptions are priced at cost plus 15%. "The pharmacy doesn't accept health insurance but says prices will still be lower than what people would typically pay at a pharmacy." -NPR

"The website currently offers 100 generic drugs to treat a variety of illnesses, including diabetes, asthma and heart conditions. One drug for diabetes patients, metformin, sells for \$3.90 for a 30-day supply, compared to a retail price of \$20, the pharmacy said. A 30-count of imatinib, which is used to treat leukemia and other cancers, goes for as low as \$17.10 at Cuban's pharmacy compared with \$2,502.60 at other pharmacies." -NPR

NPR Article

<https://www.npr.org/2022/01/24/1075344246/mark-cuban-pharmacy>

Cost Plus Drugs Website

<https://costplusdrugs.com/>

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