

TOPEKA

JULY 2020

Health & Wellness

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MAGAZINE

SAFE SUMMER FUN



**Safety
Tips for
Summer
Activities**

**Summer
is the time
to let
yourself
be creative**

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information about
front page photo*

FDA Advises Not to Use Certain Hand Sanitizers
24 for Life Continues Diabetes Prevention Online

Suramin: A New Drug for Autism?
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SUMMER IS FUN BUT HOT! KNOW YOUR HEAT SAFETY TIPS!

SYMPTOMS

TREATMENT / FIRST AID

HEAT CRAMPS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

HEAT EXHAUSTION

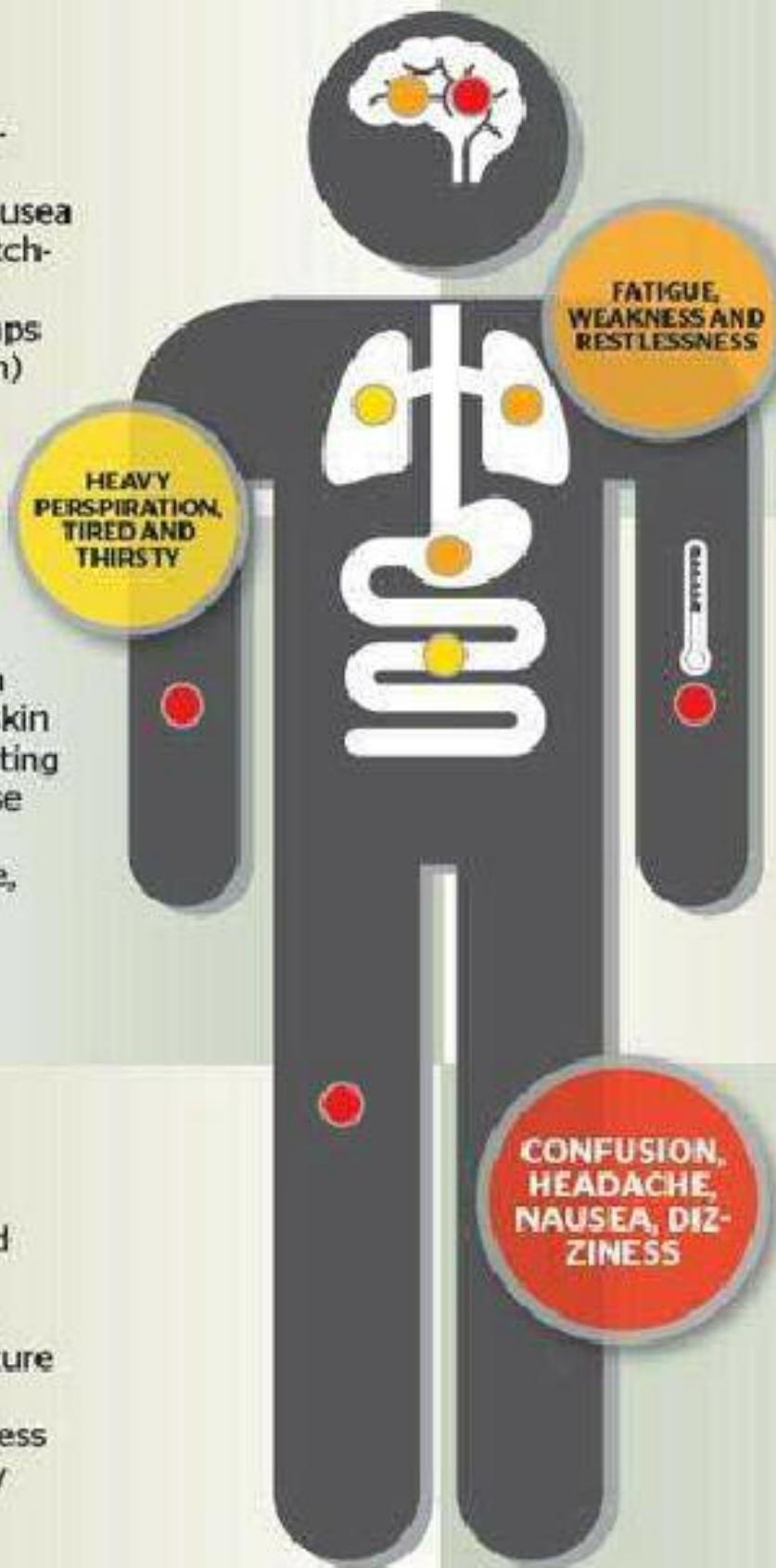
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

HEAT STROKE

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water





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ON THE COVER:

Our cover this month features a family having fun in a pool. Experts say that outdoor activities like this can be very low-risk for families, if there is room to social distance from others.

See more risk-assessed activities in this month's articles on our inside pages, along with other tips on how to stay safe this summer while still having fun!

Thanks to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at info@TopekaHealthandWellness.com.

For more, you can visit our website at TopekaHealthandWellness.com for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

You can also find us on Facebook at www.facebook.com/pg/Topeka-



Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

POOL SAFETY Ideally, you should learn to swim before enjoying the water. While at the pool:

- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.

With children, constant supervision is key:

- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

BEACH SAFETY Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

Other tips to keep in mind:

- No one should use a floatation device unless they are able to swim. The only exception is a person wearing a Coast Guard-approved life jacket.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

RIP CURRENTS Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

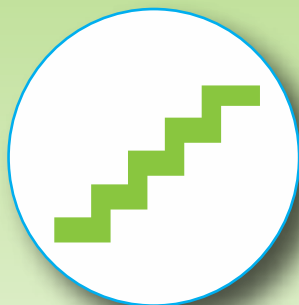
As the temperatures soar, more and more of us will take to the water for some summer fun. For more on how to keep you and your loved ones safe this summer, visit the swimming and water safety information on our web site.

Get Active • Live Healthy Prevent Type 2 Diabetes

Finding ways to be physically active can be hard with a busy lifestyle. Use these tips to help you get moving.



Choose a parking spot further away from the entrance.



Skip the elevator. Take the stairs when they are an option.



Take a walk while meeting. Help blood & ideas flow.



Get active with your friends instead of eating out.



Move while you scroll social media. Try lunges, squats or crunches.



Set an alarm every few hours that reminds you to get up and move.



Make family time active. Play tag, walk your pets or have a dance party.



Stretch while watching TV or as part of your nightly bedtime routine.

Take the prediabetes risk test at www.midlandcare.org/24forlife



24 for Life Continues Diabetes Prevention with Online Platform

When the COVID-19 pandemic hit in March, 24 for Life - Diabetes Prevention Program had to cancel in-person classes. It was important to keep the momentum of the participants currently in the program moving forward. At that time, 24 for Life decided to transition to a distance learning online format.

"We have many participants with various abilities in using technology or not having technology at all. By giving them an option of video or teleconferencing, it gave them the ability to continue on with the program," said Donna Doel, Assistant Coordinator, 24 for Life Diabetes Prevention Program.



Several couples enjoy the benefits of 24 for Life

During the stay at home order, some 24 for Life participants were alone in their residence and were not able to get out or have visitors. Being able to join in on Zoom or the teleconference gave them the ability to be in a social setting and continue their goal of learning how to prevent type 2 diabetes.

"Overall, the online platform has worked well," said Lee Ann, a 24 for Life Participant. "I enjoyed being on Zoom with the other participants, the group setting helps bring motivation.

The online platform has allowed more people to get involved in 24 for Life as it has removed some of the barriers including transportation, childcare, home schedules or busywork.

"The online platform of allows participants receive the education from a location that works for them. In fact, we had one couple who were on a camping trip during one of our classes and they found a hotspot at the campground and joined the class," said Dole.

Some of the skills you learn from the 24 for Life program are:

- Eat healthier
- Add physical activity to your life
- Manage stress

- Stay on track when eating out
- Understand your responses to food
- Stay motivated
- Solve problems that can get in the way of healthy changes

"Participating in the program has helped me lose the weight I needed to. It has made me more aware of what I should be eating and conscious of the exercise we are getting," said Lee Ann.

Since March 2020, 24 for Life has been able to continue making progress with 12 groups, 3 of which graduated during the pandemic.

The next 24 for Life informational meeting via Zoom or teleconferencing will be:

Wednesday, July 8 at 5:30 p.m.

Thursday, July 9 at Noon

The link to the Zoom meetings can be found on our website midlandcareconnection.org/calendar

If you or someone you know would benefit from 24 for Life, contact Donna Doel at 785-250-5210 or ddoel@midlandcc.org for more information. The sooner you call, the sooner we can help!

Like Us on Facebook:

@24ForLifeDiabetesPrevention

You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active less than 3 times a week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



Donna Doel

785-250-5210

ddoel@midlandcc.org

24forlife@midlandcc.org

www.MidlandCare.org/24forLife



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What Does Hospice Care Really Mean?

If you currently live with a terminal illness, hospice care may have been recommended to you. If you're confused about the term hospice care and wonder if it may be the right fit for you and your health needs, Phoenix Home Health Care & Hospice can explain.

What Is Hospice Care?

While many consider hospice care to be "end of life care," it can qualify as many things. Patients are recommended hospice care when they are diagnosed with terminal illnesses, chronic illnesses, or nearing the end of life. No matter the case, our staff always focuses on quality of life. A sense of comfort for you or your loved one matters. That's why our hospice program centers around the patient's home, so they can live peacefully in a place that's familiar to them.

What Can Hospice Care Provide?

Hospice care can provide many amenities that other care facilities simply can't match. Our patients can access services such as:

- On-call nursing available 24/7
- Routine visits made by nurses who make individualized care plans for every patient
- Medical Social Workers provide emotional support and care for those who need it
- Medications and supplies available anytime to make the patient more comfortable
- Companionship and support provided by volunteers

- Physical therapy, occupational therapy, speech therapy, and more

Many of these services aren't available in traditional care facilities, which makes Phoenix Home Care & Hospice a facility that can do it all.

Am I Ready for Hospice Care?

Hospice care doesn't necessarily mean you're near the end of your life. It may be that you are unable to care for yourself due to a specific condition or other incurable illness. Whatever



the case, hospice helps to provide the quality of life you deserve – on your terms. You get to decide how you're cared for and what kind of treatment you'd like to receive. Hospice doesn't mean the end – it can mean a whole new beginning for your treatment. If you're ready to receive quality health care in your home and alleviate pain or discomfort, hospice may be right for you.

Start Your New Beginning with Phoenix Home Care & Hospice

If you're ready for a change when it comes to your medical care, our hospice program may be the right fit for you. You can give us a call at 785-260-6444 or stop by our Topeka office.



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Phoenix Home Care & Hospice was founded in 2011 and has 3500 employees.

Phil Melugin, President/CEO
Nick Carroll, Topeka Regional Manager

2945 SW Wanamaker Dr., Suite B, Topeka, KS

785-260-6444

www.phoenixhomehc.com

Summer is the time to let yourself be creative

By Jennifer McRavin, MS ATR

With school out, vacations sweeping by, and summer activities getting fully underway, the summer season can start to feel a little frenzied at times. Not to worry though – if you notice that you’re starting to get carried away in the summer busy-ness, have a seat, give yourself a moment, and finish reading this article. I’ll give you some ideas for how to slow things back down a little so that you have some breathing room and can actually enjoy this summer season.

Summer can be the perfect time to practice putting a pause on whatever life’s throwing at you and do something for yourself. This could be as simple as setting a timer for 5 minutes and doing some deep breathing while the kids are in swim practice or writing down a quick list of 10 things that bring a smile to your face while you enjoy your morning coffee. If you have a little more time to give yourself, though, now is an excellent time to explore some of the creative things you’ve wondered about, pinned on your Pinterest page, bookmarked in that library craft book, or liked on Facebook. Give yourself permission and space to try something outside of your comfort zone. It doesn’t have to feel too risky, but allow yourself to experiment, to make “mistakes,” and to even to make a mess.

When we allow ourselves time and space to honor those creative sparks we have, we give



Jennifer McRavin

ourselves an opportunity for growth. Whether it’s learning you really do have a knack at baking, or even if it’s learning that crochet is definitely not your cup of tea, you can rest well knowing that you did something you hadn’t done before. You now know more about yourself and what you like or don’t like; what relaxes you or frustrates you. This can give you the knowledge and confidence you need to take on that next creative idea!

Summer is also the magical time of garage

sale-ing, so this can be a great time to find some really good bargains on art or crafting supplies. The art stores in town also offer weekly coupons to pick up some supplies that are more on track with your budget. The library offers several art kits that you can check out and explore that are totally free of cost!

Giving yourself time and space to be creative can be just the thing you need to help relieve some stress, be in the moment, and find new hobbies or things that make you feel good about yourself. Don’t be afraid to invite the kids either! They can be good models at how to disregard the outcome and just be fully present in the moment of creating.

July 24th is **International Self-Care Day** so mark that day on your calendars or set a reminder on your smart phone. Let this month be your starting point of setting aside a few moments or an hour to let yourself be... relaxed, creative, confident.

Valeo Behavioral Health Care (Adults)

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400 SW Oakley
Topeka, KS 66606
24 Hour Crisis Line
785-234-3300

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition


SCSPC.org

Family Service & Guidance Center (18 and under)

325 SW Frazier
Topeka, KS 66606
24 Hour Crisis Number
785-232-5005

Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator
Topeka.Heals@gmail.com
785-249-3792



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Capitol Midweek Farmers Market provides variety

The Capitol Midweek Farmers Market, sponsored by the Kansas Department of Health and Environment, is open every Wednesday, 7:30 a.m. to noon, on the south side of the Capitol along 10th Avenue in Topeka.

The goals of the market are to increase access to fresh, locally grown, high-quality produce and to increase physical activity by providing a walking destination for the estimated 30,000 people working in downtown Topeka. In 2013 approximately 1 in 5 Kansas adults did not consume vegetables at least once per day, and 2 in 5 did not consume fruit at least once per day (2013 Kansas Behavioral Risk Factor Surveillance System). The U.S. Department of Agriculture recommends at least half of every meal consist of fruits and vegetables.



While the focus of the Capitol Midweek Farmers Market is fresh fruits and vegetables, visitors may also find whole wheat baked goods, fresh cut flowers, potted plants and local honey. The market will feature 15 to 20 vendors and special guests each week. Kansas Senior Farmers Market Nutrition Program checks and Kansas Benefit Cards are accepted by many of the growers.

Contact Emily Carpenter at 785-296-2330 or Emily.Carpenter@ks.gov for information on how to become a vendor or for other market questions.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthynneighborhoods.org

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Consumers get to build unique relationships directly with the people that grow our foods.

As a coalition, Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail-makes it easier to be healthy in Shawnee County and we support our local farmers markets.

Learn more about our community's health at heartlandhealthynneighborhoods.org or like us on Facebook.



Markets updated 3/18/2019
Suggestions to Lissa Staley, lstaley@tscpl.org

Capitol Midweek Farmers Market
Corner of Jackson and 10th Avenue,
South Capital Lawn, Topeka, KS 66612
Wednesdays 7:30 a.m. – 12:00 p.m.

Downtown Topeka Farmers Market, Inc.
12th and Harrison, South of Judicial
Building, Topeka, KS 66612
Saturdays 7:30 a.m. – 12:00 p.m.



Monday Market @ Your Library
Topeka and Shawnee County Public Library
1515 SW 10th Ave., Topeka, KS 66604
Mondays 7:30 a.m. – 11:30 a.m.

Silver Lake Farmers Market
Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. – 8:00 p.m.

East Topeka Farmers Market
Topeka Housing Authority
2010 SE California, Topeka, KS 66607
Tuesdays 3:00-7:00 p.m.



Mother Teresa's Farmers Market
Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618
Opens July 4, 8:30-11am

- Some markets accept SNAP and offer Double-Up programs to provide twice the amount of produce to consumers using their SNAP/EBT card.
- Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
- In Kansas, the program is known as the Food Assistance Program.
- Learn about eligibility and complete the Online Application for Benefits at <http://www.dcf.ks.gov/> to or visit DCF Office Location for Topeka/Shawnee County, 500 S.W. VanBuren, Topeka, KS 66603 or call 785-296-2500.



Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

Oakland Community Center, 801 NE Poplar St
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IRS announces rollover relief for required minimum distributions

The Internal Revenue Service announced that anyone who already took a required minimum distribution (RMD) in 2020 from certain retirement accounts now has the opportunity to roll those funds back into a retirement account following the CARES Act RMD waiver for 2020.

The 60-day rollover period for any RMDs already taken this year has been extended to Aug. 31, 2020, to give taxpayers time to take advantage of this opportunity.

The IRS described this change in Notice 2020-51, released 6-23-2020. The Notice also answers questions regarding the waiver of RMDs for 2020 under the Coronavirus Aid, Relief, and Economic Security Act, known as the CARES Act.

The CARES Act enabled any taxpayer with an RMD due in 2020 from a defined-contribution retirement plan, including a 401(k) or 403(b)

plan, or an IRA, to skip those RMDs this year. This includes anyone who turned age 70 1/2 in 2019 and would have had to take the first RMD by April 1, 2020. This waiver does not apply to defined-benefit plans.

In addition to the rollover opportunity, an IRA owner or beneficiary who has already received a distribution from an IRA of an amount that would have been an RMD in

2020 can repay the distribution to the IRA by Aug. 31, 2020.

The notice provides that this repayment is not subject to the one rollover per 12-month period limitation and the restriction on rollovers for inherited IRAs.

The notice provides two sample amendments that employers may adopt to give plan participants and beneficiaries whose RMDs are waived a choice as to whether or not to receive the waived RMD.



—Peggy Beasterfeld, EA



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Suramin: A New Drug for Autism?



(Ivanhoe Newswire) —

The CDC estimates that one in 68 children in the U.S. are on the autism spectrum. Right now, there are no FDA approved treatments for the disorder or its symptoms, which can include difficulty with social skills, communication and repetitive behavior. That's why results of a small clinical trial in San Diego have grabbed the attention of researchers and families.

Robert K. Naviaux, MD, PhD, Professor of Genetics at the Departments of Medicine, Pediatrics, and Pathology, and Co-director of the Mitochondrial and Metabolic Disease Center at UC San Diego School of Medicine suspected the cause of autism might be metabolic dysfunction, where the energy molecule ATP is "outside" cells. He researched more than two thousand drugs and found one that might help. That drug was Suramin. Dr. Naviaux tested one dose in a clinical trial of ten boys. Five got the drug.

Dr. Naviaux shared, "Children began to talk sometimes for the first time in sentences in their life." (Read Full Interview)

Boys who got Suramin had autism severity scores drop from eight-point-six to seven, the lowest point on the spectrum. They improved social, language and fine motor skills, and



found relief from repetitive motions and fragmented sleep. Miles McInerney was in the trial but did not receive Suramin; he still wanted to help.

"I should generally be interested in the ability to possibly find a way that people with worse autism or struggle more with autism than I do, to possibly be able to find a solution that can help them better communicate," said McInerney.

He now uses rowing to reduce the stress related to his autism. For those who did get the drug, Dr. Naviaux says most but not all the effects wore off in eight weeks.

"Some children had learned to tie their shoes for the first time, and other children had learned to zip up a jacket. Those fine motor skills were motor memory that had been retained," Dr. Naviaux continued.

McInerney and his mom are encouraged by the results.

Dr. Naviaux says next there will be several phase two trials to determine safety and efficacy for Suramin. He suspects it will be three to five years before phase three trials begin.

Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences.

The term "spectrum" reflects the wide variation in challenges and strengths possessed by each person with autism. Autism's most-obvious signs tend to appear between two and three years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier. The CDC estimates autism's prevalence as one in 68 children in the United States. This includes one in 42 boys and one in 189 girls.

Don't Ignore Signs of Stroke

With hospitals around the country reporting a recent drop in the number of stroke cases arriving in their emergency rooms, some health experts suspect that fear of COVID-19 may be causing people to avoid going to the hospital and calling 911 for non-COVID related medical emergencies, like stroke.

“During this pandemic, emergency care professionals like myself are working to provide care for those who need it. So much of what we do is time sensitive. We are particularly aware of the ‘Big Four,’ trauma, sepsis, stroke and heart attack, so it’s important to remember, when it comes to stroke or any medical emergency — call 911 and get to a hospital immediately. Hospitals and urgent care facilities across the nation are open and ready to help,” says Dr. Ben Usatch, medical director at UCHHealth Highlands Ranch Hospital emergency department and assistant professor of Emergency Medicine at the University of Colorado School of Medicine.

Here are a few important things to keep in mind about stroke to protect your health and the health of others:

- **Emergency preparedness:** Not only are emergency healthcare providers working tirelessly to provide care for those who need it, including those showing signs of stroke, they are also taking all necessary steps to help prevent the spread of COVID-19 and are trained to treat patients safely.

- **Time:** Time is of the essence. It is critical to call 911 immediately if a stroke is suspected.

- **Stroke Signs:** The signs of stroke can be subtle and hard to recognize, so educating yourself and others is key to noticing and responding quickly. Keep the acronym BE FAST in mind to help you identify some of the signs of stroke in yourself or a loved one. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time, and refers to these signs of stroke: difficulty with balance, vision loss, droopy facial appearance, arm weakness, slurred speech – as well as the need to act quickly when these symptoms present.

- **Sudden Onset:** While the BE FAST signs are most common, the sudden onset of any of these 10 signs and symptoms could mean stroke: confusion, difficulty understanding, dizziness, loss of balance, numbness, severe headache, trouble speaking, trouble walking, vision changes and weakness.

- **Risk Factors:** Though strokes affect people of all ages and backgrounds, being advised of risk factors is important.

While some risk factors are beyond one’s control, including family health history, gender, age and ethnic background, other risk factors can be managed with lifestyle changes and treatment and include high blood pressure, high cholesterol, atrial fibrillation, smoking, diabetes, poor circulation, lack of physical activity and obesity.

- **Take Action:** Spread the word and empower others to seek immediate medical attention if stroke is suspected. Tell friends and family that it’s okay to “over-react” and call 911 at the first signs and symptoms.

For more shareable information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

Remember, stroke does not stop during a health crisis and can be disabling or even fatal.

“BE FAST” was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association.

CONTINUE TO
TAKE ACTION
WHEN IT COMES
TO STROKE AND
CALL 911



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– StatePoint



STROKE KILLS.

BE FAST! Call 911.

Know the Signs:

Balance	sudden loss of balance or coordination
Eyes	sudden change in vision
Face	sudden weakness of the face
Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

During a stroke 32,000 brain cells die every second. **BE FAST! Call 911.**



Want to talk & it's not a crisis?
Feeling isolated & want to connect
with someone?

Shawnee County Community Cares Line

1-800-972-8199

Calls are answered Monday - Friday from 9 am - 5 pm.
All calls are answered by community volunteers.



FDA advises not to use hand sanitizer made by Eskbiochem

The FDA advises consumers not to use any hand sanitizer manufactured by Eskbiochem SA de CV in Mexico, due to the potential presence of methanol (wood alcohol), a substance that can be toxic when absorbed through the skin or ingested. FDA has identified the following products manufactured by Eskbiochem:

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

FDA tested samples of Lavar Gel and CleanCare No Germ. Lavar Gel contains 81% methanol and no ethyl alcohol, and CleanCare No Germ contains 28% methanol. Methanol is not an acceptable ingredient for hand sanitizers and should not be used due to its toxic effects.



Consumers who have been exposed to hand sanitizer containing methanol should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning. Substantial methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death. Although all persons using these products on their hands are at risk, young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute, are most at risk for methanol poisoning.

On June 17, 2020, FDA contacted Eskbiochem to recommend the company remove its hand sanitizer products from the market due to the risks associated with methanol poisoning. To date, the company has not taken action to remove these potentially dangerous products from the market. Therefore, FDA recommends consumers stop using these hand sanitizers and dispose of them immediately in appropriate hazardous waste containers. Do not

flush or pour these products down the drain.

FDA reminds consumers to wash their hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after coughing, sneezing, or blowing one's nose. If soap and water are not readily available, the Centers for Disease Control and Prevention (CDC) recommend consumers use an alcohol-based hand sanitizer that contains at least 60 percent ethanol.

FDA remains vigilant and will continue to take action when quality issues arise with hand sanitizers. Additionally, the agency is concerned with false and misleading claims for hand sanitizers, for example that they can provide prolonged protection such as 24-hours against viruses including COVID-19, since there is no evidence to support these claims.

To date, FDA is not aware of any reports of adverse events associated with these hand sanitizer products. FDA encourages health care professionals, consumers and patients to report adverse events or quality problems experienced with the use of hand sanitizers to FDA's MedWatch Adverse Event Reporting program:

- Complete and submit the report online at <https://www.accessdata.fda.gov/scripts/medwatch/index.cfm> or
- Download and complete the form, then submit it via fax at 1-800-FDA-0178.

Heatstroke: Hot cars can quickly become deadly for children

On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. TFI Family Services, Inc reminds caregivers to never leave children alone in a vehicle, and if you see a child alone in a car, call 911.

Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. It occurs when the body can't cool itself quickly enough and the body temperature rises to dangerous levels. Young children are particularly at risk as their bodies heat up three to five times faster than an adult's. Since 1998, more than 790 children across the United States have died from heatstroke when alone in a vehicle.

"A car can heat up 19 degrees in 10 minutes. And cracking a window doesn't help," said Rachelle Roosevelt, TFI Family Services, Inc. "Heatstroke can hap-



pen anytime, anywhere. We don't want to see this happen to any family. That's why Safe Kids is asking everyone to help protect kids from this very preventable tragedy by never leaving a child alone in a car, not even for a minute."

Together, we can cut down the number of deaths and near misses by remembering to ACT.

• **A: Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.

• **C: Create** reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase, or purse in the back seat when traveling with your child.

• **T: Take** action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

For more information on preventing child heatstroke deaths, please visit www.safekids.org/heatstroke.

Safe Summer Outdoor Fun in the Sun

As the days start to warm up and become longer, it's natural to gravitate outdoors for play, activities, travel, and adventures. This is an important time to incorporate and practice safety measures to maximize enjoyment and avoid chances for bug bites, water risks, sunburns, and other summer activity dangers.

When preparing for summer fun, keep these tips on sun and activity safety in mind.



Sun Safety

According to the American Cancer Society, ultraviolet (UV) rays from the sun and tanning beds, are the number one cause of skin cancer. Too much exposure can also cause sunburn, eye damage, and premature wrinkles. Take precaution and consider incorporating the following:

- **Cover Up** – While in the sun, be sure to cover as much skin as possible with clothing and a wide-brim hat.
- **Sunglasses** – Choose sunglasses that shield at least 99% of UV rays to protect eyes.
- **Sunscreen** – Choose a sunscreen with broad spectrum protection and an SPF of at least 30. Be sure to reapply often when swimming or exercising.
- **Shade** – When possible, limit direct exposure to the sun, especially when UV rays are strongest between 10 a.m. – 4 p.m.

Activity Safety

Take these steps to enjoy a safe and healthy summer:

- **Bug Aware** – Ticks and mosquitoes are two pesky bugs that can spread disease. Use recommended EPA bug repellent, keep skin covered, and wear a hat, especially in heavily wooded areas.
- **Stay Cool** – Keep hydrated. Take breaks and get out of the sun during the hottest time of the day.



- **Water & Boating** – Wear a U.S. Coast Guard approved life jacket while boating. Have a swimming buddy, and avoid unfamiliar areas when swimming in a lake, river, or ocean. Follow the rules, and be on guard to ensure safety for everyone.
- **Playground** – Keep an eye on young children to ensure their safety. Check playground equipment to ensure it is not too hot to play on – contact burns can happen within a few seconds.
- **Fun on Wheels** – Wear a helmet while biking, skateboarding, or rollerblading, and stay on paths or designated areas.
- **Poisonous Plants** – A misstep off the trail could put one in contact with poison ivy, poison oak, or other poisonous plants. Become familiar with what might lie in the environment and avoid contact.
- **Fire** – Fireworks, campfires, and grilling are all fun summer activities. Know how to extinguish a fire and have the right tools and water on hand for doing so. Keep pets and children at a safe distance.

Other Tips

Outdoor activities are a healthy way to spend your time. Whether hiking, fishing, camping, or enjoying other summer activities, it is always a good idea to provide a friend or family member an itinerary before heading out.

Take time to prepare, plan ahead, and learn first aid, should an urgent situation occur.

Lastly, make a list, (sunscreen, water, first aid kit, snacks, etc.) of everything that might be needed before heading out on that next summer adventure.

What's safe outdoors during COVID-19?

After several months of sheltering-in-place and physical distancing, we're up against our next COVID-19 challenge – balancing the collective urge to get outside and soak up summer fun while staying safe and fending off a second wave of infections.

There is a growing list of states that are gradually reopening their beaches, parks, restaurants, and movie theaters, just as June 21st, the first day of summer, has passed.

The good news is that a growing body of evidence suggests the risk of transmitting the virus outdoors is significantly lower than it is indoors. A recent study of more than 1,200 cases in 120 cities found only a single instance of COVID-19 that could be traced back to outdoor transmission.

But that doesn't change the fact that COVID-19 is a never-before-seen respiratory virus responsible for a global pandemic and our understanding of its characteristics is in its infancy. In other words, before plunging headfirst into backyard barbecues and beach vacations, consider the known risk levels and follow some common-sense safety guidelines.

LOW-TO-MODERATE RISK ACTIVITIES

Hiking and biking at state and national parks

Health experts around the world, including UT Southwestern sports cardiologist Ben Levine, M.D., agree that outside exercise is generally safe during the pandemic if we take steps to protect ourselves and others. Many state and national parks have reopened, at least on a partial basis. If you plan to go for a hike or exploring, go with a small group, stay six feet apart whenever possible, and avoid large crowds.

Safety tip: Carry a face mask or gaiter to pull over your nose and mouth in the event a crowd forms on the trail or at scenic stops. Wash your hands frequently or use hand sanitizer, especially if you are touching handrails or bike station tools.



Backyard barbecues and family gatherings

Limit shindigs to groups of 10 or fewer, and don't share utensils, cups, or snacks – no double-dipping! Remember that even if no partygoers are showing symptoms, someone could still be infected and can pass the virus to others. At parties, picnics, and fireworks shows, stay six feet apart and wear masks if there's a chance you'll venture closer. Wipe down high-touch surfaces, such as patio tables.

Safety tip: Consider rescheduling large family reunions until late summer. Try to implement a "sorry, no hugging or handshakes" policy. People at high risk for infection, such as older family members or those with underlying health conditions such as diabetes, should be extra careful to follow these precautions.



Swimming and pool parties

Backyard pool parties with people from your household are generally safe. Coronavirus will not spread in a well-maintained pool. The risk comes from the people in the pool. You can invite the neighbors, but try to stay six feet apart, have conversations across the pool rather than right next to each other, and cap the total number of guests at 10. Lap swimming at the gym is also relatively low risk. It's when you get into crowds at a public pool that your risk increases.



Safety tip: Wear a mask in crowded areas. If the community pool is packed, try coming back another day.

MODERATE-RISK ACTIVITIES

Eating at restaurants

It's great to support local restaurants, which are opening at less than full capacity. Restaurant staff should be wearing masks and cleaning high-touch surfaces regularly.

Patio dining will likely be safer if you follow physical distancing recommenda-



tions.

Safety tip: Keep your group to fewer than 10. Wear a face mask before and after the meal. Sit with at least one table between you and the next group of diners. Don't worry about wearing gloves – you'll likely touch your face or forget to take them off before entering your car or home, and the pathogens can live on the surface of the gloves. Instead, bring hand sanitizer and use it regularly.

Visiting the beach

Why are state parks and trails safer than the beach? It's all about wide open spacing. On the beach, people tend to crowd together on blankets, towels, chairs, or the cabana.

Safety tip: Skip the sun-and-sand if the beach is busy. If you choose to go, wear a face mask, use hand sanitizer, and carry disinfecting wipes to sanitize community chairs before use. Avoid community beach toys and floaties – bring your own instead.



Going to the movies

The weekend blockbusters have all been delayed thanks to COVID-19, but drive-in movies are making a comeback because they are a safer option than sitting shoulder-to-shoulder inside a megaplex.

Safety tip: If you choose to go to the theater, wear a mask and carry hand sanitizer. Sit at least six feet apart if you can – if nothing else, physical distancing is a good excuse not to share your popcorn.

HIGHER-RISK ACTIVITIES

Amusement and water parks

The Centers for Disease Control and Prevention (CDC) still recommends avoiding amusement parks and playgrounds for now to avoid infection from high-touch surfaces. Most large amusement parks remain closed for now. But smaller attractions are scheduled to reopen soon. Some water parks are already open, under state guidance.

Safety tip: If you choose to go, avoid crowds and be sure to wash your hands regularly, even if you are playing in the water. Wear a mask when practical and avoid sharing drinks or snacks.



Traveling for vacation

Flying while practicing physical distancing is not impossible. However, many risk factors will be out of your control, such as the number of passengers on a flight. Driving may be safer, though you'll have to make occasional pit stops at public rest areas or gas stations and navigate a hotel stay.

Safety tip: Consider traveling more locally this summer. For example, I was going to take my family to Costa Rica, but we changed our plans and will now be taking a road trip instead. When you go, carry hand sanitizer, wear a face mask, and avoid crowds whenever possible.



Summer camp

Kids who've been cooped up all spring may be looking forward to camp, but sending your child might be nerve wracking for both of you. It's important to check the occupancy of the camp's sleeping, living, and eating areas, as well as its disinfecting procedures.

Safety tip: Along with bug spray and sunscreen, pack extra disinfecting wipe, hand sanitizer, and face masks for your child. Don't hesitate to ask about the camp's medical capabilities, including screening protocols and access to emergency care.



Sporting events and concerts

Baseball, softball, soccer, golf, tennis... boy, we've missed our sports. And who wouldn't love a rocking stadium concert right now? Playing non-contact sports with friends should be relatively safe because you can observe physical distancing (ride in separate golf carts or walk; use hand sanitizer and wipes). Unfortunately, close quarters in the stands at a sporting event or concert may have to wait until the various leagues and venues establish appropriate physical distancing and safety guidelines.

Safety tip: If watching online or on TV just won't cut it, check the stadium's rules on carrying in wipes and hand sanitizer. Spread out whenever possible, wear a face mask, wash your hands, and don't share snacks or beverages.

—Sonja Bartolome, M.D.



IT'S THE LAW!

- A vehicle can legally pass a bicycle on the left, given there is at least 3 feet of space between the cyclist and the vehicle.
- Vehicles can only legally pass on the left, and can't move back to the right until clear of the cyclist.
- Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.

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)

THE SMART ROUTE



TO BICYCLE SAFETY



Shawnee County Health Agency
1615 SW 8th Ave.
Topeka, KS 66606
(785) 388-2000



NATIONAL CRIME PREVENTION COUNCIL

CRIME PREVENTION TIPS FROM

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1006 Connecticut Avenue, NW
12th Floor
Washington, DC 20036
www.ncpc.org

This National Crime Prevention Campaign sponsored by the Crime Prevention Council of America is a charitable effort by the Bureau of Justice Research, U.S. Department of Justice.



Distribution made possible in part by a grant from ADT Security Services, Inc., a Texas Instrument Company

What Can You Do

- Tell children to wear helmets. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that show they are recommended by either the American National Standards Institute, www.ansi.org, or the Snell Memorial Foundation, www.smf.org.
- Make sure children wear proper clothing. Clothing should be light in color and close fitting to avoid being caught in the bicycle's moving parts. Also, be sure books and other loose items are carried in a backpack.
- Teach children to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach children to ride on the right side of the street in single file and to use proper hand signals. Tell children never to hitch rides by grabbing onto moving cars or trucks.
- Teach children that before entering a street or intersection to check for traffic and always look left-right-left. Walk the bike across busy streets at corners or crosswalks.
- Children's bikes should display both front and rear reflectors. They should ride only in familiar areas and only during the daylight hours.
- Make sure children's bikes are adjusted properly. Check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily. The wheels should be straight and secure. Check tires for pressure, bulges, and cracks.
- Teach children to always lock up their bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Help children practice locking up their bike.
- Be sure children do not show off on their bikes. Hands should be kept on the handlebars, only one person should be on the bike at a time, and jumping curbs should not be allowed.
- Record the serial numbers of your children's bikes and keep them with the sales receipt and a photograph of the bike. Check with local police or the National Bike Registry (NBR) at 800-848BIKE about bike registration programs. NBR recently partnered with NCPC to help return stolen bikes to their rightful owners.
- Mark children's bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.

7 Tips For Returning To Running After An Injury

One of my biggest challenges with overcoming my post tib injury was safely returning to running. I made so many mistakes along the way and I want to help others to avoid those mistakes! Please keep in mind that every injury is different and the most important thing is to listen to your body. In general, it's better to play it safe. Less is more when it comes to safely returning to running after an injury.

1. KEEP UP WITH YOUR PHYSICAL THERAPY/CROSS-TRAINING

If there were certain exercises you were doing when you are injured, don't stop doing them when you start running again! It's easy to get caught up in the excitement of being able to run, but the key to avoiding another injury is keeping all of those vulnerable muscles strong and healthy. If there was a particular cross-training activity that you were able to do while injured, it may be a good idea to keep this up to supplement your running.

2. RUN EVERY OTHER DAY

One of the recommendations by my PT was to always take at least one day off from running after a day of running. This gives your body time to recover. It also gives you time to assess how your body responded to the run. Sometimes my foot would bother me the day after the run, and if I ran two days in a row I would be damaging that area even more. Use the days you're not running to work on your PT!

3. START WITH RUN/WALK INTERVALS

Come back slowly, start by walking if you have to, and test things out by just running for a few minutes at a time. This will also ensure that you maintain proper form and also don't hurt anything else in the process!

4. BUILD A BASE, THEN ADD INTENSITY

Once you are able to run a few days a week without pain, and can run continuously without any walk breaks, keep that up for a while. Maybe add a little mileage, but do this very slowly. Once you have been able to keep that up for at least a month with no pain, then you can consider adding some intensity. Don't get too crazy, though! Start with some fartleks just to get your legs used to running faster again.



5. STAY POSITIVE

I wrote about how my mind was my own worst enemy, and I think it can be really common to get into the mindset that you are "always" going to be injured. Try to think about another time you came back from an injury, or other runners who were able to come back from a bad injury. There is a huge mental component to returning to running from an injury and it's a tricky balance between believing that you will recover and making sure you return slowly enough so that you don't hurt yourself again.

6. LET GO OF EXPECTATIONS

As runners, we always want to be getting faster and running farther. This is not the time to focus on those things! Try to just stay focused on where you are now and not worry about where you thought you would be. It can be really difficult to know how long it will take to recover from an injury. Even if your PT thinks it will take you 6 weeks to recover, try not

to get frustrated if it's taking you longer than that.

7. CELEBRATE ALL ACCOMPLISHMENTS

I was listening to a podcast featuring Kara Goucher last weekend and she was talking about her experience with injuries. She was saying how it's so exciting to do those first few runs, but then all of a sudden you realize you want to be back to where you were pre-injury. This definitely felt like something I could relate to. After the excitement of being back to running wears off you want to be back to doing long runs, racing, and increasing your mileage. Instead, focus on the little things that you are accomplishing along the way. Maybe you were able to run 4 days a week instead of 3. Or you conquered that big hill for the first time post-injury. Give yourself a little positive reinforcement for all the hard work you are doing!

Visit here to get a free return to running training plan:
<https://mailchi.mp/5fc4efd279fc/returntorunningplan>

—*milebymileblog.com*

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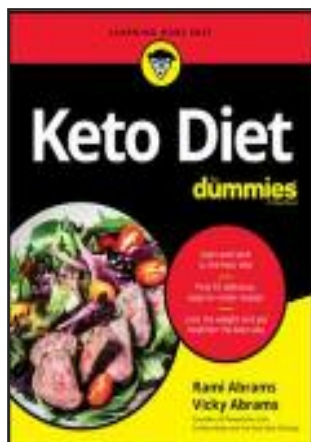
New Health & Wellness Info at the Library

By Kelly Barker

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

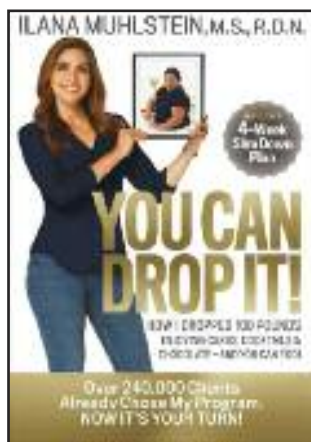
Keto Diet for Dummies by Rami and Vicky Abrams, Overdrive E-book

Keto Diet for Dummies is your all-in-one resource for learning about the keto diet, getting started and reaping the full benefits like so many others have. For anyone looking to lose weight, become healthier, improve and stabilize their daily energy levels, and understand and benefits of the complex nutritional sciences of the keto diet, this book has it all.



You Can Drop It!: How I Dropped 100 Pounds Enjoying Carbs, Cocktails & Chocolate—And You Can Too! by Ilana Muhlstein, Overdrive E-book

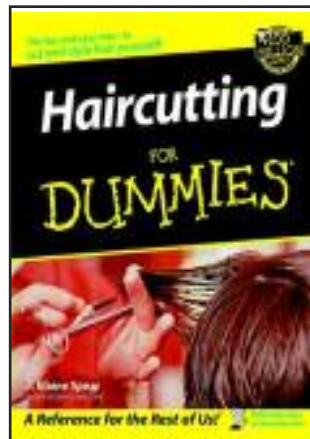
Finally—weight loss with FREEDOM! Through trial and error, and lots of research, the author discovered a simple and effective way to lose weight, while still eating large portions and the foods she loved. Her secret? It's called the 2B Mindset. The 2B Mindset is designed with the built-in



ability for customization so that it is optimally effective and can work for everyone.

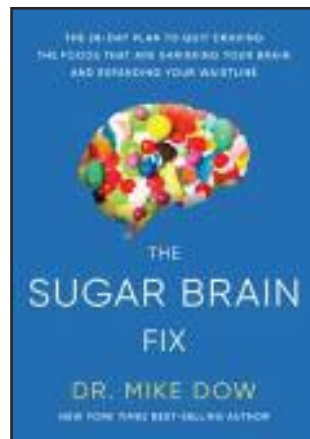
Haircutting for Dummies by J. Elaine Spear, Overdrive E-book

Want to cut hair but think you don't have the talent? In this easy-to-follow guide, you'll find step-by-step instructions for the latest short, medium, and long hairstyles as well as more involved techniques such as notching and texturing. Haircutting for Dummies will have you achieving salon- or barbershop-quality results on all types of hair!



Sugar Brain Fix: The 28-Day Plan to Quit Craving the Foods That Are Shrinking Your Brain and Expanding Your Waistline by Mike Dow, Overdrive E-book

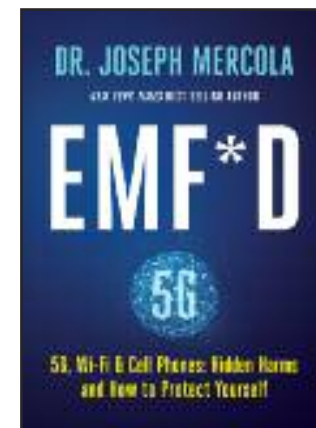
In this new edition of Diet Rehab, Dr. Mike Dow takes a closer look at how sugar affects brain chemistry, and the ways we can fix it. The book features cutting-edge research and Dr. Dow's modified Mediterranean diet—the best diet for brain health and wellness. At its core, The Sugar Brain Fix is a cognitive behavioral guide for boosting serotonin and dopamine levels in the brain.



EMF*D: 5G, Wi-Fi & Cell Phones: Hidden

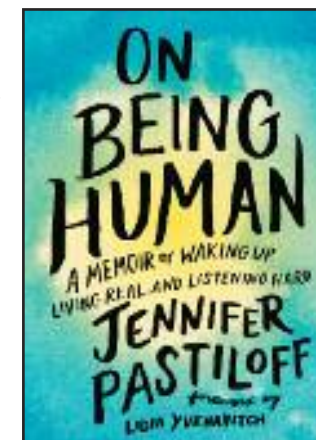
Harms and How to Protect Yourself by Dr. Joseph Mercola, Overdrive E-book

The dangers of electromagnetic fields are real—and now a renowned health authority reveals exactly what they are and how you can protect yourself. With the advent of 5G ultra-wideband technology, the danger is greater than ever and with no way of opting out.



On Being Human: A Memoir of Waking Up, Living Real, and Listening Hard by Jennifer Pastiloff, Overdrive E-book

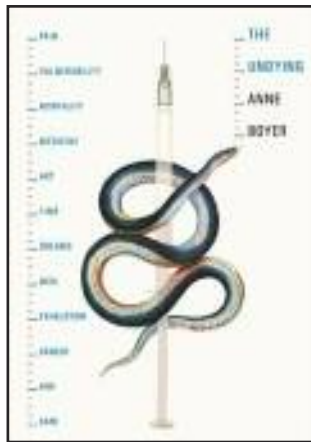
This book is an inspirational memoir about how Jennifer Pastiloff's years of waitressing taught her to seek out unexpected beauty, how deafness taught her to listen fiercely, how being vulnerable allowed her to find love, and how imperfections can lead to a life full of wild happiness. It is a story that celebrates happiness and self-realization over darkness and doubt.



The Undying: Pain, Vulnerability, Mortality, Medicine, Art, Time, Dreams, Data, Exhaustion, Cancer, and Care by Anne Boyer, Overdrive E-book

A week after her forty-first birthday, the acclaimed poet Anne Boyer was diagnosed with

highly aggressive triple-negative breast cancer. Her genre-bending memoir, will break your heart, make you angry enough to spit, and show you contemporary America as a thing both desperately ill and occasionally, perversely glorious.



China Rx: Exposing the Risks of America's Dependence on China for Medicine by Rosemary Gibson, and Janardan Prasad Singh, Overdrive E-book

Millions of Americans are taking prescription drugs made in China and don't know it—and pharmaceutical companies are not eager to tell them. This probing book examines the implications for the quality and availability of vital medicines for consumers.



The Ultimate Healthy Greek Cookbook: 75 Authentic Recipes for a Mediterranean Diet by Yiota Giannakopoulos, Overdrive E-book

With an emphasis on the use of fresh ingredients, limited use of processed raw ingredients, and a generous dose of olive oil in almost every dish, this is a cookbook that moves focus away from weight-management enthusiasts, toward the more health-conscious foodie.



The Internal Flame: New Insights into Silent Inflammation, Longevity and The Science of Func-

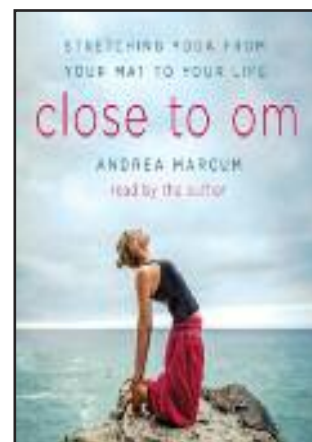
tional Food by Dr Roderick Mulgan, Overdrive Audiobook

Putting into practice the advice within The Internal Flame could help reduce sickness and disease for millions. If you're already leading a healthy lifestyle, there's still more you can do to fight sickness and disease. This is the story of inflammation and health—what goes wrong as we age, and what you can do about it.



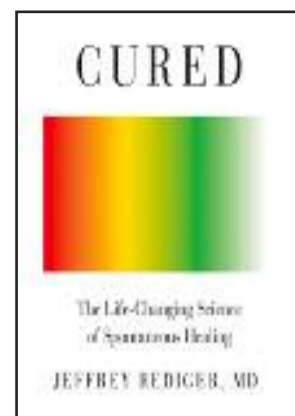
Close to Om: Stretching Yoga from Your Mat to Your Life by Andrea Marcum, Overdrive Audiobook

Andrea Marcum's Close to Om is a practical and philosophical yoga audiobook that promotes and teaches mindfulness in both your yoga practice and your everyday life. In Close to Om, Marcum combines the teaching of poses with the exploration of yoga philosophy and insight into meditation and mindfulness.



Cured: The Life-Changing Science of Spontaneous Healing by Jeffrey Rediger, M.D., Overdrive Audiobook

When it comes to disease, who beats the odds — and why? In Cured, Dr. Rediger digs down to the root causes of illness, showing how to create an environment that sets the stage for healing. Through rigorous research, Dr. Rediger shows that much of our physical reality is created in our minds and thus the healing of our identity may be our greatest tool to recovery.



Homemade Bath Bombs & More: Soothing Spa Treatments for Luxurious Self-Care and Bath-Time Bliss by Heidi Kundin, Overdrive E-book

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Healthy Recipes for the Summertime

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

Summer Lasagna



Zucchini takes the place of pasta in this recipe.

Ingredients

- 1 pound ground beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ¼ cup finely chopped carrots
- 2 cloves garlic, minced
- 1 (15 ounce) can tomato sauce
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 pinch salt and pepper to taste
- 5 medium zucchini, sliced lengthwise into 1/4-inch thick strips.
- 1 cup cottage cheese
- 1 egg, beaten
- ¾ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.

In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg, and spread over the zucchini. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, beef mixture, and mozzarella. Top with Parmesan cheese.

Bake 45 minutes in the preheated oven. Allow to sit 10 minutes before slicing to serve.

Nutrition Information (Servings: 8)
236.8 calories; 19.7 g protein; 10.3 g carbohydrates; 71.3 mg cholesterol; 569.8 mg sodium

Source: allrecipes.com

Grilled Steak Salad & Asian Dressing



BBQ steak salad with a sesame-rice vinegar dressing.

Ingredients

- 11 (12 ounce) rib eye steak
- 1 tablespoon soy sauce
- 1 teaspoon Montreal steak seasoning, or to taste
- ½ lemon, juiced
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons white sugar
- ½ teaspoon sesame oil
- ¼ teaspoon garlic powder
- 2 pinches red pepper flakes
- 10 leaves romaine lettuce, torn into bite-size pieces
- ½ large English cucumber, cubed
- 1 avocado - peeled, pitted, and diced
- 1 tomato, cut into wedges
- 1 carrot, grated
- 4 thin slices red onion
- 3 tablespoons toasted sesame seeds

Directions

Season both side of the rib eye steak with soy sauce and steak seasoning. Cover and refrigerate at least 1 hour to overnight.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Grill steak on preheated grill until firm, reddish-pink, and juicy in the center, about 6 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Transfer steak to a platter, sprinkle with lemon juice, and cover loosely with aluminum foil. Allow meat to rest for about 10 minutes, then cut into strips.

Whisk rice vinegar, olive oil, sugar, sesame oil, garlic powder, and red pepper flakes together in a small bowl. Combine lettuce, cucumber, avocado, tomato, carrot, red onion, and steak strips in a large bowl. Pour rice vinegar dressing over salad and toss to coat. Sprinkle with sesame seeds to serve.

Nutrition Information (Servings: 2)
704 calories; 52.6 g total fat; 61 mg cholesterol; 1000 mg sodium. 38.9 g carbohydrates; 26 g protein.

Source: allrecipes.com

Fresh Peach Trifle



Can be described with one word: Yummy!

Ingredients

- 6 large ripe peaches - peeled, pitted and sliced
- 1 tablespoon fresh lemon juice
- 2 (8 ounce) containers vanilla yogurt
- 1 teaspoon lemon zest
- 1 (10 inch) prepared angel food cake

Directions

Place peaches in a large bowl, and gently toss with lemon juice. Place 1 cup of peaches in a blender, set aside remaining slices, and blend until smooth. Place yogurt into a bowl; stir in the peach puree and lemon zest until well blended.

Cut the angel food cake into squares and place half in the bottom of a glass dish. Spoon half of the peach slices over the cake. Cover with half of the yogurt mixture. Place remaining cake squares over the yogurt. Top with peaches, reserving 5 or 6 slices for garnish. Cover with remaining yogurt mixture. Garnish with peach slices. Refrigerate until ready to serve.

Nutrition Information (Servings: 8)
182.1 calories; 5.3 g protein; 38.3 g carbohydrates; 2.8 mg cholesterol; 356 mg sodium

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.

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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats. 785-580-4400. www.tscpl.org

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

JUL. CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

JUL. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

TERRITORIAL CAPITAL MUSEUM – Now Open, 640 E Woodson, Leocompton. (785) 887-6148 www.leocomptonkansas.com historiclecompton@gmail.com

TOPEKA HIGH PATRIOTIC CHIMES CONCERT – June 28, 6 p.m. Music played on the 89 year old Topeka High Deagan Chimes System. Food trucks will be available for a picnic on the Topeka High lawn as you enjoy Americana at it's best. Music will be played on the only working 18-note Deagan Chimes system in the world.

TOUCH A FIRETRUCK, HOT DOGS, & FIREWORKS SHOW – Jul 2 7-10pm, Osage Co. Fairgrounds, 510 Cedar, Overbrook. Free hotdogs, and a fireworks show at dark!

FIRST FRIDAY ARTWALK – July 3, NOTO, Downtown and all over Topeka. 5-8pm.

FREEDOM FEST – July 3, 6:30pm, Grace Community Church, 310 E. 8th, Overbrook. Celebrate our freedom with food, fun, fellowship and fireworks. 785-6706456, gc-cinoverbrook.com, gcchildren@gmail.com

CAMP INVENTION – July 6 - 10, Most Pure Heart of Mary. Regional program sponsors include ShurTech Brands, LLC. A nationally recognized, nonprofit summer

enrichment camp program from National Inventors Hall of Fame.

"SOUNDS OF FREEDOM" CONCERT – July 6, 7-8pm, Redbud Park in NOTO, 924 N. Kansas Ave. Kansas National Guard 35th Infantry Division citizen soldiers perform

BROWNBAG CONCERT – Wednesdays, 11am-1pm, July 8 - Aug. 26. Downtown Topeka on Kansas Ave. Various artists perform live.

DUO DU JOUR BAND – July 10, 7:30-10:30, Classic Bean, Fairlawn Plaza. Joel Davidson & Stephanie Teagarden

2020 SUNFLOWER STATE GAMES – July 10-19. www.sunflowerstategames.com

TOPEKA YOUTH PROJECT GOLF CLASSIC – Jul. 17, Village Greens. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register. Benefits Topeka youth programs.

NOTO Arts & Antiques Festival – July 17&18, 11am - 2pm, Great Overland Station. A two-day event featuring high quality art, eclectic antiques, and specialized industrial and vintage wares from the region and beyond. Regular admission applies. Also, an array of workshops and more throughout NOTO

LADIES DAY OUT – Jul. 18, 10am-3pm, Ag Hall. A day of shopping and pampering! Come support local small businesses. There will be 80 booths for snacks, beauty, health, home goods, decor, gifts, local businesses, clothing, jewelry, and more! Many booths will be offering free samples or pampering services. Adm is \$2 donation for Foster the Cause. First 100 women will receive a goodie bag loaded with coupons and samples from vendors.

MOVIE NITES IN NOTO – July 27, 8pm. "The Incredibles 2" on N. Kansas Ave.

YOUTH FOR CHRIST GOLF CLASSIC – July 31, 11:30 reg.; 12:30 shotgun start, Lake

Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

ROCK & FOOD TRUCK FESTIVAL – July 25. If you consider yourself a foodie and are in the Topeka area, you'll be at the CoreFirst Bank & Trust Rock & Food Trucks Fest on July 25. It's just that simple. Not only will there be awesome tunes, there will be delectable, Instagramable food options a-plenty! Musical talent includes The Weeks, Machine Gun Symphony and Chance Encounter.

CRUISIN' THE CAPITOL – Aug. 8. Are you car-ismatic? Then you don't want to miss the eighth annual Cruisin' the Capitol Car Show - one of Downtown Topeka's signature events. This car show is unique for many reasons, including that it is open to all makes, models, years and styles. In fact, it isn't unusual to spy multiple variations of classic muscle cars, souped-up rides, vintage roadsters and more!

GOLF CLASSIC AND AUCTION – The Washburn Athletics Golf Classic and Auction is rescheduled for Aug. 20-21. The four-person Scramble is sold out. Spots still remain for the Shamble

COUNTRY & FOOD TRUCKS – Aug. 22. Get ready to boot scoot! Whether you're a fan of classic or contemporary, this year's Country and Food Trucks will get you on your feet and moving. But when the hunger hits you, be



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7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Aug. 29, 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, facepainting, pony rides, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

TOUCH A TRUCK – Sep. 12. Downtown Topeka Touch-A-Truck is a local Topeka event that brings the construction industry to life! This is a great event that will provide your children with hands-on learning opportunities on top of a truck-load of fun!

PAW PATROL LIVE! – Sep. 15-16, Stormont Vail Event Center. TicketOffice@StormontVailEventsCenter.com

JAZZ AND FOOD TRUCKS - September 26. Foodies and Jazz aficionados rejoice! Topeka's Downtown Jazz & Food Truck Festival is Saturday, September 19. Both local and national musical talent will take the stage at the Every Plaza and a wide variety of food trucks and vendors will be along the avenue ready to serve concert goers. Enjoy the musical stylings of the Relatively Brass Band and the Brian Bagget Trio.

24TH ANNUAL CELEBRATION WALK - Sep 25, 6pm.

Free children's activities, live music and release butterflies in memory of loved ones. Luminaries will be placed on the grounds and can be purchased for \$10.00 in memory of anyone you would like to remember. For info: midlandcare-

connection.org or 785-232-2044

CASTING CROWNS – Oct. 23, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: castingcrowns.com

CHICAGO IN CONCERT – Nov. 8, 8pm, TPAC

ONGOING EVENTS:

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

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@tsclpl.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 or 785-727-9439



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Topeka Virtual Walk for Apraxia

Saturday, September 26th, 2020

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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@rhctoepka.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. 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. 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.

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.

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 CAREGIVER 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 Downtown. Guests are welcome

SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safeststreets.org

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbon-

dale City Park. Vendor-grown or vendor-produced. For vendor info, contact Mary at 836-7887.

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

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

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.

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

**YOUTH FOR CHRIST
ANNUAL GOLF CLASSIC**

**Tournament of
Champions
for Teens**

Postponed to July 31, 2020

**SUPPORT MINISTRY
TO AREA TEENS**

LAKE SHAWNEE GOLF COURSE
4 PERSON 18 HOLE SCRAMBLE
ENTRY FEE: \$500 PER TEAM OR
\$125 PER INDIVIDUAL
REGISTRATION BEGINS AT 11:30 A.M.
SHOTGUN START: 12:30 P.M.

**YOUTH FOR TOPEKA
CHRIST**
GIVE LIFE TO YOUR STORY

**SIGN UP AND SPONSORSHIP
INFORMATION ONLINE AT:
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For more information call
the YFC Office at
785-232-8296

TORTILLA JACK'S

1618 SW Washburn Ave.
Topeka, Kansas
785-232-4091

Hours of Operation
Monday - Saturday 11am - 10pm
Sundays 11am - 6pm

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

HISTORIC LECOMPTON TERRITORIAL CAPITAL OF KANSAS 1855-1861

CIVIL WAR HISTORY



- National Landmarks
- Constitution Hall
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9 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

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10 miles East of Topeka on U.S. 40 & 24

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!

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

HERBTalk – 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. talkherb-swithus@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. wesquaredance.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. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Please complete

a volunteer application at hhhstopek.org.

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City. 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

**Send your Healthy Event
information to:**

info@TopekaHealthandWellness.com

**See complete updated calendar at
TopekaHealthandWellness.com**

Youth Project's "Tee Off for Youth" 22nd Annual Golf Tourney Sponsored by Reser's Fine Foods

Friday July 17

4 Person Scramble

7:30 AM Registration, Breakfast Burritos

8:00 AM Shotgun Start

Village Greens Golf Course - Ozawie, KS

**Two \$500.00 Guaranteed
Closest to the Pin Prizes!**

Sponsored by Reser's Fine Foods

Cash Prizes - 2 flights, 2 places

Men's Longest Drive, Closest to Pin

Women's Longest Drive, Closest to Pin

Lunch 11:30-1:30 • Awards at 1:30

Entry Fee Includes: Green Fees, Cart & Lunch

\$400 = Team

\$100 = Individual Golfer

\$425 = Team + Hole Sign

\$100 = Hole Sign

Call

273-4141

to register

or go to

topekayouthproject.org



Spiritual Wellness

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

If you suffer from anxiety, you need to know the most repeated advice in the Bible

Many people probably think the most common phrase in the Bible has something to do with “don’t” or “thou shalt not” or maybe “love one another.”

Actually the most repeated advice throughout the Old and the New Testaments is, “**Do not be afraid!**”

You might already be familiar with a few Scripture verses where this loving exhortation is made: When the angel Gabriel appeared to Mary, for example, announcing that she would be the Mother of Our Savior. Or when Joseph heard these words upon learning that he was to be the earthly father of Jesus: “Joseph, son of David, **do not be afraid** to take Mary as your wife, for the child conceived in her is from the Holy Spirit.” (Matthew 1:20)

As Jesus was about to be born in Bethlehem, another angel appeared to the three kings (the wise men) with the same encouraging words.

When Zechariah was told that his wife would conceive a child in her old age, “*he was terrified; and fear overwhelmed him.* / But the angel said to him, “**Do not be afraid**, Zechariah, for your prayer has been heard. Your wife Elizabeth will bear you a son, and you will name him John.” (Luke 1:12-13)

In fact, there are many, many times beyond these Christmas verses when the Bible encourages us to not be afraid.

At the Transfiguration of Jesus, the disciples fell to the ground and were **overcome by fear**. But Jesus came and touched them, saying, “Get



up and **do not be afraid.**” (Matthew 17:6-7)

All together some form of **Do not be afraid** is repeated 365 times throughout Scripture!

So many of our daily worries big and small revolve around some kind of fear of what will happen. Anxiety consumes much of our energy: Will he be okay on that trip? Will she have a car accident? Can I ever forgive my sibling? Am I doing what God wants of me in this situation? What will the medical testing tell us? Will his addiction get worse? Am I making the right decision? Will I really see my loved ones in heaven? Endless questions swirl in our heads, and to each God reminds us to turn to Him in prayer and trust.

In Revelation 2:10, we’re encouraged, “**Do not fear** what you are about to suffer. Beware, the devil is about to throw some of you into prison so that you may be tested, and for ten days you will have affliction. Be faithful until death, and I will give you the crown of life.”

In Deuteronomy 31:6 we’re encouraged to put

our trust in God, that He will not abandon us when we put Him first in our life: “Be strong and bold; **have no fear or dread** of them, because it is the LORD your God who goes with you; he will not fail you or forsake you.”

In Psalm 27:1, we’re reminded that no earthly disappointment can destroy us: “The LORD is my light and my salvation; **whom shall I fear?** The LORD is the stronghold of my life; **of whom shall I be afraid?**”

In Jeremiah 1:8, we read, “**Do not be afraid** of them, for I am with you to deliver you, says the LORD.”

In Matthew 10:28, we read, “**Do not fear** those who kill the body but cannot kill the soul; rather *fear him who can destroy both soul and body in hell.*”

Luke 12:7 tells us, “But even the hairs of your head are all counted. **Do not be afraid**; you are of more value than many sparrows.”

In John 6:20, we read that when the disciples saw Jesus walking toward them on the water, He said to them, “It is I; **do not be afraid.**”

St. John Paul II began his papacy with the crucial reminder, “**Be not afraid!**” This saint of our times constantly urged us to accept the peace Christ offers us, and to trust always in His love and mercy.

—Patty Knap | Aletheia.org

TOPEKA Health & Wellness MAGAZINE

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THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

NEW DATE: Now AUG. 29!**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
 • Entertainment Stage • Health Fair • Parade

SPONSORS:**SATURDAY, AUG. 29, 2020 • 10 AM - 3 PM**

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