

TOPEKA

MAY 2020

# Health & Wellness

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MAGAZINE



## DREAMING OF AFFECTION AMIDST A PANDEMIC

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Perspective

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Your Mental  
Health  
During  
Coronavirus

COVID-19:  
An Update –  
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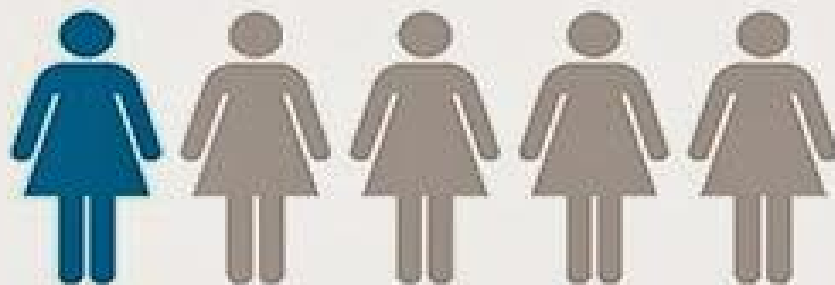
and



# Pay Attention to Your Mental Health



**Did you know?** Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.<sup>1</sup>

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.<sup>2</sup>

Women are more than **twice** as likely as men to develop **PTSD**.<sup>3</sup>







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## ON THE COVER:

In honor of Womens Health Month, our cover this month features hospice nurse Daniele Starkey, RN, BSN, CHPN. Nurse Dani works at Midland Care Hospice. See more on her perspective on page 18.



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, by emailing [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

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

You can also find us on Facebook at [www.facebook.com/pg/TopekaHealthandWellnessMagazine/](https://www.facebook.com/pg/TopekaHealthandWellnessMagazine/)



## May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY  
**232,000**

NEW CASES OF BREAST CANCER ARE  
DIAGNOSED EVERY YEAR IN THE  
UNITED STATES.<sup>1</sup>



**1 IN 8**

U.S. WOMEN WILL GET  
BREAST CANCER AT SOME  
POINT IN THEIR LIVES.<sup>1</sup>

### INCREASES RISK DECREASES RISK



EXCESS BODY FAT

ALCOHOL



REGULAR PHYSICAL  
ACTIVITY



BREASTFEEDING

AICR estimates that

**38%**

of U.S. breast cancer cases or about,

**1 in 3**



could be prevented by being at a healthy weight, being physically active,  
avoiding alcohol and breastfeeding.<sup>2</sup>

That's over **89,000** cases each year that never have to happen.

**The Promise  
of Survival**



There are now nearly **3 million**  
breast cancer survivors in the U.S.,  
who are living longer, healthier lives than  
ever before.<sup>3</sup>

<sup>1</sup> National Cancer Institute website, 2014.

<sup>2</sup> American Institute for Cancer Research. AICR/WCRF Continuous Update Project Report: Breast Cancer, 2010.

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risks related to diet, physical activity and body weight. All the evidence gathered is then evaluated by a panel of independent scientists who make recommendations for cancer prevention.

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# For Some, Mobility and Freedom are One and the Same

**M**ay is Mobility Awareness Month, so it's a good time to talk about what it means. For those living with a physical challenge of any kind, the freedom to be mobile and to get around as easily as possible is just as important to them as it is to the rest of the public.

Moreover, anyone with a physical limitation wants and deserves the same opportunities as everyone else. In this sense, achieving greater mobility is a vital necessity.

## There's a lot to know

A full-service mobility company, such as Banner Mobility Resources, understands the many ways people can benefit from a multitude of devices that can provide convenience and enhance quality of life. For instance, people who use scooters to get around need a way to transport them in a vehicle. A scooter or wheel chair lift that can mount to a van, SUV, pickup truck or bus will easily raise and stow a chair or scooter for travel anywhere.

For multi-level homes, a stair lift can be installed allowing a person to go to the second floor or to the basement of their house. Installation is quick and they can be removed if no longer needed.

And for people on the go, Lowered Floor Mini Vans (LFMV) are available. These specially-fitted vans are specifically designed to allow a person to enter the vehicle using a built-in ramp and remain in their power chair while traveling, either as a passenger or as the driver.

## There are lots of options

There are many other types of mobility aids and equipment available as well. Quick-release power chair restraint systems can be used to secure a chair to vans. And driver hand controls are available for those who have limited use of their legs. These can be adapted to almost any type of vehicle to make driving a simple and practical reality.

Most are familiar with the ever-popular "scooter," but did you know that scooters and power chairs come in a variety of models with features and capabilities that users can select from, depending on need and preference?

## There's more to it

There is also another side to the mobility business. There are many companies that work directly with the handicapped, and may utilize bus fleets or vans equipped with commercial-grade wheel chair lifts. The chair lifts on these buses are complex and require routine maintenance or repair. Very few firms are qualified and equipped to handle the rigors of lift work on commercial buses, and anyone involved in fleet bus maintenance should be certified by the equipment manufacturer.

When seeking information or shopping for any mobility device, know that all businesses are not the same. For instance, Banner Mobility Resources is a full-service company dedicated



not only to sales, but also offers certified installation, repair and maintenance on a full range of mobility devices. Moreover, Banner employs a knowledgeable staff who can properly advise customers and provide them with a free evaluation as well.

For more information or to schedule an appointment call Banner Mobility Resources at 785-235-3070. Find out more at our website at [www.bannermobility.com](http://www.bannermobility.com).



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# Computer Vision Syndrome: Digital Eye Strain in Children

**K**ids are spending more and more time these days on computers and other electronic devices. Unfortunately, prolonged exposure to digital screens can put extreme stress on a child's eyes resulting in a condition called Computer Vision Syndrome.

In a recent survey, 85% of parents reported that their children are using electronic devices up to four hours a day<sup>1</sup>. This rise in screen time is driving a surge in reported symptoms of Computer Vision Syndrome (CVS) or digital eye strain. Some of the most common warning signs of CVS include:

- Eye strain
- Headaches
- Fatigue
- Difficulty sleeping
- Burning or tired eyes
- Loss of focus
- Blurred or double vision
- Head and neck pain

## Effect of CVS on children's eyesight

How much CVS impacts a child's eyes depends on their visual abilities and the amount of time spent eyeing at a digital screen. Parents need to attempt to limit screen time and watch out for signs that their child may be overdoing it. Many CVS symptoms are only temporary and will go away after stopping computer work or use of an electronic device. However, some kids continue to have visual problems even after stopping use if nothing is done to address their digital eye strain.

About 65% of what we learn is through our eyes, so CVS can have a significant impact on children's productivity and school performance. And, there is a growing concern that as children increase their time on screen, the possibility of developing myopia or nearsightedness is also increasing. Previously myopia was thought to be primarily genetic, but recent re-



search has shown a connection between environmental factors and greater use of digital devices, particularly in children<sup>2</sup>.

## How to prevent Computer Vision Syndrome in Children

Parents can take the following steps to help their children avoid CVS.

- Control prolonged screen time: This includes computers, tablets, smart phones and video games. At a minimum, encourage kids to take a break every 20 minutes to give their eyes a rest.
- Cut the glare: Adjust lighting to avoid painful glare or consider adding anti-glare

filters to electronic devices.

- Adjust screen height and distance: Ideally 20+ inches from the child's eyes and 15-20 degrees below eye level will help prevent head and neck pain.

Most importantly, get your child's eyes checked once a year by a licensed eye doctor. As many as one in four students have an undiagnosed vision problem, and 20% of middle and high school students have difficulty seeing the chalkboard in school.

Based on frequency of computer use, vision issues can arise suddenly and glasses can be prescribed that help focus the eyes and reduce strain from CVS.





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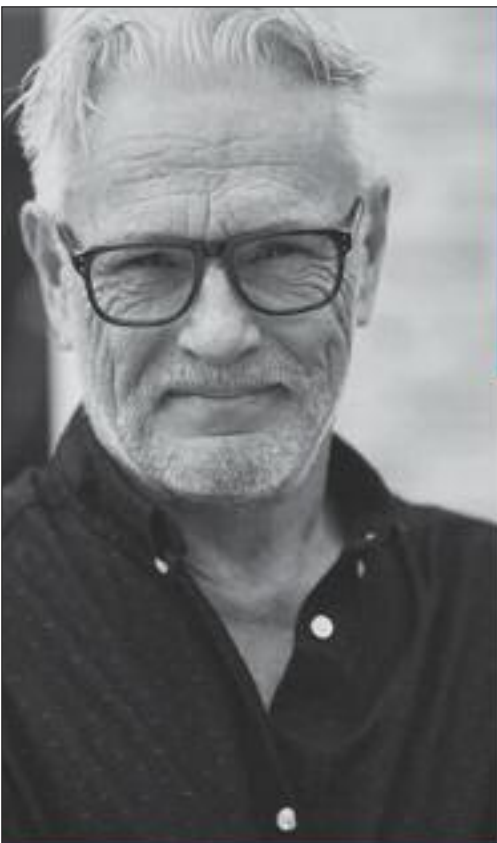
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# Phoenix Home Care & Hospice - COVID-19 Preparedness

To the Topeka Community,

**A**s your community partner in Topeka, our common goal is for the care and safety for everyone in our community. At Phoenix Home Care & Hospice, we work with a focus and duty to ensure the well-being of our clients within their homes through the delivery of quality care.

As we face the COVID-19 pandemic, Phoenix Home Care & Hospice is equipped to deliver care to the most complex health care needs in the home. Safety is our HIGHEST priority for our patients and their families as well as our caregivers, and our community.

## Our preparation includes:

- We have a devoted intake team prepared to receive referrals.
- We have educated all employees on COVID-19 in order to keep both our clients and staff safe. We've created a dedicated COVID-19 Task Force that meets daily to ensure we follow the compliance with CDC recommendations.
- We posted COVID-19 preparedness material on our website to discuss our proactive steps and communication.
- We remain open & ready to accept new clients with COVID-19, to care for and support them during this difficult time.

The culture of Phoenix is built from a core of traditional values: Patience, Honesty and Compassion. We empathize with you. We discover heroes when great challenges arise. We believe a hero is a brave person managing their health and the health of those in their own home. We are ready to help you with that journey and look forward to the New Beginnings.

We are open for business with your health & safety as our top priority.

#CareWell

#KeepWell

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

- At Phoenix Home Care & Hospice, we are ready to receive referrals directly from emergency departments and post-acute care facilities, as well as physician offices, for those clients who do not require acute care but still require close monitoring.

- We are taking measures to protect our clinicians by conducting pre-visit screening calls with our clients.

- We are taking temperatures as staff report to the office to monitor any symptoms. Among other proactive measures we have taken is that we are providing masks to all of our employees

Offering Comprehensive Disease Management, Acute Skilled Nursing through Home Health Service; Private Duty Nursing to children and young adults with Special Need; Privately Paid Services such as nursing, nurse-aide or companion level assistance with activities of daily living from a few hours a day to around-the-clock care; Hospice, Chronic Care Management through Keep Well ACO, Wellpack/Pharmacy.

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

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

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

785-260-6444

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





# Connecting With Mental Health: Online Resources

By Theryn Spomer, LMSW  
Valeo Behavioral Health Care

**T**rying to find useful online resources for your mental health needs can be overwhelming and confusing. With so much information to sort through, it can seem like one more stressful thing to add on. That can be especially true today, during this time of COVID-19, when we are all challenged to find new ways to learn, stay healthy, and connect. This article identifies easy strategies for finding mental health resources, including tips on some options that consumers and staff here at Valeo BHC have particularly liked.



Theryn Spomer, LMSW

Online resources for mental health can take the form of apps, websites, podcasts, videos, social media, as well as remote meetings. All can be helpful, so you may want to test some of these out to find the ones that work best for you.

Many like using an online app to help manage symptoms or particular problems. To get started, you can do an app store search on your phone or internet device. Enter a specific topic in the "search" field, such as mindfulness or anxiety. Once some options come up, look for apps that have reviews with high ratings, along with noting how many reviews the app has had. You might also want to check for up-front, subscription, or other add-on costs that might affect your choice.

Another easy start is to do a google search titled "list of mental health apps." The caution here is to be aware that sometimes these lists are actually paid advertisements for a specific product. You will know if the list is a product promotion if you will find the words "Advertisement" or "Sponsored" noted (often in small print) somewhere on the page. Free apps that have received good reviews from

people we have worked with include MoodTools (which has different versions for anxiety and depression), WoeBot, Vent and Virtual Hope Box.

There are also many good mindfulness and meditation apps available, such as Insight Timer and Smiling Mind. Mindfulness is a great addition to self-care and can be helpful in improving sleep, managing worry, and reducing tension and pain. When looking for a mindfulness app, be aware that many have limited free content or a limited number of days for free content. Then you need to subscribe to keep the content available. Some workplaces offer free subscriptions to these apps via their employee wellness programs, so that is something worth checking out.

Podcasts are another popular option for mental health information and coping skills. Some highly rated ones on the iTunes store are Mental Illness Happy Hour; Therapy for Black Girls; The Hilarious World of Depression; The Happiness Lab; and Nothing Much Happens (which is a bedtime story podcast). As an example, The Mental Illness Happy Hour podcast has over 5,000 ratings with an average score of 5 out of 5 stars. It includes interviews with mental health specialists, as well as people in recovery, and covers special topics like Coping in a Pandemic. Given the range of topics, odds are you will find a mental health podcast that appeals to you.

YouTube and Ted Talks are also a wonderful resource. Authors, researchers, therapists and many others offer mental health inspiration, and these are usually brief, lasting from 5-20 minutes, so they are easy on your schedule. Again, just look for the ones that have many positive reviews and check one out. Therapy in a Nutshell (YouTube) and anything by Brene Brown (Ted Talks) are excellent. Priya Parker; Guy Winch; and Sangu Delle are also notable presenters.

Video conferencing apps are also widely available and used. Now, with COVID-19 precautions in place, many organizations are using video conferencing apps to connect on a wide variety of topics. Organizations like AA.org, NA.org

and NAMI.org all have lists of virtual support groups on their website, noting times and directions on how to connect. These are safe ways to access the same kind of critical support that live meetings have offered. Churches, book clubs, fitness instructors and families separated by social distancing and quarantines are also turning to online and video conferencing resources for social and supportive interactions. We are all finding creative ways to stay connected.

If you would like to reach out to a mental health professional, Valeo BHC is still available to help by contacting 234-3300 for service information or crisis service. You may also want to check on your personal health insurance company website or contact your employer's Employee Assistance Program. At this time, there are many options for Telemedicine in all health professions, and for those struggling with suicidal feelings, 1-800-273-TALK (8255) is a ready resource.

These are all great resources for a wide variety of behavioral health concerns and it is our hope you will find something from the suggestions noted that speaks to you and helps you grow. In this time of social change and stress, connecting and keeping our minds alive will help us all get through.

## Valeo Behavioral Health Care (Adults)

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

## National Suicide Prevention Life Line

1-800-273-8255

## Shawnee County Suicide Prevention Coalition

SCSPC.org

## Family Service & Guidance Center (18 and under)

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

## Healing after Loss to Suicide Group

(HeALS)

Sandy Reams – Group Facilitator  
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# Farmers Market strong on safety

**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 May

**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 May

**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 May

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



**Mother Teresa's Farmers Market**  
Mother Teresa of Calcutta Catholic Church  
2014 NW 46th St., Topeka, KS 66618  
Opens in May

- 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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# Tio: The Bone-Breaking Tumor



(Ivanhoe Newswire) —

**P**hysical therapy to help with his degenerative disc. Steroid injections to treat his psoriatic arthritis. One young high school teacher went from doctor to doctor and diagnosis to diagnosis to find out why his bones were breaking but left with more pain than answers.

Two years ago, David Covington didn't think his back pain and general weakness would turn into him needing a cane at 27. He even had a hard time with household chores.

Covington told Ivanhoe, "I couldn't get the lawn mower started and it was just a pull and I wasn't strong enough to pull it on."

Doctors did a full body scan on Covington and found he had several stress fractures throughout his body.

"That was kind of where I really felt that 'Oh maybe this is something more serious than just back pain,'" Covington said.

After two orthopedists, a rheumatologist, and months of treatments, Covington's condition worsened, and he became so weak that he was falling. Then an endocrinologist at Vanderbilt University said a tumor in his brain may be the culprit.



"A rare problem called TIO, which stands for tumor-induced osteomalacia, so tumors causing breakdown of bone," Reid Thompson, MD, professor of neurological surgery at Vanderbilt University Medical Center said.

Covington was referred to neurosurgeon Thompson who at first thought it was a benign tumor.

"If you ask most neurosurgeons who specialize in brain tumors what it is that you have, they would say it's a benign tumor, nothing to worry about," Thompson explained.

But a quick search about TIO changed his mind.

"We really had to do that operation, because it was a chance to actually cure him of this disease which was ravishing his body," Thompson said.

After the surgery and about a month of phys-

ical therapy, Covington felt back to normal.

"It would take about five minutes to get from my car to the front door. Now it takes about 15 seconds," Covington said.

And two months after surgery, Covington was back in his classroom teaching, pain-free.

Doctors say Covington's case of TIO was even more rare because of its location. Most of those tumors are normally found in the hands, feet, or nasal cavities.

Meningiomas are the most common brain tumors. They typically form on the membrane covering the brain and they occur more often in women than in men. The tumors are often slow-growing and as many as 90% are benign, or not cancerous. Most of the time, meningiomas cause no symptoms and require no immediate treatment, thus no need to remove them



# 5 Cuts of Turkey to Eat Year Round

By your Hy-Vee registered dietitian:  
Kristi Sanders, RD, LD

**W**hen's the last time you made turkey for dinner? If your answer was November, I'd like to ask you – why don't we eat turkey more often? It's high in protein, low in calories, affordable, and can instantly turn any side dish into an entrée. But ... I think we can all agree, preparing the whole bird is a labor of love we can justifiably reserve for special occasions.

Fortunately, plenty of turkey cuts don't require the same workload and time constraints of cooking a whole turkey, including several easy-to-find cuts that can help you put a healthy dinner on the table in just minutes. Here's a few to look for next time you're stocking up for the week.

## Turkey Cutlets

Cutlets are thin slices of breast meat and a favorite in busy households. They cook in minutes on the stovetop or grill and are great for adding to salads, sandwiches, pastas and wraps — especially for anyone trying to eat a little healthier. A 4-ounce serving of Honeysuckle White turkey breast cutlets, for example, provides 28 grams of lean protein and only 120 calories. And because of their uniform thickness, they all cook in the same amount of time.

## Lean Ground Turkey

Using lean ground turkey in place of ground beef is a great way to cut down on saturated fat — the type of fat that contributes to high cholesterol. Two types to look for are 93% lean ground turkey and 99% lean ground turkey. The biggest difference is that the 99% version is generally made with all breast meat and contains no saturated fat. However, because it has so little fat, it runs the risk of getting dry. For sauces or tacos, it's usually not an issue, but if you're making meatballs or turkey burgers, 93% or mixing the two together are your best bets.

## Turkey Tenderloin

Tenderloin is the long strip of meat located on the inside of the turkey breast. True to the name, this cut stays tender when cooked. It's also comparable to turkey breast meat in terms of nutrition. A 4-ounce serving has about 120 calories and 28 grams of protein.

## Lean Turkey Sausage

Turkey sausage has nearly 100 fewer calories and half the fat of its pork counterpart — making it a healthy alternative to a grilled brat. It's also a great way to add flavor to soups, pastas, and casseroles without the extra saturated fat.

## Turkey Breast

Roasting a bone-in turkey breast, approximately 4 pounds or so, may take a little longer than cooking cutlets or ground turkey, but it offers plenty of hands-free time, especially when cooked in a slow cooker. A bone-in turkey breast provides about 24 grams of protein, 180 calories, and 8 grams of fat per 4-ounce serving. For a quicker and even leaner option, look for a boneless turkey breast roast.

For recipes and ideas, visit [Hy-Vee.com/recipes-ideas](http://Hy-Vee.com/recipes-ideas).

## Italian Turkey Cutlet



*Recipe and photo courtesy of Honeysucklewhite.com*

Serves 4

Total Time: 30 minutes

## Ingredients

1 package Honeysuckle White® Turkey Breast Cutlets  
2 tablespoons olive oil, divided

1 clove garlic, peeled and crushed  
1 (28-ounce) can diced tomatoes  
1/2 teaspoon Italian seasoning  
Salt and freshly ground pepper  
1/2 cup diced (1/4 inch) low-moisture mozzarella cheese  
1 bunch basil leaves

## Directions

1. Heat a skillet over medium-high heat. Add a tablespoon of oil and garlic to the skillet. Cook, stirring until fragrant, about 30 seconds.
2. Stir in tomatoes (with juices) and Italian seasoning. Bring to a boil; reduce heat to medium and simmer gently. Stir occasionally, until sauce has thickened but is still chunky, about 20 minutes. Season the sauce with salt and pepper to taste and keep warm.
3. While sauce simmers, pat turkey cutlets dry with a paper towel and season with a pinch of salt. Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add the turkey cutlets to the skillet and cook for 6 minutes on one side. Flip the cutlets and cook for an additional 3 minutes, or until an internal temperature reaches 165°F, measured by a meat thermometer.
4. Spoon the warm tomato sauce over each cutlet. Sprinkle with mozzarella. Cover skillet and cook until cheese melts, about 3 minutes. Garnish with basil.

## Nutrition

Nutrition facts per serving: 280 calories, 12g fat, 3.5g saturated fat, 80mg cholesterol, 11g carbohydrate, 640mg sodium, 3g fiber, 5g sugar, 33g protein

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- 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)

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# COVID-19: An Update on Treatments and Government Actions

By Darcy Childs  
Topeka Health & Wellness Magazine

**A**s time goes on, we are all anxious to get back to normal, or at least a reasonable facsimile, in our day to day lives. Information swirls about us daily from all sorts of sources. Some can be trusted. Others are just hearsay and rumors. Topeka Health & Wellness wants to update you on the latest information we have been able to ascertain.

Let me say this in no uncertain terms. SOCIAL MEDIA is not the place to get the best information. We all want there to be a cure to the novel coronavirus (SARS-CoV-2), or COVID-19. But there is erroneous information floating all over the web. I have found that it is always best to go straight to the source to find out the truth. In preparing this article we have consulted the CDC, NIH, NIAID, KDHE, FDA and other local, state and federal sources to give you the most up-to-date information available.

Currently there are no Food and Drug Administration (FDA)-approved drugs for COVID-19. However, there is an array of drugs approved for being studied for the treatment of COVID-19 in over 1,000 clinical trials around the globe. These trials can be accessed at [ClinicalTrials.gov](https://clinicaltrials.gov). Although reports have appeared in the medical literature and the lay press claiming successful treatment of patients with COVID-19 with a variety of agents, definitive clinical trial data are needed to identify optimal treatments for this disease.

## Therapeutic Options for COVID-19 Currently Under Investigation

Some news media outlets have reported on a variety of treatments that are under investigation for COVID-19 therapy but so far there is insufficient clinical data to recommend either for or against using these medications or treatments. The most highly publicized of these are:

- Chloroquine or Hydroxychloroquine
- The combination of Hydroxychloroquine plus Azithromycin
- Remdesivir
- Lopinavir/Ritonavir or other HIV protease inhibitors
- Convalescent Plasma or Hyperimmune Immunoglobulin
- Interleukin-6 inhibitors or Interleukin-1 inhibitors
- Interferons
- Janus kinase inhibitors

There are other drugs being examined and therapies being studied but these are the ones that have been talked about the most.



## New Initiatives and Strategies Announced

Urgent public health measures are needed to control the spread of the novel coronavirus. Scientific research to improve our understanding of the virus and how it causes disease, and to develop strategies to mitigate illness and death, is of paramount importance. A new strategic plan from the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, details the institute's plan for accelerating research to diagnose, prevent and treat COVID-19.

The NIAID Strategic Plan for COVID-19 Research has four key priorities:

1. The first involves studies to characterize the virus and better understand how it causes infection and disease.
2. The development of rapid, accurate diagnostics and assays to identify and isolate COVID-19 cases and track the spread of the virus.
3. The third research priority is characterizing and testing potential treatments for COVID-19. These efforts will include identifying and evaluating drugs already approved for other conditions that could be repurposed to treat COVID-19 and testing novel broad-spectrum antivirals.
4. To develop safe and effective vaccines to protect individuals from infection and prevent future outbreaks.

To achieve its four priorities, NIAID will build on its current resources, research programs, clinical trials networks and collaborations with other U.S. government agencies and other key U.S. and global partners. The new strategic plan aligns with priorities set by the White House Coronavirus Task Force and represents a comprehensive and coordinated effort to develop effective biomedical tools to combat COVID-19.

The National Institutes of Health also announced on Wednesday, April 29th a new initiative aimed at speeding innovation, development and commercialization of COVID-19 testing technologies. With a \$1.5 billion investment from federal stimulus funding, the newly launched Rapid Acceleration of Diagnostics (RADx) initiative will infuse funding into early innovative technologies to speed development of rapid and widely accessible COVID-19 testing. At the same time, NIH will seek opportunities to move more advanced diagnostic technologies swiftly through the development pipeline toward commercialization and broad availability. NIH will work closely with the

U.S. Food and Drug Administration, the Centers for Disease Control and Prevention and the Biomedical Advanced Research and Development Authority (BARDA) to advance these goals.

"We need all innovators, from the basement to the boardroom, to come together to advance diagnostic technologies, no matter where they are in development," said NIH Director Francis S. Collins, M.D., Ph.D. "Now is the time for that unmatched American ingenuity to bring the best and most innovative technologies forward to make testing for COVID-19 widely available."

Adding to that statement, Bruce J. Tromberg, Ph.D., director of NIH's National Institute of Biomedical Imaging and Bioengineering (NIBIB) said, "Americans are innovators and makers, we need American tech experts, innovators and entrepreneurs to step up to one of the toughest challenges we've faced as a country, to help get us safely back to public spaces."

According to Kansas Department of Health and Environment, the state had 55 clusters of COVID-19 as of April 29. Testing had shown there were 3,738 cases and 125 deaths in Kansas linked to the virus with cases confirmed in 78 of the state's 105 counties.

Kansas governor Laura Kelly announced April 30 that a slate of executive orders on COVID-19 would remain in place until most decisions about stay-at-home directives and other health mandates shift May 4 to county officials. She also stated that Kansas is receiving ample testing kits now, and has also acquired FDA-approved equipment to sanitize N95 masks for reuse.

The best thing we can do as individuals is to continue to follow the guidelines set forth by our local governments. We should keep washing our hands, social distancing, wearing face masks in public, self-quarantining when we show symptoms, and all the other common-sense measures that have already been put into place. And, when restrictions are eased by the authorities we should not rush back into past behaviors. It would be prudent to ease back into daily life as we knew it.

However, don't let worry rule your life. After all, less than one-tenth of one percent of the population of Shawnee County are confirmed to be affected by the virus

## CORONAVIRUS RESOURCES

- **CDC** – [www.cdc.gov](https://www.cdc.gov)
- **Coronavirus Disease 2019** – [www.coronavirus.gov](https://www.coronavirus.gov)
- **National Institutes of Health** – [www.nih.gov](https://www.nih.gov)
- **KDHE Updates** – [www.govstatus.egov.com/coronavirus](https://www.govstatus.egov.com/coronavirus)
- **Shawnee County** – [www.snco.us](https://www.snco.us) 785-•251-4848

# 5 Ways to Care for Your Mental Health During Coronavirus

By Jessica Cassity

It's hard to escape the rising tide of emotion around COVID-19, which the World Health Organization (WHO) declared a global pandemic on March 11, 2020. From sporting-event cancellations to school closures, large-scale changes are happening in real time, adding to feelings of uncertainty. But there are ways to stay calm during the coronavirus outbreak, flattening your personal anxiety curve to a manageable level and keeping your panic from peaking.

Start by selecting a credible outlet, or two, to be your trusted source(s) for updates, such as the Centers for Disease Control (CDC) or WHO. Rather than gluing yourself to the TV or internet for news, consider limiting yourself to just one or two update checks a day — and not right before bed. That way you can stay informed without spiraling.

To further help you stay centered during these uncertain times, we've assembled some advice for keeping anxiety at bay from Happify's team of clinicians, scientists, and meditation experts.

## Tip #1: Stay Social, Virtually

"Social connections are widely known to be important to life satisfaction, but we often forget they're a crucial buffer to anxiety and depression," says Matt Sosnowsky, LICSW, a therapist and Happify's manager of digital therapy. "In times like this, although a lot of things are largely out of our control, often we can still choose how we spend our time."

Interactions with friends, family, and co-workers can help boost our mood, but with social distancing becoming the new norm, staying connected now may require a bit of extra planning — and Wi-Fi. Set regular communication dates with the people you miss most. Take stock of their various strengths so you know what to expect — some friends are good listeners, while others are better for comic relief. Talking on the phone is fine, but with video calls you can actually enjoy doing activities with your pals, such as following the same dinner recipe from separate kitchens.

If you sort of wish you were home alone — rather than cooped up with roommates, kids, parents, or a partner — take time for yourself, as needed. Wearing headphones, going into separate rooms, or mandating quiet



times may help you create your own tranquil space, even in the most chaotic environment. When you need to vent, stick with the adults; when you need distraction, come up with playful activities, such as dress-up with the kids. When times get tough, practice patience and compassion.

## Tip #2: Don't Skimp on Sleep

You're not the only one lying awake at 2 a.m. playing out multiple "what if" scenarios in your head. It can be difficult to drift off — and stay asleep — in times of stress. But it's important to sleep in order to remain healthy and sharp. "Sleep deprivation has been shown to have a number of negative effects on the body and mind, including reduced positive emotion, increased fatigue, increased irritability, and difficulty with attention," says Happify's Director of DTx Product Design Jared Minkel, Ph.D., a clinical psychologist and behavioral sleep specialist.

To get the best sleep possible, Minkel suggests the following:

- Stick to a consistent wake time
- Stay active during the day. Set alarms to remind yourself to get off the couch and move.
- Avoid screens for at least 30 minutes before bed (this will limit exposure to blue light and to stress-triggering news stories, which can stir up anxiety and worry)
- Find your favorite wind-down activity, such as reading a book, doing gentle stretches, or listening to pleasant music. If you'd rather watch TV, find something light-hearted and pleasant, like a familiar rerun of *Friends* or *Seinfeld*.

## Tip #3: Stay Active

Being cooped up for an extended period may make you feel like the only physical activity you can do is switching from sitting on the couch to lying in bed. But there are steps you can take, literally, to boost your activity—even during times of social distancing. One runner, who had been living under quarantine in Wuhan, China, logged 31 miles inside his cramped apartment, making about 6,250 laps, according to reports. While setting a personal-best indoor-distance record may not be your goal, you should aim to establish a fitness routine. Exercise is an important driver of endorphins, or feel-good hormones, says Happify Medical Director Murray Zucker, M.D., and can also ward off feelings of anxiety and help your immune system stay strong.

If you have a consistent exercise routine, keep it up, modifying it to work from home, suggests Zucker. This may mean clearing space in your living room for a yoga mat or using your stairs during running drills. If you don't have a regular workout, explore the many streaming options available, like Zumba classes on YouTube and subscription-based yoga or Pilates classes. If there's a workout you've been wanting to try but never had the time, now's your chance. Doing so now can help you maintain good spirits and health. To stay motivated, set goals and rewards for yourself and consider coordinating remote workouts and comparing notes with a friend.

## Tip #4: Remember to Breathe

During trying times, leaning into empathy and compassion can help us remember that we're all in this together. "We are dependent on the good intentions and actions of others and we're responsible for protecting and supporting one another," says Sharon Salzberg, a meditation teacher and New York Times best-selling author. Loving-kindness meditation reminds us of this interconnectedness, and can help you feel less alone and fearful. (Try it for free in Sharon's Happify track, "Real Happiness: The Meditation Transformation.")

Ritualizing the simple act of conscious breathing can help you stop projecting anxiously into the future. "You can use certain signals, like your phone ringing or hitting 'send' on an email, to remember to take three breaths," says Salzberg. A walking meditation can also bring you into the present moment, whether you're covering ground outside or moving around your home. Just



pay attention—with a very light level of awareness—to the most predominant sensations in your body, like the touch of your foot against the ground. When facing so much that is unknown, these simple, grounding acts can help you tap into and strengthen your inner resources and your ability to care for yourself and others.

### Tip #5: Stick with a Schedule

With some businesses shutting down and others rolling out work-from-home policies, you may find yourself with days full of unscheduled time. Why does this sound like a vacation, but feel like a bit of a burden? “Schedule disruptions can be hard on everyone, especially for people with autism spectrum, ADHD, and bipolar disorder, where having a routine is a central part of functioning well,” says Acacia Parks, Ph.D., Happify’s chief scientist. “If you’re feeling more anxious due to the lack of regularity and structure, you have to be especially vigilant about creating and maintaining a new routine.”

To get started, use a calendar or blank page to map out any obligations in your day, such as meetings or deadlines. Then layer on basic activities, like meals, showering, walking the dog, and getting dressed. Finally, create a list of “free-time activities,” so you have options to choose from during downtime. These can include basics like catching up on podcasts, doing laundry, or cleaning the fridge. Be sure to also add on some of the things you’ve always said you would do, if only you had the time. Right now, if you find yourself with more free time than usual, why not start an elaborate arts-and-crafts project, resurrect that blog, or plant the vegetable garden of your dreams?

The lack of control that comes with periods of upheaval and instability can lead to feelings of anxiety and despair. Being mindful of habits that can make you feel worse, such as overindulging in food and alcohol, as well as exercising any of these tips, can help you navigate these tough times.

*We know that many of you may be experiencing heightened levels of stress and anxiety during this time. While the Happify app and community are available to you 24/7, we’ll also strive to address your concerns and mental-health questions via articles like this and through our social media channels over the coming weeks. Email us at team@happify.com, or contact us on Instagram, Facebook, or Twitter, and look out for more free resources in the coming days and weeks. We’re in this together, and we’re here for you. If you are experiencing severe mental distress, please visit our Resources page.*

## Miss the gym? Stream these classes for free

Gyms may be closed across the country, but that doesn’t mean your workout class is canceled. Tons of studios are offering real-time classes that users can live-stream from their own homes. Not only are these sessions helpful to maintaining physical and mental wellness, they offer a sense of community and accountability in this strange time of social distancing and self-isolation.

“Right now, with our routines thrown off, it can be hard to say, ‘Let me get off the couch and go exercise,’” says Lynn Bufka, a clinical psychologist and senior director for practice, research and policy at the American Psychological Association. “A live class can help hold you accountable to your plans to exercise and give you the structure and motivation that you didn’t have otherwise.”

Bufka adds that when you’ve gone ahead and scheduled a workout for, say, 9 a.m., you’ve pre-empted the need to make a decision about whether you should work out. “This is a difficult time and we’re making a lot of decisions we’re not used to making,” she says.

“Make exercise one less mental burden. Plus, while you can’t high-five your [classmate] or chat with the person at the front desk, you know there are others doing the same workout you are — at the same time. It all brings some normalcy to the experience.”

### From yoga to HIIT, jump into these classes for free

We’ve compiled a list of studios offering live-streaming workouts in real time and what they entail.

#### 305 Fitness

Attend a meditation class in the morning, a cardio dance blast in the afternoon and a booty-burning session in the evening. Classes free via Zoom or YouTube. You can view the calendar here: <https://305fitness.com/events-calendar>

#### Blink Fitness

“Get Up and Blink” is a free virtual workout session airing on Facebook Live Monday through Friday at 8:00 a.m. ET. These classes center on high-intensity interval training (HIIT), bodyweight exercises and stretching. Check it out here: <https://www.facebook.com/BlinkFitness/>

#### Dance Church

Social distance dancing is all the rage these days, and you can join in the fun with L.A.’s Dance Church. Check the site for news of the next class. <https://go.dancechurch.com/>

#### Forward Space

This studio is hosting “digital dance parties” on its Instagram/IG TV every day at 2:05 p.m. ET. Join here: [https://www.instagram.com/forward\\_\\_space/](https://www.instagram.com/forward__space/)

#### Obé

In the mood for dancing, cardio boxing or maybe barre?



You can find these and more types of fitness classes all live-streaming over on Obe. New users can access a 7-day free trial, after which a monthly subscription is \$27; an annual subscription is \$199 USD. Check out the schedule here: <https://www.obefitness.com/schedule>

#### Peloton

Though famous for its live and on-demand classes that center on its proprietary bike and treadmill, Peloton also offers yoga, meditation, stretching and various bootcamp classes on its app. New users can access a 90-day free trial (one of the more generous trials around), after which the Peloton digital membership costs \$12.99 per month plus tax. Get more details and class times here: <https://www.onepeloton.com/app>

#### Planet Fitness

What are you doing at 7 p.m. ET? Attend the 20-minute Planet Fitness workout via Facebook Live. These workouts tend to be friendly to all levels - and might just be led by a celeb. <https://www.facebook.com/planetfitness/>

#### Retro Fitness

Free daily live-stream classes are happening on the Retro Fitness Facebook page. Classes are scheduled for 6 p.m. ET Monday through Friday — and if last week’s Body Blast workout is any indication, you can expect more HIIT gems. <https://www.facebook.com/RetroFitness/>

#### Sky Ting

Live from New York, it’s Sky Ting TV. Yogis can access classes free for the first week; cost is then \$20/month. See when the next live-stream class is happening here (at the very top of page). <https://www.skyting.com/schedule>

#### Yogaworks

Perhaps the best program out there right now for yoga addicts, streaming free live classes throughout the day, even to non-members. Check out their schedule for real time sessions here: <https://www.yogaworks.com/classes/live/>

Book your class and mark it in your calendar — and if you can’t make it, take an archived class on demand.

# Dreaming of Affection Amidst a Pandemic: A Nurse's Perspective

By Daniele Starkey,  
RN, BSN, CHPN

To be a hospice nurse means far more than meets the eye. For me, it is my passion, my “why.” The longer that I practice nursing as a hospice nurse, the more that I recognize my purpose. Hospice nursing is more than caring for the patient at the end of life. It is caring for the family and also feeding MY soul. Hospice nursing is not only for the patient and family but very much for the hospice team. I have said it many times, but I believe that people are placed in my life just as much as I am placed in theirs. What my patients and families should know is that I need them as much as they need me.

I consider myself an extrovert. For those of you unaware of this personality trait, it is a person that may be considered outgoing or overly friendly. A person that thrives on the relationship with others. Not only in my personal life but also carries over to my career. Over the past month, I have tested my abilities. I am a hugger. A lover. A person that cares in many capacities. Many of which have to do with touch. To maintain a distance of at least 6 feet, with a mask on, has proven rather difficult. I often have a love for my patients and families that is unimaginable. I truly wish for a journey at the end of life that is full of love, comfort, and dignity.

In this last month, I have most definitely missed out on the hugs. The touch. Something as simple as



holding the hand of a grieving loved one. Or touching the shoulder of a patient with what may be expressing some of their last words ever spoke. These moments of affection are so very important, not only to you but to me as well. How does one express emotion from behind a mask? How is it possible to express love and compassion with just your eyes? I am learning. Just as each and every one of you is learning as well.

I know that this is just a brief time in our lives. One day we will look back on it and be able to talk of this time to our kids, grandkids, and friends. It will soon be just a memory. A very difficult memory and one to respect. We have a lot to learn, EVERY DAY. Don't take the days for granted. They are not promised. And for those of you struggling to get to the next day, just remember that you are loved and appreciated. We want to hug you. We want to hold your hand. We want to comfort you in the time of struggling, not only because this crazy virus has held us all hostage, but because your loved one may be speaking their last words. We want to provide you with the support and companionship that you need and what you may long for. We love and care for you even though we cannot actually physically show you.

Just the thoughts of a hospice nurse in the midst of a pandemic.

With only love and compassion,  
*Nurse Dani*



# How to be safe while running in the time of Corona Virus

By Dr. Sharmila Samaranayake

**T**he risk of Covid-19 is not only that you might get ill, but that you might infect a high number of other people, including the most vulnerable.

According to Centers for Disease Control (CDC), COVID-19 spreads mainly from person to person through respiratory droplets, produced by an infected person by coughing and sneezing.

It can spread even during incubation period which may be around 14 days. However, people are most contagious when they are most symptomatic. Virus gets in mainly by inhalation. There is also a high possibility that you can get infected with COVID-19 by touching an object or a surface which is contaminated by the virus and touching your own nose and mouth.

Symptoms may appear 2-14 days after exposure. Fever, cough (mainly dry cough) and shortness of breath are main symptoms, while headache, sore throat and body aches can also occur. Elderly people and those who suffer from immunity disorders, hypertension and diabetes are considered as high risk for infection and to get severe disease.

## How can Corona virus outbreak affect you as a runner?

You can continue to run safely and protect yourself and others if you follow the following instructions.

The best way to prevent getting the illness is to avoid being exposed to the virus. Therefore, you have to adhere to the self-protection measures such as:

- **Avoiding close contact with people who are sick.** Maintain a distance of at least 6 feet, avoid large gatherings and stay home as much as possible. Social distancing is the key to prevent spread.
- **Keep your hands clean.** Wash your hands with soap and water regularly especially after being in public places, using public rest rooms, using public transport and after you cough and sneeze or blow your nose. Hand washing should be done for at least 20 seconds. You can also use a hand sanitizer with 60% alcohol.
- **Avoid touching your nose, mouth and eyes unnecessarily.**
- **Wear a mask if possible especially when in crowded places.**

## What are the specific things you can do as a runner to be safe?

- Avoid crowded places while running. Always select running tracks routes which are well ventilated.



- Although running with a mask is not necessary, it can be helpful if running in a crowded route.
- Most running races and large events are postponed or canceled, which is a relief. However, do not participate or organize such events until clearance is given in your community.
- If you are a runner who falls into the high risk group (elderly, hypertension, diabetes or immune dysfunction) you have to be extra careful. If so, it is better to use a treadmill at home rather than running outdoors.
- Avoid gymnasiums and use of public treadmills as the equipment can be contaminated with the COVID-19 virus. You never know whether it was used by a symptomatic patient or whether surfaces were disinfected well. Experts say that the virus can remain in the surfaces up to 9 hours.
- Drink plenty of water before, during and after running to keep you well hydrated. Avoid running with a dry throat. Drinking a warm glass of water after your workout helps to get rid of the virus.
- Consume foods which are rich in vitamins and mineral to enhance your immunity. Ex: orange, banana, eggs, nuts, berries, broccoli etc.
- Do not touch your eyes, nose and mouth while running. Do not wipe your face with your hands unnecessarily,

even if you sweat.

- If you meet friends while running do not shake hands or give high fives.
- Avoid common rooms and public rest rooms while running as there may be viruses on those surfaces. If you use them while running, wash hands well with soap and water.
- Do not share towels while running as clothes can be contaminated.
- Clean the equipment you carry with you while running, such as your mobile phone and ear phones.

## What is the safest way of running at the times of Coronavirus?

It is safe to run in a well-ventilated area as a solo runner and enjoy outdoors. Avoid crowded routes while running. 30 – 60 minutes of running or jogging can help to boost your immune system and keep viruses at bay. Once you come back from running, wash your hands and drink a warm glass of water.

However, if you are sick or if there are sick people at home or at a risk of spreading the virus to others, do not run outdoors.

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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.

## Get a library card!

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- Go to <https://tscpl.org/librarycard>, click the Sign up now button and fill out the form.
- Remember the 4 digit PIN number you choose!
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Overdrive's collection, accessible through <http://tscpl.overdrive.com> contains over 60,000 ebooks and 13,000 audiobooks available to check out with your Topeka and Shawnee County Public Library card. Almost 1000 ebooks on topics of health and fitness are available!

### Hoopla

The library offers a great selection of ebooks, audiobooks, movies, television shows, educational/instructional videos, documentaries and music on your browser, smartphone or tablet via Hoopla Digital. Whether you're looking for a box office hit or a classic, there is sure to be something you'll enjoy again and again.

These ebook titles are available from Hoopla:

### The Forest Feast For Kids

by Erin Gleeson

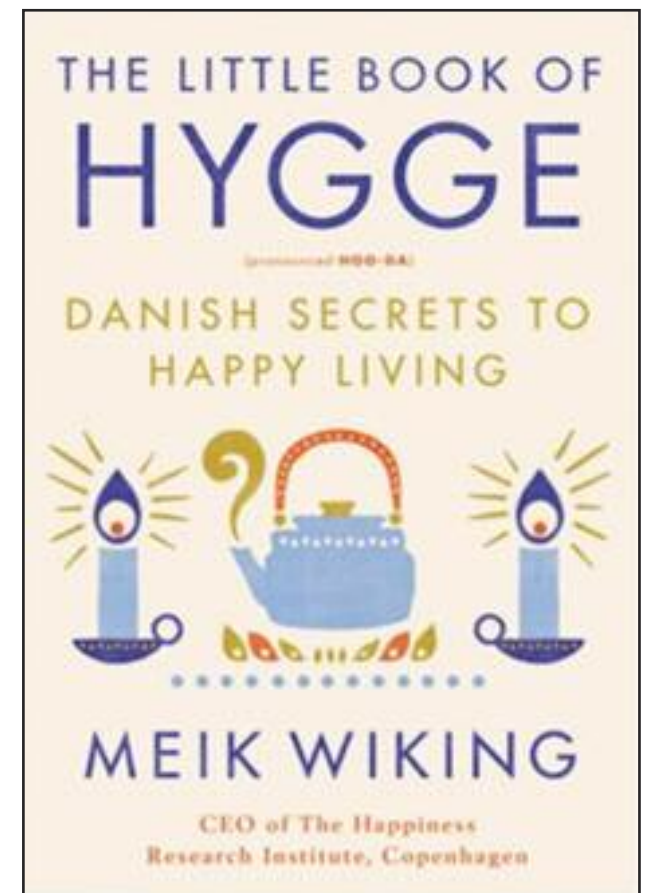


Colorful Vegetarian Recipes That Are Simple to Make

The children's cookbook serves up kid-friendly vegetarian recipes that are quick, easy, and fun to make. This cookbook showcases the rustic simplicity of the fare through vibrant colorful photography of Gleeson's beautiful home in the woods and of children cooking the dishes themselves.

### The Little Book Of Hygge

by Meik Wiking



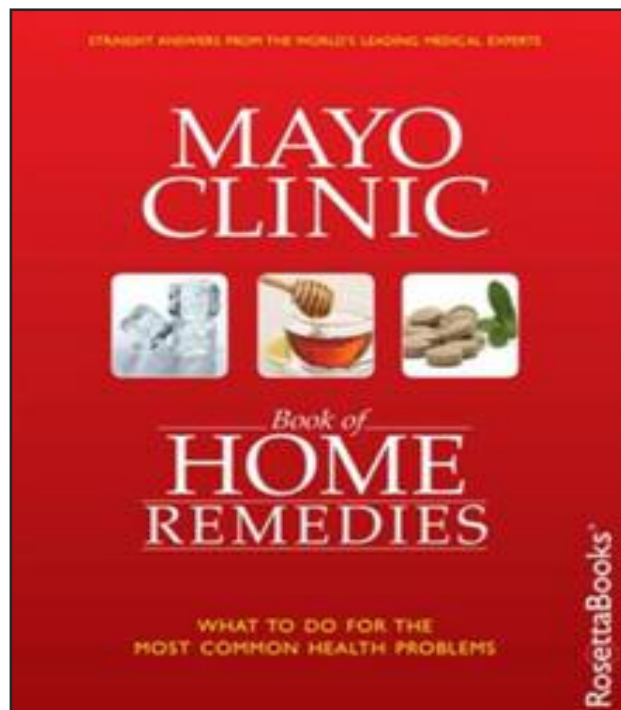
Danish Secrets to Happy Living

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.



## Mayo Clinic Book Of Home Remedies

by Phillip Hagen, MD, Martha Millman



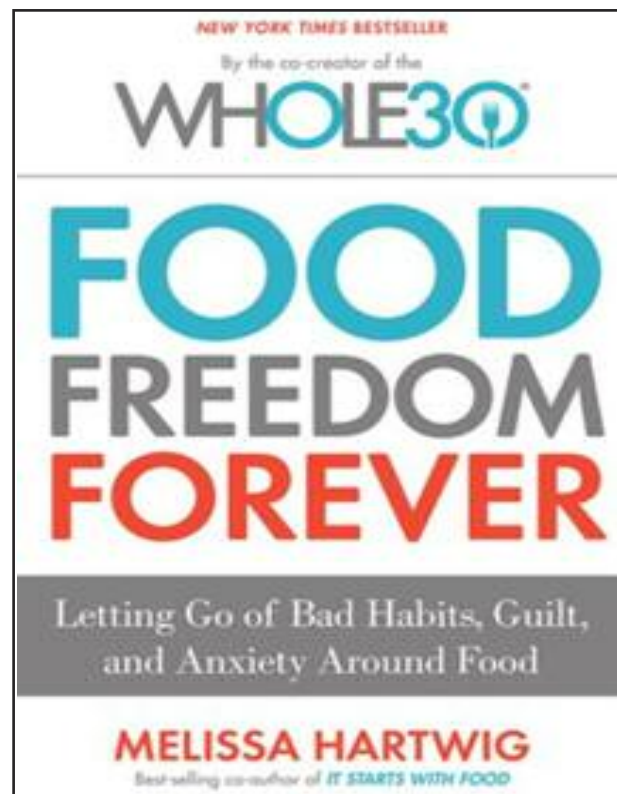
Many common health problems can be treated at home using simple, low-cost remedies. That's why our team of experts have come together to develop Mayo Clinic Book of Home Remedies—a simple resource that could guide your health decisions, offer useful and easy remedies you can do at home and potentially reduce the need for a trip to the doctor's office or emergency room.

## Food Freedom Forever

by Melissa Hartwig

Letting Go of Bad Habits, Guilt, and Anxiety Around Food by the Co-Creator of the Whole30

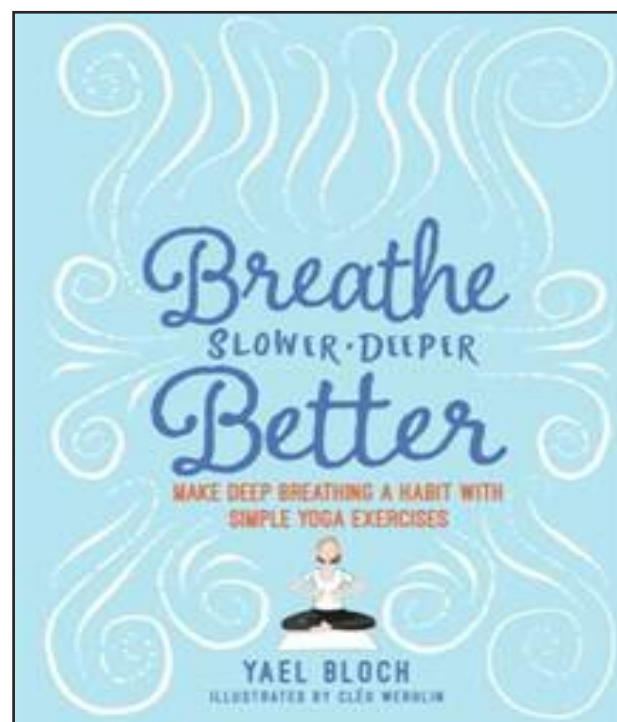
End the yo-yo dieting cycle... forever. Welcome to the Food Freedom plan. Millions of people have successfully completed the groundbreaking Whole30 program and radically transformed their energy, sleep, cravings, waistline, and health. Now, Food Freedom Forever offers real solutions for anyone stuck in the exhausting cycle of yo-yo dieting and the resulting stress, weight gain, uncontrollable cravings, and health complaints. In her newest book, best-selling author Melissa Hartwig defines true "food freedom" as being in control of



the food you eat, instead of food controlling you. Resets like the Whole30 can jump-start the process, but as anyone who has dieted knows, holding onto that freedom and creating healthy habits that last is the hard part.

## Breathe Slower, Deeper, Better

by Yael Bloch, Cléo Werhlin



Make Deep Breathing a Habit with Simple Yoga Exercises

Become a master of your breath—and of your health and wellbeing—with this simple, illustrated guide to yogic breathing "Take a breather"—a phrase that's said and heard every day in response to stressful or challenging circumstances, and yet few are truly aware of how the vital mechanisms of breathing work.

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Contact Lissa Staley:

[estaley@tscpl.org](mailto:estaley@tscpl.org)

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# Healthy Outdoor Recipes for Summer

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

## Outdoor Pork Loin with Veggies



Great for cooking outdoors on a grill in a cast iron skillet! It has a citrus flavor!

### Ingredients

- 2 tablespoons packed dark brown sugar
- 2 teaspoons sea salt
- 1 tablespoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon rubbed sage
- 1 (2 pound) pork loin
- ½ cup olive oil
- 4 red potatoes, quartered
- 2 sweet potatoes, quartered
- 5 carrots, cut into 1-inch chunks
- 1 large onion, quartered
- 2 tablespoons sea salt
- 1 teaspoon ground black pepper
- 1 tablespoon chopped fresh cilantro
- 3 large apples, cored and sliced
- 3 cups fresh orange juice
- ½ cup lemon juice

### Directions

Mix the brown sugar, 2 teaspoons sea salt, paprika, cumin, 1/2 teaspoon black pepper, cayenne pepper, garlic powder, and sage in a small bowl. Pat the pork loin completely dry with paper towels. Rub the mixture onto the pork loin to coat completely.

Pour the olive oil into a large resealable plastic bag. Add the seasoned loin to the bag and seal. Allow to marinate in the refrigerator for 24 hours, turning the bag once to assure an even flavor.

Place the red potatoes, sweet potatoes, carrots, and onion in a large pot and cover with water. Add the 2 ta-

blespoon salt, 1 teaspoon pepper, and cilantro to the water. Bring to a boil, reduce heat to low and allow to continue on a slow boil for 25 minutes; drain, reserving the water.

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

Remove the pork loin from the bag. Sear on the preheated grill, 4 to 5 minutes per side; remove and set aside. Reduce grill heat to medium.

Place a 12-inch cast-iron skillet on the grill. Lay the apple slices on the bottom of the skillet. Pour the orange juice and lemon juice into the skillet. Place the pork loin on the apples. Arrange the drained vegetables around the pork loin. Pour reserved water into the skillet to fill within 1/2 inch of top.

Cook on grill for 1 hour, pouring more of reserved water over the pork after 30 minutes.

### Nutrition Information (Servings: 8)

493 calories; 24.1 g total fat; 55 mg cholesterol; 1872 mg sodium. 49.9 g carbohydrates; 21.7 g protein;

## Outdoor Vegetable Skillet



Great for people who 'hate' Brussels sprouts!

### Ingredients

- 1 (16 ounce) package frozen Brussels sprouts, thawed
- 2 tomatoes, peeled and chopped
- 1 cup frozen pearl onions, thawed
- ½ cup French dressing
- salt and pepper to taste

### Directions

In a medium bowl, mix Brussels sprouts, tomatoes, pearl onions, French dressing, salt and pepper. Cover and let stand at room temperature approximately 2 hours, stirring occasionally.

Preheat an outdoor grill for high heat.

Transfer Brussels sprouts mixture to a heavy medium skillet. Cover and cook on prepared grill 10 minutes. Uncover and continue cooking 5 minutes, stirring occasionally, until Brussels sprouts are tender.

### Nutrition Information (Servings: 8)

103 calories; 7.8 g total fat; 0 mg cholesterol; 145 mg sodium. 7.4 g carbohydrates; 0.6 g protein

## Grilled Marinated Shrimp



Remove from skewers and serve on a bed of pasta with sauce for a great meal!

### Ingredients

- 1 cup olive oil
- 1¼ cup chopped fresh parsley
- 11 lemon, juiced
- 12 tablespoons hot pepper sauce
- 13 cloves garlic, minced
- 11 tablespoon tomato paste
- 12 teaspoons dried oregano
- 11 teaspoon salt
- 11 teaspoon ground black pepper
- 12 pounds large shrimp, peeled and deveined with tails attached
- 1 skewers

### Directions

In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.

Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

### Nutrition Information (Servings: 6)

447 calories; 37.5 g total fat; 230 mg cholesterol; 800 mg sodium. 3.7 g carbohydrates; 25.3 g protein;

Source: [allrecipes.com](http://allrecipes.com)



# Health & Wellness Marketplace

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

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# Healthy Event Calendar for Greater Topeka

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

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

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

**PARKS, TRAILS AND POOLS**— Shawnee County parks and trails are open now. Pools open Memorial Day.

**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)

**31ST ANNUAL WINNING WOMEN'S CONFERENCE** — Apr. 30-May 3, Faith Temple Church, 1162 SW Lincoln St. Theme: "God Made A Way!" Apr. 30, 7pm - "Kick-Off Night!" with Break Out Sessions and Panel Discussion (Women Only!) Ages 13 and Up! May 1, 7pm - Friday Night Church Service! Special Guest: Pastor Cynthia Kivett (Kansas City, MO). May 2, 11am- 3pm - "Yeah, She Said That!" (A play by Dr. Beryl New) "The play is about a Hilarious Walk Through Bible History with Ten-Her-Stories!" May 3, 11am Sunday Morning Worship Service. - Special Guest: Minister LaRonna Saunders of Olathe, KS.

**MARKETPLACE AMBASSADOR ONLINE MEETING** — May 6, 11:30am. Guest speaker Bill Ryan. Learn to live as effective Ambassadors of Christ in the workplace. Register for the event and afterwards, you'll receive a URL to the Zoom meeting. Contact Info: [gtenpenny@cbmc.com](mailto:gtenpenny@cbmc.com) 913-219-9064

**NATIONAL DAY OF PRAYER** - May 7. Unified public prayer for America; meeting all across the nation on god TV, Facebook and other places! [www.nationaldayof-prayer.org/](http://www.nationaldayof-prayer.org/) Download the All.America app for more opportunities.

**FREE MOBILE FOOD DISTRIBUTION** — May 26, 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will be conducting its monthly food distribution. No ID or proof of income required, first come first served. We will be distributing several tons of fresh produce and other items to families in need.

**KANSANS FOR LIFE ORATORICAL CONTEST** — May 30, via Zoom. Pro-life speech contest for youth. The top winner will represent Kansas by competing in the National Right to Life Convention on June 26-27 by video-conference. For more info visit KFL.org's "News and Events" page. Click on the calendar date May 30 to fill out or print a registration form. Or contact [JoAn@kfl.org](mailto:JoAn@kfl.org) or call 1-800-928-5433 for additional support and questions.

**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.

**ROD ROGERS MEMORIAL GOLF TOURNAMENT — POSTPONED**, 11am, Dub's Dread Golf Course. Call 913-461-8527 or search for Rog Rogers on Eventbrite.

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**LADIES DAY OUT** — Jun. 6, 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.

**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)

**TOPEKA YOUTH PROJECT GOLF CLASSIC** — Jun. 12, Village Greens. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

**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 avail-



The Great Overland Station, with 34-foot ceilings and ornate glazed terracotta ornamentation, provides an elegant, neo-classical backdrop for the wedding or reception of your dreams!

- Beautiful photo opportunities
- Simple, all-inclusive pricing options
- Individual attention from professional staff
- Select a licensed caterer of your preference
- Ample and convenient lighted parking lots

Visit our website at [www.greatoverlandstation.com](http://www.greatoverlandstation.com) to learn more about facility rental or call about rental discounts!

**701 N. Kansas Ave., Topeka, KS 66608 • 785-232-5533**

## 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



able 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

**YOUTH FOR CHRIST GOLF CLASSIC** - July 31, 11:30 reg.; 12:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

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

**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 785 272 2620

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

**COUNTRY & FOOD TRUCKS** - August 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.

**TOUCH A TRUCK** - September 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!** Rescheduled for September 15-16, Stormont Vail Event Center. TicketOffice@Stormont-VailEventsCenter.com

**TRUST 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

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grounds and can be purchased for \$10.00 in memory of anyone you would like to remember. For info: midland-careconnection.org or 785-232-2044

## ONGOING EVENTS:

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

**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 TOPEKA**  
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

**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@rhcc.topeka.org

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

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

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

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

783-7527 or valeotopeka.org. Free.

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

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

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

**TOPEKA SWING DANCE** - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

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

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

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

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

**GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP** – 3rd Tue., 6:30-8pm, 2nd floor meeting room,

**THREEDOM**  
for the Homeless

**TRM MINISTRIES**

**TOPEKA RESCUE MISSION MINISTRIES**

**FREEDOM**  
for those who suffer  
ThreedomTopeka.org



St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** - 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

**SAFE STREETS COALITION MEETING** - First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@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 birth-day 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 Pizaggle's. 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!

**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. talkherbswithus@gmail.com

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

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

**SQUARE DANCING** - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. 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 topekaanon.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 June 12**  
**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...**

## Garbage in ... garbage out

A significant response to the current pandemic has been medical professionals in various places offering valuable advice on the role of diet toward building and increasing our body's immunity to viruses and disease in general.

This kind of advice can be truly salutary, even life-saving. Yet the aphorism, "You are what you eat", though often heard, isn't always taken as seriously as we might...And that may contribute to unpleasant health consequences.

**For bodily exercise has some value, but godliness has value for all things, having the promise of the life which is now, and of that which is to come.**

***1 Timothy 4:8***

But how much more applicable and consequential does it apply to our spiritual health? My answer is "Garbage in ... garbage out...!" If we fill our minds with things that pollute soul and body, spiritual junk food as it were, our spiritual immunity will be duly compromised for fighting off the constant incursions from the enemy of our souls.

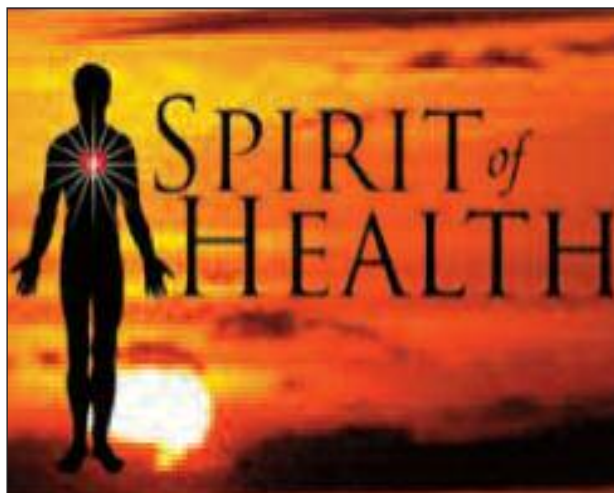
And while poor physical immunity will subject us to the ills of life on Earth, compromised spiritual immunity will have severe consequences both here, and also when we cross into eternity.

Anyone can see that spiritual wickedness is increasing, and so spiritual immunity is more



important every day. We all need now to watch and improve our diet, since it could even mean survival.

A healthy spiritual diet isn't rocket science. It's actually a matter of "taste"....that is, "Taste and see that the LORD is good." Be with Him, first and foremost. Just spend quiet time in His



presence, without feeling like it's an obligation.

"The Word of God is living and active..."

The Holy Spirit will bring that Word to greater life in your soul and body. 1 Timothy 4:8 adds: "For bodily exercise has some value, but godliness has value for all things, having the promise of the life which is now, and of that which is to come."

Let's not neglect a healthy spiritual lifestyle — in these days we need to be on top of our game. Avoid spiritual junk food!

That quiet time to be at complete peace, in God's Word, in prayer, will feed your soul with the spiritual nutrition needed to fight the daily battles... with powerful immunity!

—George Whitten



# 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).

# NEW Resource Directory for Kansans

## KANSAS RESOURCE GUIDE

*The Kansas Resource Guide (KRG) is a collaborative effort to connect consumers and service providers with resources and services for women, infants, children, youth and people with disabilities in Kansas.*

### What can you find?

The KRG website is an online navigational tool for Kansas consumers and service providers in Kansas. You can find links to partner's websites, topical lists and a searchable resource directory.

### How does the KRG help?

The KRG can help you identify:

- Available resources
- Who to contract
- Where to go for assistance

### Find information on:

- Advocacy
- Adult and Aging Services
- Disability Services
- Education
- Employment
- Health Care Services
- Independent and Community Living
- Nutrition and Wellness
- Women and Children's Services
- Youth Services



**Call 1-800-332-6262 for more information.**

**[www.kansasresourceguide.org](http://www.kansasresourceguide.org)**