

**TOPEKA**

**FEBRUARY 2021**

# Health & Wellness

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**MAGAZINE**

**FREE**  
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**American  
Heart  
Month**

**Heart Health  
Benefits of  
Physical  
Activity**

**Can People  
Really Die of a  
Broken Heart?**

*See page 3 for  
information about  
front page photo*

**Why In-Home Care Is Crucial After a Hospital Stay**

**A-Fib: Is Freezing Better Than Meds?**

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WORKING TOGETHER TO PREVENT  
**ONE MILLION**  
HEART ATTACKS AND STROKES

**1** of every **3**

deaths is caused by  
heart disease and stroke



Health care costs  
for heart attack  
and stroke:

**\$312.6**  
**BILLION**



Leading cause of  
**PREVENTABLE**  
**DEATH**

in people 40–65  
years of age



**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals  
and public health workers should do what we know works:

### FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

### USE HEALTH IT

Use **electronic** health  
records and other health  
IT to identify patients who  
need support to improve  
their ABCS and then track  
their progress over time.

### USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**



47% to **70%**  
increase in aspirin  
use for secondary  
prevention



46% to **70%**  
increase in blood  
pressure control



33% to **70%**  
increase in  
cholesterol  
management



23% to **70%**  
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for those who want  
to quit smoking



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reduction  
in sodium  
consumption



**50%**  
reduction  
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consumption

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## ON THE COVER:

Our cover story this month features a family out for some physical exercise, something that is very important for heart health. As we observe American Heart Month, check out the articles in this issue pertaining to various ways to keep your heart healthy.



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## FEBRUARY IS

# American Heart Month

### WELLNESS SMARTS AT A GLANCE

Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.

## 1 PROTECTING YOUR HEART

Don't smoke or use other tobacco products. Avoid secondhand smoke as well.

2 Aim for a healthy weight. Excess weight increases your chance of developing heart disease.

4 Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.

5 Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.

6 Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.

8 Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.

7 Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.

9 If you drink alcohol, do so only in moderation.

10 Learn the warning signs of a heart attack and heart disease, and don't ignore them.







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# Why In-Home Care Is Crucial for Healing After a Hospital Stay

The staff at Phoenix Home Care & Hospice believes the best healing happens at home, where new beginnings can be created in familiar surroundings. To that end, Phoenix offers in-home care after you or your loved one is discharged from the hospital. Here are the reasons why medical care and in-home care after a hospital stay are crucial for the best healing outcomes.

## 1. Avoids Subsequent Hospitalizations

Experts and evidence suggest that up to 25 percent of unplanned hospital admissions are preventable. Additionally, 18 percent of hospital visits covered by Medicare are followed by a readmission within 30 days.

In-home care from a skilled nurse ensures the recommended medical support that you or your loved one needs for a full recovery. Nurses can monitor vital signs, make sure clients follow their doctor's instructions, and manage medications.

## 2. Decreases Falls Due to Fatigue

Recovering after an overnight hospital stay can be exhausting, particularly for someone who is elderly. It's hard to sleep and get comfortable on a hospital bed. The constant whirr of monitoring devices and the hourly check-ups by nursing staff can interrupt the natural healing cycle. Stress and lack of sleep can lead to fatigue during the healing process. Fatigue might contribute to physical weakness, which in turn creates a situation whereby slips and falls are more likely.

Slips and falls represent one primary reason why elderly people return to the hospital. This type of situation is totally preventable. In-home care and home health care may alleviate slips and falls in the home because someone is there to help with chores around the house and other daily activities so you or your loved one can focus on healing.



## 3. Increases Psychological Support

Even full-time family caregivers can feel the strain of caring for a loved one. Home health care and in-home care services increase psychological support for your loved one. A compassionate staff understands that healing in familiar surroundings facilitates the healing process better than assisted living.

## In-Home Care by Phoenix Home Care

Phoenix Home Care & Hospice provides home health care and in-home care for clients who need extra assistance after discharge from a hospital. The staff takes great pleasure in helping clients find the services that they need to thrive.

Contact Phoenix Home Care in Topeka at 785-260-6444, or call toll-free 1-888-830-2388 for more information.



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

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

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# Can People Really Die of a Broken Heart?

**G**rief is a normal reaction to loss, and sometimes it feels as if your heart is breaking. But can people really die of a broken heart?

According to the American Heart Association (AHA), broken heart syndrome, also called stress-induced cardiomyopathy or takotsubo cardiomyopathy, does actually occur. It causes sudden, intense chest pain and may be misdiagnosed as a heart attack. “In broken heart syndrome, a part of your heart temporarily enlarges and doesn’t pump well, while the rest of your heart functions normally or with even more forceful contractions.”



Karen Stafford, LSCSW

The Mayo Clinic notes that the cause of broken heart syndrome is believed to be a surge of stress hormones, such as adrenaline, though some suspect a temporary constriction of the large or small arteries of the heart may play a role. It often occurs after an intense physical or emotional event, such as the death of a loved one, domestic abuse, a frightening medical diagnosis, job loss, divorce, and even some events that would normally be considered positive, such as winning a lot of money or a surprise party. The Mayo Clinic also points to a few prescription drugs that may contribute to the syndrome.

The syndrome occurs more frequently in women than in men and typically affects adults over the age of 50. Risk factors include hypertension, diabetes, and possibly also neurological conditions, psychological disorders and cancer. According to Dr. Nikki Stamp, an Australian heart surgeon, it is rarely fatal, though the risk of dying is highest in the 30 days after a loved one dies (or the stressful event).

So if you feel like your heart is breaking, what should you do?

First, always recognize that any sign of a heart attack should be assessed by a medical professional. If you’re having any chest pain, a rapid or irregular heartbeat, or shortness of breath after a stressful event, call 911 or emergency medical assistance immediately.

Second, know that intense grief can impact the body in many ways, and may make a person more susceptible to various other physical ailments that can be treated by medical professionals. If you haven’t seen your doctor since the stressful event occurred, you might want to schedule an appointment. It’s important to take care of your physical needs and make sure any underlying conditions are treated.

And finally, once medical concerns have been addressed, it is time to think about how to manage the grief or intense stress that pre-

ceded the symptoms. Family and friends can be a tremendous comfort during this time. You might have a faith community that can provide support. If you feel a grief group or individual grief counseling might be helpful, you can call a local hospice or therapist who specializes in grief. And you can always reach out to mental health providers in the community for support during this challenging time.

February is American Heart Month. I hope you are doing all you can to keep yours healthy!

*Karen Stafford, LSCSW, is the Crisis & Intake Manager at Valeo Behavioral Health Care. Valeo’s Crisis Center is open 24/7 with crisis clinicians on staff around the clock to meet with anyone experiencing a mental health crisis. Valeo’s 24/7 crisis line is 785-234-3300.*

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**Shawnee County Suicide Prevention Coalition**  
SCSPC.org

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

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785-232-5005

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# FINANCIAL HEALTH & WELLNESS

## Taxpayers should gather tax documents now for smooth filing

**T**he Internal Revenue Service is reminding taxpayers that organizing tax records is an important first step for getting ready to prepare and file their 2020 tax return.

Taxpayers should keep all necessary records, such as W-2s, 1099s, receipts, canceled checks and other documents that support an item of income, or a deduction or credit, appearing on their tax return.

Taxpayers should develop a system that keeps all their important information together, which could include a software program for electronic records or a file cabinet for paper documents in labeled folders. Having records readily at hand makes preparing a tax return easier.

To avoid refund delays, taxpayers should be sure to gather all year-end income documents so they can file a complete and accurate 2020 tax return.



- Form 1099-G, Certain Government Payments; like unemployment compensation or state tax refund
- Form 1095-A, Health Insurance Marketplace Statements

Now is the time to get your tax records together, in order to get your return filed early, so that any refund due to you can be at the front of the line.

Filing electronically and using direct deposit will also help you get your refund in a timely manner.

—Peggy Beasterfeld, EA

Most taxpayers will receive income documents near the end of January including:

- Forms W-2, Wage and Tax Statement
- Form 1099-MISC, Miscellaneous Income
- Form 1099-INT, Interest Income
- Form 1099-NEC, Nonemployee Compensation



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# Heart Health Benefits of Physical Activity

**P**hysical activity is any form of movement that works your muscles and uses more energy than you use when resting. Walking, running, dancing, swimming, yoga and gardening are examples of physical activity.

Being physically active, along with following a healthy diet and not smoking, is one of the most important things you can do to keep your heart and lungs healthy. Yet, many Americans are not active enough. The good news is that even modest amounts of physical activity are good for your health. The more active you are, the more you will benefit.

Physical activity, especially aerobic activity, is good for your heart. Physical activity strengthens your heart and reduces coronary heart disease risk factors. It can also lower blood pressure; improve and manage levels of cholesterol and other fats in the blood; improve your body's ability to manage blood sugar and insulin levels, which lowers your risk for type 2 diabetes; help you maintain a healthy weight; and reduce levels of C-reactive protein (CRP) in your body, a sign of inflammation. High levels of CRP may raise your risk for heart disease. Inactive people are nearly twice as likely to develop heart disease as people who are physically active.

In people with heart disease, regular aerobic activity helps the heart work better. It also may reduce the risk of a second heart attack in people who already have had a heart attack.

Vigorous aerobic activity may not be safe for people with heart disease. Talk to your doctor about what type of activity is safe for you.

## Recommendations for Physical Activity

In 2008, the U.S. Department of Health and Human Services (DHHS) released new physical activity guidelines. For adults, the guidelines advise that:

- Some physical activity is better than none.
- For major health benefits, do at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week. Each bout of activity should last at least 10 minutes. For example, walk briskly (moderate physical activity) five days a week for at least 30 minutes each time.
- More physical activity will increase your health benefits.
- Muscle-strengthening activities that are moderate or high intensity should be included two or more days a week. These activities should work all of the major muscle groups, including the legs, hips, back, chest, abdomen, shoulders and arms. Examples include lifting weights, working with resistance bands, sit-ups and push-ups, yoga and heavy gardening.

If you have a chronic (ongoing) condition, such as heart disease, lung disease or diabetes, talk to your doctor about whether you can do physical activity. Ask your doctor which activities are safe for you.

## Getting Started and Staying Active

Physical activity is an important part of a heart-healthy lifestyle. To get started and stay active, make physical activity part of your daily routine, keep track of your progress, be active and safe.

## Make Physical Activity Part of Your Daily Routine

You don't have to become a marathon runner to get all of the benefits of physical activity. Do activities that you enjoy and make them part of your daily routine. If you haven't been active for a while, start small and build slowly. Many people like to start with walking and slowly increase their time and distance.

## Personalize the Benefits

People value different things. Some people may highly value the health benefits of physical activity. Others want to be active because they enjoy recreational activities or they want to look better or sleep better. Some people want to be active because it helps them lose weight or it gives them a chance to spend time with friends.

Identify which physical activity benefits you value. This will help you personalize the benefits of physical activity.

## Be Active With Friends and Family

Friends and family can help you stay active. For example, go for a hike with a friend. Take dancing lessons with your spouse, or play ball with your child. The possibilities are endless.

## Make Everyday Activities More Active

You can make your daily routine more active. For example, take the stairs instead of the elevator. Instead of sending e-mails, walk down the hall to a coworker's office. Rake the leaves instead of using a leaf blower.

## Reward Yourself with Time for Physical Activity

Sometimes, going for a bike ride or a long walk relieves stress after a long day. Think of physical activity as a special time to refresh your body and mind.

## Keep Track of Your Progress

Consider keeping a log of your activity to help you track



your progress. Many people like to wear a pedometer – a small device that counts your steps – to track how much they walk every day. These tools can help you set goals and stay motivated.

## Be Active and Safe

Physical activity is safe for almost everyone. You can take the following steps to make sure it's safe for you, too:

- Be active on a regular basis to raise your fitness level.
- Do activities that fit your health goals and fitness level. Start small and slowly increase your activity level over time. As your fitness improves, you will be able to do physical activities for longer periods and with more intensity.
- Spread out your activity over the week and vary the types of activity you do.
- Use the right gear and equipment to protect yourself and follow safety rules and policies, such as always wearing a helmet when biking.
- Be active in safe, well-lit, and well-maintained environments that are clearly separated from car traffic.
- Make sensible choices about when, where and how to be active. Consider weather conditions, such as how hot or cold it is, and change your plans as needed.

## Talk to Your Doctor if Needed

Healthy people who don't have heart problems don't need to check with a doctor before beginning moderate-intensity activities. If you have a heart problem or chronic disease, such as heart disease, diabetes or high blood pressure, talk to your doctor about what types of physical activity are safe for you. You also should talk to your doctor about safe physical activities if you have symptoms such as chest pain or dizziness.

*–Adapted from the National Heart, Lung, and Blood Institute's, "Physical Activity and Your Heart."*





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Know the Signs:

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<b>Eyes</b>	sudden change in vision
<b>Face</b>	sudden weakness of the face
<b>Arms</b>	sudden weakness of an arm or leg
<b>Speech</b>	sudden difficulty speaking
<b>Time</b>	time the symptoms started

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# 15 Practical Ways to Fit More Time Into Your Day

One of the most common complaints that professionals have in the 21st century is how little time there is in a day. The truth of the matter is that the day hasn't changed, but how we manage our time has. Losing time on frivolous activities is nothing new; however, with the advent of attention-stealing applications, we lose more time than ever before without even realizing it.

Fifteen members of Young Entrepreneur Council share their insight into what any busy professional can do to reclaim those lost hours every day and make each one more productive.

**1. Do a Time Audit** – A time audit lets you learn exactly how you're spending every moment of the day. Doing this for a few days can show you some important things. You may be surprised to learn how much time you spend on social media, playing computer games or whatever your particular habits might be. The first step in making better use of time is identifying what you're doing now. Then you can make changes. – *Kalin Kassabov, ProTexting*

**2. Set Standards** – What gets measured gets accomplished. Most of the work people do in a day has little or no importance when it is measured with their goals. So set monthly, weekly and daily standards and keep working toward them without any excuse. Also, it is vital to take short quick breaks at regular intervals. Research has shown that taking brief breaks can increase productivity considerably. – *Vikas Agrawal, Infobrandz*

**3. Stay Organized** – Being on top of your time is critical for efficient output. I keep a scrolling to-do list and allocate the first part of my day to knocking off three to five of those items. I look at the balance of my day or week and allocate certain times for certain activities. I minimize small disruptions from my team by having weekly meetings about projects in progress and sales activity updates. – *Brad Burns, Wayne Contracting*

**4. Get Focused and Create a System** – I'm lost without solid systems, and I'm sure others are the same. The reason that I can be so productive in a week and keep all of the balls in the air (most of the time) is due to the solid systems that I've worked hard on and put in place. Once the systems are in place, you need to get really focused on maintaining and optimizing them on an ongoing basis. – *Erin Blaskie, Fel-low.app*

**5. Schedule Time for Yourself** – Trying to stay productive 24/7 is often the most unproductive thing you can do. We all have our limits before our attention fades and we start to wander. It's impossible to stay focused all day without any breaks, so schedule in some down time to relax, re-



group or have a meal with friends. Then your focus will be energized and you will be able to finish the rest of the day's tasks much faster. – *Shaun Conrad, My Accounting Course*

**6. Get A Head Start** – While this seems like a no-brainer, when you have kids or pets that need your attention starting early in the morning, this can be difficult. However, getting a head start on the day such as getting up early, preparing meals or planning outfits for the day can really get you ahead. Perhaps even using the quiet time before everyone wakes up to go on a walk or meditate would be helpful, as well. – *John Hall, Calendar.com*

**7. End Your Day Early** – Many of us overwork. We tend to work late into the night and don't have time for anything else. I think you can reclaim some of your lost time if you're willing to end your workday at a certain point in the day—for example, 6:00 p.m., all work tasks stop. Not only will this give you more time in the day, but it encourages you to get more done while you are mentally clocked in. – *John Turner, SeedProd LLC*

**8. Disconnect and Say 'No'** – In every task you do, disconnect from unnecessary things that are stopping you from accomplishing a certain task. Reward yourself for every task accomplished—have an allotted rest time to make that call, open your social media account, watch an episode, eat a snack. Don't stall and claim a reward without finishing a task. In that way, you'll work double-time to finish a task so you can claim a reward. – *Daisy Jing, Banish*

**9. Put the Phone Down** – Being on our phones is a huge time-suck. Maybe you are constantly looking at the news or are obsessed with social media. Maybe there is a game you like to turn to to distract yourself. It all adds up. There is more than enough time in the day and week. By putting your phone down, that becomes very clear. – *Zach Binder, Bell + Ivy*

**10. Block Social Media** – Social media really does take away

precious hours that can otherwise go toward something productive. The problem is that we tell ourselves that we're not actually using social media when we're reading an article a friend shared or if we're watching another "news" video. Blocking social media apps, all of them, will give you back hours a week to truly grow. – *Syed Balkhi, WPBeginner*

**11. Cut Back on Emails** – Emails can be a huge, unnecessary time-suck in the office. They interrupt your workday, distract you from priorities and are hugely inefficient at back-and-forth communications. Do what you can to instruct staff on email best practices. Only include relevant parties, be clear in your communication to minimize follow-ups and encourage face-to-face meetings for all back-and-forth discussions. – *Jordan Conrad, Writing Explained*

**12. Decline Time-Wasting Activities** – Business leaders are forever stuck in meetings, which can take up large swaths of your day. Some are critical, but many are not. When you're invited to a meeting, ask, "Will it remove a roadblock? Is it essential for team cohesion?" If yes, go ahead. If not, decline it and find another way to have the discussion. Protect your time ruthlessly and reclaim it for higher value activities. – *Thomas Griffin, OptinMonster*

**13. Delegate Tasks** – The best leaders delegate and empower others at every opportunity. Yes, you might be the best sales person or engineer, but your organization can't grow if one person executes everything. Embrace letting someone else manage the lower-level items so that you can keep your focus on high-value tasks. Also, pro-tip: don't use any product by Facebook as it is deliberately designed to waste your time! – *Jeff Keenan, LeadsRx*

**14. Practice Smart Multitasking** – While multitasking can be problematic when trying to achieve a strong workflow, it is very useful when filling in idle time. For example, leverage your commute to catch up on any personal errands or work that you will need to do eventually anyway. If your personal goals involve something digital, chances are you can apply this to your idle time and eliminate time that might be wasted daily. – *Jared Polites, LaunchTeam*

**15. Find Your Most Productive Time** – There are times of day when I'm two or three times more productive than others. In the mornings when I'm fresh, I can do a lot more work in a lot less time. Protect those times. Don't lose them to meetings or water cooler conversations. You'll get a lot more done this way, and you won't find yourself at 4 p.m. wondering where the day went. – *Yaniv Masjedi, Nextiva*

–*Scott Gerber, Young Entrepreneur Council*



# Atrial Fibrillation (A-Fib): Freezing Better Than Meds?



(Ivanhoe Newswire) —

**A**t least 2.7 million Americans are living with atrial fibrillation – AFib or AF. It's an irregular heartbeat or a "quivering" heart that left untreated, could lead to blood clots, stroke, or heart failure. Medication is the gold standard treatment, but a new study may lead to a change for doctors and patients.

Racing heart? Or a "fluttering" in your chest? They could be symptoms of AFib or AF, a condition where the heart is out of rhythm.

"The sooner we intervene and treat atrial fibrillation, the better, because if atrial fibrillation is allowed to continue, then those changes in the left atrium progress," explained Oussama Wazni, MD, section head of electrophysiology and pacing at Cleveland Clinic.

Doctors at the Cleveland Clinic studied 200 patients with intermittent episodes of atrial fibrillation in the STOP AF FIRST trial. About half were treated with antiarrhythmic drugs, which is the standard treatment. The other participants had cryoballoon ablation; doctors inserted a balloon with liquid nitrogen to freeze the heart tissue causing the irregular heartbeat.

At one year, 75 percent of the ablation patients were free from AF, compared to 45 percent of the patients on medication. Dr. Wazni says the results



could eventually lead to a change in treatment.

"Maybe it's time to circumvent needing to take an antiarrhythmic drug with all the side effects and ineffectiveness, and just proceed with an ablation," said Dr. Wazni.

Researchers also studied the safety of cryoballoon catheter ablation as a first line treatment as part of the trial. Two safety events were observed in the catheter ablation arm, including a heart attack that doctors could not directly attribute to the ablation procedure. He says overall, the study showed the catheter procedure to be safe.

During a regular heartbeat, the heart contracts and relaxes allowing blood to move around the body in a normal, steady rhythm. In atrial fibrillation, there is an abnormal firing of electrical impulses causing the upper chambers of the heart, called the atria, to beat irregularly, resembling a quivering movement. This affects its ability to move blood into the ventricles. If a clot breaks off and lodges in an artery leading to the brain, it will result in stroke.

As many as 15 to 20 percent of stroke patients have AF. This clotting risk is why many AF patients are put on blood thinners. There are many signs of AFib, though a "quivering" or "fluttering" heartbeat is the most common. Sometimes AF patients have no symptoms, and the condition can only be detected by physical exam. Other symptoms include general fatigue, rapid heart rate, thumping in chest, dizziness, shortness of breath and anxiety, weakness, faintness or confusion, fatigue when exercising, sweating, and chest pain or pressure.

The duration of the AFib can help doctors classify underlying problems. Paroxysmal Fibrillation is when the heartbeat returns to a normal rhythm on its own with no intervention with seven days. People with this type of AFib may only have symptoms a few times a year or they can have them everyday.

Persistent AFib is an irregular rhythm that lasts longer than seven days and will not return to normal sinus rhythm on its own and requires treatment.



# Make Heart Health Part of Your Self-Care Routine

**D**evoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals and not cheating on sleep, can all benefit your heart.

Because heart disease is largely preventable, focusing on improving your heart health is important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

“Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” said David Goff, M.D., NHLBI’s director of cardiovascular sciences.

It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep or make a medication checklist. Then seek out support from others to help you stick to your goals.

Consider these self-care tips to try each day to make your heart a priority:

## Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

## Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range.



## Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy products.



## Wellness Wednesday

Don’t waffle on your wellness. Move more, eat a fruit or vegetable you’ve never tried, make a plan to quit smoking or vaping or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea or lightheadedness. You might be having a stroke if you experience numbness in the face, arm or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

## Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to

sit and meditate, go for a long walk or watch a funny show. Whatever you do, find a way to spend some quality time on yourself.

## Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the “Journal of the American Heart Association.” If your mental health is taking a toll, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

## Selfie Saturday

Inspire others to take care of their hearts. Talk about your self-care routine with loved ones or share a selfie on social media. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight and quit smoking.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at [nhlbi.nih.gov/ourhearts](https://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.

—Family Features





# HEART DISEASE FACTS



## What is Heart Disease?

Heart disease is also known as **Coronary Heart Disease (CHD)**, it happens when plaque is built up within the coronary arteries.

- Arteries that are blocked, supposed to supply oxygen-rich blood to the heart, to continue beating.

In 2010, the total number of **deaths** in Malaysia resulted from coronary heart disease was at **22 701** according to the WHO (World Health Organization).

About **22.18%** of the total **deaths** in the country.

It is the single largest killer among Malaysians, where **the main cause** is due to the food intake.

## Who's at RISK?

- Men and Women of all ages, especially those with a family history of coronary disease.

Many people think heart disease generally a man's problem, **women do get heart disease** as well.



**One in four women die of heart attack.** It is reportedly **2.5 times higher** than all types of cancers combined.

Several risk factors for heart disease, some are controllable, others are not.

- Food cooked with **too much oil** and **cholesterol** are directly linked with **blood pressure** and **coronary heart disease**.

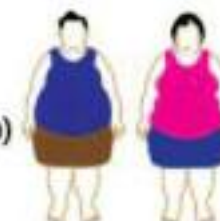
## RISK FACTORS

• Smoking



• Physical inactivity

• Obesity (BMI above 30)



• Uncontrolled diabetes

Uncontrolled stress and anger

• Intake of high cholesterol foods



• Medication that provokes hypertension



## Eating A Heart-Healthy Diet :



Diets in high saturated and trans fat, sugar and salt increase the risk of heart disease and stroke.



A balanced diet rich in fruits and vegetables help prevent heart disease and stroke.



# Top 10 Health Benefits of Gymnastics

When we watch the gymnasts perform at the highest level, such as the Olympics or national championships, it's easy to be amazed at how strong and flexible they are. The raw physical strength, flexibility, power, agility, coordination, grace, balance and control required in gymnastics are impressive, but these elite level athletes are not the only ones who can benefit from participating.

## Top 10 Health Benefits of Gymnastics:

- **Flexibility:** Flexibility is a primary factor in gymnastics. Increasing flexibility can also be an effective aid to the reduction of injury, preventing people from forcing a limb to an injurious range of motion. By learning movements and combining them in a routine, the gymnast can attain greater flexibility and greater control of the body.

- **Disease prevention:** Participation in gymnastics can help maintain a healthy body, which is key to preventing numerous health conditions such as asthma, cancer, obesity, heart disease and diabetes. Being involved in gymnastics helps encourage a healthy lifestyle, including regular physical activity and eating a well-balanced diet.

- **Strong and healthy bones:** Participation in weight-bearing activities — including gymnastics — can develop strong, healthy bones, which is important to develop at a young age. As we age, we inevitably experience a decrease in bone mass every year. Building strong, healthy bones at a young age can help reduce the risks of developing osteoporosis later on in life.

- **Increased self-esteem:** A study conducted by researchers at the Robert Wood Johnson Medical School have indicated that children who participate in physical activity like gymnastics are likely to have better self-esteem and self-efficacy.

- **Daily exercise needs:** The American Heart Association recommends children participate in 60 minutes of physical activity per day. Adults age 18 and over should participate in 30 minutes of exercise at least five days per week. Participation in gymnastics helps meet the exercise recommendations set forth by the American Heart Association.



- **Increased cognitive functioning:** Participation in gymnastics does not only offer physical gains; it is beneficial for improving concentration and mental focus — an important aspect of anyone's life. Gymnastics allows children the chance to think for themselves, to stimulate their imaginations and to solve problems safely.

- **Increased coordination:** Gymnasts do not react with as large a "startle response" to sudden imbalances as non-gymnasts. By applying this conditioning outside the sport, people become better equipped to avoid hazardous situations by quickly identifying them and naturally correcting body alignment when walking, standing or jumping, etc.

- **Strength development:** Gymnastics produces, pound-for-pound, the best athletes in the

world.

Gymnastics uses almost exclusively body weight exercises to build upper body, lower body, and core strength.

- **Discipline:** Gymnastics instills a sense of discipline. Each student must have the self control to make corrections when a coach asks them to, and they must also have the self discipline to stay on task when a coach is working with another gymnast.

- **Social skills:** At all ages, gymnastics provides an opportunity to develop social skills. Younger children learn how to stand in

line, look, listen, be quiet when others are talking, work and think independently, and how to be respectful of others. The older kids learn how to set a good example for the people who look up to them and become role models at a young age.

Source: HealthFitnessRevolution.com





# Best Exercises You Can Do at Home Without Equipment

**W**Physical exercise offers fantastic benefits for your body and mind. The U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans highlights some of the most notable health benefits of physical activity, ranging from improved sleep to reduced anxiety and from reduced weight gain to a lower risk of death.

The Centers for Disease Control and Prevention (CDC) reports that only about half of adults get the exercise they need. People have loads of reasons for skipping exercise, from not being able to get to the gym to not having the budget for fancy equipment to having no time to workout.

But you don't need a gym membership, equipment, or oodles of free time to incorporate exercise into your life. There are plenty of equipment-free workouts you can do in the comfort of your home. You can do some in just 10 minutes or so.

You owe it to your body and your mind to find more ways to exercise, and there are plenty of ways to do so.



## 1. Yoga

No matter your needs or abilities, there's probably a yoga style out there for you. If you're looking for gentle stretches, you can try a calm, relaxed style like hatha or yin. If you're looking for something a little more intense, try a power yoga session.

Plenty of free online yoga classes are available — for example, you can find many yoga videos on YouTube, including the popular Yoga With Adriene. Once you get familiar with the poses and sequences, you can put together your own practice without the help of a video.

As far as equipment goes, if you have a yoga mat, that's great. But you don't need one. I find that a carpet is often supportive and soft enough for at-home yoga, but you can lay down a towel for even more softness.



Some yoga teachers use props, such as straps and blocks, but you don't need them. You can substitute a roll of paper towels for a yoga block if you need the extra lift during poses. An old pair of tights or leggings can stand in for a strap. And if necessary, a folded-up blanket or pillow can take the place of a bolster (a cushion that provides support during certain types of restorative poses).

## 2. Dancing

Whether it's free-form movement to your favorite pop song, a tightly choreographed hip-hop routine, or waltzing around your living room with a partner, dance does wonders for your physical and mental health. According to MedlinePlus, you can burn anywhere from 250 to 500 calories per hour dancing, depending on the style. Dance can also improve memory, sharpen your focus, and help you pay attention, according to the CDC.

And it's as easy as creating a Spotify playlist with your favorite upbeat songs and hitting play. If you want some instruction or want to dance a particular style, you can try taking online dance classes through a program such as Steezy. Or if you have a partner at home who's willing and able, you can try partner dances like salsa or swing. Just make sure you clear a space that's big enough for both you and your partner to move freely.



## 3. Barre

Before I tried it, I thought barre was an easy, gentle workout.

Boy, was I wrong. Barre is tough but fun. It's an intense workout that focuses on strengthening your core muscles, improving your cardiovascular endurance, and boosting your balance. Many people believe you need equipment for barre, but you don't.

If you're worried about balance and want some support, a dining chair or counter can take the place of the wall-mounted barre. I've had success using an ironing board for support, but more often than not, I skip it and just do the moves while balancing on my own. For parts of the workout that call for small hand weights, you can swap in canned goods or just do without the weights. Trust me, by the end of the sequence, your muscles will be burning whether you use weights or not.



You can find lots of free barre workouts on YouTube. I recommend starting with a short 20-minute or so session, then building your way up from there.

## 4. HIIT

High-intensity interval training (HIIT), is perfect for the person who wants to make the most of their workout in the least amount of time. During a HIIT workout, you go super-hard and fast for a short period, then take a break. For example, do as many jumping jacks as you can for 60 seconds, then take a 30-second pause before moving onto a series of squats or pushups.

A 2018 study published in the International Journal of Environmental Research and Public Health found that HIIT was more likely to improve heart-rate variability in previously inactive adults.





You can find HIIT workouts on YouTube or put together your own program using exercises you probably remember from elementary school gym class: jumping jacks, pushups, and squats.

## 5. Pilates

There are two types of Pilates exercises: those that use studio equipment and those you can perform pretty much anywhere on a mat or soft surface. While you probably need to visit a studio to work with Pilates apparatus (or shell out the big bucks for your own), you can easily do a mat workout at home.



Although you're likely to find a wide variety of online Pilates workouts or Pilates YouTube channels, the classical sequence is a series of 34 movements outlined by Joseph Pilates in his book "Return to Life Through Contrology." You can memorize the movements and perform them wherever you'd like.

## 6. Plank

The plank is a deceptively simple-looking exercise that can do wonders for your core and upper-body strength. It's also an exercise with a lot of variations based on your goals and your current physical strength.



If you're just getting started, you can try a plank with your knees bent and on the floor rather than with your legs straight. Some people find it easier to bend at the elbows and rest their forearms flat on the floor rather than do a plank with their arms straight and hands on the floor.

To spice things up or work different areas of your core, you can try a side plank. Lie on your side with your feet stacked on top of each other. Push yourself off of the floor, using one arm to support your body. Keep your body in a straight line and your front facing out. You want your hips to be elevated, not sinking to the floor. Hold the pose for as long as you can, then switch to the opposite side.

## 7. Walking Upstairs

If you can't leave the house, you can still fit in your steps and get in some cardiovascular exercise by walking up and down any stairs at home or in your apartment building.



You can also spice things up by doing a step aerobic workout. Step up and down from the landing to the first step, trying to see how quickly you can go. Mix things up by turning to one side or the other as you step up and down.

Another option is to work your step workout into an interval training session. Spend a minute or so stepping, then try jumping jacks for a minute. Go back to the stairs for another minute, then try some pushups.

## 8. Couch Potato Workout

A couch potato workout is one you can do from the comfort of your couch. You squeeze it in during the commercial breaks of your favorite TV show or when you'd otherwise be vegging out.



One example of couch potato exercises is sitting-to-standing. During this exercise, you repeatedly stand up from the couch, then sit back down again. It helps build your butt and thigh muscles and can get your heart rate up, depending on how quickly you stand and sit.

You can also do tricep dips. If you have one, push the coffee table out of the way. Scooch forward on the couch so your butt is barely in contact with the edge. Put your hands on the edge of the couch on either side of your body, then push yourself up from the edge. Lower your body down toward the floor, then lift again using your arms. Repeat.

## 9. Squats & Lunges

If planks are the gold-standard exercise for developing core strength, then squats and lunges are the gold standards for developing lower-body strength. Like planks, squats and

lunges are more challenging than they look. Just try to do 10 squats in a row. You'll likely be huffing and puffing by the end, even if you're in good shape to start.

To do a squat, stand up straight with your feet spaced about shoulder-width apart. Look straight ahead. Start to lower your body as if you're about to sit in a chair. Keep lowering yourself until your thighs are parallel or nearly parallel with the floor. Your upper body should lean slightly forward as your knees bend. Slowly straighten back into a standing pose. Repeat for one minute or 10 reps.



To do a lunge, stand with your feet a few inches apart, staring straight ahead. Step forward with one leg, slowly lowering your hips toward the ground as you bend both knees. Keep the knee on the forward leg in line with the ankle rather than jutting it out. Your arms can be down at your sides or you can raise them over your head as you step forward. Hold the lunge for a beat, then step back to standing. Repeat for a minute, alternating legs.

You can squeeze a few squats and lunges into your day by doing them while you watch TV or while cooking your meals. If you're working from home, try getting up between meetings or projects to knock out a few lunges or squats.

## 10. Kickboxing-Style Workouts

If you're looking for a workout that's fast-paced and can get your heart pumping, try kickboxing at home. There are lots of options out there, including the official Tae Bo YouTube channel. Although some programs call for a punching bag and mat, you can easily do most without any special gear.



Getting in a workout or two at home is likely to make you feel better, both physically and mentally.

—Amy Freeman | [moneycrashers.com](http://moneycrashers.com)

# Are you remembering your oral health during lockdown?

## What to avoid



Fruit is high in natural sugars, so avoid constant acid attacks to your teeth by eating fruit as part of a meal, not as a snack.



Avoid crunching ice, as it can cause microcracks in your teeth.



Fizzy sodas, sports drinks and sweets are all high in sugar so best avoided while dental practices are closed for check-ups.



Sticky foods like toffee or caramel can break brace wires, pull off crowns or loosen fillings.

## What to do



Having low alkali food/drinks like cheese and milk after meals helps to balance the acidic effects of sugary foods.



Wait one hour after eating to brush your teeth to avoid any enamel damage.



Sugar-free chewing gum helps produce saliva which keeps your mouth clean and your teeth strong.



Eat foods that are good for your teeth like raw celery, carrots and cucumber, which are all great for mouth workouts.



# 8 Reasons to Make Running Your New Resolution

**I**t seems like a cruel joke that New Year's resolutions begin during the coldest time of year. Frigid temperatures often lead to lower motivation. But whether you're starting from the couch or planning to conquer your first Blue Cross Broad Street Run, there are lots of reasons to power through winter and make running part of your routine for the new year.

Here are a few reasons to lace up and hit the pavement:

## You'll be more productive

Kids who exercise before heading to school come to class more ready to learn than those that save physical activity for after school finds new research in Preventative Medicine Reports. And the same goes for adults. Similar studies have shown that adults who pencil in a workout before heading to the office are more likely to stay energized throughout the day.

## You'll improve your health inside and out

Sure, running can aid in weight loss. After all, a 30-

minute jog burns up to 300 calories depending on your intensity. But one health benefit you won't see in the mirror is the slimming effect running has on your heart. Research from the American College of Sports Medicine found that distance runners, especially, were found to have a significantly lower amount of coronary plaque (dangerous buildup in your arteries that can lead to heart disease) than sedentary individuals.

## You'll sleep sounder

Trying to catch the National Sleep Foundation's recommended eight hours of shut-eye can be tricky — especially if you live on a busy street, or worse, with restless cats. Here's one more reason to get to bed earlier and set your alarm for an a.m. run: Running for 30 minutes in the morning can improve your sleep quality and overall mood throughout the day, according to a 2012 study in the Journal of Adolescent Health.

## You'll ward off the winter weight gain

You already know you burn calories during a workout, but what you may not realize is that runners' bodies keep burning calories even after they finish their cooldown lap. That's because "afterburn," or EPOC (exercise post oxygen consumption), kicks in after high-intensity cardio workouts.

## ... and stress

Deadlines, tough winter commutes, tax season — January



(and each month that follows) is full of stressful situations. Lacing up your sneakers for a walk or run is proven to help reduce and manage stress all year long. In fact, research shows even a short easy jog can help curb stress levels.

## You'll make new friends

Philadelphia can feel like a big, lonely city at times. But with neighborhood run clubs in each section, there's an easy way to meet friendly faces that all share your affinity for brisk jogs and dodging hectic traffic patterns. Find yours in (and around) the city here.

## You'll improve your memory

Another year older doesn't always mean another year wiser — unless, maybe, you're a runner. Research published in Psychonomic Bulletin & Review found that regular aerobic exercise helps combat age-related mental decline by improving memory, language, and judgment skills.

## You'll save money

Flurries might cause you to keep your runs short the first few months of your running routine but once the weather breaks, not only will you be able to soak up some rays along the trail, you'll also have one of the most cost-efficient workouts in the city. Instead of dishing out money on a gym membership or class pass, try a free training app with daily running, stretching, and cross-training routines.

—phillymag.com

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# New Health & Wellness Info at the Library

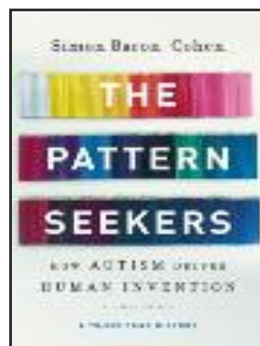
By Kelly Barker

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

**The Pattern Seekers:** How Autism Drives Human Invention by Simon Baron-Cohen, New Health Books Media Center 616.85882 BAR

The Pattern Seekers is a groundbreaking argument about the link between autism and ingenuity.

The author makes a case that autism is as crucial to our creative and cultural history as the mastery of fire. Indeed, he argues that autistic people have played a key role in human progress.



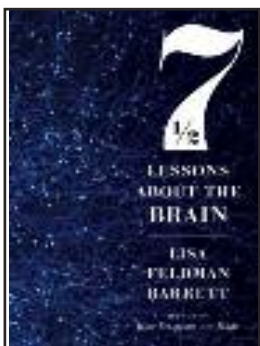
**Lightning Flowers:** My Journey to Uncover the Cost of Saving a Life by Katherine E. Standefer, New Health Books Media Center 610.7 STA

In this gripping, intimate memoir about health, illness, and the invisible reverberating effects of our medical system, Standefer recounts the astonishing true story of her rare diagnosis. Deeply personal, Lightning Flowers takes a hard look at healthcare, and medical technology.



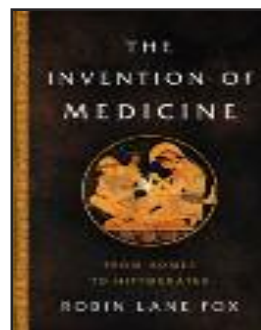
**Seven and A Half Lessons About the Brain** by Lisa Feldman Barrett, New Health Books Media Center 612.82 BAR

Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears in seven and a half lessons that reveal mind-expanding information from the front lines of neuroscience research.



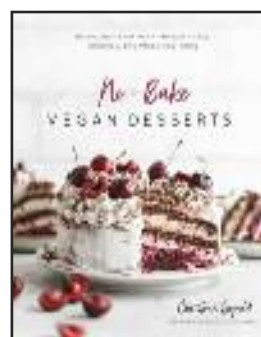
**The Invention of Medicine:** From Homer to Hippocrates by Robin Lane Fox, New Health Books Media Center 610.9 LAN

The Invention of Medicine is a groundbreaking reassessment of many aspects of Greek culture and city life. Acclaimed historian Robin Lane Fox puts these remarkable works in a wider context and upends our understanding of medical history.



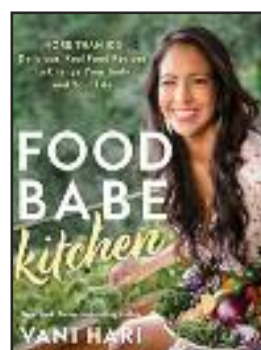
**No-bake Vegan Desserts:** Incredibly Easy, Plant-based Cakes, Cookies, Brownies, and More By Christina Leopold, New Cookbooks Media Center 641.5636 LEO

Whether you want cakes, tarts, candies, cookies, brownies or even donuts, these recipes are all a breeze to whip up. Every dessert is naturally sweetened and with a variety of gluten-free options and full of incredible flavor in every spoonful. You won't believe they are vegan!



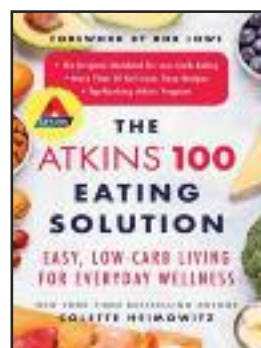
**Food Babe Kitchen:** More Than 100 Delicious, Real Food Recipes to Change your Body and your Life by Vani Hari, New Cookbooks Media Center 641.563 HAR

Ditch processed foods and eat the cleanest, healthiest food on the planet. Food Babe Kitchen shows you how to shop for the healthiest ingredients making this the ultimate guide to getting back into the kitchen to create healthful meals for yourself and those you love.



**The Atkins 100 Eating Solution:** Easy, Low-Carb Living for Everyday Wellness by Colette Heimowitz and Rob Lowe, Overdrive E-book

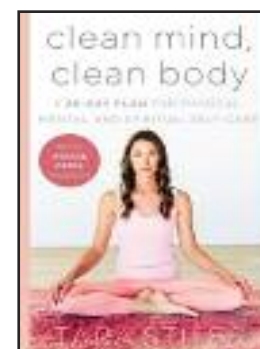
From the creators of the original ketogenic, low-carb diet, comes the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and



sugar approach based on solid science. Featuring a foreword by Atkins spokesperson and actor Rob Lowe.

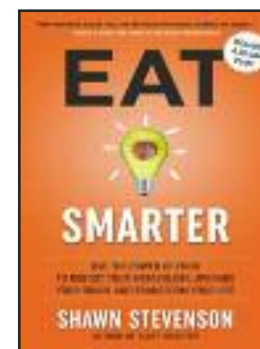
**Clean Mind, Clean Body:** A 28-Day Plan for Physical, Mental, and Spiritual Self-Care by Tara Stiles, Overdrive E-book

Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive, and out of touch with what our bodies and our brains. Clean Mind, Clean Body is the ultimate reset button, that will transform your daily routine and your habits.



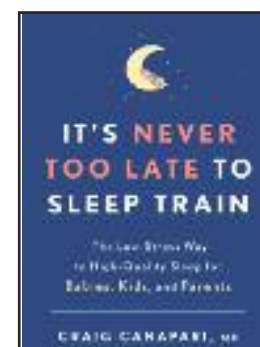
**Eat Smarter:** Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life by Shawn Stevenson, Overdrive E-book

Food is complicated. It's a key controller of our state of health or disease. In Eat Smarter, nutritionist, Shawn Stevenson, breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function.



**It's Never Too Late to Sleep Train:** The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents by Craig Canapari, Overdrive E-book

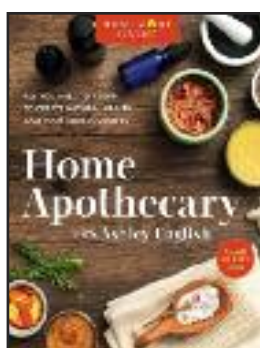
From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. In It's Never Too Late to Sleep Train, Dr. Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children.



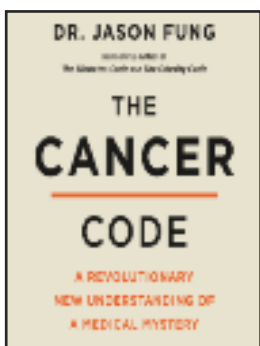
**Home Apothecary with Ashley English:** All You Need to Know to Create Natural Health and Body Care Products Homemade Living by Ashley English, Overdrive E-book



Ditch store-bought health- and body-care products with their synthetic ingredients. Ashley English, author of the popular *Homemade Living* series, provides a primer to creating all-natural body-care and wellness products—complete with 40 accessible DIY recipes to try at home.

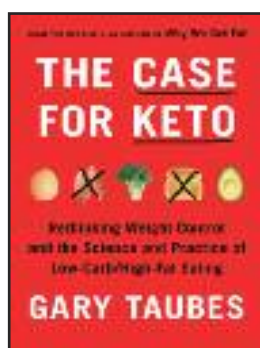


**The Cancer Code:** A Revolutionary New Understanding of a Medical Mystery by Dr. Jason Fung and Brian Nishii, Overdrive Audiobook



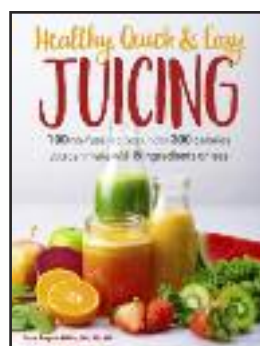
The Cancer Code offers a new understanding of this invasive, often fatal disease—what it is, how it manifests, and why it is so challenging to treat. The author identifies the medical community's many missteps in cancer research and issues a call to action for reducing risk.

**The Case for Keto:** Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating by Gary Taubes, Overdrive Audiobook and E-book



After a century of misunderstanding the differences between diet, weight control, and health, The Case for Keto revolutionizes how we think about healthy eating. Based on twenty years of investigative reporting and interviews with physicians who embrace the keto lifestyle as the best prescription, he gives us a manifesto for fight against obesity and diabetes.

**Healthy, Quick & Easy Juicing:** 100 No-Fuss Recipes Under 300 Calories You Can Make with 5 Ingredients or Less by Dana Angelo White, Overdrive E-book



Juicing is a quick and easy way to feed and fuel your body, and now you can do it with five ingredients or less! Healthy, Quick & Easy Juicing contains 100 recipes that are all super simple to prepare, and every recipe can be made in less than 10 minutes.

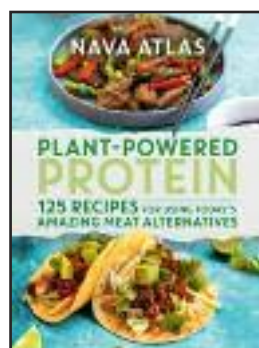
**Meal Prep in an Instant** by Becca Ludlum, Overdrive E-book

Meal prep has never been easier with an Instant Pot. With its versatility and ability to cook quickly and efficiently, you can use your Instant Pot to cook meals for the week ahead. With seven customized prep plans, Meal Prep in an Instant will show you how.



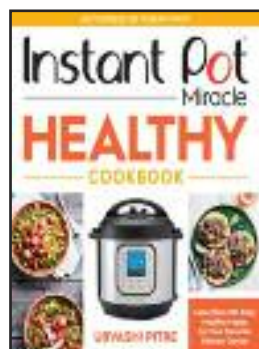
**Plant-Powered Protein:** 125 Recipes for Using Today's Amazing Meat Alternatives by Nava Atlas, Overdrive E-book

In Plant-Powered Protein, everyone's favorite meaty dishes go vegan with delicious plant-based recipes. These budget-friendly, approachable recipes will satisfy staunch meat-lovers, picky eaters, and healthy food fans alike. There are even recipes for those with a DIY spirit.



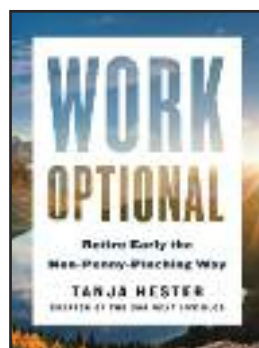
**Instant Pot Miracle Healthy Cookbook:** More than 100 Easy Healthy Meals for Your Favorite Kitchen Device by Urvashi Pitre, Overdrive E-book

Unlike many other Instant Pot books, you won't find pre-processed and highly refined ingredients in the Instant Pot Miracle Healthy Cookbook. Instead the emphasis is on whole, unprocessed foods, vegetables high in fiber, healthy fats, and lean proteins that all can enjoy.



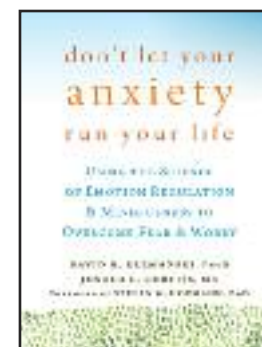
**Work Optional:** Retire Early the Non-Penny-Pinching Way by Tanja Hester, Overdrive E-book

In today's work culture, we're expected to hustle around the clock. But what if you could escape the traditional path and get on one that doesn't require working full-time until age 65? Work Optional is more than just a financial plan to achieve this, it's a plan for your whole life.



**Don't Let Your Anxiety Run Your Life:** Using the Science of Emotion Regulation and Mindfulness to Overcome Fear and Worry by David H. Klemanski and Joshua E. Curtiss, Overdrive E-book

Anxiety is an epidemic in our modern world. But studies now show there is a direct link between anxiety and how you respond to emotions. Don't Let Your Anxiety Run Your Life provides a groundbreaking, step-by-step guide for managing the thoughts and feelings that cause anxiety.



*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

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**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)  
**Topeka & Shawnee County**  
**Public Library**  
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# Healthy Family Recipes for the Winter

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

## Thai Chicken Cabbage Soup



This is a low-fat, low-cal soup that's incredibly filling and delicious.

### Ingredients (Servings: 6)

- 3 skinless, boneless chicken breast halves
- 8 cups chicken broth
- 2 leeks, sliced
- 6 carrots, cut into 1 inch pieces
- 1 medium head cabbage, shredded
- 1 8-oz. package uncooked egg noodles
- 1 teaspoon Thai chile sauce

### Directions

Place chicken breasts and broth in to a stockpot or Dutch oven. Bring to a boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the broth and set aside to cool.

Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender. Shred the cooled chicken in to bite sized pieces and return it to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavor to taste with Thai chili sauce.

### Nutrition Information

275 calories; protein 20.8g; carbohydrates 42.3g; fat 3.1g; cholesterol 61.3mg; sodium 118.3mg

Source: allrecipes.com

## Sweet Potatoes w/ Brandy & Raisins



These not-too-sweet sweet potatoes make converts outta the non-sweet-potato-believers.

### Ingredients (Servings: 6)

- ¼ cup brandy
- ½ cup raisins
- 2 tablespoons softened butter
- 4 (1 pound) sweet potatoes
- ¼ cup packed brown sugar

### Directions

Pour brandy over raisins in a small bowl, cover, and allow to stand for 2 hours.

Preheat oven to 350 degrees F (175 degrees C). Butter a 2-quart baking dish with the softened butter.

Place sweet potatoes on a baking sheet, and bake in preheated oven until tender, about 30 minutes. Remove and allow to cool until cool enough to handle, then peel the potatoes and slice them 1/2 inch thick. Arrange the potato slices in the prepared baking dish, and sprinkle with sugar and brandy-soaked raisins.

Return the sweet potatoes to the oven, and bake 30 to 40 minutes until hot and bubbly.

### Nutrition Information

399 calories; protein 5.2g; carbohydrates 80.8g; fat 4.1g; cholesterol 10.2mg; sodium 197.9mg.

Source: allrecipes.com

## Sensational Salmon Loaf



This recipe has been in my family for years. Served with creamed peas and boiled new (red) potatoes, it makes a yummy meal even the kids love!

### Ingredients (Servings: 9)

- 1 (14.75 ounce) can salmon, drained and flaked
- 1 ½ cups crushed saltine crackers
- 1 egg, slightly beaten
- ½ cup diced green bell pepper
- ½ cup diced onion
- ¼ cup milk
- ½ teaspoon Worcestershire sauce
- 1 dash hot pepper sauce (Optional)
- black pepper to taste

### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish.

In a large bowl, stir together salmon, crackers, egg, bell pepper, and onion. Mix in milk, Worcestershire sauce, and hot pepper. Season with black pepper. Mix well with your hands, and spread into baking dish.

Bake in a preheated oven until the top is golden brown and a toothpick inserted into the center comes out clean, about 45 minutes. Cut into squares to serve.

### Nutrition Information

143 calories; protein 12.9g; carbohydrates 10g; fat 5.4g; cholesterol 41.4mg; sodium 307.5mg.

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](mailto:info@TopekaHealthandWellness.com).

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com) • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## DIETITIAN - HEALTHY FOOD

**HY-VEE** - Our Registered Dietitian is here to offer personal assistance! 2951 SW Wanamaker Rd. 785-272-1763 [www.hy-vee.com](http://www.hy-vee.com)

## PEDIATRIC DENTISTRY

**ADVENTURE DENTAL & VISION** - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

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## HOSPICE

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691 [www.midlandcareconnection.org](http://www.midlandcareconnection.org)

## HOME CARE AND HOSPICE

**PHOENIX HOSPICE & HOME CARE** - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444. [www.phoenixhomehc.com](http://www.phoenixhomehc.com)

## HEALTH ADVERTISING

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

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## MENTAL HEALTH - ADDICTION

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## EMERGENCY FOOD & SHELTER

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Volunteer Services: 785.354.1744 ext. 393

[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
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## CHRISTIAN EDUCATION

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## SLEEP DISORDERS

**CAN'T SLEEP?** - You don't have to keep suffering! INTERPERSONAL SLEEP INSTITUTE, 1605 SW 37th St., Topeka, KS 66611 • 1045 E. 23rd St., Lawrence KS 66046. Walk-in hours available. Call 785-727-0126 for details.

## BICYCLES

**BUILD YOUR OWN BIKE** during open shop with our tools in the Earn-A-Bike Program. Oakland Community Center, 801 NE Poplar St., Topeka, KS. Call 785-380-9827 or email [topeka@cycleproject.org](mailto:topeka@cycleproject.org)

## FLOAT THERAPY

**Float Therapy, Infrared Sauna, Massage Therapy** - Relieve stress, aid recovery, increase focus. 2120 Brandywine Ln, Suite 110 (21st & Wanamaker, then 1 blk west) 785-783-8307 [desk@midwestfloat.com](mailto:desk@midwestfloat.com) [www.midwestfloat.com](http://www.midwestfloat.com)

## PET CARE

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## FOR RENT

**OFFICE SPACE** available, great for therapists, health & wellness companies, small bus. owners. Desks/chairs, all utilities & Wi-fi/Ethernet included. \$100 VISA card to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call/text 785-430-1657. [info@cpofficesuites.com](mailto:info@cpofficesuites.com)

## 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](http://www.tscpl.org)

## FINANCIAL HEALTH

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# Healthy Event Calendar for Greater Topeka

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

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

**TERRITORIAL CAPITAL MUSEUM** – Now Open, 640 E Woodson, Lecompton. (785) 887-6148 [www.lecomptonkansan.com](http://www.lecomptonkansan.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

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

**FEB. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansan.org/calendar](http://www.getoutdoorskansan.org/calendar)

**VALENTINE POP-UP SALE** – Feb. 6, 9am-3pm, Barb's Country Barn, 4008 SW Topeka Blvd. Valentine/ Chiefs Sugar cookies, (Valentine) Cocoa Bombs, Color Street, Homemade Candies, lots of Crafts, Red Aspen Nails, Tupperware. 31 bags.

**C5Alive "BUSINESS MATCHMAKER" LUNCHEON** – Feb. 11, 11:30-1, featuring Speed Networking at Fairlawn Plaza Mall.

- 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](mailto: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: POWER Luncheon, Mar. 11, 11:30-1, C5Alive POWER Luncheon.

**FREE MOVIE NIGHT** – Feb. 13, Highland Heights Christian Church, 2930 SE Tecumseh Rd. MOVIE: "I Still Believe," the true life story of Christian music star Jeremy Camp. Available for Children: A Veggie Tales Movie. Doors open at 6:00 pm - Movie begins at 6:30 pm. Free Movie Snacks Provided. For information, call 785-379-5642. Masks and Social Distancing will be in place.

**NICHOLAS GOOD HARPSICHORD RECITAL** - Feb. 14, live-streamed. Presented by Topeka's Chapter of the American Guild of Organists. It will be live streamed from the First United Methodist Church at 2:00 PM and can be accessed at [forthe goodofthecity.org/live-music](http://forthe goodofthecity.org/live-music).

**BUDDY - THE BUDDY HOLLY STORY** – Feb. 14, 3:30pm, TPAC. 30th ANNIVERSARY TOUR - The Broadway Musical & Concert Experience  
Cost: \$39 - \$69. Tickets for the original date of April 8, 2020 and November 7 will be honored.

**NAMI "Not so Silent" Art Auction** – Feb. 15-20, KB Design Solutions Showroom, 4028 Huntoon in Gage Center. Silent Auction open daily Mon- Fri, then final bidding is Sat. 2-4pm with live music. Benefits NAMI programs. [development@namikansas.org](mailto:development@namikansas.org) or 785-220-1623.

**23RD METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO** - Feb. 27, 10:00 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. [MetroVoiceNews.com](http://MetroVoiceNews.com)

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

## ONGOING EVENTS:

**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](mailto:nhonl@tscl.org)

**TOPEKA MANKIND PROJECT** – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: [brian.thomas01@gmail.com](mailto: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](mailto:office@rhctoepka.org)

**SENIOR STRETCHING EXERCISES** - each Mon. – Wed.

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NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

**Who does the screening?**

The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

**How do I get the Screener scheduled?**

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

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

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

**GRIEF SUPPORT GROUP** – First Mon. each month,

3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotopeka.org. Free

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

**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.

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

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

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

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

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

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

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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** - 2nd

Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

**SAFE STREETS COALITION**

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

**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

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**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 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!

**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. wesquaredance.com

**SEX TRAFFICKING INFORMATION**— 785-230-8237

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

**AL-ANON FAMILY GROUPS**— for friends & families of alcoholics. For info: 785-409-3072 or topekaanon.org

**ALZHEIMER'S SUPPORT GROUPS**— Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions



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are lifted. Email Hayley Young at [hdyoung@alz.org](mailto: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](http://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](mailto:info@TopekaHealthandWellness.com)

**See complete updated calendar at**

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

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- 4 Always take your medications the way your doctor ordered.
- 5 Don't stop taking your medication without contacting your doctor first.
- 6 Safe medication practice is your responsibility. Keep your medication list current and update when you have changes.

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# 6 Ways Spirituality Can Help Make You Healthier

**S**pirituality, religion, and prayer can play an important role in wellness. That's not just the point of view of spiritual practitioners but rather the findings of a growing body of research.

Much of that came to light at a conference of spiritual caregivers held at the New York Academy of Medicine in March 2014. Whether treating people with serious illness or helping those who are well stay that way, spiritual care has the potential to be a powerful intervention in patient care, according to some of the research presented at that conference.

While there's been an increase in data and research on the subject, what complicates matters a bit from a scientific perspective is the difficulty in defining spirituality in a concrete, measurable way. We typically understand it as connecting to something larger than yourself and your worldly, material concerns, or seeking and connecting to something transcendent or sacred, but there's no universally accepted standard of what that means in practice. For some people, it could involve the rituals of organized religion, of adhering to a belief system as well as having a sense of community and support. It could mean talking about your situation with a chaplain — a priest or other religious leader who performs services for the military, universities, hospitals, or other institutions. For others, spirituality might center on a quieting, transformative, individual meditative practice.

In an effort to gauge the clinical applicability of the many connections and associations between spirituality and mental health, a review of research, published in 2015 in the journal *Psychological Medicine*, examined the impact of religious or spiritual interventions in randomized clinical trials. While the review authors noted the lack of standardization in interventions and pointed out the need for more studies in this area, they found that such interventions did have benefits, including reduction of anxiety.

In addition to its effect on mental health, researchers have also looked at the role of spirituality and mindfulness in caring for chronic diseases (such as rheumatoid arthritis and psoriasis) and cancer. A review of studies, published in 2015 in the journal *Cancer Management and Research*, found "accumulating evidence" suggesting that mindfulness-based interventions can help lower psychological distress, sleep disturbance, and fatigue, as well as promote a better quality of life in people with cancer.

Here are six ways that spirituality can aid in boosting your health and well-being, whether you're facing an illness or caring for someone who is.

## Restoring a Lost Sense of Purpose and Finding Meaning

Talking with a chaplain can help people come to terms with



fractured relationships and regrets, says Laura Dunn, MD, a professor of psychiatry and behavioral sciences at Stanford University in Palo Alto, California.

Dr. Dunn's research, presented at the conference, showed that just three 45-minute sessions with a chaplain were helpful for people with serious illness. But the benefits aren't limited to those who are ill.

"At a given time during a health crisis or time of acute stress, core spiritual needs will emerge, and the chaplain identifies what that core spiritual need is," Dunn says. It may be the need for meaning and direction, renewed self-worth, or reconciliation. "I was stunned at the numbers and intensity of some of the psycho-spiritual progress these patients made," she says.

## Preventing Isolation and the Risk for Depression

Isolation is a major risk for depression, but spirituality and organized religion encourage social engagement, says William McCann, PsychD, a psychotherapist specializing in family and community medicine, formerly at Wake Forest Baptist Medical Center in Winston-Salem, North Carolina.

Volunteering or being involved in a group or spiritual community provides social support that can reduce the risk for depression, he says, whether the community is a yoga class, a church group, or an online group.

## Providing Hope to Help Relieve Depression

Spirituality may provide a sense of hope to counter the hopelessness linked to depression.

"There is this common human tendency to be stuck in the moment, but reminiscing about a time in life that was happier or in which they were stronger can take [people] out of

the moment," says the Rev. Kevin Massey, the vice president for mission and spiritual care at Advocate Lutheran General Hospital in Park Ridge, Illinois.

"Even though they are still in the storm, the anchor is connected to something else," he says.

## Managing the Stress That Comes With Caregiving

As a coping mechanism for stress, spirituality can be especially helpful to caregivers. "Caregiving presents a lot of demands — physical stress, emotional, and financial — and even increases personal health risk, but talking to a chaplain allows people to reflect on the meaning of what they're doing," says Karen Steinhauer, PhD, an associate professor of medicine at Duke University School of Medicine in Durham, North Carolina.

Another study presented at the conference found that chaplains who connected with caregivers over the phone for three sessions helped them resolve challenges in the relationship or in caregiving and even addressed issues of forgiveness. People who were and weren't religious both benefited, the study showed.

## Improving the Function of Your Immune System

Meditating, praying, or even taking a walk in nature can help boost immune system function, says Kelly Turner, PhD, a New York City-based cancer researcher and the author of *Radical Remission: Surviving Cancer Against All Odds*.

"It's not what people believe in but whether they had a daily practice that made the difference," she says. "When you are in deep prayer or meditation, your fight-or-flight response goes off and your rest-and-repair turns on. This allows your immune system to supercharge your whole body and is incredibly healing, whether you are under stress or have an actual illness or are trying to prevent illness or stress."

A small study published in 2012 in the journal *Brain, Behavior, and Immunity* found that an 8-week program of meditation modified gene expression in immune cells to be less inflammatory.

## Enhancing Your Ability to Think Clearly and Positively

"When you give up to God or a higher power," says Gail Gross, PhD, a family psychologist in Houston, "you gain a sense of control." And that has a positive effect on health and wellness, including cognitive abilities.

"You can relax and are not distracted by negative thoughts," she explains. "Your blood pressure levels go down and blood flow to the brain increases, so your memory gets better and your thinking becomes clearer."

—Denise Mann | [everydayhealth.com](http://everydayhealth.com)

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