

TOPEKA

FEBRUARY 2020

# Health & Wellness

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MAGAZINE



**WORRY-FREE  
DENTAL  
CARE FOR  
CHILDREN**

See page 3 for  
information about  
front page photo



**How Massage Relieves Pain and Stress**  
**Don't be victim to 'ghost' tax return preparers**

**How to Improve Heart Health**  
**Decreasing Stress to Protect Our Heart**

Health & Wellness Marketplace - Page 24

Healthy Event Calendar - Page 26



WORKING TOGETHER TO PREVENT  
**ONE MILLION**  
HEART ATTACKS AND STROKES

**1** of every **3**

deaths is caused by  
heart disease and stroke



Health care costs  
for heart attack  
and stroke:

**\$312.6**  
**BILLION**



Leading cause of  
**PREVENTABLE**  
**DEATH**

in people 40–65  
years of age



**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals  
and public health workers should do what we know works:

### FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

### USE HEALTH IT

Use **electronic** health  
records and other health  
IT to identify patients who  
need support to improve  
their ABCS and then track  
their progress over time.

### USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**



47% to **70%**  
increase in aspirin  
use for secondary  
prevention



46% to **70%**  
increase in blood  
pressure control



33% to **70%**  
increase in  
cholesterol  
management



23% to **70%**  
increase in help  
for those who want  
to quit smoking



**20%**  
reduction  
in sodium  
consumption



**50%**  
reduction  
in trans fat  
consumption

\* For more information on effectiveness of team-based care, visit:  
[www.thecommunityguide.org/cvd/teambasedcare.html](http://www.thecommunityguide.org/cvd/teambasedcare.html)  
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## ON THE COVER:

Our cover this month features Adventure Dental & Vision's Dr. Megha Sherchan and staff members Idayra Fraga, Daisy Morales, Michele Cortez, Yenifer Juarez, Alejandra Ruiz, Courtney Vazquez, Jackie Garcia & Alex Ruiz. The crew offers dental and vision care, along with a fun atmosphere, to children in Topeka.



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## FEBRUARY IS

# American Heart Month

### WELLNESS SMARTS AT A GLANCE

Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.

## 1 PROTECTING YOUR HEART

Don't smoke or use other tobacco products. Avoid secondhand smoke as well.

**2** Aim for a healthy weight. Excess weight increases your chance of developing heart disease.

**4** Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.

**5** Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.

**6** Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.

**8** Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.

**7** Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.

If you drink alcohol, do so only in moderation.

**9**

**10** Learn the warning signs of a heart attack and heart disease, and don't ignore them.



# REGULAR DENTAL CLEANINGS AND CHECKUPS

## Worry-free dental care for children



**F**ebruary is National Children's Dental Health Month! Access to high quality, affordable dental care is an important part of a child's growing up. From the moment that the first tooth appears, a child should receive regular dental care to ensure that their teeth remain clean and healthy!

That's why Adventure Dental and Vision is dedicated to providing preventive and comprehensive dental care services to children ages six months to twenty years.

We know that some kids fear dental visits, so our team works hard to provide comforting and supportive dental care for children. Making dental care easy for both children and their parents is our way of making sure families get the care they need! Looking for an affordable dentist for your child? We are here to help.

**Learn more about all our dental services at [MyDentalVisionCare.com](http://MyDentalVisionCare.com):**

- Children's dental cleanings
- Dental x-rays for children
- Fluoride treatments

- Dental sealants for kids
- Cavities and fillings
- Dental crowns
- Tooth extractions

- Chipped tooth restoration
- Dental sedation options
- Regular kids' dental care matters

Regular dental care combined with excellent home care for children is the best defense against diseases like dental caries (tooth decay), gingivitis (inflammation of the gums) and periodontal disease (destruction of the gums and surrounding tooth structure that can lead to tooth loss). Untreated

childhood dental disease can have serious consequences.

Pain, infection and destruction of permanent teeth and surrounding tissues are common and can lead to developmental issues and chronic health problems. In addition, affected children frequently have poor school attendance and performance and can be stigmatized due to their appearance. We believe that every child deserves high-quality, affordable dental care. That is why we welcome Medicaid and most insurance plans, have conveniently located practices, and work hard to educate children and parents on the importance of oral health.

From the time your child's first tooth arrives, typically between six and twelve months, regular dental visits are important to ensure op-





timal dental health. We are here to make it easy for you and your family. And, with Medicaid and most insurance plans, you can get your children the care they need at little or no cost to you. Plus, we make dental visits fun for kids!

### Affordable children's dental care

We believe that every child deserves regular dental care which is why make sure to make care affordable for all families. We welcome Medicaid and most insurance plans and educate parents on how to take advantage of their benefits.

### Parents are the best role models

Parents play a big role in fostering good oral hygiene and eating habits that will stick with children throughout their lives. Tooth decay is the number one disease affecting children in the United States, and kids who do not regularly see a dentist for cleanings and checkups,

are disproportionately affected. In addition to getting your child in for dental check-ups twice a year, make sure that they are practicing good dental hygiene at home. Read our tips for getting your kids to be better brushers!

*Is it time for your child's check-up? Call us today to schedule!*

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Dr. Rhonda Hutton, OD



Dr. Julie Bharucha, DMD

## What Patients Say

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— Teresa on Facebook

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- Tooth extractions
- Chipped tooth restoration
- Dental sedation options
- And more

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All dental care provided by KS licensed general dentists. Sheila Brown, DDS - Owner

# How to Improve Heart Health

February is  
Heart Month

**H**ave you recently been diagnosed with heart disease? Are you hoping to prevent future problems with your cardiovascular system? Either way, learning how to improve heart health is a smart idea – it's also refreshingly easy! When working toward this goal, some determined souls dive in head-first and completely revamp their lifestyle. While that is an option, it is not the only way to boost the strength of your heart, so don't let it intimidate you. By making some relatively small changes in your daily life, you can improve the condition of your heart. The more healthy changes you make, the more you can positively impact this all-important organ. Are you ready to discover how to improve heart health?

## HOW TO IMPROVE HEART HEALTH

### Take a Walk

The heart is a muscle, so it gets stronger with exercise. If you don't normally work out, taking a stroll is an excellent way to start developing the habit. For those who already have an exercise routine, a walk can be a great addition to your daily regimen.

### Lift It Up

Strength training increases blood flow, builds lean muscle, and lowers blood pressure and cholesterol. Choose a weight-training routine that is appropriate for your body, consulting a doctor or personal trainer if needed. If your strength is at a low ebb, even lifting a two-pound weight can be helpful. Increase the amount you lift as you gain strength.

### Breathe Deeply

A few minutes of slow, deep breathing promotes relaxation. It can also lower blood pressure and help you manage your stress levels, which makes it good for your heart.

### Wash Your Hands

Many common illnesses can be hard on the heart. Scrubbing your hands with hot, sudsy water is a time-tested way to get rid of germs and bacteria that might otherwise make you sick.

### Eat More Fruits and Vegetables

Overhauling your diet can be an overwhelming prospect, but anyone can eat an apple a day, slice half a banana onto their morning cereal, or add an extra serv-



ing of carrots to their dinner plate. Fruits and veggies contain nutrients that are good for virtually every part of the body, including the heart.

### Indulge with Dark Chocolate

Did you know that daily consumption of dark chocolate is linked with a lower risk of heart disease and stroke in high-risk individuals? It seems that cocoa, a primary ingredient in chocolate, contains antioxidant compounds called flavanoids. Flavanoids have antihypertensive and anti-inflammatory effects, which can reduce the heart's stress and result in lower blood pressure. So indulge your inner chocoholic with a moderate piece of dark chocolate each day.

### Sample Seafood

Fish and other kinds of seafood offer a delicious and heart-healthy alternative to red meat. They're a great source of protein and omega-3 fatty acids, which benefit the heart health by decreasing the risk of abnormal heartbeats, lowering triglyceride levels, and slowing the growth rate of atherosclerotic plaque (source). Aim to sample the fruits of the sea at least two times a week, and your brain, your heart, and your waistline will all benefit.

### Think Positive

The mind is a powerful thing, and emotions can have a major impact on health. Crushing stress, continual worrying, chronic anger, and persistent hostility have been linked with high blood pressure and heart disease. Conversely, positive emotions are associated with greater

well-being, longer life, and better health. Taking a few minutes each day to think about the good things in your life can truly be good for your heart.

If you'd like to learn more about how to improve heart health, talk with your medical team about the options that are right for your specific situation. Cardiologists are excellent resources, but they aren't the only ones who can advise you. Primary-care doctors, home health care providers, and even hospice workers can provide advice, insight, and support as you work to learn how to improve heart health and your quality of life.

Finally, if you're in need of a home health care provider or a hospice provider, get in touch with Phoenix Home Care & Hospice. Our caregivers and clinicians work with patients in the comfort of their own homes, providing the same level of care they would receive in a traditional facility. We have a team of licensed professionals that serve individuals throughout the greater Topeka area, or visit us online. We look forward to connecting with you!



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# The Transition from Work to Home: Decreasing Stress to Protect Our Heart



By Kristin Stock

**T**he Mayo Clinic states that long periods of stress and the way in which we experience and react to it can have an effect on our heart health (Hardesty, 2017). If you were to go online and search, you might find many articles linking stress to heart problems and yet it is almost impossible to eliminate stress from our everyday lives. Even if we have a job we enjoy and a pleasant commute home, transitioning from work to home itself can be stressful. In any given day we may be greeted at the door with excitement, demands or complaints, from our children, pets, or partners. Although these are pleasant greetings, they can still be jarring at times. The mere switching of our mindset, the proverbial changing of hats if you will, to adapt to a different environment is a challenge for some. Sometimes we just need a few minutes to catch our breath and refocus our energy.



Kristin Stock, CESP

the bad stress. That's right, good stress does exist!

Good stress is the excitement we feel moving into a new home, starting a new job, or on our wedding day. This excitement can cause us to lose sleep, lose appetite, and can be draining just the same as bad stress. Anyone who has ever planned a wedding will tell you that good stress can turn into bad stress very quickly if something goes wrong. It is also possible for bad stress to turn into good stress. Take for instance, a first ride on a roller coaster and the anxiety a person may experience, only to find it enjoyable and exciting. Stress is necessary in life to motivate and protect us, however when it starts to affect us physically it is important to find ways to minimize its negative effects. Some things to try to make the transition from work to home easier:

- Deep and slow breathing can be an easy and immediate way to lower stress. In through the nose and out through the mouth, you should feel your shoulders relax as you breathe out. Bonus: you can do it anywhere!
- Try to utilize your commute time to relax by listening to music or maybe even riding in silence to just think and process the day.
- Time outs are not just for children. You may have to ask for five minutes when you get home. It can be helpful to take those few minutes to change into comfortable clothes and refocus your mind.
- Meditation is taking a moment to just be with your thoughts and help to calm the mind. There are many types of meditation and techniques to check out.
- Exercise is a good way to get endorphins flowing and melt away the stress of the day before you head home. Always check with your doctor before starting a new exercise regimen.

- Mindfulness is way of thinking that allows you to take your current situation and deal with it effectively. You can find classes, books, and even videos about the process of mindfulness.

Remember we cannot escape stress completely, but we can change the way in which we respond and find healthy ways to cope so our heart stays healthy. If you are struggling to cope on your own please reach out to a health professional.

For more information on this and other similar topics, visit the website for Valeo Behavioral Health Care at: [www.valeotopeka.org](http://www.valeotopeka.org).

*Hardesty, L. (2017, July 25). Tips to keep stress from hurting your heart, Mayo Clinic Health System, Retrieved from: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/speaking-of-health/tips-to-keep-stress-from-hurting-your-heart>*

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**Shawnee County Suicide Prevention Coalition**  
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# How Massage Relieves Pain and Stress

In the world we live in stress has become a way of life. Many times we work a 40-hour week at our jobs and then spend our weekends working around the house and in the yard. Add children to that mix and there is a recipe for prolonged stress.

Prolonged stress is bad for you because it weakens the body and the brain. This is why:

1. Your adrenal glands pump adrenaline, which raises your heart rate, your blood pressure, and increases the amount of sugar in your blood. Your adrenal cortex sends out cortisol, part of the stress response. This helps us in certain situations, but when it becomes habitual it is destructive.
2. Stress kills brain cells; It is not true that brain cells stop growing when you're an adult, they just grow more slowly.
3. Stress is associated with depression and anxiety.
4. Your immune system doesn't work as well as it should.
5. The right amount of stress is beneficial, but too much is deadly.

This is why relaxation is as important to your well-being as eating well and getting enough exercise.

This is where an expert like Tammi Zimmerman at Serenity Thyme Massage can help you with your relaxation. Tammi has been a Licensed Massage Therapist and energy practitioner since 2006. She is Nationally Certified in Therapeutic Massage and Bodywork. Her training includes Swedish, muscle release, elderly, chair sports, reflexology, hot stone, raindrop, prenatal and Reiki. This variety of natural health modalities allow her to choose the techniques that will best meet your needs, whether health or relaxation based.

## The Benefits of Therapeutic Massage are many and include:

- Promotes Well Being and Relaxation
- Relieves Muscular Tension and Tension Headaches
- Boosts Immune System
- Improves Range of Motion, Flexibility and Posture
- Increases Circulation
- Reduces Stress and Anxiety

Some of the unique services Serenity Thyme offers are; Hot Stone Massage (Relieves tense muscles and



sore joints), Raindrop Technique Massage (uses the dropping of oils to bring the mind, body & soul into balance), Swedish and Deep Tissue Massage (removes tension and eliminates stress), Reiki (helps relieve pain), Reflexology (eliminates symptoms of pain and sickness), Visceral Manipulation (specific to the abdominal and pelvic regions), Lymphatic Drainage (rids toxins of the lymph system), Myokinesthetic System (works on specific muscles along one nerve pathway), Craniosacral Therapy (naturally eliminates pain and stress) and Total Body Balancing (which is a full body evaluation and treatment approach to tension).

Serenity Thyme utilizes essential oils in their relaxation techniques. Tammi is also a Young Living Essential Oil distributor. Essential oils have enhanced lives for thousands of years, offering a variety of benefits from cosmetic and dietary purposes to spiritual and religious use. Young Living has always been at the forefront of bringing this ancient tradition to modern users, introducing millions to emotional, physical, and spiritual wellness that can be truly life-changing.

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oils, you hold nature's pure essence.

Serenity Thyme Massage is able to help in multiple ways. Contact Tammi by phone at (785) 231-7715 or email her at [serenitythymemassage@gmail.com](mailto:serenitythymemassage@gmail.com). The office is located at 5709 SW 21st Street, Suite #107 and more information can be found on the web at [www.massagebytammi.com](http://www.massagebytammi.com).

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# FINANCIAL HEALTH & WELLNESS

## Don't be victim to 'ghost' tax return preparers

**W**ith the start of the 2020 tax filing season near, the Internal Revenue Service is reminding taxpayers to avoid unethical "ghost" tax return preparers.

According to the IRS, a ghost preparer does not sign a tax return they prepare. Unscrupulous ghost preparers will print the return and tell the taxpayer to sign and mail it to the IRS. For e-filed returns, the ghost will prepare but refuse to digitally sign as the paid preparer.

By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid Preparer Tax Identification Number, or PTIN. Paid preparers must sign and include their PTIN on the return. Not signing a return is a red flag that the paid preparer may be looking to make a fast buck by promising a big refund or charging fees based on the size of the refund.

### Ghost tax return preparers may also:

- Require payment in cash only and not provide a receipt.
- Invent income to qualify their clients for tax credits.
- Claim fake deductions to boost the size of the refund.



- Direct refunds into their bank account, not the taxpayer's account.

The IRS urges taxpayers to choose a tax return preparer wisely. The Choosing a Tax Professional page on IRS.gov has information about tax preparer credentials and qualifications. The IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications can help identify many preparers by type of credential or qualification.

Free basic income tax return preparation with e-file is available to qualified individuals from IRS-certified volunteers at Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites across

the country. For more information and to find the closest visit Free Tax Return Preparation for Qualifying Taxpayers on IRS.gov.

No matter who prepares the return, the IRS urges taxpayers to review it carefully and ask questions about anything not clear before signing. Taxpayers should verify both their routing and bank account number on the completed tax return for any direct deposit refund. And taxpayers should watch out for ghost preparers inserting their bank account information onto the returns.

Taxpayers can report preparer misconduct to the IRS using IRS Form 14157, Complaint: Tax Return Preparer. If a taxpayer suspects a tax preparer filed or changed their tax return without their consent, they should file Form 14157-A, Tax Return Preparer Fraud or Misconduct Affidavit.

—Peggy Beasterfeld, EA



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# Heart Keeps Pumping Thanks to Impella



(Ivanhoe Newswire) —

**W**hen a patient has a heart attack, doctors are working against the clock. Often their heart is too weak to pump enough blood. Cardiologists in major U.S. medical centers are taking part in the National Cardiogenic Shock Initiative. That study is evaluating the best way to use a tiny pump as wide as a straw, to keep patients alive. Impella

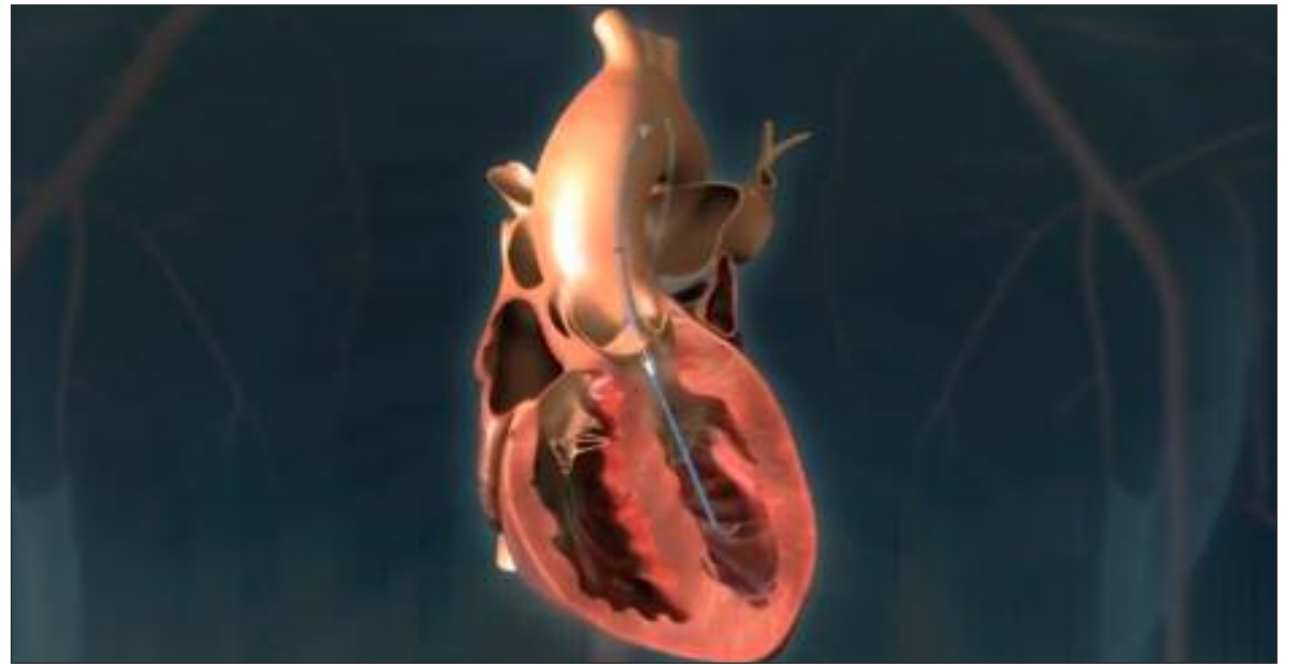
Heart attack patients are at the greatest risk of losing their lives in the first critical minutes.

Brian O'Neill, MD, Associate Professor of Medicine from Temple University said, "If a patient is having a very severe heart attack, we're tasked with having the patient in the cath lab and having the artery opened within 90 minutes."

But what happens during those 90 minutes? Traditionally, it's been a high dose IV of drugs to regulate blood flow and pressure.

Val Rakita, MD, Advanced Heart Failure Cardiology, said, "Ironically, these medicines are somewhat toxic to the body and to the heart, specifically. It's akin to flogging a horse that you're trying to ride and you're trying to get that last ounce of strength out of it."

That's because the infusions are derivatives of



adrenaline. But Temple University doctors are establishing protocol for a new device called the Impella pump.

Dr. Rakita explained, "This device lets the heart rest, as opposed to flogging it, allowing the best chance of recovery after the balloon and the stent are performed."

The tiny Impella pump is temporarily inserted through the groin to stabilize blood flow, giving the interventional cardiologist time to deploy the permanent stent to keep the artery open.

"The catheter goes across the left ventricle like this and it sits and allows the blood to be sucked from the left ventricle and injected into the aorta, which is the largest chamber of the heart. This device will allow us to support those patients and keep them stable during the procedure because what can sometimes happen during the procedure to open a blocked artery, they can become very critically ill on the table and potentially suffer cardiac arrest," said Dr. O'Neill.

Temple was one of 65 hospitals involved in studying the protocol, which took place over

three years, primarily treating older males with heart disease.

The Impella pump is FDA-approved and at least one doctor involved in the protocol predicts it could raise the survival rate in heart attack patients by 80 percent.

A heart attack, also called a myocardial infarction, occurs when a part of the heart muscle doesn't receive enough blood flow. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle.

The five major symptoms of a heart attack are pain or discomfort in the jaw, neck, or back, feeling weak, light-headed, or faint, chest pain or discomfort, pain or discomfort in arms or shoulder, and shortness of breath. In some cases, a heart attack requires cardiopulmonary resuscitation (CPR) or electrical shock (defibrillation). Bystanders trained to use CPR or a defibrillator may be able to help until emergency medical personnel arrive.

Remember, the chances of surviving a heart attack are greater the sooner emergency treatment begins.

# Five Foods for Heart Health

February is  
Heart Month

By Hy-Vee

**A**long with Valentine's Day, February also marks American Heart Month. Heart health deserves attention because heart disease is the leading cause of death for both men and women in the U.S. – about one in every four deaths. Several medical and lifestyle choices may put people at a higher risk for heart disease, including: high blood pressure, high cholesterol, smoking, diabetes, obesity and being overweight, poor diet, physical inactivity and excessive alcohol use. The good news is that several of these risk factors may be influenced by simple changes in lifestyle, such as what you choose to eat. Follow these five simple ways to invest in your heart health.

**1. Soy Protein:** Aim for 25 grams (or around three servings) per day of soy protein from sources such as soybeans, edamame, soymilk, tofu or tempeh. Research shows that soyfoods may help lower cholesterol because of their beneficial fatty acids, the phytochemical called isoflavone and their protein content.

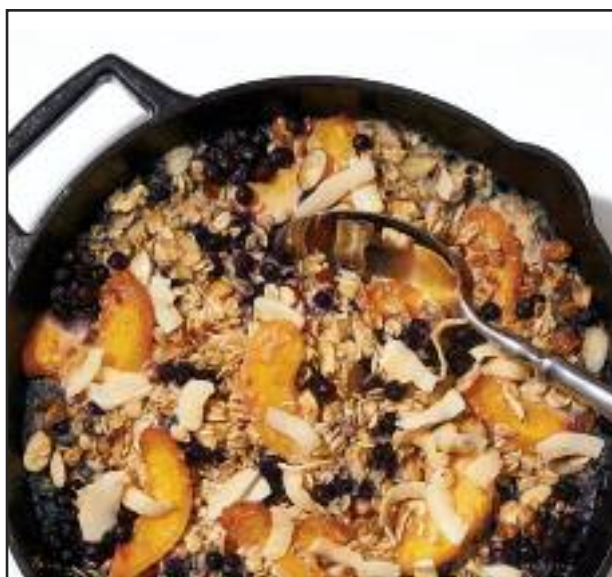
**2. Nuts:** Aim to eat 1.5 ounces per day of nuts. That's roughly a handful (about 12 Brazil nuts, 22 pecan halves, 27 cashews, 36 almonds, 65 peanuts or 73 pistachios). Nuts are a rich source of heart-healthy fats, fiber, plant protein, essential vitamins and minerals and other phytochemicals that appear to have antioxidant and anti-inflammatory properties.

**3. Plant Sterols:** Aim for 2 to 3 grams per day of plant sterols (compounds found in plant cell membranes). Plant sterols resemble cholesterol, which makes it difficult for the digestive tract to distinguish between the two and thus may help reduce cholesterol absorption. Small amounts of plant sterols are found naturally in fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils. Larger amounts have been added to margarines (Promise Activ or Benecol) and orange juice (Minute Maid Heart Wise).

**4. Fiber:** Aim for at least 25 to 30 grams per day of fiber. Dietary fiber may help to lower cholesterol and reduce the risk of developing cardiovascular disease. Yet only 5% of the population is estimated to be getting the recommended daily amount. To increase fiber in the diet, choose more whole grains (such as oatmeal, whole-wheat bread or pasta, brown or wild rice, quinoa, wheatberries or popcorn), legumes, vegetables, fruits, nuts and seeds (such as flaxseed or chia seed).

**5. Fish:** The American Heart Association recommends eating two servings of fatty fish per week. Fatty fish, such as salmon, tuna, trout, mackerel, herring, sardines and anchovies, are high in omega-3 fatty acids which are essential but cannot be made in the body and therefore must come from food. Omega-3 fatty acids may help positively affect blood lipids and lower the risk of heart disease.

Decades ago, common heart-health nutrition recommendations included the advice to eat low-fat and low-saturated fat. However, when people were told to cut fat out of their diet, they ended up replacing it with processed carbohydrates and added sugar. This approach did not work to decrease heart disease. Furthermore, nutrition researchers have adopted a more favorable view of total fat and a more neutral view of saturated fat. Rather than focusing on the foods to cut out with the latest diet fad, concentrate on the foods you can add in for a permanent lifestyle change. Some studies have found that a dietary pattern that includes soy protein, nuts, plant sterols and soluble fiber may reduce blood cholesterol as much as medication. Invest in your heart health by simply adding a few of these five cholesterol-lowering foods to your shopping list!



## Mixed Fruit Oatmeal Bake

This oatmeal and fruit bake is perfect for feeding a large crowd for breakfast. Use frozen blueberries and peaches in this recipe.

### Ingredients (Serves 6)

- 2 c. Hy-Vee old-fashioned oats or gluten-free old-fashioned oats
- ½ c. Hy-Vee sliced almonds, plus additional 1/4 c. almonds, toasted
- ½ c. Hy-Vee brown sugar, packed
- 2 tsp. Hy-Vee ground cinnamon
- ½ tsp. Hy-Vee salt
- 1 ¼ c. Hy-Vee frozen sliced peaches, divided
- 1 ¼ c. Hy-Vee frozen wild blueberries, divided
- ¼ c. Hy-Vee honey
- 2 ½ c. Hy-Vee unsweetened almond milk
- ¼ c. Hy-Vee coconut flakes

### Directions

Preheat oven to 350 degrees.

Combine oats, 1/2 cup almonds, brown sugar, cinnamon, and salt in a large bowl.

Toss together 1 cup each frozen peaches and wild blueberries in a separate bowl; drizzle with honey. Add fruit mixture to oat mixture; combine well. Transfer mixture to a 10-inch cast iron skillet. Pour milk on top. Bake 30 to 40 minutes or until set.

Serve topped with remaining 1/4 cup each thawed peaches and blueberries, coconut flakes, and toasted almonds.

### Nutrition facts

Per serving: 330 Calories; Total Fat: 11g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 280mg; Total Carbohydrates: 57g; Dietary Fiber: 7g; Total Sugars: 32g; Protein: 7g

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*

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## BE HEALTHY FOR GOOD WITH **LIFE'S SIMPLE 7**

February is American Heart Month and a great reminder to take charge of your health!

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

### GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week.<sup>4</sup>

### EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.<sup>1</sup>

### LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat.<sup>5</sup>

### CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!<sup>2,6</sup>

### MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure.<sup>1,7</sup>

### REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart.<sup>8</sup>

### STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop.<sup>9</sup>



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## February Is National Pet Dental Health Month

**D**on't turn your nose to Fido's or Fluffy's bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet's teeth and gums but its internal organs as well. The American Veterinary Medical Association sponsors National Pet Dental Health Month in February to address the significance of oral health care for pets.

According to the AVMA, "more than 85% of dogs and cats that are at least 4 years old have a condition in which bacteria attack the soft gum tissue. This condition is called periodon-



tal disease. Periodontal disease is the final stage in a process that begins with the development of plaque on your pet's teeth. Periodontal dis-

**Dog breath is nothing  
to smile about ...**



**... even for a cat.**

ease is the most common clinical condition in cats and dogs even though it's completely preventable.

Make it a point this month to learn more about pet dental health, including how to take care of your pet's teeth year-round, and why it



is important. Providing a high level of Oral Care can lengthen the life of your pet and reduce undue infections and pain.

Remember, while February is National Pet Dental Health Month, dental health should be a daily ritual for pet owners all year long.

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# 2020 Kansas Health Champions Announced

## Recognized by KDHE and the Governor's Council on Fitness

The Kansas Department of Health and Environment (KDHE) and the Governor's Council on Fitness (GCOF) presented the 2020 Kansas Health Champion Awards during a luncheon at the Community Health Promotion Summit today, Thursday, January 30.

The Health Champion Award was developed by the Governor's Council on Fitness to recognize and promote exemplary contributions to fitness in Kansas. Those recognized include an individual and organization, as well as honorable mentions in each category.

- Individual Health Champion: Andy Fry, Topeka
- Organizational Health Champion: Redemption Plus, Lenexa
- Individual Honorable Mention: Jim Blackwell, Hoisington
- Organizational Honorable Mention: West Bourbon Elementary School, Uniontown

"Eligible nominees include volunteers, schools, communities, employers, media organizations and policy makers that put forth exceptional efforts to model, encourage and promote fitness in Kansas," said Candice McField, GCOF Awards Chair. "The winners were selected from the nominations of several worthy candidates in each category."

This is the seventh year for these awards.

"Congratulations to these individuals and organizations for being exceptional in their efforts to model, encourage and promote fitness in Kansas," said KDHE Secretary Dr. Lee Norman.

### Health Champions

**Andy Fry** of Topeka serves in a volunteer capacity as the President of the Topeka Community Cycle Projects. Andy has planned events around cycling and has written and received several thousands of dollars' worth of grants and additional monies



through fundraising to support local bike and pedestrian activities. He has led different community groups and boards and is one of the most vocal advocates on the city and state level for bike and pedestrian-related issues. These are just a few of the many accomplishments over the last 10 years.

Jenny Kramer, State Bike and Pedestrian Coordinator at Kansas Department of Transportation, who nominated Fry said, "The work Andy does will continue to have ripple and long-lasting effects. Andy and his like-minded friends, and the decision-makers he has influenced, have made Topeka a place that people want to live and work."

**Redemption Plus**, a merchandising company in Lenexa, is described as a "a one-of-a-kind organization where enthusiastic, caring people can lead full lives by bridging their professional and personal worlds." Through their Wellness Platform, employees



can participate in education as well as personal, group and company-wide challenges. They offer daily healthy meals, stretching and meditation plus a variety of workout options throughout the week with special classes. They even let their vendors know they are a health and wellness-oriented company and ask that they not send unhealthy treats.

Julie Annett, Wellness Crusader (Director) of Redemption Plus, says one employee who joined them from another company has been positively impacted by the organizational efforts around health and wellness after losing 30 pounds and gaining higher levels of job satisfaction. Brittany Stucky, Culture Champion for the business, adds "it's about serving customers to the best of my ability while also being able to be committed to myself and my family."

### Honorable Mentions

**Jim Blackwell** of Hoisington understands that where a person lives and works influences their health. Jim is a pro-

ponent of healthy living, is very visible in the community and always models and participates in the policies and programs that support health and fitness. Jim's approach to improve health disparities is to find innovative ways to shrink the gaps. He supports efforts to build a safe and walkable environment. Most recently he led an initiative to fill a sidewalk gap around the high school which created another community walking loop and provides easy access to the grocery store.



"Jim's desire for these projects comes from wanting to cultivate health and wellness not only for the hospital staff but for the entire community," said Karla Crissman who nominated Jim. "His strong commitment to health and wellness has changed the trajectory of health in our community for generations to come."

**West Bourbon Elementary School** in Uniontown is challenging students to be healthy movers for life. Faculty in the school help make physical activity become something more than just a class. Activities throughout the school include morning fitness activities, brain breaks and fitness equipment. In September, 98 parents took part in an event called Take Your Parent to PE Week, the third year of the program. Through this program, students are taught about healthy habits, including development of a personal fitness plan.



Jackie Hall, Physical Education teacher at the school, in her nomination shared, "I am very proud how our school and district are committed to helping our students, as well as the community, maintain and create healthy habits for life."

# Couples Float Therapy: "It's the perfect date!"

Juliann Courtney and Dustin Browning are members of Midwest Float Club and have been dating for six years after meeting on Match.com. They reside in Lawrence, KS, but travel to Topeka as often as possible to partake in the services provided at Midwest Float. Their float journey started in March of 2017 when the couple decided to take a mini vacation to Colorado Springs and were on the hunt for new experiences. They had read about floating before, and both had expressed prior interest in trying it, so the timing was perfect! They did a little research in the area, picked a location, and gave it go.

It was bliss from the start for these floaters. Juliann had always had trouble shutting down her brain, so she was shocked to wake up at the end of the hour, completely refreshed and at peace. She never would have thought that she could sleep while floating in a tank of water. Dustin was residing in Topeka at the time, and when the two discovered that Casey Campbell had opened Midwest Float they were thrilled. By the time they decided to try the couples float, they had both floated on their own several times. They found that they had a new experience with each float. The water gave them whatever they needed in that moment – peace and quiet, sleep, or freedom of thought. They became very intrigued by the idea of sharing this experience together in the same cabin.

Juliann and Dustin had heard about couples float and suggested it to Casey at the first birthday celebration of Midwest Float in January of 2018. After Casey and his partner, Chelsea, gave it a try, Casey shared with the couple that once his body adjusted to the water then he could simply feel Chelsea's hand as he held it. His body felt completely free while his partner was his anchor. Juliann and Dustin emphatically



agree. They were the first customers to try couples float at Midwest Float and love how connected they feel.

"It is amazing being able to just shut everything and everyone out, be completely silent, and simply BE together" Juliann says.

Dustin was able to drift off to sleep in the float cabin for the first time during their couples float. Juliann describes it as "hitting reset on all the stressors in life." The couple strongly recommends giving float therapy, and especially couples float, a try. "It is a

wonderful way to reboot and relax together. I love how we feel closer without having to say a word to each other. It's the perfect date!"

Midwest Float offers a number of pricing options including packages like the Mind Eraser – Infrared Sauna + Massage + Float Therapy for \$129, and the Staycation – Infrared Sauna + Float Therapy for only \$67. They are running a special between now and February 14th for Valentine's Day: The Couples Staycation – Infrared Sauna + Float Therapy for Two for only \$99 (couples may float together or separately for the same price).

For those who are looking to float more frequently, they also offer discounted prices for Float Club members (not to be combined with other offers). They currently have two float options, the pod and the cabin, but have recently moved forward in their expansion plans that will include two additional float rooms. To learn more about float therapy, or book a service, check out their website at [www.midwestfloat.com](http://www.midwestfloat.com).



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## SUMMARY OF KANSAS BICYCLE LAWS

[References are to the Kansas State Statutes]

Bicycles are VEHICLES under Kansas Law 8-1485

Bicycle operators using roadway must follow Kansas traffic laws 8-1587

Bicycle operators should ride “as near to the right side of the roadway as practicable” 8-1590(a)

Bicycle operators may ride TWO ABREAST on any road at any time 8-15909(c)

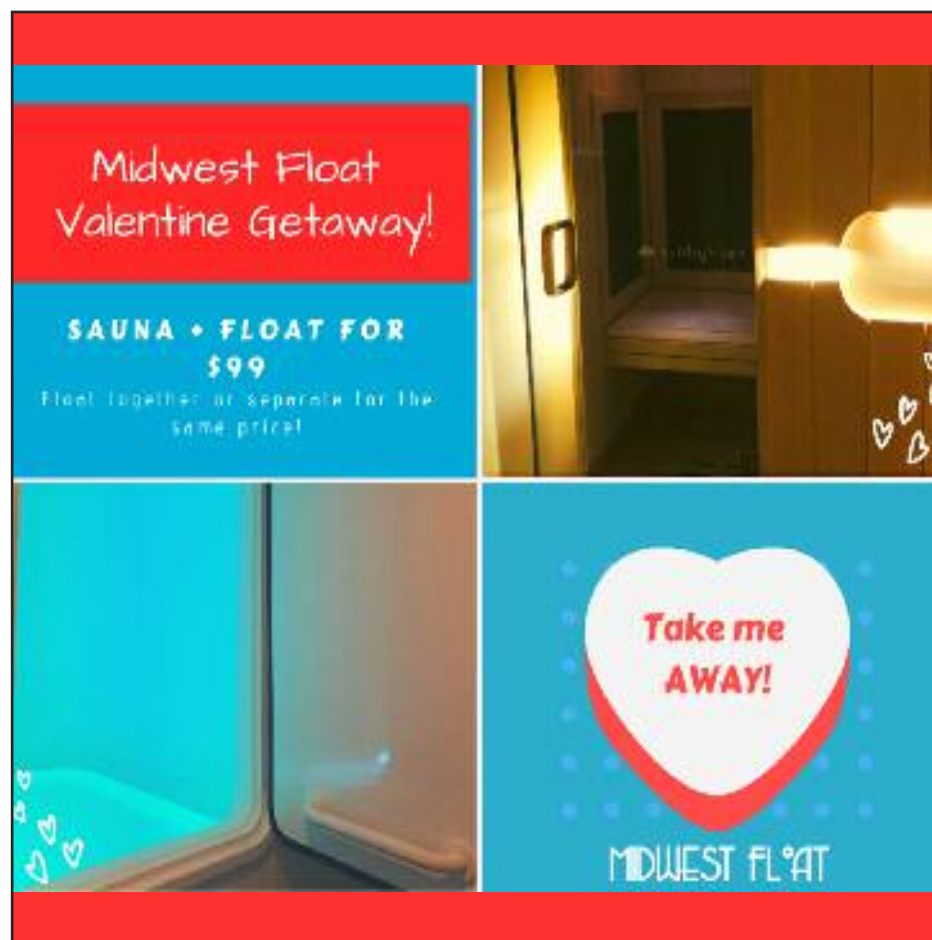
Bicycle operators may use the FULL LANE on “narrow width lanes” 8-1590(e)

Bicycle operators must signal turns, stop and stop signs and obey traffic laws 8-1550

Bicycles operators must use white front lights and red rear reflector lights at night 8-1592(a)

Bicycle operators may legally proceed through inoperative ride lights when it's safe to do so 8-1508(4)

Motor Vehicles must pass at least 3-feet to the left of a bicyclist 8-15169(c)(1)



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# 6 Things Nobody Tells You About Training for a Half-Marathon

By Lara Rosenbaum

**I**t may or may not be uncommon to go straight from running 5Ks to pushing for a half-marathon (and skipping the 10K distance) — but it's what I did in training for my first 13.1-mile race. If you're considering boosting your mileage (or simply eyeing a fun half- or even full-marathon), here are six things that happen when you start spending more time on the pavement:

## 1.YOUR MUSCLES WILL BE SORE

It seems like a no-brainer, but this was my first surprise. The first time I pushed my mileage beyond my usual 3-mile fitness run, my legs were sore! I didn't expect it, because technically I'd been using the same muscles in the same way for months. But there it is — and it makes sense, too, because you're working harder.

Lactic acid is the usual culprit, as it's a metabolism byproduct, so if you work out harder or longer, you're going to produce more lactic acid. Your muscles can also get sore from microscopic tears — which, no cause for alarm — is how muscles grow. When you lift weights, for example, you're causing tiny tears in the tissues, which, when they re-knit, cause the muscle to strengthen.

## 2.YOU'LL NEED TO STRENGTH TRAIN

Speaking of soreness: My bum ankle and hips started to ache, especially on the days following my long runs. Your hips especially take a lot of impact. (My knees, surprisingly, have started to hurt less, but I still end up limping around after longer runs.) Back to those joints: I realized I needed to up my strength-training game to be able to better support my joints (and ensure I can keep running).

I'll be honest, when I retired from competitive skiing, I preferred to simply run outside, hike or do yoga (with some core work woven in). But now I'm back in the gym twice per week, adding hip thrusts, deadlifts and balance lunges to strength days — and I've been performing air squats daily. So far, it's helping.

## 3.YOU'LL WANT TO MIND YOUR FORM

I signed up for a running form class purely for interest, but what I learned actually helped bump up my pace. Again, this seems like a no-brainer, but it might be something you don't ordinarily consider: You'll want to propel yourself forward from the balls of your feet.

After learning the basics (proper posture, easy arm swing and leaning forward from the ankles), we watched videos of ourselves in action. While my form wasn't bad (I'm not



a heel striker and don't twist my body), I could see I pushed up vertically, rather than forward. So, while I look springy when I run, it's not the most efficient way to do it.

Improving your running form can also help prevent injuries, so it's a win all the way around.

## 4.YOU MIGHT WANT TO RUN WITH WATER

I'm not the fastest runner, so when I started edging past six miles, and especially eight, I was outside for a little while. Staying hydrated (especially as it gets warmer) can help you push harder and run farther, and really, make training a lot easier. I purchased a running belt that holds two small bottles, and I'm considering getting a small hydration pack to wear instead. When you're running a race, there will be aid stations with water, but if you're out for an hour or two, or if you venture onto the trails, you'll want to bring something with you.

The same goes for gels. I haven't gotten there, yet, but I'm close. Thirteen miles isn't far in the scheme of things but if you walk some, or the mercury rises, you'll want to make sure you can support your energy.

## 5.YOU MIGHT WANT TO WALK

I never wanted to stop; my runs were runs. But after writing about

the benefits of adding short walks to longer runs, I tried it for myself. I'm almost certain it's been helping to keep my joint pain in check as I increase my mileage, because it allows my body to rest just enough by working in a slightly different way.

I hope to eventually shorten any walks to 10-second sessions, but for now, I do it when I feel I need to. Sometimes I'll walk after a few miles when I'm training or sometimes every other song. Sometimes I actually follow a plan and walk for 60 seconds every 3 minutes. I mostly listen to my body instead of my ego, which I'll admit, sometimes feels disappointing. But hey, I'm working on it.

## 6.YOU MIGHT NEED NEW SHOES

You know the 6-month or 400-mile rule, but for a variety of reasons (including upping your weekly mileage), your shoes might lose their shape faster than you think. I noticed my low-back started to hurt about the same time my shoes looked ready to retire. Your running app can provide a mileage reminder and let you know when it's time for a replacement pair, or, as with me, your body might raise a white flag. Either way, be sure to check your soles, and replace your shoes when you can.


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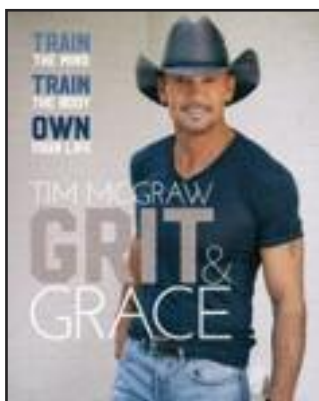
# New Health & Wellness Info at the Library

By Kelly Barker

**F**ulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

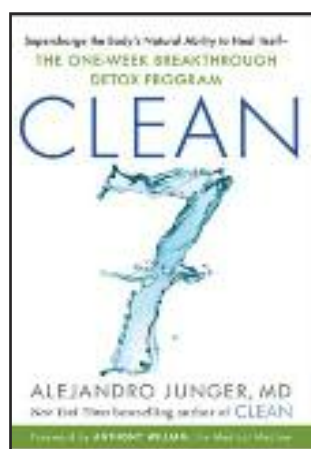
**Grit & Grace:** Train the Mind, Train the Body, Own your Life by Tim McGraw, New Health Books Media Center 613.7 MCG

For the first time, McGraw will share the details of the mental and physical routine that got him in the best shape of his life. Only a decade ago, McGraw came to a crossroads where he knew that unless he made his physical health a priority, he would put his personal happiness and professional success at risk. In *Grit & Grace*, McGraw shares his transformation story along with encouragement, inspiration, and real-life, practical advice.



**Clean 7:** Supercharge your Body's Natural Ability to Heal Itself: A One-week Breakthrough Detox Program by Alejandro Junger, New Health Books Media Center 613.22 JUN

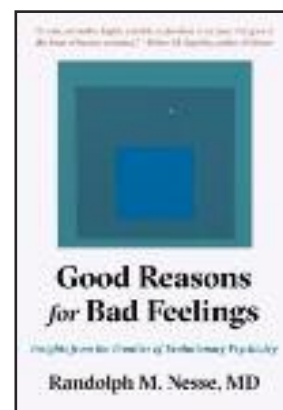
The New York Times bestselling doctor and author of *Clean* shows us that it doesn't matter where you live, how old you are, or what symptoms you suffer from, in 7 days you can change the course of your health forever. The culmination of over thirty years of research, and practice, Dr. Alejandro Junger's provides the reader with a revolutionary, seven-



day program.

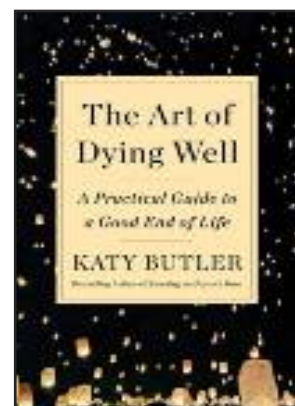
**Good Reasons for Bad Feelings:** Insights from the Frontier of Evolutionary Psychiatry by Randolph M. Nesse, New Health Books Media Center 616.89 NES

A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much-needed new framework for making sense of mental illness. Instead of asking why certain people suffer from mental illness, Nesse asks why natural selection has left us all with fragile minds.



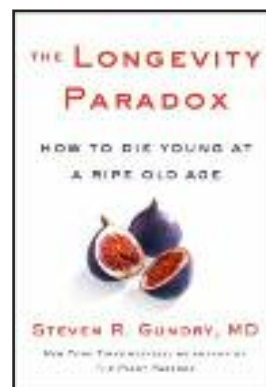
**The Art of Dying Well:** A Practical Guide to A Good End of Life by Katy Butler, New Health Books Media Center 610.875 BUT

The *Art of Dying Well* is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist and prominent end-of-life speaker Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition).



**The Longevity Paradox:** How to Die Young at A Ripe Old Age by Steven Gundry, New Health Books Media Center 613.0438 GUN

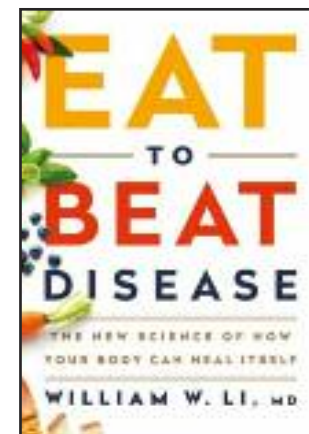
In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live



well for decades to come. A progressive take on the new science of aging, it offers an action plan to prevent and reverse disease and help anyone look and feel younger.

**Eat to Beat Disease:** The New Science of How the Body Can Heal Itself by William Li, New Health Books Media Center 613.2 LI

Is your diet feeding or defeating disease? *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems. Both informative and practical, it explains the science of healing and prevention, and the strategies for using food to actively transform health.



**Food You Want for the Life You Crave:** 100+ Healthy, Indulgent, and Flexible Recipes by Nealy Fischer, New Cookbooks Media Center 641.5 FIS

With more than 100 clean, fresh, gluten-free recipes, *Food You Want* helps you create healthy, energizing dishes, all while saving time and banishing meal prep stress. With Nealy's flexible, adaptable system you'll have a simpler recipe for success, both in and out of the kitchen.



**BOSH!:** How to Live Vegan: Save the Planet and Feel Amazing by Henry Firth, New Health Books Media Center 613.262 FIR

Do you want to go vegan but have no idea where to start? *BOSH!*, the pioneers of simple, delicious plant-based cooking are here to help! Pioneering a new way

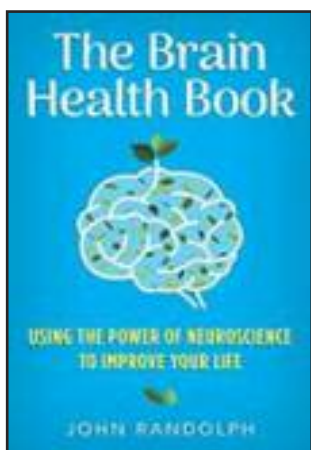
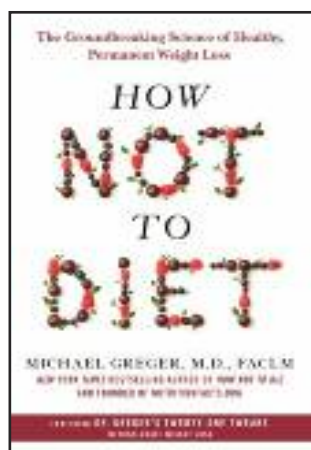
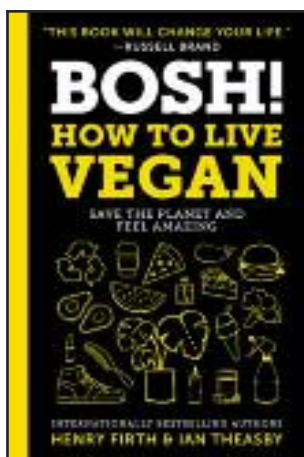
of thinking, whether you're a committed vegan, looking to improve your lifestyle, or starting out for the first time, this book has all the know-how.

**How Not to Diet:** The Groundbreaking Science of Healthy, Permanent Weight Loss by Michael Greger, New Health Books Media Center 613.25 GRE

Every month seems to bring a trendy new diet or weight loss fad--and yet obesity rates continue to rise, and with it a growing number of diseases and health problems. It's time for a different approach. Discover the cutting-edge science behind long-term weight loss success, in this powerful new book from the New York Times bestselling author of *How Not to Diet*.

**The Brain Health Book:** Using the Power of Neuroscience to Improve your Life by John J. Randolph, New Health Books Media Center 612.82 RAN

Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Fortunately, scientific research has uncovered a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. In *The Brain Health Book*, the reader will learn lifestyle changes that promote brain health.



**Dementia Reimagined:** Building a Life of Joy and Dignity from Beginning to End by Psychiatrist Tia Powell, New Health Books Media Center 616.831 POW

*Dementia Reimagined*, is a moving combination of medicine and memoir that peels back the untold history of dementia. By demystifying dementia, Dr. Tia Powell helps us understand it with clearer eyes, from the point of view of both physician and caregiver.

**The Big Fat Lie:** directed by Grant Dixon and published by Gravitas Ventures, New Health DVD Media Center 613.284 BIG

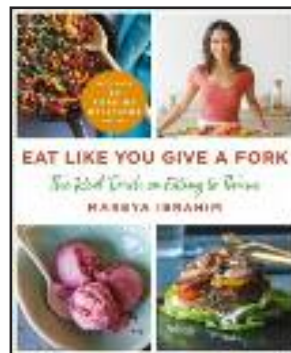
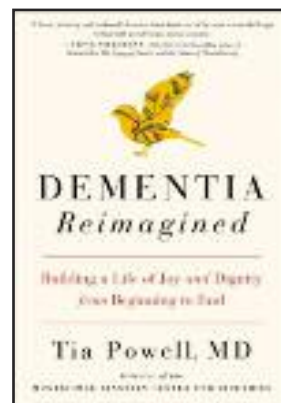
Following a heart attack, Grant discovers the whole food plant-based diet, turns his life around and embarks on a quest to seek the truth about fat.

**Eat Like You Give a Fork:** The Real Dish on Eating to Thrive by Mareya Ibrahim, New Cookbooks Media Center 641.5637 IBR

*Eat Like You Give a Fork* contains eighty recipes that support eight essential nutritional strategies to help you look and feel amazing. These delicious recipes make healthy eating simple and quick to the table.

**Hangry:** 5 Simple Steps to Balance Your Hormones and Restore Your Joy (Including a Customizable Paleo/Mediterranean Plan!) by Sarah Fragoso, New Health Books Media Center 613.0424 FRA

*Hangry* offers women with "normal" lab work a diet and lifestyle program to reverse the hidden autoim-



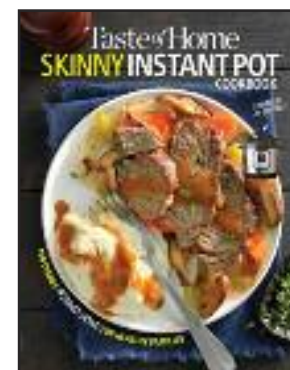
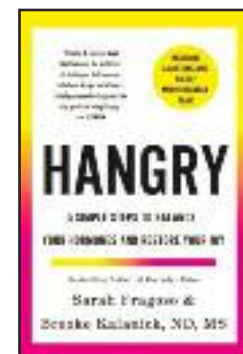
mune illnesses that leave them feeling stressed out, cranky, hungry, frustrated, overweight - and really freaking tired. This book will help women go from tired, irritable, to vibrant, fit, and most importantly: happy.

**Taste of Home Skinny Instant Pot Cookbook:** 100 Dishes

Trimmed Down for Healthy Families published by Taste of Home Books, RDA Enthusiast Brands, LLC, New Cookbooks Media Center 641.5885 TAS

Today's home cooks turn to their Instant Pots for comforting meals and beat-the-clock convenience...and now they're using these popular appliances to eat healthy, too! *Taste of Home Skinny Instant Pot Cookbook* makes it a snap to enjoy and savor 100 Instant Pot favorites that are lower in calories, fat, sodium and/or carbs, and that punch up flavor.

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# Healthy Recipes for a Healthy Heart

February is  
Heart Month

**H**ealthy and tasty recipes are key to sticking with a healthy nutrition plan. Here are some good ones!

## Lemon Chicken and Cinnamon Glazed Root Vegetables



This American Heart Association, Simple Cooking with Heart chicken dish is so, so easy to make!

### Ingredients

#### Lemon Chicken:

- non-stick cooking spray
- 4 boneless, skinless chicken breasts, all visible fat discarded
- 1 lemon
- 1/4 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano

#### Cinnamon Glazed Root Vegetables:

- 1 small raw sweet potato, cut into 1-inch cubes, peeled if desired
- 1/2 cup baby carrots, cut into 1-inch pieces
- 1 small turnip turnip, cut into 1-inch cubes
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- 1/2 tsp. cinnamon
- 1 tsp. brown sugar

### Directions

#### Lemon Chicken:

Pound chicken to even thinness (about 1 inch). Spray a large skillet with non-stick cooking spray, place over medium heat.

Add chicken to skillet and squeeze juice of 1/2 the lemon over the chicken.

Sprinkle pepper, parsley and oregano over the chicken.

Cook for 5-10 minutes on each side

#### Cinnamon Glazed Root Vegetables:

Preheat oven to 400 degrees.

Combine vegetables in a medium mixing bowl and toss with olive oil to coat.

Spread vegetables on a baking sheet and bake for 20 minutes.

Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly browned.

Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar.

Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

**Nutrition Information** (Servings: 4) Per serving: Calories: 237 kcal; Total Fat: 7.5 g; Cholesterol: 73 mg; Carbohydrates: 16 g; Sodium: 202 mg; Protein: 25 g

Source: heart.org

## Healthy Turmeric Chicken Stew



A favorite 30-minute weeknight recipe!

### Ingredients

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- 1/2 red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground turmeric
- 1/2 cup low-sodium chicken broth

### Directions

Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more. Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

**Nutrition Information** (Servings: 6)

Per serving: 183 calories; 5.5 g total fat; 20 mg cholesterol; 71 mg sodium. 24.1 g carbohydrates; 9.9 g protein;

Source: allrecipes.com

## Baked Honey Mustard Chicken



Creamy, delicious, and cheesy chicken breasts--with plenty of Asiago flavor! Add a touch of black pepper, balsamic vinegar, and additional Asiago cheese just before serving for the best results.

### Ingredients

- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

**Nutrition Information** (Servings: 4)

Per serving: 232 calories; 3.7 g total fat; 67 mg cholesterol; 296 mg sodium. 24.8 g carbohydrates; 25.6 g protein

Source: allrecipes.com

# Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

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To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**FEB. CYCLING EVENTS**—Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**FEB. OUTDOOR ACTIVITIES**—Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://www.getoutdoorskansas.org/calendar)

**BLEEDING KANSAS 2019** - Sundays from Jan. 26-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, LeCompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults, \$1 students. Age 5 & under free.

**TOPEKA BOAT & OUTDOOR SHOW**—Jan. 31 and Feb. 1-2, Stormont Vail Events Center.

**GRIEF SHARE**—Feb. 3 and following Mondays, 6:30-8:30 PM, Topeka Bible Church Mulvane Building. GriefShare is a free 13-week seminar and support group for people who are grieving the death of someone close to them. Participants are encouraged to register in advance at [www.DiscoverTBC.com](http://www.DiscoverTBC.com). Visit [www.GriefShare.org](http://www.GriefShare.org) to find other class locations and dates in northeast Kansas.

**COMMUNITY DINNER** - Feb. 5, 4:30-6pm, Tecumseh United Methodist Church. Ham and bean soup and Vegetable soup, corn bread, dessert and drink. Meals-to-go available. \$6

**MARKETPLACE AMBASSADOR LUNCHEON**—Feb. 5, 11:30-1pm, AJ's NY Pizzeria, 1930 SW Westport Dr. Speaker: Jim Hanna. Come connect with like-minded business and professional men seeking effective ways to become an ambassador for Christ in the marketplace. For info: [gtenpenny@cbmc.com](mailto:gtenpenny@cbmc.com) or 913-219-9064

**PASTOR'S DAY AT THE CAPITOL**—Feb. 6, 9-2:30pm, Kansas State Capitol. Join with fellow pastors to pray for our Kansas Government. Come early or stay after for more enriching opportunities

**WAKE UP WITH WASHBURN BREAKFAST LECTURE** - Feb. 6, 7:30-8:30am. Washburn University, Bradbury Thompson Alumni Center. Breakfast served in Convocation Hall. Featured speaker Lance Sparks, BBA '93, owner and partner of Market Synergy Group, Inc., will give advice to young executives. \$10 Members/\$13 non-members. Register at [www.wualumni.org/WakeUp-Sparks](http://www.wualumni.org/WakeUp-Sparks); For info: 670-1641

**NIGHT TO SHINE PROM**—Feb. 7, University Christian Church, Manhattan, KS. Night to Shine, sponsored by Tim Tebow Foundation, is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older.

For info visit [www.mhkprd.com/](http://www.mhkprd.com/), or call 785-776-5440.

**FIRST FRIDAY DOWNTOWN CHOCOLATE WALK**—Feb. 7, 5-8pm. Sample free chocolate offerings at various downtown businesses during First Friday ArtWalk, including NexLynx Gallery, David's Jewelers, Hazel Hill Chocolate, Cashmere Popcorn, Two Wolves Studio, others.

**HEAVEN ON WHEELS WINTER PRAISE RALLY**—Feb. 7-8, 6:30pm, Topeka Baptist Church, 4500 SW Gage. Entertainment, food, fellowship, praise. Sponsored by Christian Motorcyclists Association

**RV & SPORT SHOW**—Feb. 7-9, Kansas Expocentre. For info: 235-1986. \$8. [www.ksexpo.com](http://www.ksexpo.com)

**POLAR PLUNGE & STRUT**—Feb. 8, 9:30-Noon. Swim Beach, 3300 SE 29th St. Registration at 9:30am; 5k at 11am, Polar Plunge at 12pm. Save some time at pre-registration and packet pick-up: Feb. 7, 4-7pm at Gary Gribbles, 2130 SW Wana-maker Rd. 620-408-4450 [plungeks.org](http://plungeks.org)

**BEGINNER DANCE LESSONS**—Feb. 10, 7:15pm, Trinity Presbyterian Church, 4746 SW 21st St. Teaching square dancing and line dance. Free. 785-554-7221

**HARLEM GLOBETROTTERS**—Feb. 10, Stormont Vail Events Ctr

**SWING DANCING PAL-ENTINES** - Feb. 11, 6:30-9pm. Jayhawk Theatre, 720 SW Jackson St. Appropriate for all ages, includes snacks, games, a beginner dance lesson, a birthday jam and competitions). For tickets or info: [jayhawktheatre.org](http://jayhawktheatre.org)

**C5Alive "POWER" LUNCHEON**—Feb. 13, 11:30-1, Speed Networking at Fairlawn Plaza Mall. Catered by Grandma Work's. • Cost: \$10 for C5 mem-

bers & first-time guests who RSVP, \$12 at the door • \$15 for non-members & repeat guests. • Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org), so we know how much food is needed! Open to the public—Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: Mar. 12, 11:30-1, C5Alive POWER Luncheon at Thornton Place.

**GO RED FOR WOMEN BREAKFAST**—Feb. 14, 8-9am, The Brownstone, 4020 NW 25th St. Wear red and RSVP by Feb. 7th. [Heart.org/topekabir](http://Heart.org/topekabir) or 316-768-3830

**NAMI KANSAS MEET & GREET**—Feb. 14, 10am-9pm, second level at West Ridge Mall near Furniture Mall. Get to know the NAMI Kansas staff and learn about its mission of self-help education, support, and advocacy for people with a mental health diagnosis and those who love and support them. Also, learn more about volunteer opportunities. Open House from 10am to 9pm; Movie at 5:30pm: "Bipolar Rock N' Roller"—A raw and revealing SHOWTIME documentary chronicling the prolific combat-sports broadcaster Mauro Ranallo and his lifelong battle with mental illness. (viewer discretion is advised) Bring a comfy chair, pillows, blankets.

**TOPEKA HOME SHOW**—Feb. 14-16, Stormont Vail Events Center. Adults \$8 Kids \$5. 785-273-1260

**VALENTINE'S SWEETHEARTS DINNER AND DANCE**—Feb. 14, 6pm, Miracle Life Church, 3136 SE Minnesota Ave. \$25 for couples, \$10 for singles. For reservations and info: 785-224-9952 or 785-231-8159



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## FREE Vision Screening Service



**Now Scheduling**

**Eye Screening for children 6 months to 6 years old**

**Who can use this service?**

Any Daycare, Pre-school or School with children 6 months to 6 years old

**What equipment is used?**

NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

**Who does the screening?**

The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

**How do I get the Screener scheduled?**

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: [slsmithks@att.net](mailto:slsmithks@att.net) or call (785) 633-8321

**GRIEF SHARE** – Feb. 19-May 20, 6:30-8pm, East Side Baptist Church, 4425 SE 29th. 13-week video seminar, group discussion, and personal study. For info: 785-379-9933 or [secretary@esbcks.org](mailto:secretary@esbcks.org)

**HIGH SCHOOL SEASONAL JOB FAIR** – Feb. 17 & 20, 9am-2pm, Topeka Workforce building at 1430 SW Topeka Blvd. Feb. 17 for Seaman, Hayden, Silver Lake, Rossville and Shawnee Heights; Feb. 20 for Auburn-Washburn. 300 Shawnee County Parks + Recreation seasonal staff positions ranging from lifeguards to staff for summer camps, golf course maintenance, landscape and horticulture, natural areas and forestry, campground attendants, park police, cashiers and Gage Park Mini-Train drivers. Pay ranges from \$7.25-15 per hour. Apply at [www.snco.us/oasys](http://www.snco.us/oasys). 785-251-6825 for info.

**REVIVE Topeka** – Feb. 21, 7-9pm, Big Gage Shelter House. An initiative to bring all the churches in Topeka together to pray for the peace and prosperity of Topeka. [revivetopeka@gmail.com](mailto:revivetopeka@gmail.com), 785-215-5664.

**KANSAS GARDEN SHOW** – Feb. 21-22-23, Stormont Vail Events Ctr. Adm. \$8. Children 12 & under free. Free parking. Friday is Senior Citizens Day: 55 & older buy one, get one free. For info: 235-1986

**CHOCOLATE AFTER DARK** – Feb. 22, 6-8pm, Dillon House, 404 SW 9th St. Everyone's a VIP: ticket includes: Chocolate sampling with Hazel Hill Chocolate; Chocolate-infused heavy hor'd oeuvres; Chocolate & wine pairings with Crooked Post Vineyard & Winery & Stone Pillar Vineyard & Winery. Glaciers Edge Winery

and Norsemen Brewing Company (And dark beers, too.); Live music from Stratton and Spring; VIP gift bag includes wine glass, insulated bottle carrier and special gift

**DOORSTEP OPERATION SOUP LINE FUNDRAISER** – Feb. 25, 11am-2pm, Expocentre Ag Hall. Chili or soup, dessert & drink. \$10 adults; \$5 children 12 & under. Local celebrity servers, entertainment and a theme basket silent auction. Carry out & delivery available. 785-357-5341. [www.DoorstepTopeka.org](http://www.DoorstepTopeka.org)

**ANNUAL ARAB SHRINE CIRCUS** – Feb. 28-29 and Mar. 1, 7pm, Stormont Vail Events Center. For info: [arab-shrinecircus.com](http://arab-shrinecircus.com) or 785-221-4523

**22ND METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO**. Feb. 29, 9:30 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. [MetroVoiceNews.com](http://MetroVoiceNews.com)

**COMMUNITY HARVEY HOUSE LUNCHEON & TOUR** – Mar. 5, Great Overland Station. Elegant luncheon served by costumed Harvey Girls, plus guided tour. For info: 785-232-5533 or email [contactus@greatoverlandstation.com](mailto:contactus@greatoverlandstation.com) by Feb. 27.

**TOPEKA WOMEN'S CON-**

**NECTION LUNCHEON** – Mar. 5 11:30am, T&SC Public Library, 1515 SW 10th Ave. The speaker will be Karen Blankenship, author. Music by Sandy Hestand. Prepaid luncheon reservations are \$14 and are due by Feb. 28, by calling (785) 554-3617. There is no charge to attend the program only.

**THE ILLUSIONISTS** – Mar. 12, TPAC. Magic tricks, death-defying stunts. Tickets \$39-\$69 [ticketmaster.com](http://ticketmaster.com)

**BLARNEY BREAKFAST FUNDRAISER** – Mar 14, 7 am – 10 am, Blind Tiger. A buffet of breakfast delicacies and beverages, activities for wee lads and lasses, entertainment as well as enter to win raffle prizes. Celebrity servers from the community will be competing for the most tips to benefit children, teens and adults with disabilities and their families served by Capper Foundation.

**ST. PATRICK'S DAY CONCERT** – Mar. 15, 4pm, Morganville School, 307 Main. Community Chamber Orches-

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**LEGOMPTON**  
Civil War Birth Place Where Slavery Began to Die  
Kansas & National Historic Landmarks

**JANUARY 26** "Kansas Day" remarks by Laura Kelly, Governor of Kansas  
Winter School Restoration by project director Dan Rockhill, Rockhill and Associates and J.L. Constante Distinguished Professor of Architecture at the University of Kansas School of Architecture, and former state Senator Winton A. Winter, Jr. and Katie Winter M.A., education interpretive specialist.

**FEBRUARY 2** The Most Famous Unknown Room in America  
by T. Kevin Griffin, Major (Retired) & MA

**FEBRUARY 9** They Put Up More Than Figs: Joel and Emily Grover, Their Farm, and the Underground Railroad  
by Judy Sweets, historical researcher and genealogist [Porial2History] and Kerry Allenbernd, historian and Joan Brown interpreter.

**FEBRUARY 16** Rahr, Rambles, and Father to a U.S. Vice President: O. A. "Captain Jack" Curtis  
by Deb Goodrich, Host of "Around Kansas" TV Show and Garvey Foundation Historian in Residence, Fort Wallace Museum

**FEBRUARY 23** The Hidden History That Is Quindaro (And Why It Should Be Hidden No More!)  
by Jim Ogle, Executive Director, Freedom's Frontier National Heritage Area.

**MARCH 1** A Shield Against the World: Opothleyahola and the Civil War in Indian Territory and Kansas  
by Michelle M. Martin, Doctoral Candidate- Department of History, University of New Mexico

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tra. Tickets: \$8/person or \$18/family at [www.kansasmusic.net](http://www.kansasmusic.net). For info: Dr. Anne Clark, 785-926-4725; [baclark@twinvalley.net](mailto:baclark@twinvalley.net)

**59TH ANNUAL KANSAS PRAYER BREAKFAST** – Mar. 18, 6am, Ramada Inn downtown. Guest speaker: Jerry Schemmel, a radio announcer with the Colorado Rockies Major League Baseball team, will be the featured speaker, along with leaders in government, business, education and industry. \$20 each or tables of 10 for \$200. Sponsored by Topeka Fellowship, Inc. For info and RSVP: [info@kansasprayerbreakfast.net](mailto:info@kansasprayerbreakfast.net) or 380-2901

**TOPEKA LIONS JOURNEY FOR SIGHT 10K/5K RUN/WALK** – Apr. 4. Info and reg.: [topekaliions.org](http://topekaliions.org)

**7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 11, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, face-painting, pony rides, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. [info@C5Alive.org](mailto:info@C5Alive.org) or 640-6399.

**STATE OF KANSAS HOLOCAUST COMMEMORATION SERVICE** – April 20, 1pm. Ramada Hotel, 420 SE 6th. The speaker will be Megan Felt, program director of Life in a Jar: The Irena Sendler Project, which is based in Kansas. Participants will include Kansas clergy, political leaders, choirs and students. A reception will follow the program. Admission is free.

## ONGOING EVENTS:

**SENIORS NUTRITIONAL LUNCH** – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

**MEDICARE MONDAYS** – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or [nhonl@tscpl.org](mailto:nhonl@tscpl.org)

**TOPEKA MANKIND PROJECT** – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: [brian.thomas01@gmail.com](mailto:brian.thomas01@gmail.com) or 785-727-9439

**SENIOR FIT & FUN PROGRAM** – every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or [office@rhctopeka.org](mailto:office@rhctopeka.org)

**SENIOR STRETCHING EXERCISES** – each Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

**TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS** – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: [cornerstonetopeka.com](http://cornerstonetopeka.com). 478-2929

**GRIEF SUPPORT GROUP** – First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or [valeotopeka.org](http://valeotopeka.org). Free.

**DOWNTOWN TOPEKA LIONS CLUB** – 2nd & 4th Mondays at Noon, Madison Street Diner inside the Ramada Downtown, Guests are welcome.

**BADMINTON** – Mon. & Fri. 6-8pm, First Baptist Church, 30th and MacVicar. Topeka Badminton Club invites players of all ages and skill levels to come for informal games. The fee is \$3 per night. Free instruction. 267-4906.

**HEARTLAND HEALTHY NEIGHBORHOODS** – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

**TOPEKA SWING DANCE** – Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekasingdance.com](http://www.topekasingdance.com).

**OSTOMY SUPPORT GROUP** – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

**FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP** – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or [TopekaCFS@outlook.com](mailto:TopekaCFS@outlook.com).

**EMOTIONS ANONYMOUS**: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. N/C. 785-633-7764

**LADIES' EXERCISE** – Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

**GRANDPARENT/RELATIVE CARE-GIVER SUPPORT GROUP** – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

**LIBRARY'S LEARN & PLAY BUS** – Every Tuesday 1-3pm, Auburn Community Center.

**TOPEKA TWILIGHT LIONS BRANCH CLUB** – 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Down-

town. Guests are welcome

**SAFE STREETS COALITION MEETING** – First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or [jwilson@safestreets.org](mailto:jwilson@safestreets.org)

**GAMBLERS ANONYMOUS** – Every Wed, 7pm, St. Francis Hospital, meeting room #8.

**OPERATION BACKPACK** – 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

**TOPEKA AREA BRAIN INJURY SUPPORT GROUP** – Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave., employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

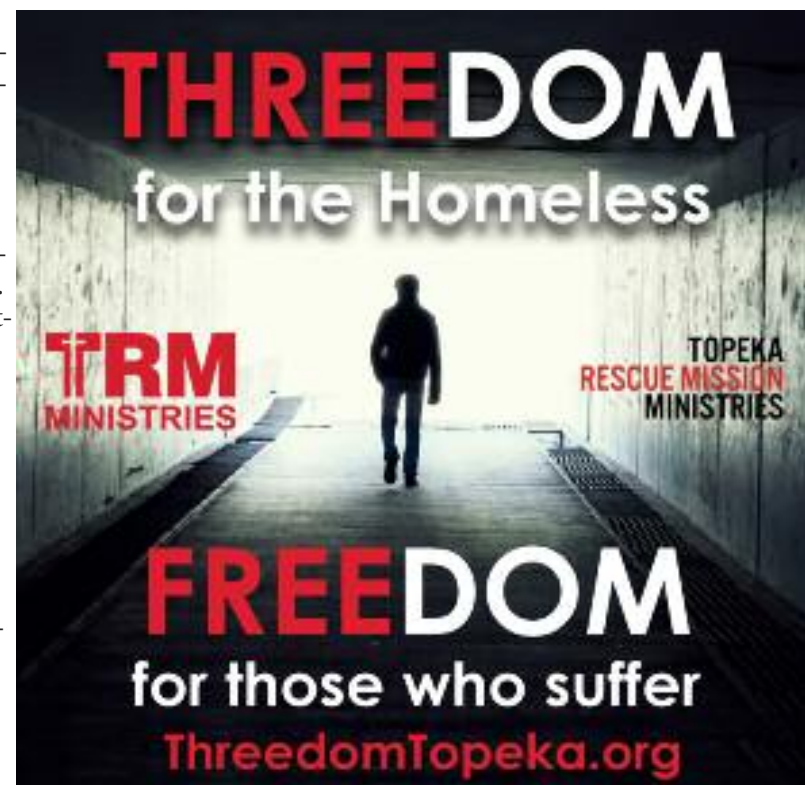
**COUNTRY AND BALLROOM DANCING** – Thursday's 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

**SHEPHERDS CENTER LINE DANCING GROUP** – meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & take ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall. 49-3258.

**SHEPHERDS CENTER HHHS WALKING GROUP** – meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

**STROKE SUPPORT GROUP** – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

**NICOTINE ANONYMOUS** – Every Fri., 6:30pm, Town



& Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

**NOTO MARKET & ART WALK ON FIRST FRIDAYS** – NOTO arts district. Arts, antiques, crafts, and flea market.

**CELEBRATE RECOVERY** – Every Thur., 6:45pm, Covenant Baptist Church, 5440 SW 37th St. A Christ-centered recovery program for anyone with any hurt, pain, or addiction of any kind. A safe place to find community and freedom. Free childcare available. Follow Celebrate Recovery Covenant Baptist pg on facebook or call 785-220-4850

**VIP LUNCHEON FOR SENIORS** – Every Fri., Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

**CELEBRATE RECOVERY** – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

**TOPEKA NAR-ANON FAMILY GROUP** – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

**SATURDAY FAIRLAWN STARTER BIKE RIDE** – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagles. Great for beginners. director@cottonwood200.org

**SAVING DEATH ROW DGS ADOPTION BOOTH** – Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Also, some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. www.savingdeathrowdogs.com

**HARVESTER'S PROGRAM FOR SENIOR CITIZENS** – second Sat., at Christian Lord Ministries, 2421 SE California. Call 266-4979.

**THE BERRYTON PICKERS** – First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

**HERB'Talk** – Topeka herbs study group meets Third Saturdays for fun and interactive group learning and sharing about herbs/medicine plants. 7321 SE 45th, Prairie Meadow Greenhouse. RSVP Amy 785-379-8848. \$5.00 cash only charge; Free beverages and herb snack samples. Lunch option \$6.00. talkherbswithus@gmail.com

**TOPEKA FOLK DANCERS CLASSES** – Sundays, 2-4pm 2637 SE 41st. No partner/experience needed. 215-0968.

**KANSAS PRAIRIE PICKERS** – Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes to tickle your fancy.

**SQUARE DANCING** – Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text

785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

**SEX TRAFFICKING INFORMATION** – 785-230-8237

**ABORTION RECOVERY SUPPORT** – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

**AL-ANON FAMILY GROUPS** – for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

**ALZHEIMER'S SUPPORT GROUPS** – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

**"HEALING HEARTS"** support group/Bible study – For women whose husbands struggle with pornography addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 249-0983.

**CAREGIVER SUPPORT GROUPS** – Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367

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HealthandWellness.com**

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TopekaHealthandWell-  
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# Spiritual Wellness

...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...

## Beyond Physical Fitness – 7 Ways To Achieve Life Transformations

By Scott Roberts

Chair of Kinesiology at William Jessup University

**M**any people exercise because they want to change something about who they are. It may be their physical appearance, their health, improvements in attitude or sleep, and simply feeling physically, emotionally and mentally better. While exercise is great it takes more. Take a look at these seven spiritual concepts that are fundamental to achieving life transformation.

### 1. Follow Jesus in his footsteps.

“Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls” (Matt. 11:29). As followers of Jesus, we should all be inspired and encouraged to follow Jesus in His footsteps, walking with Him in our journey of faith and fitness.

### 2. Endurance training becomes living by faith.

Faith makes discovering health and fitness possible, not necessarily easy, but possible. Growing in faith is a journey, a daily decision and responsibility, as are the daily choices we make regarding our endurance training. The pursuit of fitness is an exercise in faith.

### 3. Seek Jesus for all the guidance we need in life.

The greater our faith, the great things God can and will do with our lives. “Faith is not the belief that God will do what you want. It is the belief that God will do what is right” (Lucado, 1999). We need to seek Jesus for all the guidance we need in life. Jesus, through His presence and power within us, transforms us in such a way that we begin to live, love and move toward being whole and holy.



### 4. Discipleship becomes submitting your will to God.

In Matthew 6:33, Jesus tells His followers to “seek first the kingdom of God and His righteousness, and all these things shall be given to you.” Seeking God first, above all else, is what Jesus commanded us to do. The kingdom of God Jesus speaks about is referring to His reign in our personal lives, in our health and fitness goals as well.

### 5. Invite Jesus into your health and fitness goals.

When you invite Jesus into your health and fit-



ness goals and challenges then He will begin to grow your faith in these areas. He will help you overcome any real or perceived barriers to change.

### 6. Draw on God’s power to renew your thinking.

A good way to begin your journey of fitness through faith is to first realize what Jesus commands of us. “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind” (Rom. 12:2), and “with God all things are possible” (Matt. 19:26). If we truly believe we are spirit filled, Christ-empowered people that are walking out and living in His power, then we can accomplish His purposes by His power.

### 7. Good form becomes being an example to others.

Realize that your body is not your own, as a Christian, it belongs to Jesus Christ. “I urge you therefore, brothers, by the mercies of God, that you present your bodies as a living sacrifice, holy, and acceptable to God, which is your reasonable service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God” (Rom. 12:1-2). Our identity in Christ gives us the strength, courage and discipline to live a Christlike lifestyle. Seek Jesus in all you do, in fitness and in life!

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Read *Fall In Love With Your Career – And The God Who Created It*. This story by William Jessup Graduate Kimber Otis illustrates how these seven spiritual concepts have shaped her life and fitness career.

# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

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# 7TH ANNUAL TOPEKA EASTERFEST



## EASTER PARADE + FAMILY FUN FAIR!

**It all takes place on N. Kansas Avenue and at Garfield Park!**

**Fun Fair** open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 10:45 am - 3:00 pm!  
**Parade** starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!  
**Easter Egg Hunt** following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!  
 Dance troupes, martial arts, gymnastics, ballet, demonstrations & more at the Health Fair 10am-3pm!  
 Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, Games & kid's activities! **Bingo** at the Vendor Market! • **Win a Bicycle** at the Ball Toss! • **Win Cupcakes** at the Cake Walk!

### Volunteers needed! Contact:

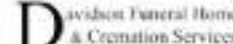
info@C5Alive.org or 785-640-6399

### For booth, sponsor & parade entry information:

info@C5Alive.org or 785-640-6399

Sponsors needed for: • Vendor Market • Food Court  
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## SATURDAY, APRIL 11, 2020 • 10 AM - 3 PM

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair