

TOPEKA

APRIL 2020

Health & Wellness

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MAGAZINE

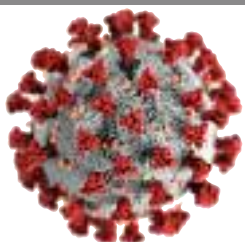
FREE
TAKE ONE!

CHOCOLATE SUNSHINE

Shining A Light on Black Women's Health



See page 3 for
information about
front page photo



COVID-19 CORONAVIRUS IMPACT REPORT

What it means and what you can do

See inside - Page 16



Health & Wellness Marketplace - Page 24

Healthy Event Calendar - Page 26

APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol **#responsibility**.

AGES

6-11

Mom, can I have some?



- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

#TALKEARLY
...about alcohol.

@TalkEarly

AGES

10-13

Just because you drink doesn't mean you're drunk, right?



Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer, wine, or liquor.



@AskListenLearn

Underage drinking among 8-12 graders is down **39%**.

@B4Udrink

Learn the facts about how alcohol affects your BAC

B4U
drink.org

These different amounts of alcohol have roughly the same effect on you.



12 OZ. BEER
5 OZ. WINE
1.5 OZ. LIQUOR

Hey dad, can I borrow the car?

Of course but pay attention, pay attention, pay attention.



AGES
15-18

@IKnowEverything

IKnowEverything.com

Parents are the most important driving instructors for teens. Visit for tips on how to make sure your teen "knows everything."

AGES

18-22

I'm having fun at college.



64% of college students do not binge drink.

How are you spending your down time?

Now that you're away from home, I want to make sure you know the difference between low-risk and high-risk drinking.

Parents,
You're Not Done Yet.

AGES

21+

I'm not sure how I'm getting home yet.



If you're headed out and plan to drink alcohol, enjoy yourself and be smart. Designate a non-drinking driver or take a taxi.

You should also know how alcohol affects your BAC.

69%

of American adults say they are extremely confident they drink responsibly.

74%

think ongoing conversations about responsible consumption are very important.

54%

believe the problems associated with the harmful consumption of alcohol lies with oneself (i.e., personal responsibility).

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ON THE COVER:

In honor of Minority Health Awareness Month, our cover this month features women from Kujima Health's Chocolate Sunshine: Shining a Light on Black Women's Health. This innovative approach to addressing Black women's health provides both a call to action as well as actionable and evidence-based answers to that call. See page 4 for more on this topic.

Pictured L-R, Top row: Tameka McCray, LMSW; Phelica Glass, LSCSW; Lisa Davis; Laura Cluke; JoVonka Marks, MSW.

Bottom row: Angela Warren; Michelle D. Wilson, MLS; Antonette Coffee, BS-CIS; Janet Haynes; EdD; Deborah Dawkins, MBW.



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.

This Quiz Could Save Your Life



1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False



Answers on page 10

Kujima Health celebrates Minority Health Awareness Month

In honor of Minority Health Awareness Month, Kujima Health proudly presents an innovative approach to addressing Black women's health – Chocolate Sunshine. *Chocolate Sunshine: Shining a Light on Black Women's Health* provides both a call to action as well as actionable and evidence-based answers to that call.

Call to Action:

To encourage Black women to engage in 30-minutes of physical activity most days of the week.

Every Queen featured in this Chocolate Sunshine Exhibit answered this call to action. Most walk, some participate in Aqua Fit, and some do Jazzercise. Most importantly, they all move! Can we count on YOU to answer this call?

Here are some ways Black women can answer the call:

1. Kujima Health TogetHER in partnership with Midland Care's 24 For Life Diabetes Prevention Program.

This curriculum is research-based, CDC approved and has

proven to be an effective lifestyle change program to help prevent or delay type 2 Diabetes. The program can also lower your risk of having a heart attack or stroke, improve blood pressure, improve your health overall, and help you feel more energetic.

A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles.

To learn more about Midland Care's 24 for Life Diabetes



Clara "Mama" Simmons

On Monday, March 25, 2016, I heard the words that no one ever wants to hear about their Mama, "In semy Clam, there is nothing else that can be done." I sat there and watched the woman who gave me life hear that hers was coming to an end. Mama never cried. Mama never yelled. Mama never asked "why me?" Mama sat there and took the news of her fate like a Queen - a Queen with great peace and dignity.

This picture is a reminder that I have a mission to fulfill. Mama's smile and direct point is all the direction that I need. I am determined to share Mama's story and the story of other Black women who are living with chronic diseases. Just as the doctor said, "there is nothing else that can be done." I too am saying,

There is nothing else that I will do.

Collecting and sharing the Black woman's health story is my mission. There is no Pen Bl With that said, on behalf of Mama, the 10 Queens featured in this exhibit and myself, welcome to the Chocolate Sunshine. Shining a Light on Black Women's Health experience.

High Fives, Hugs, and Hope.

-Chris "The Health Hippie" Omm, MPH/

Rest In Peace
Clara M. Simmons 3/17/2016



kujimahealth.com
@kujimahealth



As a strategic plan to address “social distancing,” Kujima Health will offer the Chocolate Sunshine Challenge #2 - Kujima Health @ Home first, then offer the group challenge - Kujima Health TogetHER later.

To find out more information and details, visit www.kujimahealth.com or contact:

Chris "*The Health Hippy*" Omni, MPH
chris@kujimahealth.com
facebook.com/kujimahealth
instagram.com/kujimahealth

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

For more information and details on this topic visit: <https://arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-about-the-program>.

*Photo credits: Tobias Harvey and Marcelino Gonzalez
III of Create Uplift.*



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24-Hour Detox Number: 785.234.3448
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Phoenix Home Care Responds to COVID-19

To the Topeka Community,

We wanted to communicate our position as your home care provider by sharing with you some of the measures Phoenix is taking to be proactive in our response to the COVID-19 virus. We are committed to caring for you and continuing to offer our highly needed services that keep you safe in your home. In the last few days, we have heard and seen orders given by President Trump and government officials outlining the importance of social distancing and the importance of staying in homes during this event, which we fully support.

As a home care provider, we are part of this plan to help people remain safely in their homes and reduce the risk of exposure during this time. Phoenix

Home Care & Hospice will ensure our clients have a home care professional supplying valuable oversight, providing assistance with critical day-to-day tasks and also caring for clients who need the skills only a clinical staff member or professional caregiver can offer. With our caregiver and clinical staff continuing to serve our clients, we are able to decrease the need for people to leave their home to complete errands, such as grocery shopping and picking up medications. We are also able to continue to oversee the care of the people who are utilizing nursing services and physical therapy services to reduce the chance of going out to the doctor's office, urgent care, emergency room, or hospitals, where the highest risk reside.

Phoenix has created a COVID rapid response team. This team has been tasked with reviewing the latest and upcoming information of COVID-19, including best practices to keep our staff safe, our clients safe, and the Topeka community safe.

Our mission has, and always will be, to serve with an altruistic manner and with Christ-like qualities of patients, honesty, and compassion. By following the guidance given at the national level, by the CDC, and staying true to our mission, our hope is to illuminate or decrease any disruptions in your service and add peace and comfort to your life by continuing to provide the care and support you have been receiving or need to receive. Phoenix will continue to review all new information on an hourly basis as we strive to align our actions to be

consistent with the national recommendations. Please be assured that Phoenix Home Care & Hospice clinical staff and caregivers are trained and understand when it is necessary to take additional precautions. If the caregiver or clinician chooses to wear a mask during the visit, it is because they are operating in a cautious manner. We would encourage all of our homecare clients to remember the hospitals and emergency room staff are limited, and to only utilize the services if they're experiencing symptoms that warrant this level of care. Phoenix home care and hospice has a goal to provide expert medical care in the home so people who truly need a higher level of medical care have access at this time.

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



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

Tommy's story: Overcoming, Inspiration and Hope

Cathy Walker, Director, Valeo Recovery Center

Far too often in addictions you hear about struggle and loss. While in the thick of it, there often are major hurdles, affecting not only the addict but their friends, family and community. When you think about alcohol and drug substance use disorders, not too much good comes to mind. Tommy's story is one of inspiration and hope.



Cathy Walker

Tommy Vann grew up in an intact family with a classic upbringing. His father was the head of household keeping everything steady, and he was the light in his mother's eye.

Tommy also has a sister. He was the first-born, and really identified with the "hero" role that the first-born plays. Tommy started drinking alcohol to "cut the edge." The "edge" for Tommy was a disappointment that he felt within himself. Everything was good, he was functional and always went to work, but the alcohol helped to bring his pain down. It was more of a medication for him than to get drunk or high.

As more things came to the forefront, Tommy made a gradual shift into other drugs, specifically cocaine and marijuana. He was quoted saying, "The chain of addiction is so light that you don't feel it, but so strong you can't break it." He never honed in to the downward progression he was in until it was too late, and he couldn't turn it around. He was in full blown addiction.



There were many reasons that helped Tommy get into recovery, but the main one for him was when he looked into his mother's eyes and the light she always had for him wasn't there. He felt like it was all over: "if mom gave up then there was no hope."

Tommy sought treatment and completed it. Initially, he struggled with relapse due to "trying to do things my way." Thanks to his higher power, support of his very strong sister, and the hand of Alcoholics Anonymous (AA) never giving up on him and encouraging him not to give up, he was able to gain and maintain long-term sobriety.

While in treatment he knew he needed to be involved.

He started by picking others up and taking them to meetings, which led to service work. He started thinking he had something to offer which led him to wanting to work in the field. He became a part-time alcohol and drug technician in 1993 and went to school for his Addiction Counseling Certificate which he obtained in 2007. Later that same year, after retiring from his permanent position in the community, he became an Alcohol and Drug Counselor. For the past nearly 13 years he has been sharing his gifts of hope and recovery to others. He has been an inspiration and promoted change for so many. When Tommy was asked how he felt about doing this line of work he said, "It has never felt like work."

It takes a team of support, but people can and do get well. Yes, it is hard work and a lot of dedication, but never give up hope for yourself or others. If you, a friend or family member is struggling with addiction, Valeo Recovery Center has a 24-hour detox program that can be reached by calling 785-234-3448.

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
Topeka.Heals@gmail.com
785-249-3792

I AM RECOVERING...

330 SW Oakley
Topeka, Kansas, 66606

Phone: 785.233.1730
24-Hour Crisis Line: 785.234.3300
24-Hour Detox Number: 785.234.3448

VISIT US AT: [f](https://www.facebook.com/valeotopeka.org) [valeotopeka.org](https://www.valeotopeka.org)

CELEBRATING OVER 50 YEARS OF RECOVERY SERVICES

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Farmers Markets starting up again

The idea of the Farmer's Market is as old as time. In times past, markets were the centers of towns and villages, the place people gathered to buy or barter goods and services, and to catch up on village news. Today, Farmer's Markets are thriving throughout the US and other countries, providing quality, healthy produce fresh from the field, preserving local farms, revitalizing downtown areas and creating a social opportunity for city and country folks to come together.



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

According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of every meal consist of fruits and vegetables.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables. Fresh fruits and vegetables are the primary focus at the markets. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets often this year for a taste of one of Topeka's most loved traditions, and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthynighborhoods.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 heartlandhealthynighborhoods.org or like us on Facebook.



Markets updated 3/18/2019

Suggestions to Lissa Staley, lstaley@tscpl.org

Capitol Midweek Farmers Market

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

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.

Opens April 11



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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Answers to Quiz from page 3

1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A** Toss a coin to decide whether to stop or go.
B Stop. Let the train pass.
STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A** The train is closer and faster than you think.
B A train striking a car is like your car crushing a soda can.
YES, both statements are true. If it's a tie at the crossing, you lose.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A** Slow down and prepare to stop if a train is coming.
B Restrooms and recreation are ahead.
SLOW DOWN. Look and listen for a train. Stop if a train is coming.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A** Yes
B No
NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANYTIME.

- A** True
B False
Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A** True
B False
TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.



FINANCIAL HEALTH & WELLNESS

Relax, Tax Day is Now July 15, 2020

Because of the COVID-19 pandemic, you will now have more time to file and pay your state and federal taxes.

Both the IRS and Kansas Department of Revenue have extended the DUE DATE for Tax Year 2019 tax return to July 15, 2020. That is the date that your payment for any income due has to be paid.



Taxpayers do not need to file any additional forms or call the IRS or Kansas Department of Revenue to qualify for this automatic tax filing relief. Individuals who need additional time to file beyond the July 15 deadline, can request a filing extension by filing Form 4868 with their tax professional or online at IRS.Gov. The form for businesses needing addition time is

the 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Filing electronically is the quickest way to get a refund. The IRS is saying that refunds should be issued within 21 days of electronically filing. The quickest way to get your refund is to have it directly deposited into your bank.

Peggy's Tax & Accounting office will be open to help with your tax filing needs during the COVID-19 outbreak. We will take appointments if you want a face to face meeting, but are giving you an option of dropping your tax information off. We will call you if we have questions about the return. When your return is complete, we will call and you can come in and sign or we can email the return to you and



you sign and return it to us. We will also make arrangements for you to pay us.

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC

300 SE 29th, Suite C

Topeka, Kansas 66605

Tel: 785-286-7899

Frontdesk@peggystaxks.com

Outdoor Sports Spreading COVID-19?



(Ivanhoe Newswire) —

Exercise, particularly outdoors, has been shown to reduce anxiety and depression, as well as improve your mood. With the current COVID-19 pandemic, people are itching to get out of their house and move. But how about outdoor sports?

Experts recommend maintaining six feet of separation to combat the rapid spread of COVID-19. So, are you at risk if you step outside for some exercise?

Neha Vyas, MD, Cleveland Clinic, explains, “Self-isolating does not mean giving up outdoor sports.”

Things like running and hiking are ideal as long as you keep that distance. Golf is also an option, just use separate carts and wipe everything down when you’re done.

“Any sport that doesn’t require close physical contact can be continued,” Dr. Vyas continued.

What about tennis or pickleball?

Raymond Pontzer, MD, FACP, Chief of Infectious Disease, UPMC, warned, “If you have a doubles partner and you’re banging into that doubles partner, that might be a risk.”

But others disagree.



“If you want to play tennis, doubles are fine as long as you maintain a safe distance,” stated Dr. Vyas.

Contact sports like volleyball, basketball, or football, which require a lot of passing, should definitely be avoided.

Avoid any sport that requires more than ten people to play. Wash your hands consistently. Avoid touching your eyes, nose, or mouth. And if soap and water aren’t readily available, use a hand sanitizer that contains at least 60 percent alcohol.

For the latest stats on this area or anywhere you have relatives, go to: coronadatascraper.com/#features.json.dollars.

COVID-19 POSSIBLE BREAKTHROUGH:

Software from a University of Toronto research project is being described as a “critical breakthrough” in the search for a coronavirus vaccine. Researchers at the University of Texas at Austin and the U.S. National Institutes of Health recently announced they have created

the first 3D, atomic scale map of the part of the virus that attaches to and infects human cells. These cells are known as spike proteins. Researchers relied on cryoSPARC, which is the software that resulted from Ali Punjani’s PhD research in computer science at University of Toronto and designed by Suhail Dawood, to process data of the coronavirus spike protein and obtain accurate 3D images in real time.

Punjani’s startup, Structura Biotechnology, allows researchers to make the most out of a technique called cryogenic electron microscopy, or cryo-EM for short. Cryo-EM allows scientists to obtain high-resolution pictures of proteins by shooting electrons at frozen samples. The challenge is putting those pictures together to create an accurate 3D visualization, which is where cryoSPARC comes in.

“The work by UT Austin and the NIH demonstrates the power of structural biology,” Punjani said. “We can actually look at a new disease that was discovered just a couple of months ago and see how it works at the molecular level. It’s very exciting.”

5 Reasons the Avocado Craze Should Never End

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

If you're not eating avocado toast every morning, chances are you've at least seen it in your social media feed. For a few good reasons, millennials are obsessed with this creamy green fruit, and dietitians are, too.

Here's why we hope this trend is here to stay.

1. Avocados contain monounsaturated fat, the kind that helps promote heart and brain health.
2. One-third of an avocado provides 3 grams of fiber, a nutrient that most Americans don't get enough of.
3. They have nearly 20 vitamins, including potassium, which is good for blood pressure.
4. They're easy to slice, dice, or spread, giving them the chameleon-like ability to go on or in just about everything — including ice cream.
5. Bakers can get away with using less butter or oil by replacing half of it with mashed ripe avocados. (Just remember to reduce the baking temperature by 25 degrees.)

How to Deal with Avocados

- When buying avocados, gently press the fruit. It should yield to the pressure but be slightly firm.
- If the avocados are too hard, place them in a brown paper bag and store at room temperature. The paper bag will trap the natural release of ethylene gas, which helps ripen the fruit. To speed up the ripening process even more, add an apple to the bag—apples also produce ethylene gas.
- To store cut avocados, squeeze some lemon or lime juice onto the exposed flesh. This prevents discoloring from oxidation. Then wrap in plastic or store in an airtight container.

Not Just for Toast and Guac

Besides being a healthy addition to sandwiches and tacos, here's a few more things to do with avocados.

- Puree and toss with pasta, rice, or cauliflower rice
- Blend into smoothies
- Grill halves and stuff with grilled shrimp
- Mix with hummus
- Blend with milk, honey and coco powder to make pudding

Chocolaty Avocado Pudding



Serves 4

Courtesy of Hy-Vee.com

A dairy-free and vegan way to enjoy a rich, chocolaty pudding.

Ingredients

- 2 ripe avocados, seeded, peeled and halved
- ½ c. Dutch processed cocoa
- ½ c. agave nectar
- ½ Hy-Vee vanilla almond milk

- 1 tsp. Hy-Vee vanilla extract
- Chopped pistachios, if desired

Directions

Place avocados, cocoa, agave, nectar, almond milk, and vanilla in a blender. Cover and blend until smooth. Divide mixture among four dessert dishes. Garnish with pistachios, if desired.

Nutrition per serving:

Nutrition facts per serving: 330 calories, 17g fat, 3g saturated fat, 49g carbohydrate, 30mg sodium, 11g fiber, 31g sugar, 4g protein

For more great avocado recipes and ideas, visit [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes).

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SUMMARY OF KANSAS BICYCLE LAWS

[References are to the Kansas State Statutes]

Bicycles are VEHICLES under Kansas Law 8-1485

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

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

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

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

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

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

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

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

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5 Ways to Reduce Everyday Stress

Deadlines, responsibilities, bills -- there are so many causes of stress in our lives. Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long. Indeed, common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is Stress Awareness Month, consider these strategies for relieving stress.

- **Aromatherapy:** Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors:** Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports. Support your adventures with water-resistant wearable tech, like the WSD-F20 ProTrek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten path and



better appreciate your surroundings.

- **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

- **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the sounds of acoustic in-

struments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX Sound-Source, reproduces subtle nuances and gestures specific to each sound.

- **Keep a journal:** Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This Stress Awareness Month and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

Source: StatePoint



COVID-19 Coronavirus

What You Should Know and What You Should Do

By Darcy Childs
Topeka Health & Wellness Magazine

We are living in a very uncertain time. Spanish Influenza, HIV/AIDS, Cholera break-outs and other Flu Pandemics have caused stress for many segments of our world. But rarely have we experienced anything like the current coronavirus in our lifetime.

Beyond the actual virus itself, one of the biggest problems we face today with COVID-19 may be the over-abundance of information regarding this disease. We live in a world of 24-hour news cycles, social media and other forms of instantaneous worldwide communications. This has caused rumors and misunderstandings to abound.

What we are attempting to do here is dispel rumors and give you resources where you can get the most current information regarding how we can understand what is happening in the world around us, specifically in NE Kansas.

What is the COVID-19 coronavirus?

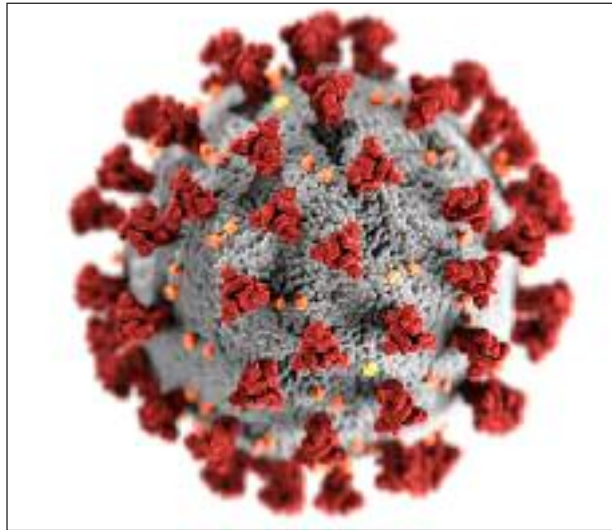
Coronaviruses are common in people and animals. There are many different kinds. Some of them can cause colds or other mild respiratory (nose, throat, lung) illnesses. Other coronaviruses can cause more serious disease, including Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS) and the COVID-19 (COroNaVirusDisease2019) we are dealing with currently.

COVID-19 is a coronavirus that emerged in China in late 2019. It is a respiratory illness with symptoms like cough, fever and difficulty breathing. More severe cases can lead to severe respiratory problems, pneumonia, kidney failure and even death.

As of the time of printing of this publication Shawnee County has 18 confirmed cases of COVID-19 resulting in 1 death. There have also been 412 people whose tests were negative with 111 people currently being monitored.

Am I At Risk?

While all people are at risk of contracting COVID-19, like any other flu or flu-like virus, you are especially susceptible



if you have – or have been in contact with people who have – traveled to China, South Korea, Italy, Iran and other places where the virus has taken a foothold, including areas here in the United States.

The Kansas Department of Health and Environment (KDHE) has recommended that those persons who have traveled to the states of California, Florida, New York, Washington (on or after March 15); Illinois, New Jersey (on or after March 23); and Louisiana and Colorado (on or after March 27), be quarantined for 14 days after returning home.

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
 - People who live in a nursing home or long-term care facility
 - Other high-risk conditions could include:
 - o People with chronic lung disease or moderate to severe asthma
 - o People who have serious heart conditions
 - o People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone

marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

What Are the Symptoms?

The main three symptoms to be aware of are: fever, coughing and shortness of breath. These symptoms may appear 2-14 days after exposure, based on the incubation period of MERS-CoV viruses. The CDC has provided a Coronavirus Self-Checker online ([cdc.gov](https://www.cdc.gov/coronavirus/2019-ncov/self-checker)) as a guide to help you make medical care decisions. If you develop emergency warning signs for COVID-19 such as; trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, seek medical attention immediately. (This list is not all-inclusive so consult your medical provider for any other symptoms that are severe or concerning.)

How Can I Protect Myself and My Family?

Currently there is no vaccine available for COVID-19, so it is up to each one of us to protect ourselves and those around us. The virus is thought to spread mainly from personal contact, between people in close contact (within 6 feet) with one another. Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people who are nearby or be inhaled into the lungs. It can also be spread when you touch sur-



faces previously touched by an infected person, and then put your hands to your face (which the average person does about 50 times per day).

The absolute best way to prevent contracting the disease is, of course, to avoid being exposed to the virus. Social

distancing, staying 6 feet away from others, and sheltering at home are recommended and even now being ordered by our local and state governments.

Other steps we should be taking are common sense personal hygiene: wash your hands regularly and thoroughly for at least 20 seconds. (A side note: sing the “ABC’s” song or “Twinkle, Twinkle Little Star” while you are washing your or your children’s hands.) If soap and water are not available a hand sanitizer, with at least 60% alcohol, can be used. And, avoid touching your eyes, nose and mouth with unwashed hands. If you have to cough or sneeze cover your mouth with a tissue or use the inside of your elbow. Throw tissues away immediately and wash your hands again.

Around the house and office, clean AND disinfect surfaces that you frequently touch. This includes tables, door-knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Clean surfaces with soap and water prior to sanitizing. Household bleach mixed 5 tablespoons (1/3rd cup) per gallon of water or 4 teaspoons per quart make for a good option when specific disinfectants are unavailable.

Facemasks should be worn only if you are sick and around other people or if you are caring for someone who is sick. Facemasks can give a false sense of security in terms of prevention, and if worn improperly can actually be a detriment.

Do Not Panic

The best tips are to use your common sense and do not panic. Stockpiling and hoarding supplies is unnecessary and may even be illegal in certain circumstances. You should only buy what your family needs for a week or two, to minimize trips to the store. Buying weeks or months of supplies in advance leads to shortages and makes it difficult for other families to take care of themselves. Consumer demand has been exceptionally high, especially for groceries, cleaning supplies, and healthcare products. Supply chains haven’t been disrupted, but stores need time to restock.

All the information in this article comes from the CDC, FEMA, NIH, Johns Hopkins Medicine, KDHE and the Shawnee County Health Department.

For more local information Shawnee County Emergency Management are operating an information center and rumor control task force. The center is open from 9:00 AM to 4:00 PM, seven days a week and can be reached at (785) 251-4848 by phone and Covid19info@snco.us by email.

A Nurse’s Tips for Protecting Yourself from COVID-19

By Paulette Danielson, RN, NCTMB

As a Registered Nurse I do health care for a living – I teach people how to improve their health. One thing that I see that we are doing wrong as a nation is not teaching people how to improve their immunity, and how to stop doing things that reduce their immunity.

First: Stop taking antacids (another name is proton pump H2 pump inhibitors). These are Prilosec, Prevacid, Omeprazole, Nexium, Pepcid, Tums, and Protonics. What these medications do is increase stomach pH to a 10 or alkaline. Our stomach pH should be 2.2 or acidic. When pH is out of balance you cannot absorb your minerals. All farmers understand what happens to cattle if cattle or any farm animal does not have adequate minerals. Stomach pH is our first line of defense to viruses, bacteria, molds, fungi, and allergens.

Our GI tract is 70% of our immune system. So now let’s deal with the acid reflux disease, IBS, colitis, which panics everyone when I tell them to stop taking their medications. You have to take a good probiotic and a good aloe product. The flora or good bacteria is what kills the viruses, bad bacteria, mold, and funguses, and stops the allergens from having such an affect and allows your intestinal tract to absorb mineral. Absorbing your minerals is critical to your health to maintain good immunity, prevent osteopenia, osteoporosis, and promote good health.

Now, where the probiotics have a difficult time is that there may not be enough of them in the product you buy, or an adequate dose, or how they are handled because of the type of probiotic that has to be refrigerated, or it is not protected from stomach acid until it reaches the intestinal tract. The reason why probiotics have to be taken on a regular basis is because with age our flora – good bacteria – gets affected by stress, medications, and meat, just to mention a few. So look for a product that has several colony-forming units (CFU) and releases with your stomach acid. Aloe is distilled like liquor so it needs to be distilled at 150% to be effective.

Our next defense is what our sinuses do. I recommend Zicam, the homeopathic one. If you are having



symptoms of flu or you are feeling “fluey” or you think it’s an allergy, you need to start using Zicam. There are different Zicams. You want the one that will say “reduces cold symptoms” and in the right hand corner, “homeopathic and zinc free.” What happens when you take it – and you need to follow package directions, which is two pumps in each nostril every three hours until symptoms have completely subsided – is that Zicam creates a hostile environment for COVID-19, pathogens and allergens. But you have to take it every three hours until symptoms are gone. My clients have found that they have only had to use this for a couple of days at the longest until symptoms have gone away.

Our next line of defense is fever. When Tylenol is advertising, they say, “to reduce a fever,” not get rid of it. Our fever, 101 degrees or less is what helps to kill pathogens. Many people think a fever is bad but it is part of our immunity.

Another line of defense is using coconut oil. All oils create a barrier. Coconut oil can be used in the nostrils of your nose. The virus will get trapped in the oil and cannot replicate. Then when you blow your nose it comes out. You can put coconut oil on your hands as a barrier under your gloves or just in general for extra protection. Pathogens can travel in water but they cannot travel in oil, nor can they grow or spread.

There are many ways to improve your health. These are just a few that are very pertinent to the coronavirus.

*Paulette Danielson, RN, NCTMB
Danielson & Associates, P.A.
201 NW Highway 24, Suite 120
785-273-7500*

Stay at Home Order: What You Need to Know

By Darcy Childs
Topeka Health & Wellness Magazine

We are living in a new world today. Many businesses are closing or becoming work at home. School is being taught at home. We are being isolated for our own and others protection. Close contact with loved ones is even being prohibited in some cases.

The Federal, State and Local governments have issued guidelines and even orders for us to stay at home. How can we successfully navigate the current circumstances in which we find ourselves individually and collectively?

What Orders Are We Under?

As of Saturday, March 28, 2020 Governor Laura Kelly placed us under a temporary Statewide Stay-Home order. It went into effect at 12:01 AM on Monday, March 30, 2020 and will be in place until at least Sunday, April 19, 2020.

In Shawnee County we have been under a Safer-at-Home order since Thursday, March 26, 2020 that is in effect until April 26, 2020. Other counties have their own Stay Home orders in place but the statewide order supersedes the locals as long as it is in effect.

Under the Governor's order Kansans are directed to stay home unless performing the following essential activities:

- 1) Obtaining food, medicine and other household necessities;
- 2) Going to and from work at a business or organization performing an essential function as identified in the Kansas Essential Function Framework;
- 3) Seeking medical care;
- 4) Caring for children, family members or pets, or caring for a vulnerable person in another location;
- 5) Engaging in an outdoor activity, provided individuals maintain a distance of six feet from one another and abide by the 10-person limitation on gathering size.

The entire text of the order can be found on the Kansas Department of Health and Environment COVID-19 website. (www.govstatus.egov.com/coronavirus)

Kansas school districts have also been closed for the rest of the calendar year, although many of Shawnee counties districts are continuing classes online. For example, USD 501 – Topeka started teaching virtually on Monday, March 30, 2020.

What Does Stay Home Mean?

Stay home means just that. Stay in your home except for



essential reasons. Use your common sense. We all know what is essential to our survival. Food. We all need to eat. Go to the store. Alone if possible, unless you have no one at your residence to watch your children.

The less we come into contact with others the less at risk we are, and the less we put others at risk as well.

Another thing we need: Exercise. Outdoor activity has not been outlawed. Spring is upon us and the days are much nicer. And, the kids are not at school. But, once again we need to use reason. Based on available data, coronaviruses have a short reach. That is why the Stay-Home order urges us to maintain a six-foot distance from each other and limits us to small gatherings of 10 people or less. Plus, Topeka Parks and Recreation has recommended we limit the use of public facilities in the parks.

Work is another activity that has changed for many of us. Some of us are employed in "essential" business activities. There are links to the lists of what is considered essential businesses that can be found on the KDHE, Shawnee County Health and the Governors' website but they include:

- Hospitals
- Childcare facilities
- Government operations
- Pharmacies, health care supply stores and health care facilities
- Grocery stores and convenience stores
- Agricultural stores or stores that provide essential food and goods for animals
- Gas stations
- Auto repair facilities
- Garbage collection
- Hardware stores, plumbers, electricians, exterminators and other service providers necessary to maintain the safety, sanitation and essential operation of residences and other essential businesses
- Educational institutions, for the purposes of facilitating distance learning
- Media outlets

- Laundromats, dry cleaners and laundry service providers
- Businesses that ship or deliver groceries, food and goods directly to residences

Most of the businesses on this list are common sense as well. If you have been put out of work, even temporarily, there is help for you. The Kansas Department of Labor has been given direction to extend Unemployment Benefits for longer periods of time and ease the qualifications. There are many resources available at www.dol.ks.gov/covid19response.

The Federal government also has resources for employers and employees at the irs.gov and usa.gov/coronavirus websites to answer many questions and point you to where assistance may be found.

CORONAVIRUS RESOURCES

- **CDC** – www.cdc.gov
- **Coronavirus Disease 2019** – www.coronavirus.gov
- **Coronavirus Rumor Control (FEMA)** – www.fema.gov/Coronavirus-Rumor-Control
- **National Institutes of Health** – www.nih.gov
- **KDHE Resource Center** - www.kdheks.gov/coronavirus/COVID-19_Resource_Center.htm
- **KDHE COVID-19 Updates** – www.govstatus.egov.com/coronavirus
- **Shawnee County Health Department** – www.snco.us 785-251-4848
- **City of Topeka COVID-19 Info** – www.data.topeka.org/pages/covid19information

LOCAL ASSISTANCE OUTLETS

- **Catholic Charities of NE Kansas - COVID-19 Disaster Relief:** 785-233-6300. All services are free to everyone. <https://catholiccharitiesks.org/where-we-work/topeka/>
- **Topeka Area on Aging** - Open for phone calls 785-235-1367. <http://www.jhawkaaa.org/>
- **Meals on Wheels of Eastern Kansas, Inc.:** 785-430-2186 2134 SW Westport Drive; <http://www.mowks.org/>
- **Harvesters Community Food Network:** 8:30 a.m. to 4:30 p.m., 215 SE Quincy Street, Topeka, KS 66603 <https://www.harvesters.org/contact>
- **Expensify:** Assists families by reimbursing Supplemental Nutrition Assistance Program (SNAP) grocery purchases up to \$50. Go to <https://www.expensify.org/hunger> to donate money or to apply to receive SNAP grocery funds reimbursement.

We will all get through this if we just use our common sense and do not panic. If we think about how our actions affect not only ourselves but others as well, we will make decisions that help us all get through safely and quickly.

5 Benefits Of Buying a Good Pair of Running Shoes

By Shalini M | ezinearticles.com

Nowadays, running shoes are quite popular among athletes of all ages. If you are looking to buy a pair, we suggest that you pay attention to small details that most buyers tend to ignore. We are going to share with you some prominent benefits of running shoes for athletes. Read on to know more.

1. Feet Protection

With the right pair of running shoes, you can get the most out of your sport. While playing a sport, it is important that your feet shouldn't feel the impact. So, if you wear proper shoes, you will feel much better. You will be able to deliver better performance and enjoy fee protection at the same time. In other words, you can avoid feet torsions and injuries as well.

2. Better Running Results

With the right equipment, you can perform much better in a number of sports. We know that it's not possible to do a good job if proper tools are not available. On the other hand, if you feel uncomfortable while wearing the wrong pair of shoes, you won't be able to stay on the ground much longer. If you are a runner, you will be able to cover much longer distances without feeling uncomfortable or suffering a feet injury.

3. Great Investment

It's not easy to buy sports shoes these days. At times, they are considered a luxury item. As soon as you have got a proper pair of shoes, you may experience an improvement in your efficiency while playing.

If you want to get the most out of investment,



make sure you buy a product that is made of high-quality material. This way your shoes will stand the test of time. Buying the right pair of boots is a good investment.

4. Colors, Brands and Models

Today, you can find a wide spectrum of running shoes. Since the niche is quite popular, an increasing number of brands are beginning to invest in this industry. If you are a runner, you can opt for the best model keeping in mind the best features.

Running shoes have become a sensation. Therefore, opting for the right brands, models and colors is a stroke of genius. Based on your personal preferences, you can choose the right color or model.

5. Making Friends in the Process

Today, you can find a lot of accessories in the market for running shoes. Therefore, you may want to get the opinion of a lot of players. Whether you are a beginner or experienced player, getting the right pair is a must. In the process, you can make friends with some good people, which will increase your social circle. This is another great benefit of buying quality running shoes.

To cut a long story short, having the right pair of running shoes is a great idea. It will push your body to strive and combine your style with the right techniques. Plus, you can enjoy a lot of benefits by opting for the best sports boots. Hopefully, you have enjoyed reading the benefits of these shoes.

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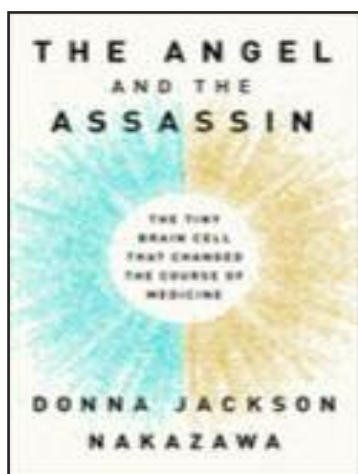
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New Health & Wellness Info at the Library

By Kelly Barker

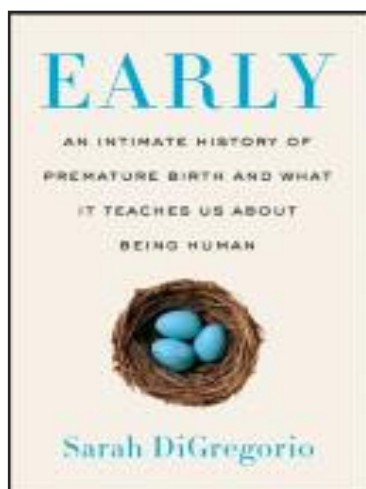
Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

The Angel and the Assassin: The Tiny Brain Cell that Changed the Course of Medicine by Donna Jackson Nakazawa, New Health Books Media Center 612.82 NAK



Until recently, microglia were thought to be merely the brain's housekeepers. But a recent groundbreaking discovery revealed them to be capable of terrifying Jekyll and Hyde behavior. *The Angel and the Assassin* is a thrilling story of scientific detective work and medical potential and promises to change everything we thought we knew about how to heal ourselves.

Early: An Intimate History of Premature Birth and What it Teaches Us about Being Human by Sarah DiGregorio, New Health Books Media Center 618.26 DIG

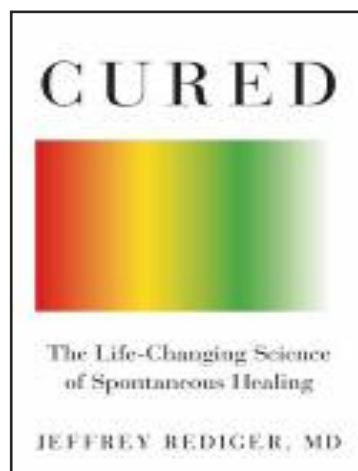


Inspired by the author's harrowing experience giving birth to her premature daughter, *Early* uses premature birth as a lens to

view our own humanity, and the humanity of those around us and delves deep into the history and future of neonatology.

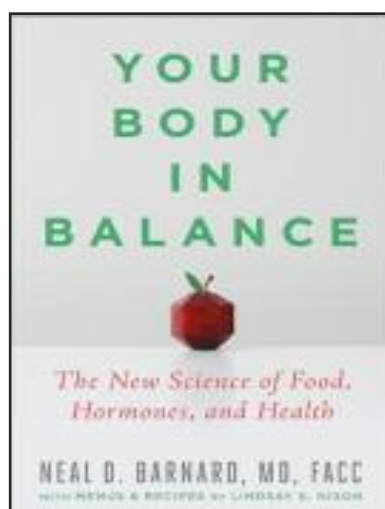
Cured: The Life-changing Science of Spontaneous Healing by Jeffrey Rediger, New Health Books Media Center 616.8586 RED

When it comes to disease, who beats the odds -- and why? In *Cured*, Dr. Rediger digs down to the root causes of illness, showing how to create an environment that sets the stage for healing. He reveals the patterns behind healing and lays out the physical and mental principles associated with recovery.



Your Body in Balance: The New Science of Food, Hormones, and Health by Neal Barnard, New Health Books Media Center 613.2 BAR

This nationally bestselling book explains the shocking new science of how hormones are wreaking havoc on the body, and the delicious solution that improves health, reduces pain, and even helps to shed weight. *Your Body in Balance* provides step-by-step



guidance for understanding what's at the root of your suffering-and what you can do to feel better fast.

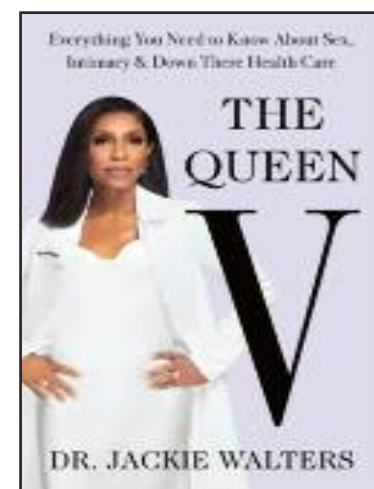
Between Heaven and Hell: The Story of My Stroke by David Talbot, New Health Books Media Center 616.81 TAL

In *Between Heaven and Hell*, journalist and historian, David Talbot, turns inward in this intimate journey through the life-changing year following his stroke, a year that turned his life upside down, and ultimately, saved him. This book is for anyone dealing with or recovering from health issues (particularly stroke or brain injury) and looking for insight and inspiration.



The Queen V: Everything you Need to Know about Sex, Intimacy, and Down There Health Care by Jacqueline Walters, New Health Books Media Center 618.15 WAL

Dr. Jackie knows that every woman is different. In her new book, she invites you to put your feet in the stirrups and investigate. Both funny and informative, she brings you on a quest through the female reproduc-



tive system--answering all the questions you've always been afraid to ask.

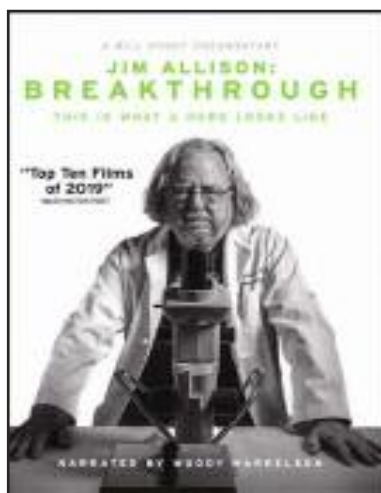
All These Flowers: The Truth about Bipolar Disorder, directed by Kevin Bryce and published by Wild Eye Releasing, New Health Non-fiction DVD Media Center 616.857 ALL

A personal and emotional documentary that follows the lives of four people with bipolar disorder, a mental illness often stigmatized, ill-defined, and maltreated by medical professionals and the mainstream media.



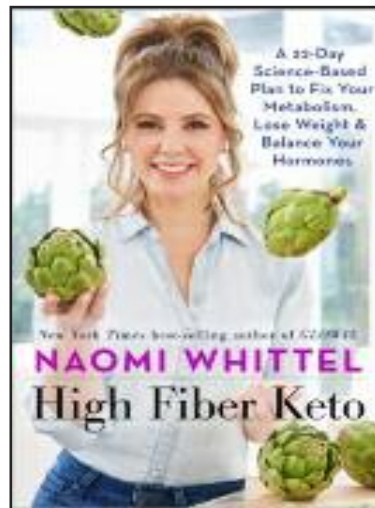
Jim Allison: Breakthrough produced Bill Haney and Jennifer Pearce, New Health Non-fiction DVD Media Center 616.994 JIM

Today, Jim Allison is a name to be reckoned with throughout the scientific world, holding a 2018 Nobel Prize for discovering the role of the immune system in defeating cancer. This is the astounding true story of one warm-hearted, stubborn man's visionary quest to find a cure for cancer.



High Fiber Keto: A 22-day Science-based Plan to Fix your Metabolism, Lose Weight, and Balance your Hormones by Naomi Whittel, New Health Books Media Center 613.283 WHI

Have you tried going keto and found that it has made you feel worse rather than better? In High Fiber Keto, the author explores the prebiotic fiber sources that work within a keto framework to speed up your metabolism, transform your microbiome, balance your hormones, and keep you feeling full.



The Clean & Simple Diabetes Cookbook: Flavorful, Fuss-free Recipes for Everyday Meal Planning by Jackie Newgent, New Health Cookbooks Media Center 641.56314 NEW

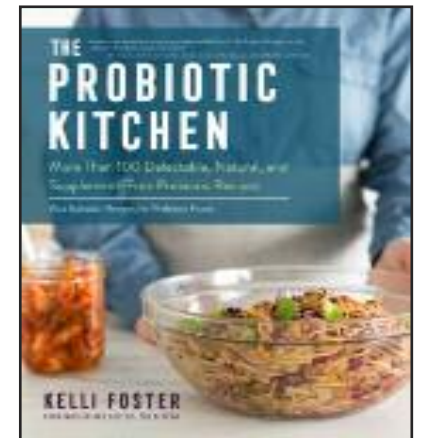


Eating healthier to prevent or manage diabetes or prediabetes doesn't have to be complicated! The Clean & Simple Diabetes Cookbook gives you all the tools you need to eat clean, gain confidence in the kitchen, and plan healthy meals like a pro.

The Probiotic Kitchen: More Than 100 Delectable, Natural, and Supplement-free Probiotic and Prebiotic Recipes by Kelli C. Foster, New Health Cookbooks Media Center 641.563 FOS

For optimum probiotic nutrition, it's time to say goodbye to supplements and pills and to bring all-natural, all-delicious, real-food probiotic (and prebiotic) meals into your life. The

Probiotic Kitchen takes probiotics beyond pills, and beyond fermenting, into a world of quick, easy, and delicious dishes.



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Check out our article ["Find Healthy Reading Options while you are Safer at Home"](#) at tscpl.org.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at tscpl.org/downloads or tscpl.org/downloads/ebooks.



Contact Lissa Staley:

estaley@tscpl.org

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Easter Recipes for Staying at Home

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

Easter Breakfast Casserole



An Easteer breakfast to look forward to!

Ingredients

- 1 pound bacon
- 1/4 cup diced onion
- 1/4 cup diced green bell pepper
- 3 cups shredded Cheddar cheese
- 8 eggs
- 2 cups milk
- 1 (16 ounce) package frozen hash brown potatoes, thawed

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch casserole dish.

Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.

In a large bowl beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Stir in the thawed hash browns. Pour mixture into prepared casserole.

Cover with aluminum foil and bake in preheated oven for 45 minutes. Uncover and bake for another 30 minutes until eggs have set.

Nutrition Information

(Servings: 12)

Per serving: 281 calories; 21 g total fat; 171 mg cholesterol; 538 mg sodium. 9.9 g carbohydrates; 18 g protein.

Source: allrecipes.com

Easter Ham



Sure to become a family favorite!

Ingredients

- 1 (7 pound) boneless ham
- 2 cups brown sugar
- 3 tablespoons prepared yellow mustard, or as needed
- 1 (8 ounce) can pineapple rings in juice, drained and juice reserved
- 1 cup honey

Directions

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

Score ham by making 1/2-inch deep diagonal cuts, creating a diamond pattern; transfer ham to a roasting pan.

Mix brown sugar with enough yellow mustard to make a smooth, pourable sauce.

Pour reserved pineapple juice over ham, followed by the honey.

Pour brown sugar mixture over honey and arrange pineapple rings decoratively atop ham. Secure pineapple rings with toothpicks.

Bake in the preheated oven until diamond pattern on ham splits open, 1 to 1 1/2 hours. Baste ham every 15 minutes with pan drippings.

Nutrition Information

(Servings: 20)

Per Serving: 507 calories; 29.5 g total fat; 89 mg cholesterol; 2070 mg sodium. 30.6 g carbohydrates; 29.5 g protein.

Source: allrecipes.com

Peanut Butter Easter Eggs



These will be sure to create Easter memories!

Ingredients

- 1 (16 ounce) package confectioners' sugar
- 1 cup creamy peanut butter
- 1/4 cup butter
- 1 tablespoon milk
- 8 (1 ounce) squares semi-sweet chocolate
- 1 tablespoon shortening

Directions

In a mixing bowl, combine confectioners' sugar, peanut butter, butter and milk (if needed for moisture) until blended. Shape mixture into two 1/2 pound eggs or make a bunch of smaller eggs. Freeze eggs for 1 hour.

While the eggs are freezing, cut semi-sweet chocolate into small pieces and place in top of double boiler with shortening. Melt over medium heat, stirring frequently until smooth. Stick a long-tined fork in top of each peanut butter egg, dip it in melted chocolate to cover then drain on waxed paper. When the eggs are cooled and set, decorate the eggs to suit your fancy.

Nutrition Information

(Servings: 16)

Per serving: 307 calories; 16.3 g fat; 39.1 g carbohydrates; 5.1 g protein; 8 mg cholesterol; 95 mg sodium

Source: allrecipes.com

Health & Wellness Marketplace

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

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HEALTH INFORMATION

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

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PEGGY'S TAX & ACCOUNTING - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. www.peggystaxks.com

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Healthy Event Calendar for Greater Topeka

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

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

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

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

7TH ANNUAL SAFE KIDS DAY AT THE ZOO – May 2, 9am, Topeka Zoo

YOUTH FOR CHRIST GOLF CLASSIC - May 8, 11:30 reg.; 12:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

ROD ROGERS MEMORIAL GOLF TOURNAMENT – May 29, 11am, Dub's Dread Golf Course. Call 913-461-8527 or search for Rog Rogers on Eventbrite. Benefits Pancreatic Cancer research. Lunch & dinner served. "Funniest Tournament of the Year"

VEIL BRIDAL EVENT – May 31, 12-4pm., Cyrus Hotel. 50 Wedding professionals, Bridal beauty education, wedding planning seminar and much more. Free event.

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 or go to <https://www.swumc.org/wam-worship-arts-music-camp.html> to register.

6TH ANNUAL KAW VALLEY BANK BLOCK PARTY – Jun. 5, 1110 N. Kansas Ave. Live music, food and drinks plus entertainment for the kids. Free while supplies last. Bounce house, face painting, balloon art.

MULVANE ART FAIR – June 6, Mulvane Art Museum. A juried event that features 90+ artists using a variety of media from across the state, region and country. Live music, beer garden, and food options. Proceeds support the Mulvane Art Museum.

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 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.

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

24TH ANNUAL CELEBRATION WALK - Sep 25, 6pm. Free children's activities, live music and release butterflies in memory of loved ones. Luminaries will be placed on the grounds and can be purchased for \$10.00 in memory of anyone you would like to remember. For info: midlandcareconnection.org or 785-232-2044

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

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

ONGOING EVENTS:

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

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

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

TOPEKA MANKIND PROJECT – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming

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What equipment is used?

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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 or call (785) 633-8321

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

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

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

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

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-

produced. For vendor info, contact Mary at 836-7887.

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

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

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

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

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

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

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

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

NICOTINE ANONYMOUS - Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of

men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

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

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

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

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

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

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

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

THE BERRYTON PICKERS - First Sat. of ea. month, 7-

**YOUTH FOR CHRIST
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**Tournament of
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FRIDAY, MAY 8th, 2020

**SUPPORT MINISTRY
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**ENTRY FEE: \$500 PER TEAM OR
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9pm, Berryton Baptist Church. Bring snacks, have fun!

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

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

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

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

SEX TRAFFICKING INFORMATION – 785-230-8237

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

AL-ANON FAMILY GROUPS – for friends & families of

alcoholics. For info: 785-409-3072 or topekaalanon.org

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

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.

Starting April 8 - Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

Starting April 15 - Caregiver Support Group via Google Hangouts, 4:30pm every other Wednesday. 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

See complete updated calendar at
TopekaHealthandWellness.com



"The most fun you'll ever have at a golf tournament!"

THE 18TH ANNUAL Rod Rogers MEMORIAL GOLF TOURNAMENT

Dub's Dread Golf Course
12601 Hollingsworth Rd.,
Kansas City, KS

The 18th Annual Rod Rogers Memorial Golf Tournament
Benefitting KU Cancer Center - Help Cure Pancreatic Cancer!
FRIDAY, May 29, 2020

Registration & lunch: 10:30-12:30 • Driving Range Balls Provided
Shotgun Start: 1 pm • Dinner & Awards Banquet: 6 pm
Sponsored by Midwest Distributors, Inc.

Fill out and mail in, or call 913-461-8527, or search for Rod Rogers on Eventbrite

| | | |
|---|------------|---------------|
| Team Registration | \$500.00 | _____ |
| Hole Sponsor Package (Includes 1 Team, Dinner for all and Signage) | \$1,000.00 | _____ |
| Hole Sponsor Only (Dinner & Signage Only) | \$500.00 | _____ |
| Beverage Cart Sponsor | \$100.00 | _____ |
| Cart Sponsor | \$50.00 | _____ |
| Single Player | \$125.00 | _____ |
| Tickets for Dinner/Auction Only | \$ 20.00 | _____ |
| I cannot attend, but enclosed is my donation: | \$ | _____ |
| Total Enclosed: (Due by May 21) | \$ | _____ |
| <input type="checkbox"/> Check is enclosed in the amount of | \$ | _____ |
| <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa | \$ | _____ |
| Name | _____ | |
| Card # | _____ | Expires _____ |
| Signature | _____ | |

Make checks payable to KC Cause and mail to:
Marylyn Rogers Owens, 6921 Greeley Ave., KC, KS 66109



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 - Ozawkie, KS

Two \$500.00 Guaranteed Closest to the Pin Prizes!
Sponsored by Reser's Fine Foods

Cash Prizes - 2 flights, 2 places
Men's Longest Drive, Closest to Pin
Women's Longest Drive, Closest to Pin

Lunch 11:30-1:30 • Awards at 1:30
Entry Fee Includes: Green Fees, Cart & Lunch
\$400 = Team
\$100 = Individual Golfer
\$425 = Team + Hole Sign
\$100 = Hole Sign

Call 273-4141 to register or go to
topekayouthproject.org

Spiritual Wellness

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

Build up your immune system

Have you ever wondered why everyone seems to get sick more in the winter? There is actually very good reason for that, so let's learn why so we can prevent colds and flu's this year and other viruses.

Your immune system is designed to fight infections. Many people encounter bacteria, virus, molds, parasites, etc and rarely get sick. Others seem to catch everything going around and get sick monthly. Why can some people in a family "catch the flu" and others in the same family do not? The reason is because germs, viruses and bacteria do not cause illness. Yes, that is not a typo. If germs caused sickness and disease everyone would be sick, dying or already dead! So what really causes someone to get sick?

What determines whether or not someone gets sick is dependent upon the strength of their immune system. If we do catch a cold, flu, chicken pox or even mumps or measles, this should be nothing to fear. Our medical system has used fear to push vaccines for decades. Many grew up and went to a "chicken pox party" to intentionally catch the virus and build immunity. Your system is designed to build natural immunity by encountering various germs, allowing the immune system to do its job, and you are stronger for it. Our young girls have been sick a couple times, and we allowed nature, that would be God, to do what it was designed to do and we move on.

But what if a child or adult is getting sick weekly or monthly, or even has chronic ear infections, sinus infections, bronchial infections, etc. This is definitely not normal and signs of a weak immune system. Drugs, vaccines and antibiotics are definitely not the answer, but often used by parents for lack of wiser choices. We have lost the ancient wisdom of strengthening our immune system and learning natural methods to quickly eliminate sickness from the body.

So the first question is why is the immune system so weak?

- We are indoors playing video games and watching



foods, fast food, white flour and white sugar which damages and weakens the immune system

- We use antibiotics, aspirin, birth control, steroid drugs, pain medications etc. which weakens the immune system because they are man-made and work against God's design of the body
- We have more chemicals in our world than ever before in human history

So how do we restore a healthy immune system to avoid getting sick?

- For ear infections, used food grade H2O2 in the ears. 1-2 drops each ear morning and night. This has worked for our daughter twice when she started pulling on her ear. No infection ever developed. This is so simple, and sad when kids are damaged by antibiotics, tubes in the ears and other unnecessary medical treatments when the solution costs a few cents. You also can use garlic olive oil in the ears.
- Sinus infections should use something that KILLS FUNGUS; not flonase, antibiotics or surgery. You can find sprays with oregano and other God-created anti-

tv when life used to be lived outdoors in the fresh air and sunshine

- We don't eat natural foods God created, instead eating candy, soda, donuts, fried



microbials that do not damage the body.

- SUNSHINE should be built up in the summer. Yes, you should be TAN going into winter. If not, your immune system will suffer and you must take vitamin D. Take a minimum of 5,000IU and be sure it is not synthetic!

- Elderberry stops viruses from replicating. Oregano and garlic kills all bacteria, viruses, fungus and molds. Colloidal silver works well. Colostrum from grass-fed cows builds the immune system.

It is MORE important to eat well, exercise, take your herbs and build your immune system in the winter because we are more vulnerable. Flu shots have NO PROOF AT ALL (ask your doctor for proof or studies) that they work and they are loaded with toxic chemicals. I vote to choose God's way. God loves us much more and is much more gentle than the man-made approach.

—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: "We Love God. We Love People. We Love Health." www.spiritofhealthkc.com



TOPEKA Health & Wellness MAGAZINE

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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.



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT
2**

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

**FACT
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT
4**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT
5**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: www.cdc.gov/COVID19