

TOPEKA

AUGUST 2020

Health & Wellness

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MAGAZINE

BACK TO SCHOOL

**How to get ready –
even if it's at home**

**Schooling Ideas
for an Uncertain
Fall and Beyond**

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TAKE ONE!**

**Coping with
Challenges
of COVID-19**

**Practical
Ways to
Get Fit
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Have**

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Don't Ignore Signs of Stroke

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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– StatePoint



STROKE KILLS.

BE FAST! Call 911.

Know the Signs:

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

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



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2611 SW 17th St., Topeka, KS 66604
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PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848 or 785-554-5336

info@TopekaHealthandWellness.com

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ON THE COVER:

Our cover this month shows a mother and children ready for the school year to begin. This issue contains articles about how families and schools can get ready for the coming school year with all its challenges, whether classes will be held at the school building or at home, or a combination of both.



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

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

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

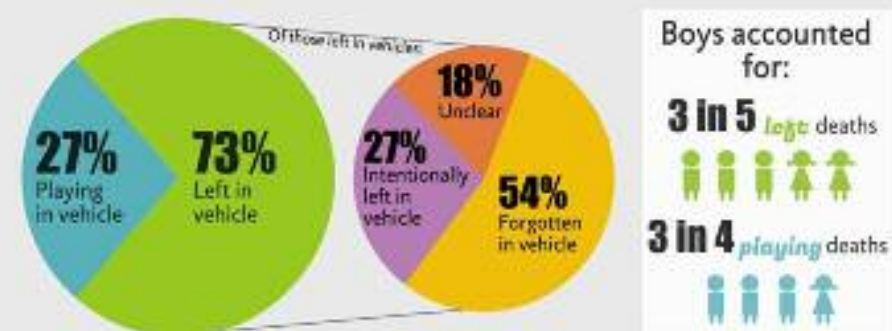


Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS NHTSA (2012)

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

BY CIRCUMSTANCE Guard (2008)



BY AGE Guard (2005)



TIPS NHTSA (2012)

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

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

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

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

Call 911 if you see a child alone in a vehicle

For detailed sources and resources: ChildrensSafetyNetwork.org/publications/heatstrokeinfographic
For NHTSA's Look Before You Lock Campaign: safecar.gov/parents/heat-involved.htm



Children's Safety Network

www.ChildrensSafetyNetwork.org

July 2013

PREDIABETES

COULD IT
BE YOU?

84.1
MILLION

84.1 million
American adults —
more than
1 out of 3 — have
prediabetes

1
OUT OF
3



9
OUT OF
10

people with prediabetes
don't know they have it



If you have
prediabetes,
losing weight by:



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of
getting type 2 diabetes in

HALF



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Coping With Challenges of COVID-19

By Courtney Rooks, Health Promotions Specialist

CCOVID-19 has brought with it many challenges that have affected all of us in some way. Initially, there was dealing with sickness, unemployment, and financial insecurities. Some dealt with special occasions being postponed or missed, learning new ways to work with greater distractions and increased procedures, and the challenge of taking care of children while working. Now, months later, we continue to deal with the prolonged stress of the pandemic with no end in sight. Children will be returning to school soon, whether virtual or in person. Each brings its own set of challenges. Regardless of beliefs about the severity of COVID-19, this pandemic has brought a tremendous amount of unforeseen stress on our lives.



Courtney Rooks

Maintaining mental wellness in the face of this prolonged stress is essential. There are certain signs to watch out for that mental health is being affected. These include being overwhelmed by daily activities and increased demands on time and feeling fatigued throughout the day, even if it has not been particularly active. Other signs to watch for are anxiety, irritability, difficulty sleeping or oversleeping, a lack of motivation, and feeling isolated or disconnected. The presence of any of these signs needs to be addressed. Fortunately, there are ways to help manage the stress and maintain mental wellness.

First, understand that it is okay to feel anxious, angry,

or disappointed. This is a challenging time and these feelings are valid and should not be minimized. However, negative feelings should not take over your thoughts. Try your best to find something positive in the situation. The positive could be something significant like spending more time with your family or realizing the large impact that family and friends play in your life. But sometimes, the positives are difficult to see and then you have to try to appreciate a smaller detail throughout the day. Finding something to appreciate can help to decrease negative thoughts and help to change your perspective.

Focus on what you can control. Avoid ruminating on a situation that cannot be changed. Think about ways to move forward and consider what next steps are available. Set small realistic goals and then be proactive in meeting those goals. When you problem-solve and take action, you have a better chance of improving the outcome. It can be easy to feel hopeless in the face of a traumatic event, loss, or setback, but being proactive can help to establish a sense of control in your life.

Understand that small daily healthy habits can mean a large difference in mental and physical health. Maintain a daily routine that involves getting up and going to bed at a decent and consistent hour. This can help to bring a sense of normalcy and control as well as making it easier to complete all daily demands. It is important to eat healthfully and be physically active. These can help decrease fatigue, improve sleep, bolster the immune system, and increase your mood. Spend time outside surrounded by nature. It can lift your mood and reduce anxiety.

With social distancing, smaller social gatherings, and working from home, it is difficult to get the social interactions that we need. Make it a point to reach out to

friends and family. Maintaining these relationships is good for your wellbeing, gives you someone to discuss your feelings with, and can help provide support during stressful times. Remember that others are experiencing the same isolation and loneliness. A text message or phone call could make their day as well.

If you find yourself feeling hopeless or that nothing helps to relieve the anxiety, depression, or the feeling of being overwhelmed, then you need to get professional help. Getting treatment is another action you can take to improve your mental health. To get started, call Valeo Behavioral Health Care at 785-233-1730 for a mental health assessment. If you are in crisis, call the 24-hour Valeo crisis line at 785-234-3300. It is answered by Licensed Clinicians. Or you can visit Valeo's Crisis Center located at 400 SW Oakley Avenue. There is a walk-in clinic at the Crisis Center that is open 24 hours a day, 365 days a year. In normal times, it is important to be proactive in taking care of our mental health. But in stressful times, it is especially important to be cognizant of the thoughts and behaviors that impact our mental health and to get help when it is needed.

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

Valeo
Behavioral Health Care

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330 SW Oakley
Topeka, Kansas, 66606

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

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MIDWEST FLAT

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Gentle and Safe Exercises for Senior Home Care

We're going through trying times. The Coronavirus has made our entire society worried, and everyone is doing their best to stop the spread of this pandemic. We all want to be as healthy and happy at home as possible. Here are some gentle and safe exercises you can perform for senior home care.

First, Talk to Your Doctor

Before you start any exercise regimen, no matter how gentle or safe the exercises can be, consult with your doctor. This is especially important if you have mobility issues or heart conditions. Every person is different, which is why senior home care must be customized to each of our patients.

1. Wall Snow Angels

Stand about 3 inches away from a wall, and then place your head and lower back against the wall. Put your hands at your side with your palms outward. Then, try to raise your arms above your head as you gently test your range of motion. This exercise helps you balance while improving your flexibility and arm strength. Imagine your arms are the wings of your guardian angel as you hold them above your head! Guardian angels are an everyday part of senior home care!

2. Head Turn

Sit down as you would normally with your back straight. Turn your head slowly to the right or left until you feel a light stretch. Hold that position for a few seconds before slowly turning to the opposite side. This stretch keeps your neck mobile.

3. Single Foot Stand

Stand behind a sturdy, unmovable chair and hold onto the back. Pick up your left foot behind you and balance on your right foot for as long as possible, up to 15 seconds. If you can't hold your foot, simply sway your body weight to one foot and hold it for several seconds. As part of senior home care, this stretch helps to improve your balance.

4. Slow Walk

Sometimes, the best exercise for senior home care is taking a walk! Clear a walking lane in your



home and take a 10-minute walk. Talk to whoever is with you, listen to music, or keep the TV on in the background.

5. Hand Stretch

People with pain in their fingers can help their joint mobility with this simple hand stretch. Spread your fingers as wide as they can go, then make a fist. Repeat the stretching and squeezing motion to improve flexibility and blood flow in your hand as part of senior home care.

Your care team can help you with safe and gentle exercises you can perform at home. At Phoenix Home Care, we'll consult with your doctor about which exercises are right for you, and help you stretch and strengthen your muscles as part of a customized senior home care plan.

Our staff is committed to helping you, whether you just met with your primary care physician, or you were just discharged from a medical facility. We'll assist you with medication and grocery pickup, run errands and go shopping for you, prepare meals, help you with personal hygiene tasks, and perform basic housekeeping chores.



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

FINANCIAL HEALTH & WELLNESS

IRS announces rollover relief for required minimum distributions

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

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

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

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

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

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

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

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

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



—Peggy Beasterfeld, EA



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Online Farmer's Market now open

In 2020, life has changed for both the farmer and the consumer. KSGrown.com was developed earlier this year out of a need to help both producers and consumers, to facilitate a direct Farm to Table experience. KSGrown.com has now become USAfarmtotable.com. The website features products that are raised and produced locally in the USA: beef, bison/buffalo, dairy, fruits & vegetables, lamb, pork, poultry & eggs, specialty meats, honey and more.

USAfarmtotable.com

USAfarmtotable.com functions like an online farmer's market. The purpose of the website is to connect consumers with farmers/producers. The design of the website makes it simple to use to find the meat, produce and other specialty products that are made or grown right here in Kansas. By connecting the consumer directly to the farmer/producer, KSGrown.com has shortened the supply chain and gives the consumer better nutritious options and is helping to keep the prices reasonable for the family's food budget.

On USAfarmtotable.com, you can find what you are looking for by using the searchable database. Use your zip code to find the farms nearest your home to shop for all the usual farmers market goods, plus specialty items like gluten-free wheat, goat soap, live animals and more.

The new online farmers market was developed when two farm friends decided to do something about helping connect the dots directly between farm and table: Dr. Jeff Van Petten, a veterinarian at Meriden Animal Hospital in Meriden, KS, and Scott Perkins, the pastor of Heritage Country Cowboy Church in Scranton, KS. Both were raised on a farm and have a heart for the Kansas producer/farmer.

If you are in the market to buy or sell locally grown and produced products, visit the website for more information.

Find a Farmers Market in Shawnee County, KS



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



Markets updated 3/18/2019
Suggestions to Lissa Staley, lstaley@hscpl.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.
On hold

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



Monday Market @ Your Library
Topeka and Shawnee County Public Library
1515 SW 10th Ave., Topeka, KS 66604
Mondays 7:30 a.m. – 11:30 a.m.
Through Oct. 5

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

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



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

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



Schooling Ideas for an Uncertain Fall and Beyond

There is no one answer for what the coming school year will look like, but it won't resemble the fall of 2019. Wherever classrooms are open, there will likely be some form of social distancing and other hygiene measures in place that challenge traditional teaching and learning. Any future outbreaks could make for unpredictable waves of closures. Virtual learning will continue to some degree. And all this will happen amid various funding crunches.

American education has long been full of innovators practicing alternatives to the mainstream. When the giant, uncontrolled experiment of the pandemic rolled across the country, certain approaches have proved their mettle in new ways. Here are some ideas that seem newly relevant given the constraints of 2020 and beyond.

1. Support families to help teach children.

Recently, parents told the U.S. Census Bureau that teachers were spending about four hours a week in online contact with their children, while they, the parents, spent an average of 13 hours a week helping children with schoolwork themselves.



The debate over equity in emergency remote learning during the pandemic has centered on the lack of equipment like computers and hot spots. But access to home support is arguably even more important. A national survey by the advocacy group ParentsTogether found big gaps by income in the ability to access emergency learning. When asked about barriers to children's participation, lower-income families who took the survey were more likely to name issues such as "school resources are too complicated" or "it's hard to get my child to focus" than they were to cite a lack of equipment.

"Never in the modern history of our education system has



the importance of family engagement been more apparent," says Alejandro Gibes de Gac, the founder of Springboard Collaborative.

Springboard is a social enterprise that looks at families as the "single greatest resource" for helping struggling readers. In pre-pandemic times, it offered a series of hourlong workshops to family members, mostly in low-income communities, coaching them to set goals and practice specific reading concepts with elementary school-age children. In just five weeks, on average, 3 out of 4 of their participants get to the next reading level or even further. And these strategies work even though one-third of Springboard's parents, grandparents and other relatives are unable to access the text their child is holding, because of language differences, their own literacy gaps, or both.

Now that parent-assisted learning has become the default across the country, Springboard has created an app for the 10,000 families they already work with. They've offered professional development webinars for teachers, through unions and other organizations, on engaging families. And they've recently announced a partnership with Teach For America. This summer, 3,000 fresh TFA recruits will offer a remote version of Springboard's reading strategies workshop for up to 9,000 pre-K through fourth-graders nationwide.

Gibes de Gac is excited about the impact this experience will have, not only on families, but on the pre-service teachers themselves: "I expect to look back on this as a turning point in how America prepares teachers to partner with families not as a peripheral responsibility, but as the very essence of teaching."

2. Give teens one-on-one support.

In this time, as in previous educational disruptions, teenagers are most at risk for being knocked off course. One April survey found 4 in 10 U.S. teens weren't logging

on to classes at all.

But not Christian Perez, 15, a sophomore at South Fort Myers High School in Fort Myers, Fla. He stuck with his schoolwork online even though his father, a plumber, sent him to stay with his family in Puerto Rico. "I want to keep up my grades so I can stay on the baseball team," Perez tells NPR, in Spanish.

His ESL teacher, Nelson Aguedo Concepcion, is the one who really kept him on track. "I'm in touch with my students two, three times a week," by text, phone, Google classroom and Zoom meetings, Concepcion says.

There are devoted teachers everywhere, but the relationship between Concepcion and Perez didn't come about by chance. South Fort Myers High School follows a dropout prevention program called BARR, which stands for Building Assets, Reducing Risks. The program, which is supported by randomized controlled trial evidence, focuses on building strong positive relationships between students and the adults in a building. It groups teachers and other professionals like counselors for weekly meetings where they compare notes and make plans to help students in trouble. Costs associated with the model are relatively small, related to scheduling and staffing. At South Fort Myers and other schools using the BARR method around the country, these regular meetings have continued over Zoom during the pandemic.

It's unusual for faculty in a high school to meet regularly to discuss student success, rather than curricula or administrative details. South Fort Myers High School Principal Ed Mathews credits BARR's "team approach" with helping his faculty keep the vast majority of his high school students engaged. "The first week that we did virtual education, we missed 350 students," Mathews says. "And then the following week we got it down to 125. And then the following week we got it down to two. And then out of the two we were able to get a hold of the one. And then unfortunately the other young lady was a runaway."

BARR is not the only education success model that prioritizes relationships. Marquise Pierre, 20, is finishing his degree at a small public "transfer" high school in Coney Island, N.Y., called Liberation Diploma Plus. Pierre tells NPR that on lockdown he hears from one of the faculty members every single day: "The school is more like a family than staff and students."

And in King County, Wash., 15-year-old Osvaldo Riva Santiago is staying motivated with the help of an incentive plan created by his education specialist, Dani Erickson. Erickson works for Treehouse, a nonprofit with a successful

track record of helping foster youth like Santiago graduate from high school. Through Erickson's incentive plan, Santiago earns prizes, such as Amazon gift cards, for keeping up with his schoolwork and doing self-care activities, such as jigsaw puzzles. "She's been helping me emotionally," says Santiago.

3. Use online systems to assess, remediate and individualize learning.

One study of the "COVID-19 slide" estimates that children will be returning to school this fall with 70% of a typical year's reading gains and only half a year's gains in math. But those are averages; most experts believe we can expect to see much wider variations in progress than usual, because of equity gaps.

"Obviously going into this back-to-school, if you already had some variance pre-COVID, the variance is going to be that much larger," Sal Khan, the founder of Khan Academy, the free automated learning site, tells NPR. "And we're going into a world where there's been no standardized testing this past spring. So there's even less information to go on in terms of where kids are and what they need."



Khan Academy has seen traffic nearly triple since the pandemic began. In a typical week, says Khan, 30 million students are now spending 80 to 90 million minutes practicing everything from multiplication to AP U.S. History. As students answer questions, the site tracks their progress, which allows teachers or parents to easily see what areas they need to work on.

Khan says his team is working on preparing what he calls "getting ready for grade level" courses for this coming fall. For students beginning sixth grade math, for example, the course moves quickly from basic arithmetic onward, in a combination of review and assessment. "The kids are learning, hopefully, while they're doing it, they're getting practice. But then over a few hours you can actually form, in some ways, a more granular view than you would in a traditional assessment."



Barry Sommer is director of advancement for Lindsay Unified School District, which serves Spanish-speaking migrant agricultural workers in California's Central Valley. The district has been lauded for its technology-driven approach where every student follows an individualized learning plan. Starting in 2016 it created a community Wi-Fi project, which meant when school buildings closed for the pandemic, there was little interruption in learning. Sommer says that what worked well wasn't just the technology but the social and emotional competencies that come when you create a culture of putting students in charge. "Our learners have agency. They're taught to set goals, be responsible and resilient. They transitioned really, really well."

4. Form microschools and home-school co-ops.

A recent poll found that many parents are "likely" to continue with home-based education through next year, and 30% said they would be "very likely" do so even if schools reopen. By contrast, about 3% of children have been home-schooled in previous years.

Some of these families will team up to share the work and allow children some safe company, or if budgets allow, even hire a teacher to help. Enter the coronavirus home-school co-op or microschool.

Matt Candler is the principal of NOLA Micro Schools in New Orleans, which currently plans to reopen in the fall as a one-room schoolhouse, with about 25 K-12 students, in a former cider house that allows ample space for social distancing. Candler says what defines a microschool from his perspective is not size alone, but a focus on empowering the learner to pursue their own interests, which made his school's transition to remote learning unusually smooth. For example, his high schoolers organized their own morning "huddles" online, where they share progress and goals for the day.

"[Microschool parents] have greater trust in the child's ability to self-direct and the school's ability to adapt," he says.

Krystal Dillard is the co-director of Natural Creativity, a center for self-directed learning that supports home-schoolers, who generally attend between one and four days a week. She serves a diverse community in Philadelphia. She says the interest in the alternative they offer has exploded since the pandemic: "I can't tell you how many [traditional school] parents who have reached out to me to say, 'This isn't working. I don't feel that my young person is being served through this virtual learning world that they're sort of being forced into.'"

Parents are also forming networks and pooling resources to keep their kids happy, occupied and, hopefully, learning.

Homeschoolcoop2020.com is a site where children ages 6 and older can tune in to live video classes. It's volunteer-run and free. Karen Miller, a historian at LaGuardia Community College, started the project to help occupy her 12-year-old son. "What I found is that the things that were most helpful for me were the things that were synchronous because the asynchronous stuff required a lot of my attention and support." On Homeschool Co-op 2020, you can learn about the solar system, DNA or poetry, usually from practitioners in the field. But the most popular session — led by Miller's partner, Emily Drabinski, five mornings a week — is Cat Chat.

5. Take education outdoors.

Evidence suggests that coronavirus transmission is much less common outdoors.

A forest kindergarten is generally a group of eight to 10 children between the ages of 2 and 6 who spend the majority of their time outside. "We always trot out this phrase: 'There's no such thing as bad weather, only bad clothing,'" says Kimberly Worthington, president of the American Forest Kindergarten Association.

Worthington says there are currently about 60 forest kindergartens all over the country, most having formed since the early 2000s, based on a Northern European model. But interest in the idea is way up during the pandemic, says Worthington. "This pandemic has us all separated and in our homes. And just walking outdoors and getting a little bit of nature is so beneficial," she says. Plus, it's safer.

"There's more physical space for children to be together and learn together at a safe distance. And have less shared materials, because most of the materials for learning are natural objects. And I can safely say that there's no shortage of sticks."

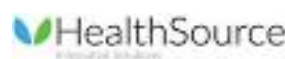
—Anya Kamenetz / npr.org



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**Calls are answered Monday - Friday from 9 am - 5 pm.
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Cancer Pen Samples Cells Before Surgery



(Ivanhoe Newswire) —

It's called the 'cancer pen' and is used to help diagnose cancerous tumors. When this tiny device is held next to human tissue, it detects whether it is cancerous or benign. What does this tiny device mean for those on the front lines of battling cancer?

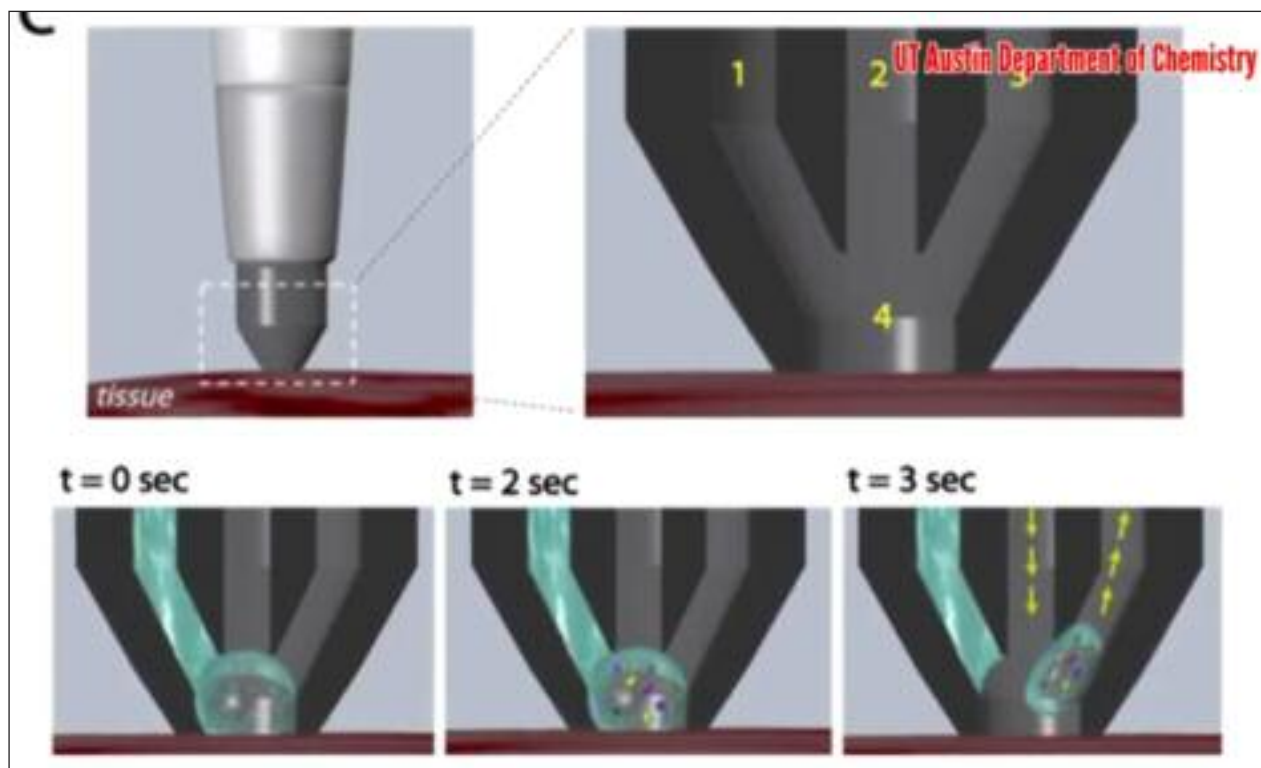
Francis Manzo is an active, former Houston policeman, but recently, life stood still when doctors suspected a simple black spot on his neck might be thyroid cancer and suggested surgery.

Manzo recalled, "He left the decision to us and along with my family, we decided that it was probably the safer route, to go ahead have it removed, that spot removed."

James Suliburk, MD, chief of endocrine surgery at Baylor College of Medicine explained to Ivanhoe, "His biopsy of the nodule showed an indeterminate biopsy, which then meant that he had to have surgery, to obtain a diagnosis."

"Had I had the opportunity to have it checked and discovered that it was benign, and not half of my gland removed, I would've been definitely in favor of that", Manzo shared.

"And this is where our cancer pen comes into play. We're hoping that we increase the diag-



nostic accuracy of these thyroid biopsies that are obtained," Dr. Suliburk clarified.

Here's how the cancer pen works: during the OR biopsy, the pen releases a drop of water onto the tissue. Small molecules migrate into that water, leaving a footprint, which are analyzed by computer.

"During the surgery, we will use the cancer pen, or the MasSpec pen, to sample the cells of the thyroid that we're going to take out as part of their normal clinical treatments," Dr. Suliburk told Ivanhoe.

"Currently, around 20 percent of patients who undergo a biopsy of the thyroid will have an indeterminate result. We want to bring that number down to less than five percent," Dr. Suliburk stated.

A small device poised to make a big impact.

The cancer pen is meant to keep patients out of the operating room, by diagnosing before

cutting. Researchers say it could be a valuable tool for detecting not only thyroid but several other types of cancer. It is still in the pre-clinical research phase and that puts it about one or two years away from full clinical use, according to Dr. Suliburk.

There are 56,000 new cases of thyroid cancer in the US each year. When it comes to diagnosing thyroid cancer there are a lot of tests that people can take. There is a physical exam where a doctor examines the neck to feel for physical changes in the thyroid nodules. Blood tests may determine if the gland is working normally.

Doctors also may remove a sample of the thyroid by using a fine needle aspiration biopsy. Ultrasound imaging is used to guide the needle through the nodule. Doctors send the section that is resected to a laboratory to look for any cancerous cells. Over 95 percent of the nodules taken out are benign. Doctors may also just use an ultrasound to look at the lower neck. This can be used to show if the nodule is likely to be benign or more cancerous.

Practical Ways to Get Fit with the Time You Have

Getting fit has been on your list of things to do for as long as you can remember but you just don't have the time. Even when you get motivated and declare that this time will be different, the other priorities in your life crowd out your workout routine.

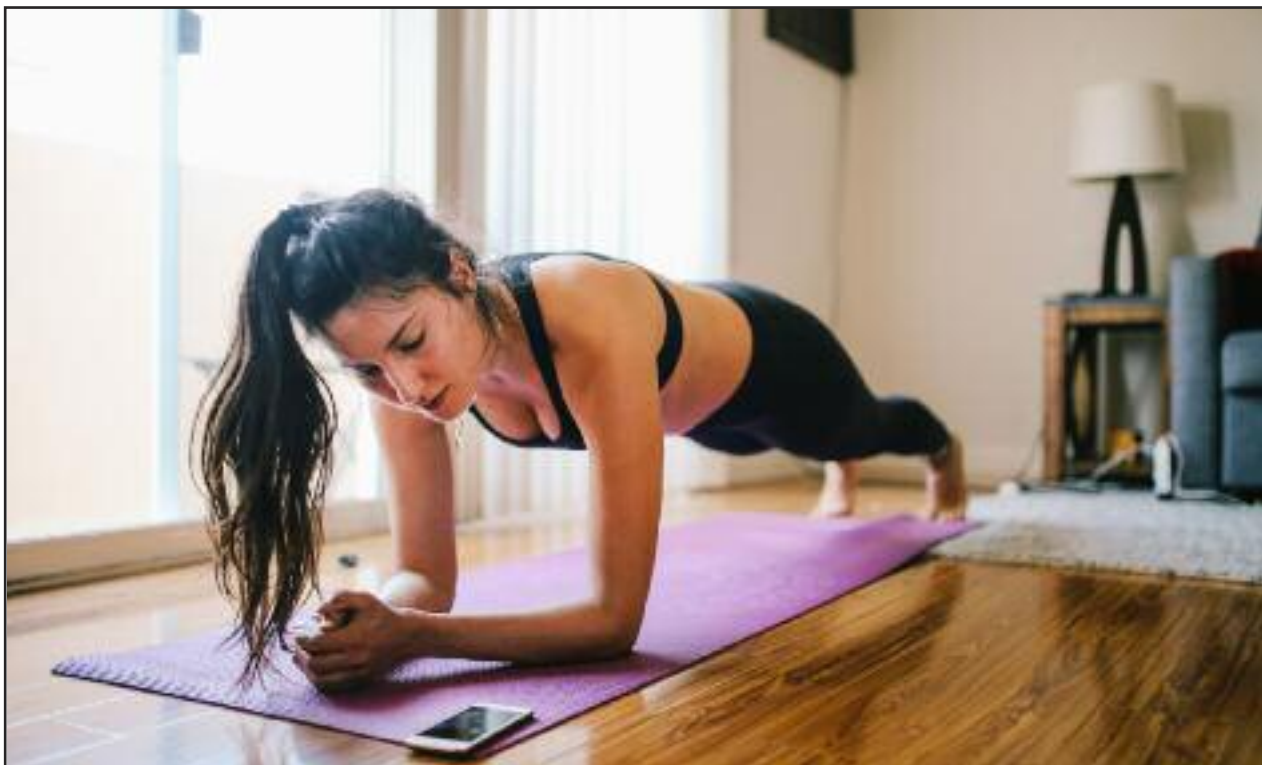
Christians are called to take good care of everything that they have and this includes their bodies. However, finding the time to work, take care of a family, contribute to your community, feed your spirit, and exercise regularly may feel like mission impossible. Since most people rarely neglect work, family, or our commitment to others, taking care of your body is often the thing that gets crowded out of the schedule.

The key to starting and sticking with an exercise program is committing to a realistic weekly schedule. By realistic, I mean a schedule that you can stick to without turning your life inside out even when work gets busy, the children are ill, or you need to travel.



While you may be waiting to have a couple of weeks that aren't so busy to get started and get results, you don't need to wait. You can get started and see results with whatever time you have for exercise right now – even if that is no time at all.

Here are three practical strategies (ranging from no time to limited time to even a bit more time)



to leverage whatever time you have right now to get started and stay consistent.

STRATEGY 1: "I have NO time."

If you feel completely overwhelmed by the demands of life and can't commit to a daily practice of exercise, commit to sneaking physical activity into the pockets of your day. The simplest way to do this is to walk everywhere that you can. Park far away from your office or stores. Walk, even if you are just pacing, while you take conference calls, answer emails, or interact on social media. You may be surprised how much activity you can accumulate each day by making the conscious effort to move in the pockets of time in your schedule each day.

Don't be fooled into thinking that walking is merely busy work unlikely to produce results. If you are a busy professional with a tightly packed schedule, walking may be the perfect exercise to help you relieve stress while getting active. Sonja, a busy wife and entrepreneur from Texas, began a daily walking regimen as a way to regain control of her health and fitness. She

committed to a total daily step count as her sole means of exercise. As a result of making better food choices and staying consistent with walking, she lost over 40 pounds in less than a year.

STRATEGY 2: "I have about 10-20 minutes to spare twice a week."

If you can commit to dedicated time for exercise, do resistance-training circuits twice a week. This type of exercise helps you to maintain (and in some cases build) muscle, increase your stamina, and improve your function in



daily life. On the days that you can't commit to dedicated exercise time, follow the "I have no time" workout recommendation to stay active.

You may believe that short workouts aren't enough to produce real results. However, when you focus on resistance training circuits that include compound movements like squats, lunges, and pushups, you can get a highly effective workout in less time than you spend on social media each day. Here's an example of a short resistance training circuit that fits the bill:

Alexa, a busy stay at home mom, began doing two 20-minute resistance-training workouts each week while staying active with walking on the other days. In three short months, she had achieved significant results. She established a strong exercise habit despite struggling with consistency in the past. She dropped a full jean size, and increased her strength and stamina.

STRATEGY 3: "I have about 10-20 minutes to spare every other day - sometimes more."

If you can commit to dedicated time for exercise on most days of the week, do a mix of resistance training circuits and conditioning workouts. While resistance training offers many benefits, too much can have adverse effects. Adding conditioning workouts to your weekly schedule allows you to continue to challenge your body for improvements in stamina and function while still giving your muscles a chance to recover.

An example of a good weekly schedule would be to do resistance training on Monday and Thursday with a conditioning workout on Saturday. If you want to add more days, just be sure to have at least one day of rest between resistance training workouts.

Here's an example of a conditioning workout to



use on days you aren't doing resistance training:

This approach is perfect for you if you enjoy training hard many days a week but you wish to reclaim some time for your priorities outside of the gym without compromising your results.

After having my first child, I was eager to lose the pregnancy weight and get back in shape. I wanted to have the energy to take care of my family as well as continue to run my personal training business. As someone who was used to exercising for a minimum of 45 minutes, five days each week, I was skeptical about whether or not I could really get results with shorter

workouts. However, my new responsibilities and determination to keep my priorities in order were enough motivation to at least give the new approach a fair shot. I was thrilled to discover that I was able to lose over 50 pounds and perform at an even greater level of fitness than before my pregnancy from a year of consistency with intense, short workouts.

No matter how much time you have to dedicate to exercise, you can begin the process of getting more fit and successfully manage your weight. The results you will get from exercising with the time you have are extremely motivating.

After seeing initial success, many of my clients choose to reclaim more time from their weekly schedule to dedicate to exercise for even better results. Some of the ways that they have created more time include spending less time on social media, waking up 15-20 minutes earlier, and using their lunch break as time for training. All it takes is the time you have right now to begin to lead a life of greater health and fitness.

—Concita Thomas / cbn.com





IT'S THE LAW!

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

SUMMARY OF KANSAS BICYCLE LAWS

[References are to the Kansas State Statutes]

Bicycles are VEHICLES under Kansas Law 8-1485

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

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

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

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

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

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

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

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



Pool and Beach Safety Steps for Summer

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

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

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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

How to Start Running for Beginners – Aged Over 50

Sadly, as people grow older, as we are more circumspect in our activities, we also may stop running. In a few cultures, running is still considered a major no-no for grownups to do. There is no magic formula for running or jogging, and the benefits are great. Do you want to recapture the enjoyment of running? Below are a few tips about how to start running for beginners:

1. Go to your doctor

If you have been sedentary for some time and are unsure about the state of your health, a visit to the doctor may be called for. You need a physical checkup and you must tell your doctor that you're thinking of starting running.

The doctor will most likely encourage your interest in exercise. He or she might also have valuable advice and precautions for you, so take heed.

2. Gear up

Running does not require expensive machines or equipment unless all you want to do is run on a treadmill. That's fine of course, but before plunking down money right off the bat you may want to give outdoor running a try first.

There's no substitute for the wind, the smell of nature, the changing scenery when you're running outdoors. If you live in a place that doesn't have much outdoors appeal, you can try it out in a gym.

Running can be hard on your feet especially when you run on hard surfaces like concrete or pavement. Shoes that are specially made for runners are constructed to absorb the shocks from the impact of feet hitting the ground and to provide you the necessary support to the feet, legs, and body.

So find a pair of shoes that's suitable for you. In some places, there are specialty shops where you can consult with professionals on the shoe style and size that's perfect for you.



Wear clothing that allows you freedom of movement, lets your skin breathe, and provides adequate protection against the sun. If you must have your music, then you probably already have a portable music player; by all means, strap it on and hit play.

3. Get going

At the start, take it easy. There are many running programs available online for beginners. But the common practice is, start by fast walking, especially if you have been inactive for several years.

It is important to avoid injuries so do not strain yourself. Walk fast, don't stroll – you're not out to get some fresh air after a particularly heavy dinner.

You want to exercise, sweat, burn calories, and get an endorphin rush. Walk faster than you normally do.

Always be aware of how you're feeling and be careful

that you don't run out of breath. Depending on your physical condition you should walk faster, farther, and longer every day.

4. Go for the goal

Your goal may be to lose weight, feel good through exercise, and follow doctor's advice. In addition, have specific goals for your running. You may aim to run 30 minutes every day or four times a week.

Always keep this goal in mind and don't slack up. Have a regular schedule and stick to it. The first times are always the hardest but the more you do it, the more it becomes a habit, and it will get easier.

Running is exhilarating and exciting. Some days doing it may feel like drudgery, but once you start moving the sheer fun of it will keep you moving forward.

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By Kelly Barker

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

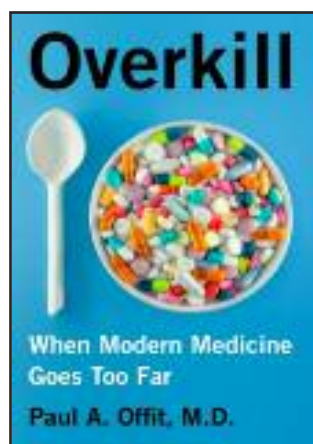
Outsmarting the Sociopath Next Door: How to Protect Yourself Against a Ruthless Manipulator by Martha Stout, New Health Books Media Center 616.8582 STO

Outsmarting the Sociopath Next Door contains detailed explanation and commentary on how best to react to keep the sociopath at bay. With this guide to disarming the conscienceless, Dr. Stout gives readers the tools needed to protect themselves.



Overkill: When Modern Medicine Goes Too Far by Paul A. Offit, New Health Books Media Center 610.43 OFF

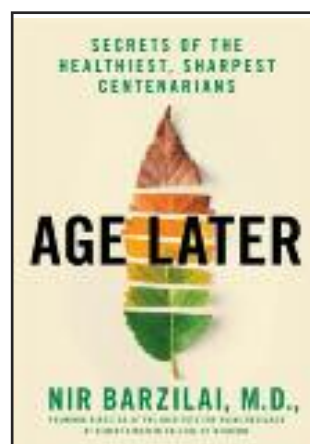
An acclaimed medical expert and patient advocate offers an eye-opening look at many common and widely used medical interventions that have been shown to be far more harmful than helpful. Yet, surprisingly, despite clear evidence to the contrary, most doctors continue to recommend them.



Age Later: Health Span, Life Span, and the New Science of Longevity by Nir Barzilai, New Health Books

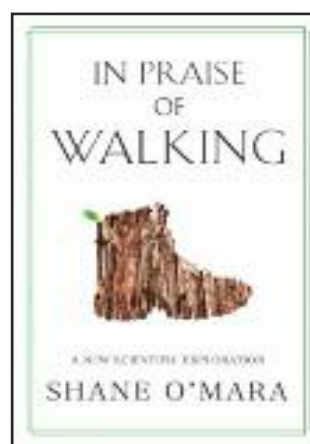
Media Center 613.0438 BAR

What if you could look and feel fifty through your eighties and nineties? In Age Later, Dr. Barzilai reveals the secrets his team has unlocked about Super-Agers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process.

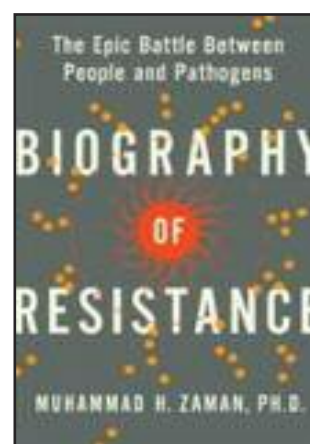


In Praise of Walking: A New Scientific Exploration by S.M. (Shane M.) O'Mara, New Health Books Media Center 613.7176 O'MA

As our lives become increasingly sedentary, O'Mara makes the case that we must start walking again--whether it's up a mountain, down to the park, or simply to school and work. In Praise of Walking illuminates the joys, health benefits, and mechanics of walking, and reminds us to get out of our chairs and discover a happier, healthier, more creative self.



Biography of Resistance: The Epic Battle Between People and Pathogens by Muhammad H. Zaman, New Health Books Media Center 615.1054 ZAM

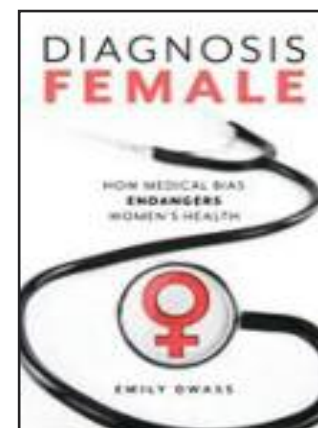


Award-winning Boston University educator and researcher Muhammad

H. Zaman provides a chilling look at the rise of antibiotic-resistant superbugs, explaining how we got here and what we must do to address this growing global health crisis.

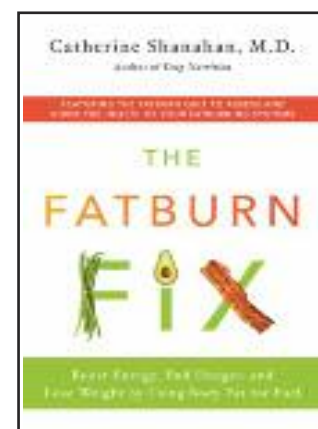
Diagnosis Female: How Medical Bias Endangers Women's Health by Emily Dwass, New Health Books Media Center 613.0424 DWA

Why do so many women have trouble getting effective and compassionate medical treatment? Diagnosis Female examines this widespread problem, with a focus on misdiagnosis and gender bias. If you're a woman, and you seek medical care, this book is a must-read.



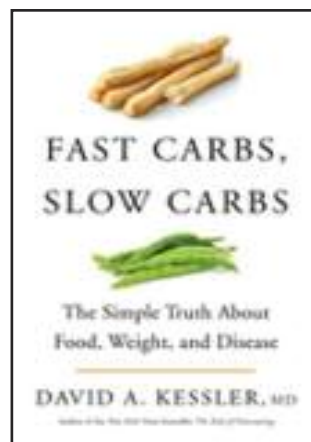
The Fatburn Fix: Boost Energy, End Hunger, and Lose Weight by Using Body Fat for Fuel by Catherine Shanahan, New Health Books Media Center 613.22 SHA

The ability to use body fat for energy is essential to health--but over decades of practice, Dr. Catherine Shanahan, observed that many of her patients could not burn their body fat between meals. With The Fatburn Fix, she shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life.



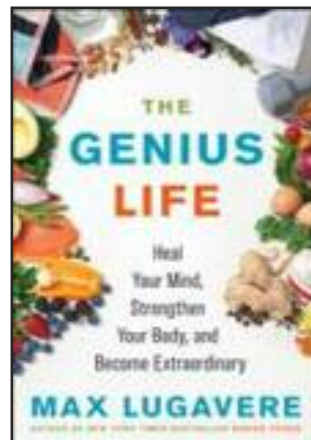
Fast Carbs, Slow Carbs: The Simple Truth About Food, Weight, and Disease by David Kessler, New Health Books Media Center 613.2 KES

The American body is in trouble. In *Fast Carbs, Slow Carbs*, Dr. Kessler explains how eating refined grains such as wheat, corn, and rice leads to a cascade of hormonal and metabolic issues that make it very easy to gain weight and nearly impossible to lose it. In his book, he outlines a plan to regain control of our health.



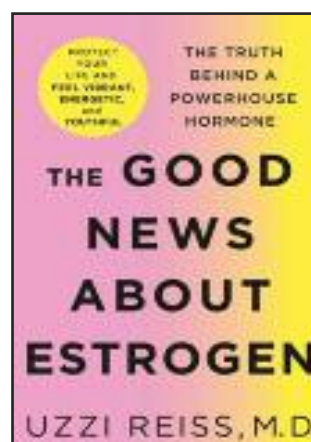
The Genius Life: Heal Your Mind, Strengthen Your Body, and Become Extraordinary by Max Lugavere, New Health Books Media Center 613.0438 LUG

Drawing on globe-spanning research into circadian biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, *The Genius Life* shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more, to create a healthy foundation for optimal cognitive health and performance.



The Good News About Estrogen: The Truth Behind a Powerhouse Hormone by Uzzi Reiss, New Health Books Media Center 618.175 REI

Why is estrogen crucial--and so misunderstood? Understanding estrogen--its function and interplay with all your other hormones and body systems--is key to a healthy, vibrant life. In *The Good News About Estrogen*, Dr. Reiss offers an authoritative yet accessible approach to hormonal health.



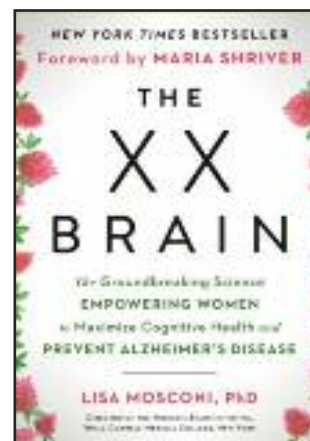
The 4 Season Solution: The Groundbreaking New Plan for Feeling Better, Living Well, and Powering Down Our Always-on Lives by Dallas Hartwig, New Health Books Media Center 612.022 HAR

Packed with crucial research, *The 4 Season Solution* provides a new, sustainable model for living in sync with the natural world. By making small but meaningful changes to the four keys of wellness, you will reclaim your health, regain your energy, and let go of excess weight.



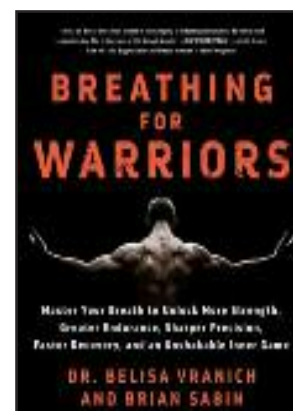
The XX Brain: The Groundbreaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer's Disease by Lisa Mosconi, New Health Books Media Center 616.831 MOS

Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep.



Breathing for Warriors: Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game by Belisa Vranich, New Health Books Media Center 613.792 VRA

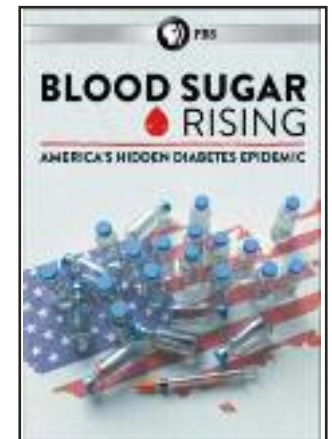
Proper breathing is the world's most powerful biohack. From the corporate athlete to the tactical



ninja, *Breathing for Warriors* is a practical, science-forward book that focuses on everything related to breathing and performance--from muscles and workouts to an impenetrable inner game.

Blood Sugar Rising: America's Hidden Diabetes Epidemic by David Alvarado, New Health DVD Media Center 616.462 BLO

The critical story of the scientific insights and innovations offering new hope in the fight against diabetes.



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Healthy Recipes for Back to School

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

Dad's Leftover Turkey Pot Pie



Like you have never tasted. It won't last long!

Ingredients

- 2 cups frozen peas and carrots
- 2 cups frozen green beans
- 1 cup sliced celery
- 2/3 cup butter
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups cubed cooked turkey meat - light and dark meat mixed
- 4 (9 inch) unbaked pie crusts

Directions

Preheat an oven to 425 degrees F (220 degrees C). Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink, and set aside.

Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp

knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving. 10 minutes before slicing to serve.

Nutrition Information (Servings: 12)
539 calories; 33.2 g fat; 39.5 g carbohydrates; 20.4 g protein; 65 mg cholesterol; 651 mg sodium

Source: allrecipes.com

Fruit Salsa and Cinnamon Chips



Easy to make, tasty fruit salsa and cinnamon tortilla chips. Great as an appetizer or a snack!

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples - peeled, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor
- 10 (10 inch) flour tortillasbutter flavored cooking spray
- 2 tablespoons cinnamon sugar

Directions

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

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

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Nutrition Information (Servings: 10)

312 calories; 5.9 g fat; 59 g carbohydrates; 6.8 g protein; 0 mg cholesterol; 462 mg sodium

Source: allrecipes.com

Breakfast Cups



A good way to get the morning going!

Ingredients

- 1 Pam Butter Cooking Spray-1/3Sec Spray IHF
- 18 Biscuits, plain or buttermilk, refrigerated dough, higher fat
- 8 ounces Pork sausage, fresh, raw
- 7 large Egg, whole, raw, fresh
- 1/2 cup Milk, reduced fat, fluid, 2% milkfat, with added vitamin A
- 1 pinch Salt, table
- 1 cup Cheese, cheddar

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease 18 muffin cups with cooking spray.

Roll out biscuit dough on a lightly floured surface to form 5-inch rounds. Place each round in the prepared muffin cups, pressing into the base and sides to form a dough cup.

Cook and stir sausage in a skillet over medium-high heat until browned and cooked through, 5 to 10 minutes; drain fat. Spoon sausage into dough cups.

Whisk eggs, milk, salt, and pepper together in a bowl until well-beaten. Pour egg mixture into each dough cup, filling each just below the top of the biscuit dough. Sprinkle Cheddar cheese on top of egg mixture.

Bake in the preheated oven until eggs are set and biscuit dough is golden, 15 to 18 minutes.

Nutrition Information (Servings: 18)

190.4 calories; 8.3 g protein; 13.6 g carbohydrates; 88.3 mg cholesterol; 496.6 mg sodium

Source: allrecipes.com

Health & Wellness Marketplace

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

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HEALTH INFORMATION

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


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Healthy Event Calendar for Greater Topeka

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

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

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

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

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

FREE MOBILE FOOD DISTRIBUTION – Fourth Tuesday through November, 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. Distributing several tons of fresh produce and other items to families in need. (785) 234-1111 www.RandelMinistries.com

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

CRUISIN' THE CAPITOL – Aug. 8, 6-9pm. Are you carismatic? 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!

JOURNEY TO THE HEADWATERS – Aug. 8, 2:30pm, Dirty Girl Adventures. Paddle the Mighty Kaw from Junction City to Ogden. <https://dirtygirladventures.net/event/journey-to-the-headwaters/>

PIZZA FOR PAWS – Aug. 9, 11am-9pm, LaRocca's Pizza. Fundraiser 20% of proceeds from Dine-in, Carryout, and Curbside will go back to help the animals at HHHS.

C5Alive "POWER" LUNCHEON – Aug. 13, 11:30-1, NOTO Arts Center. Executive Director Thomas Underwood will be the featured speaker and will talk about changes in the NOTO

• Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: C5Alive Power Luncheon, Sep. 10, 11:30-1

FREE MOVIE NIGHT – Aug. 15, 6pm, Highland Heights Christian Church, 2930 S.E. Tecumseh Rd. "OVER-COMER." Life changes overnight for Coach John Harrison when his high school basketball team and state championship dreams are crushed under the weight of unexpected news. Inspired by the words and prayers of a new-found friend, John becomes the least likely coach helping the least likely runner attempt the impossible in the biggest race of the year. Children can view a Veggie Tales movie. Free Movie Snacks Provided. Masks & Social Distancing will be in place. For info: 785-379-5642.

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

THE CHURCH LADIES UNSUPERVISED – Aug. 14, 7:30-10:30pm, Classic Bean, Fairlawn Plaza. Bluegrass, gospel, country and folk music. 785-271-5005

WOOD VALLEY PICKERS – Aug. 28, 7:30-10:30pm, Classic Bean, Fairlawn Plaza. Down-home, family-friendly entertainment with smiles all around!. 785-271-5005

KAW RIVER ROOTS FESTIVAL – Aug. 28, 4pm, & Aug. 29, Abe's Landing, 8 E. 6th St., Lawrence. The Travelin McCourys, Split Lip Rayfield, The Kitchen Dwellers, Fireside Collective, Opal Agafia, Julian Davis s All Stars, Kelly Hunt, Circus No. 9, Sky Smeed, One Way Traffic, Short Round String Band, Chain Station, Unfit Wives, Xaris Waltman + Julian Davis, Dewayn Brothers, Spencer & Rains, Lily B Moonflower, Sally & The Hurts, Weda Skirts, Old Fangled, Cowtown Country Club, and artists-at-large Kyle Tuttle and Max Paley.

7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Aug. 29, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer, cake walk

and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

AN EVENING AS A CHILD – Aug. 29, Stormont Vail Events Center. A special event that gives adults a chance to reflect on their childhood and an opportunity to revel in those activities that made growing-up so special, and to raise funds for people with disabilities. Includes: Dinner, Games & Activities, Wine Board, Craft Beer Board, Silent & Live Auctions. 785.272.4060 or abilities@capper.org

KC DRIFT – Aug. 29, 8am-5pm, Heartland Motorsports Park. \$10. This event will be accompanied with an area for donuts, as it is the same day as the Twisted Individualz Street King Event. 785-861-7899

BEGINNERS PADDLE ON THE KAW – Aug. 29, 8am, Friends of the Kaw - Kansas Riverkeeper. 866-748-5337. riverkeeper@kansasriver.org

HARVEY HOUSE LUNCHEON – Sep. 3, 11-2pm. Uniquely elegant luncheons served by costumed Harvey Girls who enjoy sharing their knowledge of Fred Harvey and the historical Harvey Houses. Tour of Great Overland Station to follow. RSVP by Aug. 26: 785-232-5533

SNEAKERS AND SMILES GOLF TOURNAMENT – Sep. 4, Cypress Ridge Golf Course. 1 pm shotgun. \$360/team includes cart, lunch, drinks, prizes. Silent Auction. 50/50 raffle. Chance to win Chief's helmet! Putting

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How do I get the Screener scheduled?

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

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KANSAS CITY RENAISSANCE FESTIVAL – Sep. 5 - Oct. 18, 10am-7pm; Weekends only plus Columbus Day and Labor Day. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 913-721-2110.

HEARTLAND MILITARY DAY – Sep. 5, 125 Airport Dr., Forbes Field. A day of free vintage and current military equipment displays, battle reenactments and Civil War Artillery demonstrations, band concerts, and museum activities. Also a Pancake Feed 7 to 10am.

GRAPE ESCAPE – Sep. 11, 6pm, TPAC. Annual Fundraiser with food & beverage tastings. 785-234-2787, info@topekaperformingarts.org

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

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: midland-careconnection.org or 785-232-2044

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 music of the Relatively Brass Band and the Brian Bagget Trio.

BEATLES VS. STONES – A MUSICAL SHOW-DOWN – Sep. 26, TPAC. Renowned tribute bands Abbey Road and Satisfaction - The International Rolling Stones Show engage in a musical showdown of the hits. For info contact 785-234-2787, or info@topekaperformingarts.org

NATIONAL NIGHT OUT EVENTS – Oct. 10. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

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

CHICAGO IN CONCERT – Nov. 8, 8pm, TPAC. For info call 785-234-2787

ONGOING EVENTS:

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

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

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

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, Topeka & Sh. Co. Library, Through Oct. 5

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

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

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

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

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

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

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

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

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

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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

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

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

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

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

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

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



STRENGTHENING POLICE & COMMUNITY PARTNERSHIPS
Forum & Community Discussion
AUGUST 12 • 6:00P-7:00P & AUGUST 13 • 12:00PM-1:00PM
HOLLIDAY BUILDING, 1ST FLOOR CONFERENCE ROOM
620 SE MADISON ST.

WHAT IS SPCP?
Strengthening Police and Community Partnerships (SPCP) is a program created by the Department of Justice that engages local law enforcement professionals and community leaders in a dialogue to identify issues and solve problems collaboratively. The SPCP program came to Topeka in June, 2018.

COME JOIN THE CONVERSATION!
TOPICS
• Accreditation
• Defunding and Demilitarization of Police
• Training
• Strengthening Police and Community Partnerships
• Q&A with TPD/SPCP Council

Limited to 30 in-person attendees per session due to COVID-19 restrictions. First come, first serve basis. Masks are required, please bring your own as we will not provide them.

This meeting will be streamed live on Cox Channel 4 and on the City of Topeka Government Facebook Page.

For further information or to send in questions for the Q&A in advance, please email spcp@topeka.org.

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!

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

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

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings.

1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City.

2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm.

3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room

3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at



TopekaHealthandWellness.com

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TERRITORIAL CAPITAL

OF KANSAS 1855 - 1861

CIVIL WAR HISTORY

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- Constitution Hall
- Territorial Capital Museum

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Spiritual Wellness

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

Back-to-School Nutrition

Empower Your Kids Through Better Food

August is "back-to-school" month and that means back to the school cafeteria. More and more parents are realizing the critical link



VAUGHN LAWRENCE
Owner,
Spirit of Health

Designed for Health

between what we eat and our overall health. Children who eat nutritious foods simply function better, do better in school, have better focus, have better behavior and are sick less often. The public school cafeteria certainly does not cater to good health and unfortunately, not much has changed over the last few decades in spite of mounds of research showing how critically important our food choices are to our health and well being.

For example, I decided to pull up the 2015 lunch calendar for our local school district. Keep in mind this is a menu for elementary school children who are in the prime years of physical and mental growth and learning. Here is a sample of the food offered during a typical week:

Biscuits & gravy, fruit juice, macaroni & cheese, fish sticks, pancake on a stick (really?), breakfast pizza, tater tots, sweet bread, toasted cheese, chicken nuggets.

God designed the body to eat fruits, vegetables, whole grains, nuts, seeds and quality animal meat. This menu is full of processed man-made foods. The example I often use is to consider your family dog, cat or fish. What if you fed your pet the above menu? How long do you think your pet would survive? If we wouldn't do this to our animals, why would we ever feed this to our children?!? This is the reason any decent cat or dog food must contain vitamins and minerals. This is

a reflection of how lost our American culture is related to understanding health and nutrition. Fortunately a few are pioneering the way to restoring health in our schools. In 1997, a study was done in Appleton, Wisconsin where a school completely changed their menu from standard American fare to fresh, organic foods. The school, Central Alternative High School, showed immediate improvement in test scores and behavior throughout the school. The story of the Appleton project has been documented on a short DVD, **Impact of Fresh, Healthy Foods on Learning and Behavior**.

Here is an excerpt from their website:

Principal LuAnn Coenen is amazed at the change she has seen in her school. Each year principals are required to file a report with the state of Wisconsin, detailing the number of students who have: dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide. Since the start of the program, she reported, the numbers in every category have been "zero."

Mary Bruyette, a teacher at the high school, believes "If you've been guzzling Mountain Dew and eating chips and you're flying all over the place I don't think you're going to pick up a whole lot in class." She reports that the students are now calm and well behaved. "I don't have to deal with the daily discipline issues; that just isn't an issue here."



Can you imagine? A school where the grades are good, kids don't drop out and there are no behavior issues. It seems like a fantasy, but nutrition was the answer! Here are some tips for healthy back-to-school options:

1. Consider home-schooling. This puts you in control of your children's health and nutrition.
2. Pack a lunch. Give your children healthier options made from whole unprocessed foods...that actually taste good! Learning what healthy foods your child likes will hopefully prevent the infamous trading or throwing away of lunch items.
3. Call the school district. Are things ever going to change if parents don't cry out about this? By remaining silent you are allowing the government and the food industry to determine your children's future health.

Children are our future. We are already seeing record levels of sickness and disease in our youth, and the biggest reason is poor nutrition. You have the opportunity to sow into your children and future generations through life giving foods provided by God.

—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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For more information, contact • Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

or • Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.

THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

NEW DATE: Now AUG. 29!**7TH ANNUAL TOPEKA****EASTERFEST****EASTER PARADE + FAMILY FUN FAIR!****On N. Kansas Ave. and at Garfield Park! Social Distancing observed!!**

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

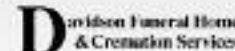
Volunteers needed! Contact:
 info@C5Alive.org or 785-640-6399



**FIND US ON FACEBOOK
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For booth, sponsor & parade entry information:
 info@C5Alive.org or 785-640-6399

Sponsors needed for: • Vendor Market • Food Court
 • Entertainment Stage • Health Fair • Parade

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

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