

**TOPEKA**

**JUNE 2020**

# Health & Wellness

[www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com)

**MAGAZINE**

**NEED A LIFT?**  
The right mobility  
equipment can  
make your life  
easier and safer

**FREE  
TAKE ONE!**

**MENS  
HEALTH  
MONTH**

**Top Nine  
Tips for  
Improving  
Men's  
Health**



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information about  
front page photo*

**Treating Alzheimer's: Flickering Lights?**

**How Men & Women Prioritize Health Differently**

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**A Workout Designed for Real People**

**9 Ways to a Stress-Free Family Vacation**

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# Men's Health Month

**JUNE**



## Leading Causes of Death Among Men:

### AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

### AGES 35 - 44

### AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

### AGES 65+

## TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011



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**PUBLISHER:** Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

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## ON THE COVER:

Our cover this month features staff and products from Banner Mobility Resources, Inc. Pictured are (L-R) Rex Fox, Jacqueline Morrison and Eugene Stone beside a Dodge Caravan with Amerivan lowered floor conversion. This vehicle allows an individual to ride anywhere in the vehicle while remaining seated in their powerchair or manual wheelchair. They can even drive the vehicle while seated in their powerchair.



The three-wheel folding scooter is designed for travel and portability; it weighs only 47 lbs. and folds up like a suitcase and can be pulled like a suitcase on its own wheels.

Serving all of N.E. Kansas, Banner Mobility specializes in sales and service of a full range of mobility products for vehicles and home, including powerchair/scooter lift for almost any vehicle. They are also an authorized dealer of Lowered Floor Minivans. Their trained and experience staff can recommend the right mobility product for every needs. See more information on page 4.

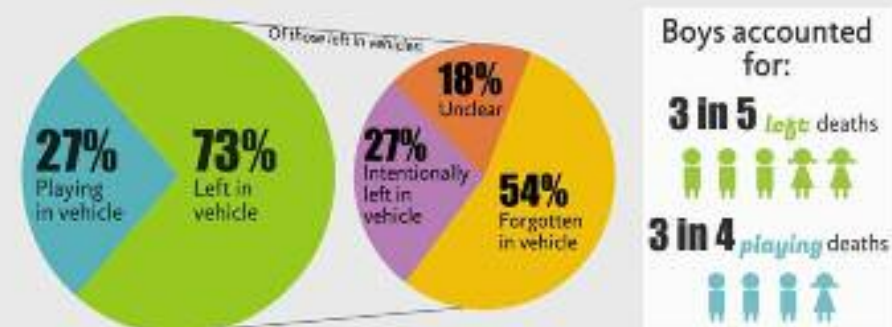
Thanks to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at info@TopekaHealthandWellness.com.

## Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS <sup>NHTSA (2012)</sup>

- 10** the minutes it takes for a car to reach deadly temperatures on an 80 degree day
- 38** the average number of children who die from vehicular heatstroke in the US each year
- 57** the lowest known outside temperature at which heatstroke can occur

BY CIRCUMSTANCE <sup>Guard (2008)</sup>



BY AGE <sup>Guard (2005)</sup>



TIPS <sup>NHTSA (2012)</sup>

**Never** leave children in a vehicle unattended, even with the windows cracked, even "for a minute"

**Always** check the backseat when exiting the vehicle (put your phone or your purse in the backseat to create a reminder system)

**Always** keep vehicle doors and trunks locked and keys out of reach

**Make** an agreement with your childcare provider to always call you when your child is absent

**Call 911** if you see a child alone in a vehicle

For detailed sources and resources: [ChildrensSafetyNetwork.org/publications/heatstrokeinfographic](http://ChildrensSafetyNetwork.org/publications/heatstrokeinfographic)  
 For NHTSA's Look Before You Lock Campaign: [safercar.gov/parents/heat-involved.htm](http://safercar.gov/parents/heat-involved.htm)



Children's Safety Network

[www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org)

July 2013



**Banner Mobility is an “essential service” and remains open during the difficulty presented by the COVID-19 outbreak.**

**To protect the public, we can provide our services with minimal personal contact. Product information, equipment purchases and appointments can be handled using technology like email, faxing or by phone.**

**Sanitizing wipes are used on items like keys, and keys can be placed in our drop-off box to eliminate person-to-person contact, if desired. Banner Mobility wants to make sure all of your mobility needs are completely satisfied, and while staying as healthy and safe as possible.**

# Need a Lift?

**Banner Mobility Resources, Inc., is your local mobility services provider since 2001.**

Banner Mobility is a full-service mobility equipment dealership specializing in sales, installation & repair of a wide range of products for vehicle and home.



- Powerchair lifts for vans, SUVs, pickups
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- Bus lift installation & repair
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Call or come in and visit with our knowledgeable sales staff about your mobility needs, so that we can help you find the equipment you need.

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# A Workout Designed for Real People Wanting Real Results

**“B**oot Camp” style fitness classes are increasingly popular, but not all boot camps are created equal. When comparing fitness classes, the most important thing to look for is a track record of real people getting real results.

At Fit Body Boot Camp, our fitness classes are not “classes” in the traditional sense, but results-driven, high-energy sessions focused on weight loss and body toning.

## AFTERBURN: TWICE THE WORKOUT IN HALF THE TIME

Our signature Afterburn workouts combine High Intensity Interval Training (HIIT) with Active Rest Training to produce 30-minute workouts that burn twice the calories in half the time and keep the metabolism running at a higher rate for up to 36 hours post workout.

Compare our 30-minute sessions to other fitness classes, which typically last 45 minutes to an hour. With our Afterburn workouts, you don’t need to choose between results and convenience -- you can have both!

Research shows that shorter, more intense fitness classes (HIIT) and workouts that activate one set of muscles while others rest (Active Rest) lead to faster and more sustainable weight loss. It turns out, what’s best for your schedule is also best for your health.

Best of all, our 30-minute sessions are scheduled throughout the morning and evening to fit your schedule!

## HOW THE AFTERBURN WORKOUT BURNS TWICE THE FAT IN HALF THE TIME

Our signature Afterburn workout formula combines High Intensity Interval Training (HIIT) and Active Rest Training, two research-backed training methods for the most effective and sustainable weight loss we’ve ever encountered.

**High Intensity Interval Training (HIIT)** uses short bursts of activity to spike the metabolism and keep it running at an accelerated rate for up to 36 hours after the workout. That means the body burns extra calories even during sleep!



This keeps every boot camp workout dynamic and engaging the whole way through. Those short 30 minutes will fly by even faster than you think because your mind and body are constantly stimulated by something new.

HIIT is ideal for weight loss because it focuses on charging up the metabolism and increasing lean muscle. Since lean muscle burns 250% of the calories as stored fat, that added muscle helps the body transform into a fat-torching furnace!

**Active Rest Training** fills in the gaps between exercises with exercises targeting different muscles. This keeps the heart rate high while still giving the muscles time to rest and recover.

Studies show that Active Rest Training during workouts results in faster post-workout recovery. It also enables you to leap into your day full of energy and come back to boot camp the next day ready to go!

Most importantly, Active Rest Training burns more calories in the same amount of time. This is because Active Rest keeps challenging the body and keeps the

heart rate high throughout the whole boot camp workout.

## WE WELCOME ALL FITNESS LEVELS AGES 13 AND UP

It’s a common myth that personal training is only for people who already meet a certain level of fitness. In fact, our friendly fitness coaches at Fit Body Boot Camp are ready to welcome people at ANY fitness level.

We know from experience that anyone can achieve the fitness transformation they hope for with the right personal training. Many of our clients are shocked to see how strong they really are after just a few sessions!

The greatest advantage of personal training is that it comes with direct motivation and feedback from a knowledgeable, caring coach. That’s why, at Fit Body Boot Camp, we are so proud to make personal training results available to more people.

We invite you to give Topeka Fit Body Boot Camp a try. We are in the Barrington Village at 5626 SW 29th Street. Right now, we are running a 5-week personal challenge. If in 5 weeks you can lose 18 pounds of fat we will give you a full refund! Sign up online at [FitAFin5.com](http://FitAFin5.com) We are here to help you reach your goals today!

Text or call Nathan & Miranda at 785-246-6407 for more information

# FIT BODY BOOT CAMP

**TOPEKA FIT BODY BOOT CAMP**  
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# Hobbies That Seniors Pick Up Late in Life

**A**s we age, many of us find that some of the hobbies we have enjoyed throughout our life are no longer possible. Whether it's because of limited mobility, changing circumstances, or changing preferences, it's important to find replacement hobbies and stay active. Today, the expert senior care team at Phoenix Home Care would like to share a few healthy activities and hobbies we recommend to our patients.

## The Best Hobbies Seniors Can Pick Up Today

**1 – Gardening.** It's time to get out and begin planting. Gardening is a fantastic way to add a bit of activity into your daily life. Not only is it a proven way to relieve stress, but it also has an excellent payoff. There is nothing quite as satisfying as eating a fresh tomato you cultivated with your own hands.

**2 – Painting.** Speaking of stress relief, painting creates a feeling of serenity that is unmatched. Not only is this an excellent creative outlet, it's an opportunity for self-expression and meditation. You'll find that your work quickly improves with each session, and soon you'll have art you'll be proud to hang up above your fireplace.

**3 – Dancing.** You would be surprised how many senior-focused dance classes are available in your area. Dancing is both great for your social life as well as your physical well-being. Studies have shown that seniors who engage in regular dance have better joint health and balance — two areas many aging individuals struggle with.

**4 – Cooking.** Time to break out the knives and sharpen your culinary skills. Cooking a meal gives a great sense of achievement and provides the perfect opportunity to gather with the ones you love. Bring your family together with a weekly Sunday lunch, or prepare healthy meal plans for the week. Not only is cooking a fun activity, but it also saves you money.

**5 – Traveling.** What better way to spend your days than to see the parts of the world you always imagined. Not only does this allow you to get out and get



active, but it can also be an excellent opportunity to be social. Risk of loneliness is higher as we get older. With the hundreds of coach bus tours, group vacations, and cruise vacations available, there is always somewhere to travel with a group of like-minded seniors.

## Contact Phoenix Home Care Today

If you need a little help around the house, or just someone to provide some social interaction, Phoenix Home Care has experienced aides and home care specialists who are just a phone call away.

Our team is highly-trained and ready to give you the assistance you need to start a new hobby at home. We are all about new beginnings, and we are available to help you achieve comfort and joy at home. Call our office in Topeka at 785-670-8407 to learn more. We look forward to hearing from you!

Nicholas Carroll, Regional Manager  
Post-Acute Patient Consultant  
Phoenix Home Care & Hospice



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# Men and Women Prioritize Health Differently

By Kristin Stock, CESP  
Valeo Behavioral Health Care

**T**he old adage, “If it ain’t broke, don’t fix it” (Lance, 1977), is how men generally view their health. Ask a man if he regularly services his vehicle and he will probably tell you yes, but if you ask when his last annual check-up was, he likely has no idea. In fact, men will usually wait until a condition becomes serious before seeking medical care (Hoffman, 2008).



Kristin Stock, CESP

Therefore, men unlike women, rarely schedule annual check-ups. Traditionally, little boys are taught to “shake it off” and discouraged from crying when they are hurt. Is it any coincidence men will ignore pain and illness thinking they can tough it out?

My father is a prime example of this behavior; recently he was experiencing stomach upset, and at first, thought something he ate did not agree. After a few more days he thought maybe he had the stomach flu. Finally, after a full week of increasing discomfort, he was convinced to go to the doctor. It was severe pancreatitis and could have been fatal if he had chosen to continue to ignore it. This was only

discovered after four days in the hospital trying to get the inflammation down so they could diagnose the problem.

He had experienced the upset stomach many times before but did not give it much thought until it wouldn’t go away. If my father had gone in early, they most likely would have found that he needed his gall bladder removed, and it would have saved him money, time and so much physical pain.

The idea of being seen as weak or vulnerable is typically what discourages men from seeking medical care for both physical and mental issues. According to the CDC, women are 33 percent more likely to visit a doctor and are 100 percent better at preventative care and screening (Integris, 2019).

Truth is, men and women share similar risks of dying from heart disease or stroke, but since men are less likely to get regular check-ups they tend to die about five years earlier (Hoffman, 2008).

At the risk of generalizing all men as fearful of their feelings, there are other concerns that keep men from going to the doctor. Costs are one, however regular annual check-ups could prevent a more costly hospital bill down the road. Finding the time to take off work to go to the doctor might seem like an inconvenience, but a 30-minute doctor visit could pre-

vent an emergency room visit and a four-day hospital stay.

In short, regular check-ups are a good way to control how time and money is spent when it comes to healthcare, and increases the likelihood of a longer life.

## References:

Hoffman, M. (2008). 6 Top health threats to men, WebMD. Retrieved from: <https://www.webmd.com/men/features/6-top-health-threats-men?print=true>

Integris, (2019, June 12). Why Don’t Men See Doctors? Retrieved from: <https://www.integrisok.com/resources/on-you-health/2019/june/why-don't-men-see-doctors>

Lance, B. (1977). If it ain’t broke don’t fix it, Wikipedia Retrieved from: <https://en.m.wikipedia.org>

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## 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)

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Topeka.Heals@gmail.com  
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# Farmers Markets a healthy tradition

**F**armers Markets have been a source of healthy food for centuries, but they can also be safe in the current environment, as well as being a source of fun and exercise.

Topeka's Downtown Farmers Market has taken necessary precautions with respecting the COVID-19 six foot rule.



The Downtown Topeka Farmers Market is open 7:30am to noon on Saturdays. For info: 785-249-4704 or [topekafarmersmarket@gmail.com](mailto:topekafarmersmarket@gmail.com).

"We are really, really practicing social distancing, hand sanitizers at each vendor booth," Mary Tyler, Manager of Topeka Farmers Market explained. "There's no table cloths, anything and everything we can do to keep sanitation and keep things clean."



Of course, Farmers Markets also provide an opportunity for access to fresh fruits and vegetables. Visitors may also find whole wheat baked goods, local honey and much more.

Visit the Farmers Market instead of the grocery store and your health will be the better for it.

## Find a Farmers Market in Shawnee County, KS



View each market on the map at [heartlandhealthynneighborhoods.org](http://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](http://heartlandhealthynneighborhoods.org) or like us on Facebook.



Markets updated 3/18/2019  
Suggestions to Lissa Staley, [estaley@tscpl.org](mailto:estaley@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.  
Opens in June

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



**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.  
Opens in June

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

**East Topeka Farmers Market**  
Topeka Housing Authority  
2010 SE California, Topeka, KS 66607  
Opens in June



**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.







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# FINANCIAL HEALTH & WELLNESS

## Use IRS Non-Filers tool to get Economic Impact Payment

**T**he Internal Revenue Service today reminds low-income Americans to use the free, online tool Non-Filers: Enter Payment Info to quickly and easily register to receive their Economic Impact Payment.

"The IRS is working hard to find new ways for people who don't have a filing requirement to receive their Economic Impact Payment," said IRS Commissioner Chuck Rettig. "The Non-Filers tool is an easy way people can register for these payments. I appreciate the work of the Free File Alliance to quickly develop a Spanish-language version of this tool to reach additional people. This is part of a wider effort to reach underserved communities."

The Non-Filers tool is designed for people with incomes typically below \$24,400 for married couples or less than \$12,200 for single people. This includes couples and individuals who are homeless. People can qualify, even if they do not work. Anyone claimed as a dependent by another taxpayer is not eligible.

Usually, married couples qualify to receive a \$2,400 payment while others normally qualify to get \$1,200. People with dependents under 17 can get up to an additional \$500 for each child.

### How do I use the Non-Filers: Enter Payment Info tool?

For those who don't normally file a tax return, the process is simple and only takes a few minutes. First, visit IRS.gov, and look for "Non-Filers: Enter Payment Info Here." Then provide basic information including Social Security num-

ber, name, address, and dependents.

The IRS will use this information to confirm eligibility, calculate and send an Economic Impact Payment. No tax will be due as a result of receiving the payment. Entering bank or financial account information will allow the IRS to quickly deposit the payment directly in a savings or checking account. Otherwise, the payment will be mailed, which will take longer to receive than by direct deposit.

Non-Filers: Enter Payment Info is secure, and the information entered will be safe. The tool is based on Free File Fillable Forms, part of the Free File Alliance's offerings of free products on IRS.gov.

### Who should NOT use the tool?

Anyone who already filed either a 2018 or 2019 return does not qualify to use this tool. Similarly, anyone who needs to file either a 2018 or 2019 return should not use this tool, but instead they should file their tax returns. This includes anyone who files a return to claim various tax



benefits, such as the Earned Income Tax Credit for low- and moderate-income workers and working families.

—Peggy Beasterfeld, EA



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**Topeka, Kansas 66605**

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**Frontdesk@peggystaxks.com**



# Treating Alzheimer's: Flickering Lights?



(Ivanhoe Newswire) —

**B**y the year 2050, more than 14 million Americans are expected to have Alzheimer's. Now researchers say a treatment involving lights and sound is showing great promise to treat Alzheimer's.

Seventy-seven-year-old Virginia Sams loves traveling and is rarely at a loss for words.

"I love having conversations with people," Sams told Ivanhoe.

But three years ago—"I would forget so many words in one sentence that I could not have a conversation," detailed Sams.

She went to the doctor and did some tests.

"And discovered that I had a real problem with this part of my brain that's for words," said Sams.

It was early stage dementia. Now researchers are looking to see if they can rewire the brains of Alzheimer's patients with flickering lights and sound. Previous studies have shown the treatment to be effective in mice.

"Based on mouse studies, we do see things like we can reduce plaques in animals," said Annabelle Singer, PhD, an assistant professor of biomedical engineering at Georgia Tech.

Toxic plaques that are the cornerstone of Alzheimer's



disease. Researchers at Emory and Georgia Tech are looking to see if the effects can be mimicked in human trials with the flicker device.

"They have to sit with this flashing light and repetitive sound stimulation for an hour each day for either four weeks or eight weeks," detailed James Lah, MD, PhD, an associate professor of neurology at Emory University.

At 40 hertz the brain releases a surge of signaling chemicals that may help fight Alzheimer's. Sams is taking part in the four to eight-week trial for the flicker device and said that the idea of this is encouraging.

"Maybe that would help, so why not try that," said Sams.

The researchers say this stimulation may also be useful for other neurological conditions, such as Parkinson's or schizophrenia. They also advise against people improvising light therapies on their own or buying from companies claiming to have the same frequencies, because getting frequencies wrong could possibly do damage.

## NEW ALZHEIMER'S PREVENTION

A new study from Tokyo Medical and Dental University in Japan found that neurons died earlier than experts previously thought in Alzheimer's disease. Stopping this process could prevent Alzheimer's from ever developing.

Scientists are measuring neuronal death, which is a key process underlying the symptoms of dementia, in mouse models, as well as in people with mild cognitive impairment (MCI) and those with Alzheimer's disease. They measured the levels of the HMGB1 protein in the fluid surrounding the spinal cord of 26 people with MCI and 73 people with Alzheimer's disease.

They were surprised to find that neurons died much earlier than they expected. In fact, the participants with MCI had more neuronal death than those with Alzheimer's disease.

"Neuronal death is obviously very important in the development of Alzheimer's but is notoriously difficult to detect in real time because dying cells cannot be stained using chemical or immunohistological methods," says lead author of the study Hikari Tanaka.



# 9 Ways to Ensure a Stress-Free Family Vacation

**M**any families are gearing up for their annual vacations, whether its jetting overseas or road-tripping. But family trips don't always play out exactly as envisioned, especially when the whole family is in close quarters—constantly, 24/7, for a week. Gulp.

If you're afraid of taking getaways with your gaggle of kiddos and partner, you're not alone. But there are major benefits to traveling with those you love most. Not only will you bond through mutual shared experiences in new, unfamiliar places, but getting out of your typical routine fosters deeper, more meaningful conversations and helps everyone to reap a little (much-needed) R&R.

Here are tips for a less stressful travel experience.

## 1. Decide on a Mutual Trip Goal

Whether it's relaxing on the beach, exploring a new destination, or learning a new skill, the purpose of a vacation can take many different forms. Agreeing on a mutual trip goal (for example, "try one new food every day of the trip") before leaving will ensure everybody's on the same page, according to travel expert Wendy Perrin. Having aspirations for adventures will have everyone working in together, and will cut back on the arguments you have.

## 2. Allow for Everybody's Temperaments

Think beforehand about what it is that throws individuals in your crew off. You know your family, so you know which triggers will inevitably cause crankiness or discomfort. Do what you can to prevent it from the start, as much as possible, Perrin recommends. For instance, if you're taking a long, grueling flight, don't jump right into an activity—allow for some adjustment time upon arrival. Do your kids get hangry—especially after spending a few hours in a museum? Make sure to pack snacks and plan meals ahead so the group never gets too hungry. Planning the trip with everybody's dispositions and skill sets in mind can prevent bad behavior and grumpiness from both the kids and adults.

## 3. Always Carve Out Meaningful Time With Your Spouse

Indulging in one-on-one time with your partner or spouse while away can help the trip feel more therapeutic. Choosing a family-friendly resort or a cruise with a kids club is one way to work in couple's time, and tiring the kids out during the day can mean alone time—or even a date night—later in the evening, Perrin advises. If you're comfortable leaving the kids on their own in a hotel room, find a night to rent them a movie and order in room service, then sneak out for a bite just the two of you. (It'll feel like a treat for the kids too! #freedom).



## 4. Limit Screen Time

Deciding as a family to limit screen time on vacation will ensure everyone is present and engaged during the trip. And Perrin means everyone in the family: so mom and dad, it's time to let go of that mighty attachment to your iPhone. Adults should tell their Facebook friends they'll share photos when they return, and kids' electronics should be limited to long flights or car rides. If the kids are antsy during down time on vacation, encourage them to write or draw in a travel journal.

## 5. Don't Sweat the Small Stuff

There will pretty much always be hiccups you can't plan ahead for, but acting out and dramatizing it will only add to disappointment. "You want to be the kind of person who can turn lemons into lemonade, but we all get handed lemons when we travel. Figure out how to make the best of it, and turn it into something good," Perrin explains. Not only will this help you have a less stressful time, it'll show your kids a great example of how to handle disappointments, snafus, and changes of plan—something they'll carry with them for life.

## 6. Come Up With Safety Game Plans Before You Leave

Many parents worry about safety when bringing their most precious cargo with them on a trip overseas, or even stateside. The key to easing your worry and helping to make your vacation feel more secure is active communications—before you take off. As travel blogger Lisa Niver explains, arm your kids with information on how to find help if they need it and the details of where they're staying. "If you are traveling in a country where you do not speak the language, take a card from the hotel before you leave that has the address and phone number in the local language," she suggests. You can think of it the same way you teach your children their home address, phone number, and parents' names. Niver also suggests coming up with a

meeting place for crowded areas so you never lose one another: this could be a coffee shop in a main square, a police station, and so on.

## 7. Maintain Family Traditions Away From Home

Some people are born to live their life on the fly, galavanting from one place to another on a whim. Others prefer the comfort and security of home and enjoy the familiarity of a routine. If you're more on the second team, you can still experience the magic of traveling within your comfort zone by bringing some "home" with you. Niver says that packing a favorite stuffed animal, journal, book, tea bags, coffee, and other essentials you may not be able to find abroad can ease nerves. Another tactic is to maintain your rituals, whether that's reading a book with your kids before bed or having family breakfast at a table. Staying at an apartment-style hotel or Airbnb makes it easier to replicate that homey feeling with fully equipped kitchens and home-like amenities. You'll have more room to spread out, while still being able to take advantage of hotel staff and amenities.

## 8. Consider a Travel Agent

Before you start thinking of your grandparents who used travel agents "back in their day," remember this profession is experiencing a reemergence. Much like you would hire someone to repair your car or file your taxes, agents are experts in wanderlust and have relationships that lead to a better vacation. This could be saving money on tickets to events, helping you get upgraded on a flight or hotel, and being your go-to person if any hiccups happen. As travel agent Janice Strand explains, her job is to share her expertise so you don't have to worry. "Finding a great agent is like finding that hairdresser you would follow anywhere," she says. "With unexpected world events from airplane groundings, hurricanes in addition to strikes and weather, your travel agent is your connection to rebook or make changes quickly when things don't go as planned."

## 9. Share Responsibilities

Life coach and frequent flier Elizabeth Pearson reminds couples that happy duos make for happy families. And if one person feels as if they are tasked with planning every last detail while their partner catches up on Netflix, an argument is bound to happen. Instead, she suggests splitting up vacation duties. "Maybe one of you oversees packing snacks, electronics, and books to ensure a road trip or flights with plenty of distractions. The other may be in charge of parking the car, checking bags, and ushering kids to the washroom," she says. "The odds of a fight with your partner will drastically decline if you both have set expectations for one another before you leave the house."

—By Lindsay Tigar | [realsimple.com](https://realsimple.com)





***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)



## 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.



# COVID-19: GUIDANCE FOR CLEANING AND DISINFECTING

By Darcy Childs  
Topeka Health & Wellness Magazine

**W**hether you own a business, run a school, or want to ensure the cleanliness and safety of your home, this guidance is for you. Going back to work requires all of us to move forward together by practicing social distancing and other daily habits to reduce our risk of exposure to the virus that causes COVID-19. This plan focuses on cleaning and disinfecting public spaces, workplaces, businesses, schools, and can also be applied to your home.

Cleaning and disinfecting public spaces including your workplace, school, home, and business will require you to:

- 1) Develop your plan
- 2) Implement your plan
- 3) Maintain and revise your plan

We have all been called upon to slow the spread of the virus through social distancing and prevention hygiene, such as frequently washing your hands and wearing face coverings. Everyone also has a role in making sure our communities are as safe as possible to reopen and remain open.

## DEVELOP YOUR PLAN

Evaluate your workplace, school, home, or business to determine what kinds of surfaces and materials make up that area. Most surfaces and objects will just need normal routine cleaning. Frequently touched surfaces and objects will need to be cleaned and then disinfected to further reduce the risk of germs.

- First, clean the surface or object with soap and water.
- Then, disinfect using an EPA-approved disinfectant.

If an EPA-approved disinfectant is unavailable, you can use 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions to disinfect. Do not mix bleach or other cleaning and disinfection products together. Find additional information at CDC's website on Cleaning and Disinfecting Your Facility.

You should also consider what items can be moved or removed completely to reduce frequent handling or contact from multiple people. Soft and porous materials, such as area rugs and seating, may be removed or stored to reduce the challenges with cleaning and disinfecting them.

It is critical that your plan includes how to maintain a cleaning and disinfecting strategy after reopening. Develop a flexible plan with your staff or family, adjusting the plan as governmental guidance is updated and if your specific circumstances change.



## Determine what needs to be cleaned

Some surfaces only need to be cleaned with soap and water. For example, surfaces and objects that are not frequently touched should be cleaned and do not require additional disinfection. Additionally, disinfectants should typically not be applied on items used by children, especially any items that children might put in their mouths. Many disinfectants are toxic when swallowed. In a household setting, cleaning toys and other items used by children with soap and water is usually sufficient.

These questions will help you decide which surfaces and objects will need normal routine cleaning.

## Determine what needs to be disinfected

These questions will help you choose appropriate disinfectants.

Are you cleaning or disinfecting a hard and non-porous material or item like glass, metal, or plastic?

Consult EPA's list of approved products for use against COVID-19. This list will help you determine the most appropriate disinfectant for the surface or object. You can use diluted household bleach solutions if appropriate for the surface.

Examples of frequently touched surfaces and objects that will need routine disinfection following reopening are: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks, gas pump handles, touch screens, and ATM machines.

Each business or facility will have different surfaces and objects that are frequently touched by multiple people.

Are you cleaning or disinfecting a soft and porous material or items like carpet, rugs, or seating in areas?

Soft and porous materials are generally not as easy to disinfect as hard and non-porous surfaces. The EPA has a list of a limited number of products approved for disinfection for use on soft and porous materials. Soft and porous materials that are not frequently touched should only be cleaned or laundered, following the directions on the item's label, using the warmest appropriate water setting.

## IMPLEMENT YOUR PLAN

Once you have a plan, it's time to take action. Put on your gloves and other required personal protective equipment (PPE) to begin the process of cleaning and disinfecting.

Clean visibly dirty surfaces and objects using soap and water prior to disinfection. Always wear gloves appropriate for the chemicals being used for routine cleaning and disinfecting. When you finish cleaning, remember to wash hands thoroughly with soap and water.

Clean or launder soft and porous materials like seating in an office or coffee shop, area rugs, and carpets. Launder items according to the manufacturer's instructions, using the warmest temperature setting possible and dry items completely.

Follow the instructions on the label to ensure safe and effective use of the product.

## MAINTAIN AND REVISE YOUR PLAN

Continue to update your plan based on updated guidance and your current circumstances.

Routine cleaning and disinfecting are an important part of reducing the risk of exposure to COVID-19. Normal routine cleaning with soap and water alone can reduce risk of exposure and is a necessary step BEFORE you disinfect dirty surfaces.

Surfaces frequently touched by multiple people should be cleaned and disinfected at least daily. More frequent cleaning and disinfection may be required based on level of use. For example, certain surfaces and objects in public spaces, such as shopping carts and point of sale keypads, should be cleaned and disinfected before each use.

## Consider practices that reduce the potential for exposure

It is also essential to change the ways we use public spaces to work, live, and play. We should continue thinking about our safety and the safety of others.

To reduce your exposure to or the risk of spreading COVID-19 after reopening your business or facility, consider whether you need to touch certain surfaces or materials. Consider wiping public surfaces before and after you touch them.

Another way to reduce the risk of exposure is to make long-term changes to practices and procedures. These could include reducing the use of porous materials used for seating, leaving some doors open to reduce touching by multiple people, opening windows to improve ventilation, or removing objects in your common areas, like coffee creamer containers.



# Top Nine Tips for Improving Men's Health

**L**et's face it, men are often hesitant to talk about their health concerns or visit the doctor.

*That needs to change.* According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

**Move.** Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

**Say no to tobacco.** Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

**Control stress.** Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress.



They create more problems than they solve.

**Eat better.** Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork. Ditch the soda.

**Drink water.** Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

**Get plenty of sleep.** Sleep hygiene is crucial to your health. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. You should aim for seven or eight

hours of sleep per night.

**Prevention first.** Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

**Nurture positive relationships.** Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

**Use mindfulness.** Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other “centering” activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

– Air Force Reserve Lt. Col. Christopher W. Bunt, M.D.





# 9 FITNESS TIPS FOR MEN



## #1 WORKOUT WITH A FRIEND

We all know how difficult it can be to stick to a regular workout routine, but if you have a friend that is counting on you to be there, you won't want to let them down and cancel.

Also working out with a friend is fun and you'll motivate each other to keep going. If you have a friend that is more fit than you are, you'll also challenge yourself to keep up with them.

## #2 SET GOALS FOR YOURSELF



Before you start, have a clear goal in mind of what you want to accomplish. Do you want to build muscle or lose weight or maybe both. Whatever the goal is, write it down. They should be specific, attainable and measurable.

Don't set goals that are unrealistic, because you'll just get disappointed if you don't reach them.

## #3 START OFF SLOW

If you're new to working out, start out slow and then progress.

Pushing too hard, too soon could result in you injuring yourself and winding up on the couch and unable to exercise.



## #4 SCHEDULE YOUR WORKOUTS

Just like you schedule business meetings and time with your family, it's important to schedule your workouts. You wouldn't cancel an important business meeting so make your workouts equally as important. Put it on the calendar and stick to it.

## #5 GET THE PROPER EQUIPMENT

Whatever workout you choose to do, you're going to need some sort of equipment. It could be a new pair of running shoes, and comfortable clothes or a set of weights. Don't waste your money on things you don't need, and only buy what actually applies to the workout you want to do.



## #6 STRETCH

Stretching is such an important component to your workout. It's always good to stretch before and after each workout, to prevent injury.

If you really want to get a good stretch and increase your flexibility, try taking a yoga class. Yoga is not just for girls, lots of guys practice yoga. It helps with strength and stamina, improves circulation, calms you down and it just makes you feel good.



## #7 HIRE A TRAINER

Don't think of this as a cost, think of this as an investment in your health and fitness. If you are serious about getting in shape, hiring a personal trainer is a great way to do it. Not only do you get their expertise, but you'll also have someone there to push and motivate you, and keep you accountable.

## #8 TAKE YOUR MEASUREMENTS



Take measurements before you start your exercise program, and then once a month while you're doing it. This way you can properly track if you're losing inches or gaining inches in the places you want. Write everything down and even take pictures so you also have a visual reference for your progress.

## #9 HAVE FUN

If you're not having fun with your exercise routine, you're not going to want to keep doing it, so choose activities that you enjoy. If you hate running but love to play basketball then do that as your cardio workout. You'll burn a ton of calories and have fun doing it. There are so many ways to get a good workout in without it feeling like a workout, you just have to be imaginative.





SOURCE: MEDICINENET.COM

# Foods to Boost Male Health



## oysters

Oysters can deliver a full day's supply of zinc, which may protect against causes of prostate cancer and increase sperm counts.



## bananas

Bananas are a great source of quick energy, potassium and vitamin B-6. Eating bananas can aid your immune system, nervous system, and assist with protein metabolism.



## fatty fish

Polyunsaturated fats can benefit the heart, circulation, and immune system and reduce the risk for prostate cancer.



## broccoli

Cruciferous vegetables like broccoli are helpful in the prevention of heart disease and cancer.



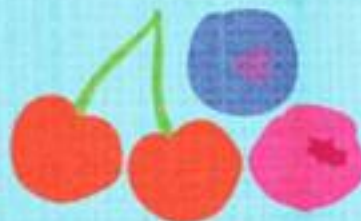
## Brazil nuts

These nuts are packed with antioxidants that may help prevent heart disease, cancer and protect prostate health.



## plant stanols

Stanols are naturally occurring substances in fruits and vegetables that have been shown to lower mildly elevated blood cholesterol levels.



## berries or cherries

Adding berries to your diet may help slow a decline in brain function that can occur with aging.

## whole grains

A diet rich in whole grains can help lower LDL or "bad" cholesterol, and are also good for prostate and muscle health.



## soybeans

Soy is rich in isoflavones, which protect prostate health and have been shown to lower the risk of prostate cancer.



## red-orange vegetables

Nutrients from red bell peppers, carrots, pumpkin, or sweet potatoes help preserve healthy skin cells and prevent oxidation from the sun.



# 5 TIPS TO HELP YOU START RUNNING AFTER 60

By Margaret Manning | Health And Fitness

**A**s we get a little older, we tend to lose our muscle strength, flexibility, and balance. This is a part of life. Fortunately, running after 60 is a terrific way to strengthen our bodies, while improving our cardiovascular health. Running offers other great health benefits like reduced risk of heart disease, cancer, diabetes, depression and dementia.

Here are a few insights and ideas to help you get started with running after 60:

## Getting Started with Running After 60

Before you begin your new running program, visit your doctor to make sure that your body is in proper condition. Get a full physical exam in order to have a complete picture of your current health. This is especially important if you have lived a sedentary lifestyle or are overweight or suffer from any chronic conditions; for example, osteoporosis may interfere with running.

Be honest about your health – you don't want to have old injuries flare up. Know your limitations – walking might be better and safer; you can always start slow and work your way up to running.

## Buy Good Shoes

It's very important to get properly fitted for running shoes. You might have imbalances in your feet and body that have developed over time. Visit a sportswear or running store near you to get help in picking out the right shoes; it's worth spending a bit more money for the right shoes and the right fit!

## Have a Plan and a Route

Set goals. Decide how far you are going to run and find the best route that is safe and good for your body (smooth ground, not too many hills, etc.). Always let someone know where you run. Carry a mobile phone and whistle if you're concerned about safety; there are also mobile apps that you can use as emergency alerts if needed – for example, here is one called "Emergency Alert" for Android devices:

[https://play.google.com/store/apps/details?id=com.xan-  
kle.mobile.sos&hl=en](https://play.google.com/store/apps/details?id=com.xan-kle.mobile.sos&hl=en)



## Try the Walk/Run Approach

You have to crawl before you can walk, and you have to walk before you can run – and it's no different for running after 50. This is one of the most effective ways for beginners to break into running.

Warm up with a brisk 5-minute walk, then run at a moderate pace for 2 to 3 minutes. Recover with a fast-paced walk for the next 2 to 3 minutes. Repeat the pattern for 25 to 35 minutes. Cool down with a 5-minute walk. Then slowly build up your endurance until you can run for your entire workout.

Big fitness goals can often be reached with just a small amount of time per day. Check out this article I wrote on how to accomplish anything in one minute per day. <https://sixtyandme.com/how-to-accomplish-anything-in-1-minute-a-day/>

## Get a Friend to Join You

Everything is easier with a friend. If you can make run-

ning into a social activity, you'll be more likely to reach your goals. Join a running group, or start your own – check out this inspiring article from "Real Simple" about a group of women who started their own running group.

For more ideas on how to get the most out of running after 50, check out the Running for Fitness site for older runners.

<http://www.runningforfitness.org/book/chapter-5-older-and-younger-runners/older-runners>

If you'd like to find a women's running group near you, check out this list of U.S. women's running groups! <http://anothermotherrunner.com/good-running-tunes/womens-running-clubs/>

If you are not ready for running, start with gentle yoga and get the strength you need to take the next step. [https://sixtyandme.com/gentle-yoga-for-seniors-videos/?utm\\_source=website&utm\\_medium=text\\_link&utm\\_campaign=yoga\\_owned](https://sixtyandme.com/gentle-yoga-for-seniors-videos/?utm_source=website&utm_medium=text_link&utm_campaign=yoga_owned)

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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.

**Fit Gurl:** The Total-Body Turnaround Program by Melissa Alcantara, Overdrive E-book

If you're ready to put in the time, commitment, and dedication, Fit Gurl will change your body and your life. This isn't just about your body. Fit Gurl is a path to self-discovery through fitness and a plan for going from one way of life to another with purpose and intention.



**Joy Bauer's Superfood!:** 150 Recipes for Eternal Youth by Joy Bauer, Overdrive E-book

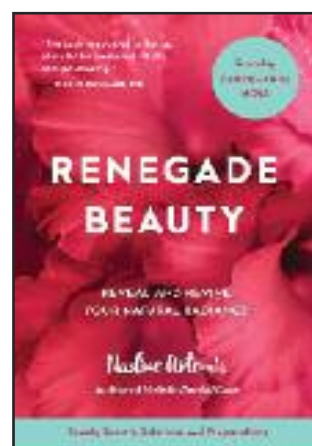
After reviewing countless studies and analyzing the eating habits of people around the world living the longest, healthiest lives, the author uses the most nutritious ingredients to whip up super creative, crave-worthy food. This book is the ultimate celebration of deliciousness and nutrient-rich recipes for eternal youth and vitality.



**Renegade Beauty:** Reveal and Revive Your Natural Radiance Beauty Secrets, Solutions, and Preparations by Nadine Artemis, Overdrive E-book

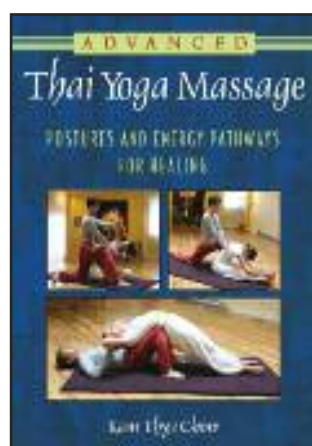
Are you ready to rethink conventional notions of beauty and wellness? In this essential guide,

Nadine Artemis introduces readers to the concept of "renegade" beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through.



**Advanced Thai Yoga Massage:** Postures and Energy Pathways for Healing by Kam Thye Chow, Overdrive E-book

Providing a way to expand one's Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for eight common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression.



**The Wellness Remodel:** A Guide to Rebooting How You Eat, Move, and Feed Your Soul by Christina Anstead with Cara Clark, Nutritionist, Overdrive E-book and Audiobook

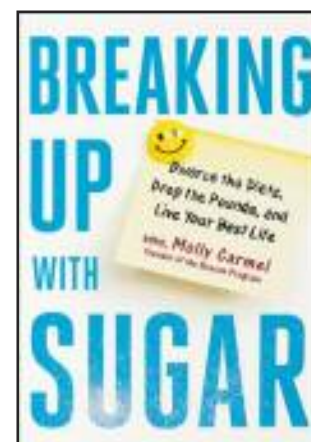
In The Wellness Remodel, author Christina Anstead, chronicles her health journey and shares what she's learned about the importance of creating balance and prioritizing physical and mental self-care. The book is divided into three parts that focus on food and nutri-



tion, exercise, and mindfulness.

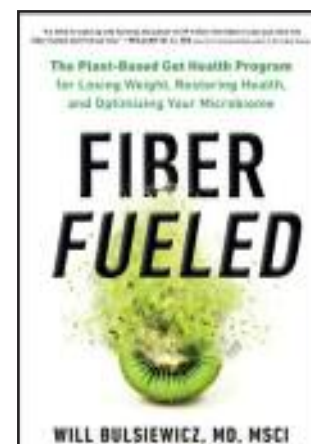
**Breaking Up With Sugar:** Divorce the Diets, Drop the Pounds, and Live Your Best Life by Molly Carmel, Overdrive E-book

The solution to your food and weight problems isn't willpower or the next fad diet - it's breaking up with Sugar. Molly Carmel, an eating disorder therapist shares her empowering 66-day blueprint for kicking Sugar to the curb - once and for all. Her sustainable roadmap will put you on the path to true freedom.



**Fiber Fueled:** The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome by Dr. Will Bulsiewicz, Coming Soon to Overdrive E-book

Studies clearly now show that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber. With a 28-day jumpstart program and essential advice on food sensitivities, Fiber Fueled offers the blueprint for lifelong health.



**Make America Healthy Again:** How Bad Behavior and Big Government Caused a Trillion-Dollar Crisis by Nicole Saphier, M.D., Overdrive E-book

If Americans want to know why their health care is so costly and getting costlier, they need only look in the mirror. In Make America Healthy Again, Nicole Saphier reveals how individual



negligence and big government incompetence have destroyed America's health care system. Combining historical events, economic trends, and essential lifestyle advice, she offers concrete solutions to address this epic problem.

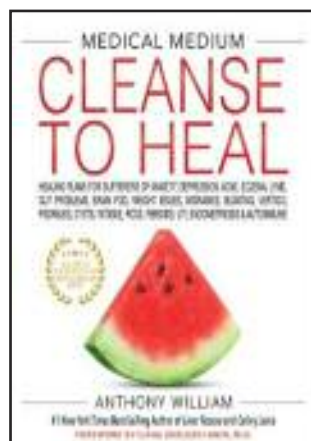


**Beyond Soap:** The Real Truth About What You Are Doing to Your Skin and How to Fix It for a Beautiful, Healthy Glow by Sandy Skotnicki and Christopher Shulgan, Overdrive E-book



In this surprising and remarkably practical book, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step-by-step guide to preserve the Microbiome, fight aging, and develop beautiful, problem-free skin.

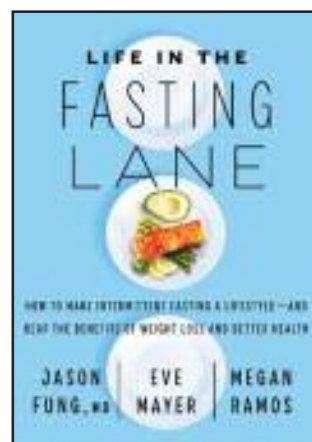
**Medical Medium Cleanse to Heal:** Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cysts, Fatigue, PCOS, Fibroids, UTI, Endometriosis, & Autoimmune by Anthony William, Overdrive E-book



Cleansing is a vital tool for fighting against toxins—as long as you go about it the right way. In the Medical Medium, the author has placed a vast wealth of insight and information into a one-stop resource for cleansing of all kinds, starting with his acclaimed nine-day 3:6:9 Cleanse and expanding into life-saving protocols.

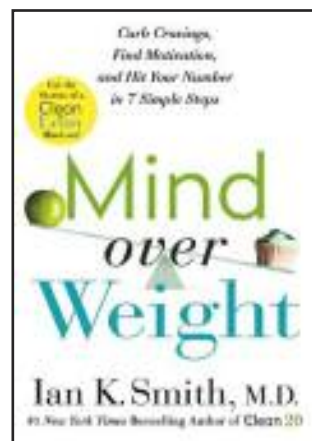
**Life in the Fasting Lane:** How to Make Intermittent Fasting a Lifestyle—and Reap the Benefits of Weight

Loss and Better Health by Jason Fung, M.D., Eve Mayer, and Megan Ramos, Overdrive E-book and Audiobook



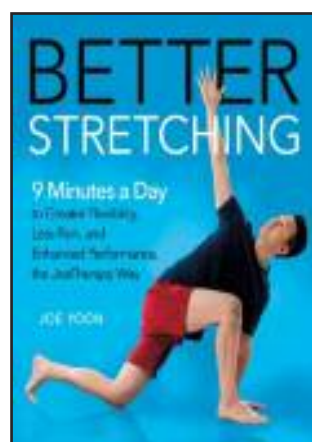
In recent years, intermittent fasting has become an increasingly popular diet strategy. But for many who are eager to try out fasting, the regimen can feel a bit intimidating. In Life in the Fasting Lane, the author takes the reader by the hand and walks them through the basics of a fasting lifestyle and dilemmas people commonly encounter.

**Mind over Weight:** Curb Cravings, Find Motivation, and Hit Your Number in 7 Simple Steps by Ian K. Smith, M.D., Overdrive E-book and Audiobook



While eating the right food and exercising is critical to weight loss success, Mind over Weight helps readers win the battle by getting everything in order above the neck. It will guide readers to find their motivation, stick to a plan, and set the right goals.

**Better Stretching:** 9 Minutes a Day to Greater Flexibility, Less Pain, and Enhanced Performance, the Joe Therapy Way by Joe Yoon, Overdrive E-book



In Better Stretching, Joe Yoon brings you the tips and techniques he gives world class athletes, and provides you with an entirely new way to think about stretching. You won't need 90 complicated minutes to get more agile—you'll just need 9!

**In the FLO:** Unlock Your Hormonal Advantage and Revolutionize Your Life by Alisa Vitti, Overdrive Audiobook



In the FLO presents a revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout.

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# Healthy Recipes for the Summertime

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

## Healthier Swedish Meatballs



A lighter, healthier version of a classic!

### Ingredients

- 1 tablespoon olive oil
- ½ sweet onion, grated
- 1 pound ground sirloin
- ½ pound ground pork
- ¾ cup seasoned panko bread crumbs
- 1 egg
- 1 tablespoon milk
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 dashes Worcestershire sauce, divided
- 4½ cups reduced-sodium beef broth, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon finely chopped fresh rosemary
- ¼ cup cornstarch
- ⅓ cup Greek yogurt
- 2 tablespoons chopped fresh parsley

### Directions

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

Heat olive oil in a pan over medium-high heat. Saute onion in the hot oil until transparent, 5 to 7 minutes. Remove from heat and let cool.

Combine ground sirloin, ground pork, bread crumbs, onion, egg, milk, garlic powder, salt, pepper, and 2 dashes Worcestershire sauce in a bowl. Form into 1-inch meatballs. Place onto a baking sheet.

Bake in the preheated oven until no longer pink in the centers, about 20 minutes.

Pour 4 cups beef broth, soy sauce, rosemary, and remaining Worcestershire sauce into a large skillet. Bring to a simmer.

Pour remaining beef broth into a measuring cup and

whisk in cornstarch. Pour mixture into the sauce and stir until thickened. Add meatballs to the sauce and stir in Greek yogurt. Top with parsley and serve.

**Nutrition Information** (Servings: 4)  
442 calories; 21.7 g total fat; 136 mg cholesterol; 1088 mg sodium. 25.3 g carbohydrates; 38.5 g protein.

Source: allrecipes.com

## Zucchini Taco Skillet



This healthy taco skillet uses zucchini and lean ground beef.

### Ingredients

- 1 teaspoon olive oil
- ¾ pound lean ground beef
- 1½ tablespoons reduced-sodium taco seasoning mix
- ¾ teaspoon kosher salt
- 1 (14.5 ounce) can no-salt-added fire-roasted tomatoes with juices
- 1 (14 ounce) can reduced-sodium black beans, rinsed and drained
- 1 cup fresh corn kernels
- ½ cup water
- 3 cups spiralized zucchini
- ⅓ cup shredded Cheddar cheese
- ¼ cup chopped green onion

### Directions

Heat oil in a large skillet over medium heat. Add beef; cook for 4 minutes, stirring to break up lumps. Increase heat to medium-high. Add taco seasoning and salt; cook, stirring often, until meat is browned, about 2 minutes more. Stir in tomatoes, beans, corn, and water; bring to a simmer, stirring occasionally. Simmer until slightly thickened, about 5 minutes.

Stir in zucchini. Reduce heat to medium-low and cook, covered, until zucchini is just tender, about 3 minutes. Divide among 4 bowls. Top servings with cheese and green onion.

### Cook's Note:

To make your own salt-free taco seasoning, combine 1/4

cup chili powder, 2 tablespoons ground cumin, 1 tablespoon cornstarch, 1 tablespoon garlic powder, 1 tablespoon kosher salt, 1 tablespoon paprika, and 2 teaspoons dried oregano, and 1/2 teaspoon cayenne pepper in an airtight container. Keeps for up to 3 months.

**Nutrition Information** (Servings: 4)  
331 calories; 17.2 g total fat; 69 mg cholesterol; 689 mg sodium. 21.5 g carbohydrates; 26.2 g protein.

Source: allrecipes.com

## No-Bake Healthy Brownies



Power-packed, nutritious, no-bake brownies.

### Ingredients

- 1 cup pitted dates
- ½ cup almonds
- ½ cup pecans
- 3 tablespoons cocoa powder
- 1 tablespoon chia seeds
- 1 pinch salt

### Icing:

- 2 tablespoons coconut oil
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon honey

### Directions

Place dates in a bowl and cover with hot water until fully submerged. Let dates soak until softened, about 10 minutes. Transfer to a colander to drain.

Line a baking pan with parchment paper.

Combine almonds, pecans, cocoa powder, and chia seeds in the bowl of a food processor; pulse until blended. Add dates and salt and process until smooth. Transfer to the prepared baking pan.

Mix together coconut oil, cocoa powder, and honey for the icing. Spread on top of brownies..

### Nutrition Information

 (Servings: 6)

180 calories; 12.2 g total fat; 0 mg cholesterol; 21 mg sodium. 19.1 g carbohydrates; 3.2 g protein.

Source: allrecipes.com



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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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# Healthy Event Calendar for Greater Topeka

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

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

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

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

**PARKS, TRAILS AND POOLS**— Shawnee County parks, playgrounds and trails are open now. Pools open June 8.

**LECOMPTON HISTORY ON-LINE** - 12:30 PM daily. Historic Lecompton is taking our history to you! Read daily posts on our Facebook page about the history of the Kansas Territory and the Territorial Capital of Lecompton. (785) 887-6148 [www.lecomptonkansas.com](http://www.lecomptonkansas.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

**HARVESTERS MOBILE FOOD PANTRY**, 1st & 3rd Saturdays, 2-3pm, Shawnee Heights UMC parking lot.

**TOPEKA ZOO**— The Zoo is now open! Summer Camps begin after June 15. Call for details 785-368-9180 [www.topekazoo.org](http://www.topekazoo.org)

**CAMP OUT SURVIVOR STYLE**— Jun 1-5, 12:30-3:30pm, Topeka Collegiate School, 2200 SW Eveningside Dr. Join us for a week of fun games. Sand volleyball, Frisbee, biking and more. Each day we will have a daily challenge to try and win. On Thursday night, we will spend the night in our school. Tents are optional. Are you brave enough to play flashlight tag? Camp will end on Friday morning at 9:00 am Instructors - Marilyn Kido, TCS Third Grade Teacher & Wyatt Croney, Summer Adventures Instructor. 785-228-0490

**WAM CAMP** (Worship, Arts, Music) — Jun. 1-5, 8:30am-noon, Susanna Wesley United Methodist Church, 7433 SW 29th St. K through sixth grade invited for the opportunity to participate in videography, drama, singing, bell ringing, art, games, snacks, and more! WAM Campers will develop and lead the worship service the following Sunday, June 7. \$30. For more info, call 785-478-3697, E-mail [jaymie@gmail.com](mailto:jaymie@gmail.com) or go to <https://www.swumc.org/wam-worship-arts-music-camp.html> to register.

**FIRST FRIDAY ARTWALK** - June 05, NOTO, Downtown and all over Topeka. 5-8pm.

**JESUS FEST** - Christ Over Covid-19 — Jun. 6, 6-9:30pm, Live Streaming GV Hot 97. Watch Facebook page for details.

**CAMP INVENTION** - Topeka Lutheran School June 8 - June 12, and Most Pure Heart of Mary July 6 - July 10, 2020. Regional program sponsors include ShurTech

Brands, LLC. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame.

**VACATION BIBLE SCHOOL** - June 8 – 12, 6-8pm: **BREAKOUT** - Escape from Ordinary to Extraordinary, Lakeview Church of the Nazarene, 2835 SE Croco Road. Sometimes our ordinary life can make us feel trapped. We can feel trapped by our worries, our doubts, our fears, and our sin. Sometimes we just wish we could break out and be free from these struggles. Through this escape room-themed VBS, kids will not only solve fun puzzles throughout the week, but will also learn that only God has the power to come in and break us out of the ordinary to lead us to the extraordinary. (785) 266-3247 [lakeviewtopeka.org](http://lakeviewtopeka.org) [lakenaz@aol.com](mailto:lakenaz@aol.com)

**DAY CAMP** - July 27 through July 31, Trinity Presbyterian Church 4749 SW 21st St. Crafts, Games, Music, Theatre, Archery, Outside Water Activities (weather permitting), Bible Reading, Prayer Time, Journaling. \$60/child for the week. Age: Completed Kindergarten through Entering 7th Grade. [www.TrinityPresbyterian.net](http://www.TrinityPresbyterian.net) 785 272 2620

**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.

**GOLF CLASSIC AND AUCTION** - The Washburn Athletics Golf Classic and Auction is rescheduled for June 25-26. The four-person Scramble on Friday, June 26, is nearly sold out. Spots still remain for the Thursday, June 25, Shamble

**TERRITORIAL CAPITAL MUSEUM RE-OPENING!** - June 17th, 10am, Territorial Capital Museum, 640 E Woodson, Lecompton. (785) 887-6148 [www.lecomptonkansas.com](http://www.lecomptonkansas.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.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.

**BROWNBAG CONCERT**— Jun. 17, 24, 11am-1pm, Downtown Topeka on Kansas Ave. Various artists perform live.

**SOUL 2 SOUL: JOSH VOWELL & WHITNEY FROST DUO**— June 17, 11am-1pm,

Brown bag concert series in Downtown Topeka

**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](http://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

## 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



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:**

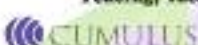
info@C5Alive.org or 785-640-6399

**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 &amp; Family Fun Fair



styles. In fact, it isn't unusual to spy multiple variations of classic muscle cars, souped-up rides, vintage roadsters and more!

**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 sure to make your way over to our lineup of great local and regional food trucks. Enjoy music from Filmore and Drew Six.

**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 be-

gins 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: midlandcareconnection.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 many cancellations 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@tsclp.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

**CELEBRATE RECOVERY** – Every Mon. 7-9pm at Topeka First Church, 500 SW 27th, Bldg 'B'. Healing our hurts, habits, and hangups. Learning to grow in a Christ-like maturity.

**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: cornerstonetoepka.com. 478-2929

**GRIEF SUPPORT GROUP** – First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotoepka.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;

**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 CHRIST**  
GIVE LIFE TO YOUR STORY

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



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@safestreets.org

**CARBONDALE FARMERS MARKET** - every Wed. 4-6pm in Carbondale 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 many cancellations 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 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!

**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.

**"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: Janet Mitchell 633-4294

**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 opportunities for caregivers to get together and share their ideas & feelings. 235-1367

## Send your Healthy Event information to:

[info@TopekaHealthandWellness.com](mailto:info@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](http://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...**

## The Sun is Our Friend

**G**enesis 1:16 tells us “God made two great lights – the greater light to govern the day and the lesser light to govern the night.”

The sun is a reflection of the eternal essence of God. We need the sun, and must learn to embrace it, not fear it.

God designed us to absorb light. The absorption of sunlight triggers a cascade of events in the body critical to our health, including the regulation of sleep hormones, liver detoxification and the well known production of vitamin D.

“Just as God made plants, animals and us; He also made the sun to be our life-force that governs our planet and brings life to His creations. After all, “God is Light.” -1 John 1:5

Vitamin D is a hot topic for good reason. The “sunshine vitamin” is known to reduce the risk of all major diseases, including cancer. Vitamin D is especially crucial for bone development. Without sunshine, children are at risk for developing rickets, a bone malformation disease.

So, why all the confusion? Is the sun friend or foe? Why have people lived in the sun for thousands of years without astronomical rates of skin cancer that we see today? Why are we using more sunscreen than ever and yet we still see increasing rates of skin cancer? God called His creation “good” and so it is imperative that we trust His Word and His design and look deeper at what is really going on.

### Two major factors to consider:

1. To absorb sunlight in a healthy way, we must have a healthy body.

When we eat man-made junk food, sugar, and

synthetics found in processed foods, your body becomes burdened with toxins. The body will eliminate these toxins in every way it can,

one of them being the largest organ of your body, the skin. Unhealthy skin is not able to properly absorb the sun and leads to sunburn. Lathering up with synthetic sunscreen can be dangerous, as most sunscreens are filled with toxic man-made chemicals and the sun will bake these chemicals into your skin.

If we eat God-created healthy foods, loaded with leafy greens, healthy fats and rich in anti-oxidants, you will absorb light, strengthen the immune system, cleanse your blood, heal your liver, strengthen your bones and absorb light the way God intended from the beginning!

2. We must honor the power of God’s design. The sun is very powerful, so use caution and avoid over-exposure especially if your skin is weak from a diet high in processed foods. Morning sun is best, between sunrise and 11 am. Start with 10-15 minutes of sunshine at first, and increase each day until you get at least an hour.



**VAUGHN LAWRENCE**  
Owner,  
Spiritual Health

**Designed for Health**



Wear light colored clothing and wide-brimmed hats for protection. Other options to assist the skin are natural sunscreens that are coconut oil based and supplementing with Astaxanthin, a powerful antioxidant found in algae.

Ideally we should use the summer months to build our body’s supply of vitamin D to last us through the winter. In the winter supplement with cod liver oil, one of the few food sources of vitamin D. Vitamin D3 is another natural source from cholecalciferol, a pale yellow oil found in sheep’s wool, however the best sources have always been the sun and cod liver oil. It is important to avoid Vitamin D2, the synthetic version found in most “fortified foods”.

God gave us the sun to be life-giving. Using sunscreens and sunglasses block the essence of God from entering our body and doing what it was designed to do. So, throw away the chemical sunscreens, eat healthy foods and absorb sunlight the way God designed you! Your rewards will be happiness, a stronger immune system and long-term disease prevention.

Thank you God for the sun...”Light is sweet, and it pleases the eyes to see the sun.” Ecclesiastes 11:7

–Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: “We Love God. We Love People. We Love Health.” [www.spiritofhealthkc.com](http://www.spiritofhealthkc.com)



# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

### *Will you help us?*

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist  
Dentist • Massage therapist • Sports Medicine  
Fitness coaching • Pediatrician • Emergency Care • Nursing  
Health insurance provider • Ear, nose, and throat doctor • Pet care  
OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact • Kevin Doel at 785-554-5336 or [Kevin@topekahealthandwellness.com](mailto:Kevin@topekahealthandwellness.com).

or • Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).





**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.**

