

**TOPEKA**

**JANUARY 2021**

# Health & Wellness

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

**MAGAZINE**

**NEW YEAR, NEW YOU!**

**Use a Fitness Coach to  
Make Resolutions Last**



**I CRUSHED  
MY FIRST WORKOUT AT  
FIT BODY  
BOOT CAMP**

**FREE  
TAKE ONE!**

**Fitness  
Trends  
of 2021**



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front page photo

**Why Social Work Is Such a Rewarding Career**

**Resolution: Preventing or Delaying Type 2 Diabetes**

**Food Trends That Will Reign in 2021**

**Dealing With the Winter Blues and SAD**

*Helping Topekans live happier, healthier lives since 2015!*



# The Future of Fitness: 2021 Trends

**T**he 2021 Fitness Trends Predictions are here! We are focusing on the impact of the pandemic on fitness and wellness, the trends that have emerged post-lockdown and where these industries are headed in 2021.

## Taking a Crunch Break, For a Lunch Break

For the first time ever, 12pm is the most popular time to work out during the week.

Lunchtime workouts have seen a 67% increase in popularity. This shift can largely be attributed to a rise in remote work, and the ease of no-shower required virtual meetings. Even as people have returned to studios, the 12pm weekday time slot for in-person classes is more popular now than it was before lockdowns.

Dallas, New York City, Los Angeles, Vancouver and Washington, D.C. have all leaned into this trend, becoming this year's Lunchtime Warriors, or the cities more likely to book a lunchtime class. Internationally, Bristol, London, Edinburgh, Dublin, Manchester and Brighton are all big fans of lunchtime classes.

## Fitness Travel Is In, No Passport Required

With digital options, you are no longer limited to your geographical location, so it's the perfect chance to take a dance class with a friend across the country or revisit a studio you loved on vacation. More than half of members are chiming in regularly for classes taught from other cities.

New York and Los Angeles studios are getting the most attention from international members. Fitness fans based in cities such as London and Singapore are eager to try top US studios.



Members already based in North America are most likely to take a class streamed from London (UK), Sydney (Australia) or Amsterdam (Netherlands).

## Open Air Gyms Are a Breath of Fresh Air

Outdoor workouts first emerged in Europe and have continued to grow in demand throughout the US. 4 in 5 surveyed ClassPass members are willing to try outdoor classes — ClassPass has added a search for “Outdoors” classes to support this trend and the number of outdoor class options has increased by 400% in 2020.

Many studios are getting creative with outdoor classes including using beautiful city backdrops for class. One studio in Amsterdam even rented out an underutilized wedding venue! Los Angeles is the most likely city to book an outdoor class in the US. Edinburgh is the most likely city to book an outdoor class in the UK. For members who feel more comfortable with 1:1 instead of group workouts, ClassPass has also added personal training options through a new partnership with Fyt.

## Corporate Wellness Benefits Have Become a Must-Have for Companies

25% of professionals are exercising more now than at the start of COVID-19, with 1 in 5 using their previous commute time to exercise

4 in 5 professionals say fitness activities have been crucial to establishing a new work-from-home routine. 96% of professionals say they feel more motivated and less stressed after exercising, with 89% of professionals saying they feel more productive during the workday after exercising.

3 in 5 professionals who have participated in a team workout report feeling more connected to their team afterwards. Teams are most likely to book a private HIIT or yoga class to stay engaged and workout together, and hundreds of private classes have been booked.

Since the start of the pandemic, ClassPass has offered remote fitness benefits to one million employees across companies of all sizes. The interest from companies is continuing to grow, and we expect fitness and wellness benefits to be more important than ever in attracting and retaining talent.

## People Will Head Back To Studios Once They Feel Safe

92% of professionals hope to return to fitness studios and gyms in 2021, with 40% planning to return exclusively to in-studio workouts when they feel safe to do so (source: Nov 2020 study of 2,185 professionals from 19 countries). After attending their first indoor class since the start of the pandemic, 89% of subscribers responded they would go back as or more frequently to future classes.

Source: classpass.com



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## ON THE COVER:

Our cover story this month features members at Fit Body Boot Camp celebrating the hardest step for all of us – walking in the door to do that first workout. FBBC prides itself on being inclusive of all fitness levels and all ages with a team atmosphere. Clients learn on day 1 that all are here to better themselves and all here to help each other reach their goals. Expect a new approach to fitness that strengthens the mind just as much as the muscles. Check the QR code for more info.

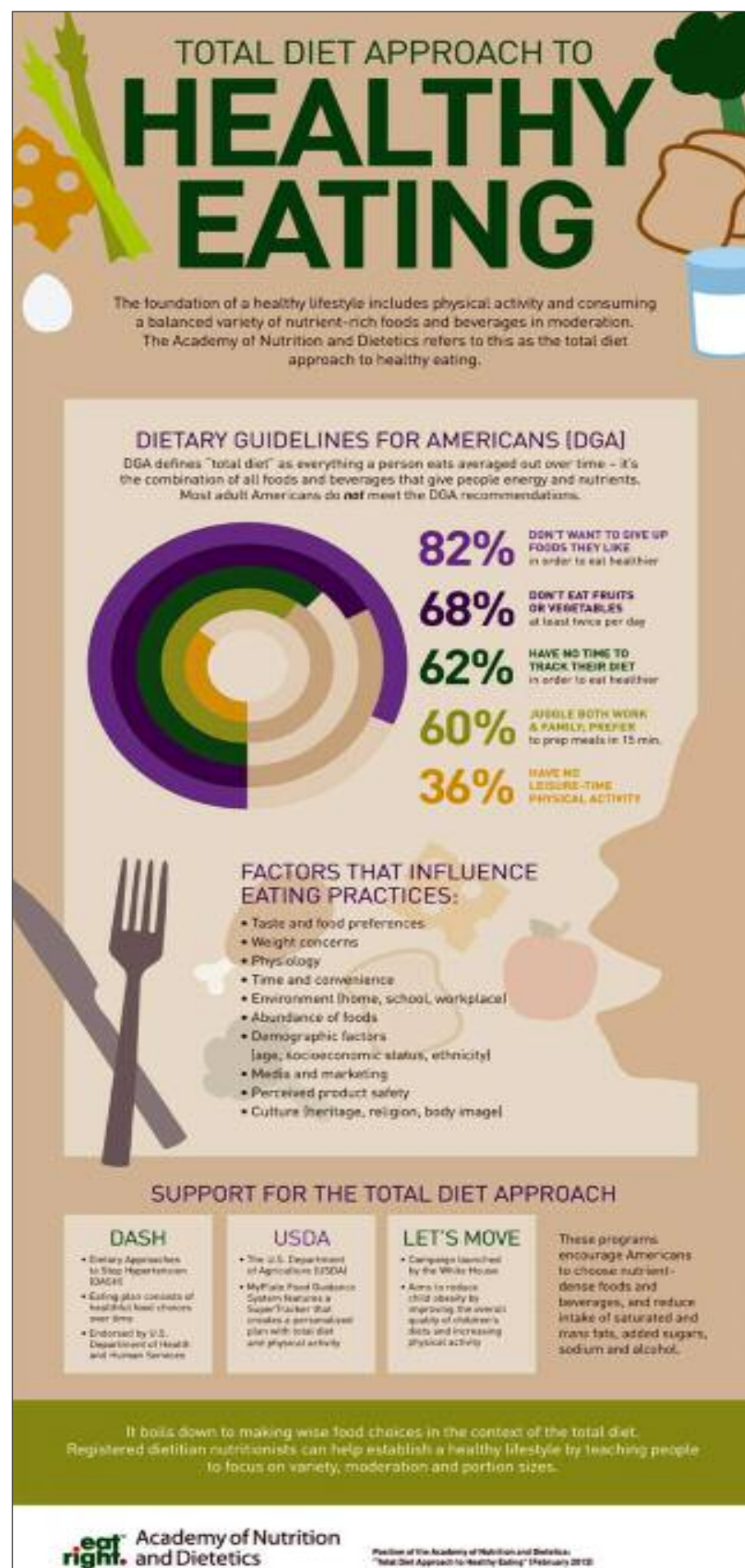


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# New Year, New You! Give Yourself the Resolution of Good Health by Preventing or Delaying Type 2 Diabetes

**H**ave you been thinking about making a New Year's Resolution? Why not give yourself and your loved ones the resolution of good health! By making changes – like eating better and being more physically active – you can prevent or delay type 2 diabetes, and have many more years to make memories with your family.

Type 2 diabetes is a serious disease that can lead to other health conditions such as heart disease, vision loss, and kidney disease. One in three Americans has prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up.

The good news is that prediabetes can often be reversed by making lifestyle changes. As you plan for the holidays this year, think about how you and your family can fit some healthy habits into your celebrations. For example, you can:

- Add a new healthy recipe to your meals. In addition to your traditional recipes, try adding a new appetizer or side dish that includes vegetables. And for those family favorites that just can't be missed, swap in some healthier ingredients or serve smaller portion sizes.
- Try an activity that gets the whole family up and moving. Whether it's enjoying a walk through your neighborhood, having a family snowball fight, or playing an active game like charades, there are many ways you can make time to be active and have fun as a family.

Join others who have also made the resolution to focus on their health with 24 for Life, part of CDC's National Diabetes Prevention Program, offers Zoom classes that can help you learn more about how to get and stay healthier, and reduce your risk of developing type 2 diabetes. In the program, participants work in a group with a trained lifestyle coach to learn how to make long-term changes.

To learn more, visit [www.midlandcare.org/24forlife](http://www.midlandcare.org/24forlife) and give yourself and your family the gift of good

health by preventing type 2 diabetes! You can also find more information on the Facebook page at: @24ForLifeDiabetesPrevention.

## You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active less than 3 times a week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



**Donna Doel**  
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# Dealing With the Winter Blues and SAD

By Courtney Rooks

**W**e have entered the phase of winter when we have to endure the gloomy, cold days without the distraction of the busyness and anticipation of the holidays. It is these remaining months of the season that typically prove the most difficult for those dealing with the winter blues. In the depths of winter, the blustery cold days and dark evenings can make maintaining normal routines an inconvenience and make isolating at home on the couch an easier and more appealing alternative. But this can lead to a mental health slump known as the winter blues or in more severe cases Seasonal Affective Disorder (SAD). Whether mild or severe, there are actions that can be taken to mitigate the effects of the season. And this year, with most people having experienced increased isolation and stress for months on end, taking steps to combat the winter blues may be even more crucial.



Courtney Rooks

The winter blues are characterized by a lack of energy and motivation, moodiness, the urge to sleep more, cravings for comfort foods high in carbohydrates, and feeling less social than usual. When these symptoms become more severe than it may be more than the winter blues. SAD is a serious condition and is a form of depression. Symptoms of SAD are similar to the winter blues but also include feeling depressed most

of the day every day, losing interest in activities, feeling hopeless, and may lead to thoughts of suicide. If you are experiencing SAD, then you should seek help from a mental health professional to receive proper treatment which may include cognitive behavioral therapy, light therapy, or medication. However, there are methods of coping with the winter blues that can help us beat the slump and make the most of the winter months.

In order to overcome the winter blues, it is beneficial to identify the biggest culprits that affect mental health. The reduction of sunlight in the afternoon and evening can wreak havoc on our internal clocks and cause a decrease in serotonin, a neurotransmitter that affects mood. Some of us may even drive to work when the sun is rising and leave for the day after the sun has set. Both the shortened days and the cold weather can keep people inside, sedentary, and feeling lethargic. Overcome these obstacles by coming up with a plan on how you can fit sunlight and physical activity in your schedule. It might mean drinking your morning coffee in front of a sunny window or taking work breaks by a window. If you work from home, you may be able to set up your workspace in a sunny area. Incorporate exercise into your routine. Practice yoga at home or try some fun and free workouts on YouTube. Regardless of the method, the important aspect is incorporating it into your schedule on a consistent basis so that it becomes a habit.

One of the best actions to take in the winter is simply to get outside. The cold weather should not be a reason to hide out inside. Bundle up appropriately to

stay warm and head outside when possible. This could be early in the morning or on a lunch break or spending time outside immediately when you are done working. Taking a walk during a lunch break or if you have children, play outside with them regularly. This will provide the mood boosting benefits of sunshine, exercise, and being outdoors. All of which are frequently lacking in the winter months. Spending time outside also makes coming back inside feel even more warm, comforting, and cozy.

Embracing this time of year is also important to maintaining a positive mindset. Many dislike the winter months and just thinking of winter can conjure up images of scraping snow off cars, driving on icy roads, and shivering in the harsh wind on a short walk from the car to the protection of a building. But these negative perceptions only add to the discomfort of the season. Instead, anticipate the beauty of snow-fall or relish the sensation of warming up by a fire after time spent outside. Focusing on the possibilities of the season can help us to appreciate the joys that arise from this time of year.



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# FINANCIAL HEALTH & WELLNESS

## Mail backlog continues to be processed by IRS

**D**uring recent testimony before the House Ways and Means Oversight Committee, IRS Commissioner Rettig said that the IRS currently has approximately three million pieces of mail and one million returns that remain unprocessed. This is down from the backlog of over five million pieces of mail last month.

"For people who had tax refunds affected by our closure, the IRS is paying interest on refunds. These payments, which can sometimes show up as a second deposit, average \$18 for nearly 14 million taxpayers," Rettig testified. "We are also crediting people in instances where there is unopened mail and they are making a payment. We credit people on the date the mail was received, not the day we process the payment."

"We have done all that we can really do," Rettig told lawmakers during the hearing, adding that the IRS and its employees have gone through the same pandemic hardships as



everyone else. "On behalf of the Internal Revenue Service and every employee, for literally every American, we appreciate the patience and understanding,"

Looking ahead, Rettig stated that the IRS is expected to open the 2020 tax filing season on time in January and will "determine an opening date in due course," adding that the IRS has been working toward preparing for the

2021 tax filing season for months.

Additionally, Rettig stated that the IRS wants to emphasize how important it is, now more than ever, for taxpayers and practitioners to utilize e-filing and online virtual services.

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



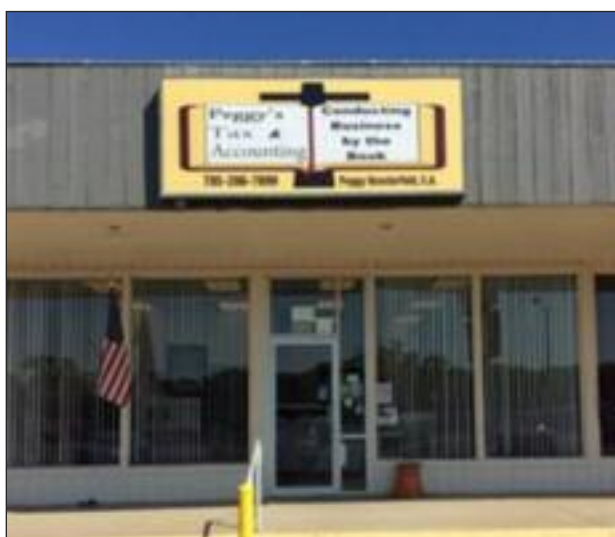
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# Use a Fitness Coach to Make Your Resolutions Effective

## Fit Body Boot Camp Combines Rockstar Coaches, Body Composition Testing, Live On Demand Heart Monitoring, and Realistic Goal Setting to Produce Amazing Results

If for 2021 you have made your traditional New Year's Resolutions and you fear that by March you will fall back into your 2020 ways, perhaps you need a fitness coach to keep you on track.

At Topeka's Fit Body Boot Camp, fitness classes are not at all "classes" in the traditional sense, but results-driven, high-energy sessions focused on weight loss and body toning, led by coaches that care about you and your goals. The company has combined many industry-leading features into a calorie-blasting workout that not only burns fat but is fun for its growing clientele.

The company pairs you with coaches that will stick with you to meet your fitness goals, a perfect solution for those who struggle to keep the promises made to themselves each January 1.

Meet the Coaches:

### Ben – Head Coach

Ben graduated with a BS in Kinesiology from Kansas State University with certifications in Personal Training, CPR, AED and First Aid. Ben has been in the fitness industry for over 20 years with many different specializations ranging from healthy lifestyle and weight loss to sport specific training for any level of athlete.



Ben is known as a client favorite with his fun no-excuses workouts. He has dedicated his time to helping clients reach their goals no matter how big or small. Ben's experience, attention to form, and his overall knowledge is second to none and invaluable to the success of every client.

"I truly enjoy motivating and teaching our members proper form and technique...and motivating them to accomplish their goals." –Ben

### Morgan – Head Coach

Morgan is certified in Group Fitness Instruction, CPR/AED and First Aid. She has earned a B.A. in Movement & Exercise Science with an emphasis in Exercise Science and a minor in Health Promotion from The University of Northern Iowa. Morgan brings a passion for public health education and corporate

wellness to the team.

Morgan is a client favorite because of her eagerness to give individualized attention to each client's fitness goals by providing meal prep ideas and customized fitness plans. When it comes to health and fitness, Morgan is a jack of many trades which makes her priceless to a diverse clientele.

"Choose your hard. Everything in life is hard, and you get to choose which hard you conquer." –Morgan

### Erin – Coach

Erin is a client, turned coach. She is a busy mom with nearly every day packed full of activities from hours before the sun gets up to well after most of us are in bed. With her husband in the military and two kids in grade school she "gets it." After losing a substantial amount of weight after joining FBBC she joined the team as a coach to help others have the same success she did. Erin has been a great addition to the team with her outgoing personality and understanding of sustainable living.

### Miranda – Coach, Manager, Owner

Miranda was a former FBBC client in Garden City where she lost 88 pounds before owning two locations herself. Knowing the impact FBBC had on her life she wanted to bring that feeling of accomplishment to as many people as she possibly could. Miranda originally coached every single class as she sought out Rockstar coaches to help her in her quest to em-



power so many people in our community. Miranda still coaches five days a week between both locations and loves making an impact on so many lives. Her experiences of the ups and downs in trying to balance a healthy lifestyle make her relatable beyond compare. She understands where you are and with her team of amazing coaches will help you get to where you want to be.

### ALL FITNESS LEVELS & AGES WELCOME

It's a common myth that personal training is only for people who already meet a certain level of fitness. In fact, the company says its friendly fitness coaches at Fit Body Boot Camp are ready to welcome people at any fitness level and any age.

"We know from experience that anyone can achieve the fitness transformation they hope for with the right personal training," says Miranda Downey, owner. "Many of our clients are shocked to see how strong they really are after just a few sessions! The greatest advantage of personal training is that it comes with direct motivation and feedback from a knowledgeable, caring coach."

To help you stick with your New Year's resolutions, a coach from Fit Body Boot Camp may be just what you need to stick to your goals. The company is now running a 5-week personal challenge. If in 5 weeks you can lose 18 pounds of fat, they will give you a full refund. You will also be eligible to join the FBBC New Year Challenge with meal options and over \$3,000 in prizes. To register, sign up online at FitAFin5.com.



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Miranda Downey - Owner



# Liver Transplant for Kids: New Treatments Save Lives



(Ivanhoe Newswire) —

**E**ach year, thousands of children, from babies to teenagers, need a liver transplant. Just as in adults, many of these organs come from a deceased donor. But the wait for a new liver can be long.

One out of five infants and one out of ten children die every year waiting for a liver. But now, new breakthroughs are helping more children get the lifesaving liver they so desperately need.

Centeria Barron is taking it one lunge, one toe touch, and one squat at a time. She was just eight years old when she needed a liver transplant.

“At times when I look at my scar, I’m like, I got another person’s liver in me,” shared Barron.

The surgeon who gave her that liver has performed more than 500 pediatric liver transplants. Thomas Hefforn was on the first team in the country to perform a living donor liver transplant in a child using just a sliver of her mother’s liver to save the little girl’s life.

“I have seen a lot of change and it’s gotten better,” explained Dr. Hefforn, pediatric liver surgeon at Rocky Mountain Hospital for Children.



Now he’s perfecting transplants between a living donor and recipient who are not a match.

“People don’t mount antibodies against the wrong blood type in the liver,” elaborated Dr. Hefforn.

They believe the younger the child has the transplant, the more likely their body will recognize the organ as its own.

“Our goal is to really give that child the ability to live a completely normal life,” illustrated Amber Hildreth, DO, pediatric transplant hepatologist at Rocky Mountain Hospital for Children.

And that’s exactly what Claire Skinner is hoping for. At just two months old, her liver and kidney shut down.

“She needed to get big enough to be able to get two organs inside her belly,” recalled Claire’s mom, Natalie Skinner.

At two, Claire received her transplants.

“I don’t really know life differently,” Claire shared.

She takes ten pills a day. Getting that number down would be life changing for her and for people like Centeria ...

“I want to help other kids who have transplants, then when they have to go out in the real world and become teenagers, it’s a whole different ball game,” expressed Barron.

New protocols are also being put into effect this year. Previously, if a child died, and their parents donated their liver, that liver would not necessarily go to another child.

Now, a new rule has been passed that if a child dies, their liver is offered nationwide to pediatric patients waiting for a liver before going to an adult on the liver transplant waiting list.

# Why Social Work Is Such a Rewarding Career

**S**ocial work as a field continues to grow every year. While it is true that social work can be emotionally challenging, those in the field will tell you that the rewards are worth it. Social workers strive to lift people up, and a career in social work will allow you to make real, meaningful change in your community.

If you are considering a social work career, read on to learn the many benefits of the profession.

## You Get to See the Impact of Your Work

Many people grind through work each day, and the only results they see come in the form of their paycheck. This isn't the case with social work. You get to see tangible benefits in your clients' lives all the time.

While not every case will have a happy ending, there is no better feeling than seeing your hard work result in a better life for your client. Even during difficult times in your career, you can always take a step back and realize your work is leaving people better off than when they started.

## You Get to Work Directly with People

While those who have worked in retail or food service may see this as a negative, with social work, it's truly a significant benefit. Social workers are there to offer help to those who need it.

The vast majority of clients you work with will be grateful for the work you do. You will form friendships and bonds with people you would never have had the chance to interact with through your work.

## You Work to Benefit Your Community

The number one reason people choose a career in social work is because they want to enact



change for the people around them. Social work is the ideal place to help your community.

Whether it is providing the downtrodden with the resources they need to survive or giving a voice to the marginalized, social workers have the unique ability to benefit those around them.

## Consider Starting Your Career in Social Work with Phoenix Home Care

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**3,400** milligrams  
the amount of sodium the average American consumes in a day

**1,500** milligrams or less  
recommended by the AHA for ideal heart health

### HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN** in the United States, contributing to nearly **200,000** female deaths each year.

*{ That's nearly five times the 42,000 annual deaths from breast cancer. }*

**77.9** million American **ADULTS** have **high blood pressure**.

**KIDS** who have a high-sodium diet are **twice as likely to develop high blood pressure** as kids who have low-sodium diets

### Your **HEALTH**

Excess levels of sodium/salt may put you at **RISK** for:

STROKE	KIDNEY STONES
HEART FAILURE	ENLARGED HEART
OSTEOPOROSIS	MUSCLE
STOMACH CANCER	HEADACHES
KIDNEY DISEASE	



### Your **APPEARANCE**

Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION, LEADING TO:**

- Puffiness
- Bloating
- Weight gain



[heart.org/sodium](http://heart.org/sodium)



# 6 Ways to Stick to Your 2021 Resolutions

It's that time of the year again—the time when you're motivated to make a change and stick to it. However, that motivation can easily wither away as the new year becomes, well, not so new anymore.

Diet and fitness changes are among the most common New Year's resolutions, and it comes as no surprise that it's one of the busiest times for gyms. There's enough research to show that most resolutions are abandoned within a couple of weeks following the new year, but we've come up with a plan to help you stick to your goals in 2021.

## 1. SET REALISTIC GOALS

Realistic goals should be attainable at a slow pace when you first start with your diet and fitness routine. Don't set yourself up for disappointment. For example, if you've never lifted weights before, you probably won't be lifting 100-pound weights seven times per week in the beginning.

Start with small changes at first. A realistic goal would be to work out three to four times per week, meal prep and stick to a healthy nutrition plan, and lose one pound per week. Don't think about the end goal, but rather each day as they come. The changes you begin to make should fit into your lifestyle seamlessly. This way you'll be able to stick with them for months to come.

A common mistake many of us make is having a specific weight be our main goal. While weight loss can be beneficial, you shouldn't focus on the number on the scale. Muscle mass plays a big part in weight, so you should ideally aim for more energy, better health, and a happier mood.

## 2. IDENTIFY YOUR TRIGGER FOODS

We all have certain foods we can't resist. Identify



them, then make peace with them. Make it a point to NOT cut these foods out of your diet. That's right! If you cut them out of your life, you will only crave them more, resulting in a binge.

Instead of avoiding these foods, eat small portions once or twice a week. The key is to not keep them at home or you'll be more likely to give in to temptation more regularly.

Set a goal to eat healthy food 95% of the time. That, along with a few cheat meals, is a better and more realistic approach than an "all or nothing" attitude.

## 3. SURROUND YOURSELF WITH A POSITIVE SUPPORT SYSTEM

It's easy to get disappointed and feel like quitting, which is why having a support system is an important element on your health journey. Family and friends are often great resources for maintaining fitness resolutions. This isn't going to be a walk in the park, so having someone to lean on will help push you through emotionally and physically challenging days.

## 4. DON'T FORGET TO TRACK YOUR PROGRESS

Monitoring your progress from day one will help keep you motivated as you begin to see results. Not only that, but you can easily set goals and be held accountable when you keep track of your exercise and diet. There are two ways you can track your progress.

You can choose from the hundreds of free apps that track diet, weight, and exercise, or you can keep a food journal.

A food journal is a manual process, but it still works. Write down everything you eat and your workouts. This will help you observe your diet and fitness patterns and make healthier changes.

## 5. MANAGE YOUR TIME WELL

Time management is difficult when you first start a new routine. Plan your workouts for the week and hold yourself accountable. Keep a water bottle and a gym bag in your car at all times for when you're on the go.

Working out in the morning before work is a great way to start the day. Early morning workouts can help motivate you to make healthier choices like moving more and eating healthy all day long. If you're not a morning person, choose a time of day when you have the most energy.



Meal planning is also an essential step in the time management game. Not only can you prep your meals for the week for easy access, but you also have extra time to plan out macros and nutrition. If you ever feel too lazy to cook and want to run to the nearest fast-food restaurant, you'll have a meal in your refrigerator calling your name instead.

Planning is a big part of making New Year's resolutions, so use your time wisely to stay ahead of your goals.

## 6. REWARD YOURSELF

While it's important to reward yourself after reaching important health milestones, it doesn't always have to be food-related. It can be new clothes, a well-deserved nap or a trip to the movies. You know what drives you to succeed, and your reward should not regress progress.

Sources: [genesishhealthclubs.com](http://genesishhealthclubs.com) and [spacecoastdaily.com](http://spacecoastdaily.com)



# 7 Food Trends That Will Reign Supreme in 2021

By Katherine Gillen / purewow.com

**W**e like to think we have our finger on the pulse of all things tasty...but even we couldn't predict the meteoric rise of sourdough bread this past year.

That being said, we'd like to take this moment to say goodbye...er, good riddance to 2020 and all its food trends (remember pancake cereal?) and hello to these seven exciting food trends—from epic charcuterie boards to climatarianism—which we're predicting will be sizzling in 2021.

## 1. CLIMATARIANISM WILL BE THE NORM



In 2019 you ditched plastic wrap, and in 2020 you dabbled in chicken-less chicken nuggets. With the issue of climate change on everyone's mind, we predict 2021 will see plant-based diets become the status quo. Experts agree that food production is a significant contributor of global greenhouse gas emissions, and according to one recent Yale University study, 94 percent of Americans say they are willing to eat



more plant-based food, while more than half say they would eat less red meat. Beyond reducing our carbon footprint with dinner, we'll be shopping more mindfully. Data from Instacart shows that searches for local, women-owned and BIPOC-owned retailers and brands are steadily increasing.

## 2. COOK-ALONG CLASSES ARE HERE TO STAY

Like it or not, Zoom isn't going anywhere in



2021; in fact, it's inviting itself into your kitchen. With gatherings and events still on pause, we predict the virtual cooking classes that defined the past months will continue into the new year. And with offerings ranging from a MasterClass by renowned breadmaker Apollonia Poilâne to ultra-personal lessons from food blogger Alexandra Stafford, we're not complaining.

## 3. MEAL KITS TAKE A TURN FOR THE EPICUREAN

At this point, we've been cooking enough that we no longer need help on our journey to roast chicken. But the convenience of a meal kit cannot be overstated, especially when we're all suffering from a case of



kitchen fatigue. Enter meal kit 2.0, which is less a tutorial for beginners and more an easy way to give your lifeless dinner a makeover. Cooking kits like Omsom will make mastering Thai larb a cinch (even when ingredients are harder to find), and baking sets (like the ones from The Caker) will turn you into a bona-fide pâtissier.



#### 4. KOMBUCHA GETS A BOOZY KICK

Spiked seltzer walked so that hard kombucha could run. While we don't think the former boozy-bubbly drink is parting ways anytime soon, we're seeing an uptick in the number of alcoholic kombucha beverages on the shelves.

Whole Foods anticipates that wellness-focused shoppers will reach for boozed-up booch because it's gluten-free, super bubbly and (supposedly) contains live probiotic cultures. You can taste it for yourself with brewers like Strainge Beast, Boochcraft and Wild Tonic.



#### 5. CHARCUTERIE BOARDS BRANCH OUT

Meat and cheese are no longer the stars of the grazing board show. In 2021, you'll see everything from pancakes to sour gummies transformed into a charcuterie platter.

According to data from Pinterest, there was a 400 percent increase in searches year over year for "breakfast charcuterie boards," a 300 percent increase for "dessert charcuterie boards" and 100 percent increase for both "candy charcuterie boards" and "fruit charcuterie boards."



#### 6. THE AIR FRYER WILL OUTSHINE THE INSTANT POT

Maybe it's because we're less strapped for time, or maybe it's because we're all craving some-



thing deep-fried and comforting. Either way, we have a feeling the air fryer will surpass the Instant Pot in popularity in the year to come. (Heck, Instant Pot even makes a model with an



air fryer built in.) A quick search in Google Trends shows that while Instant Pots have more buzz over time, air fryers are quickly surpassing them in search volume. And there are plenty of recipes and cookbooks for you to try when you break in your new machine.

#### 7. SPICY IS THE NEW UMAMI



According to Pinterest Predicts (its annual trend forecast), "bland is banned." Instead, spicy flavor profiles are making 2021 look like a real scorcher. Searches for "jalapeño pepper jelly recipe" and "hot honey recipe" have been on the rise, and it looks increasingly like tongue-tingling foods will become as popular as umami. We're going to need an ice-cold kombucha to pair with that.



# Get Fresh WITH FRUITS & VEGETABLES

Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



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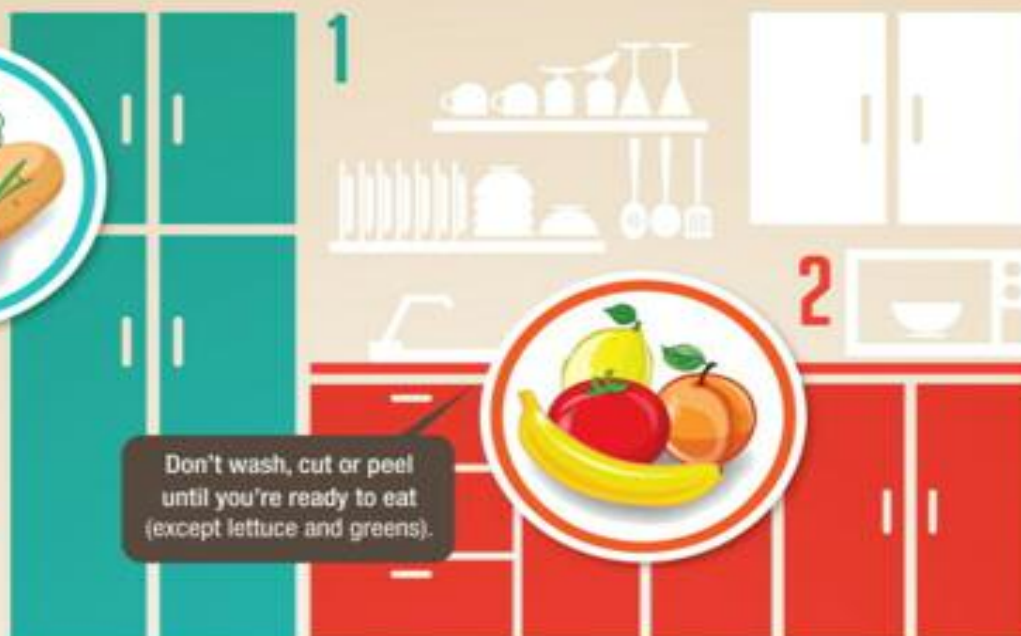
For more on healthy eating, go  
to [heart.org/simplecooking](http://heart.org/simplecooking)



THE AMERICAN  
HEART ASSOCIATION  
RECOMMENDS



4-5 SERVINGS  
of fruits and vegetables  
each per day.



Fridge temperature should  
be at 40° F or below.



Always refrigerate cut  
or peeled produce.

## PANTRY

Pack away in a cool, dark place like your pantry or cellar:

**ONIONS, GARLIC & SHALLOTS**  
**HARD SQUASH**

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES, POTATOES, & YAMS**  
**WATERMELON**

## COUNTERTOP

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

Store lemons, limes, oranges and  
grapefruit loose or in a mesh bag.  
Refrigerate for longer storage.

**STONE FRUIT**

Ripen avocados, apricots, nectarines, peaches  
and plums in a paper bag, then move to the  
fridge where they'll last a few more days.

**TOMATOES**

### KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

## REFRIGERATOR

Store in plastic bags with holes, in your produce  
drawer, unless noted:

**APPLES & PEARS**

**BEETS & TURNIPS**

Remove greens and keep  
loose in the crisper drawer.

**BERRIES, CHERRIES &  
GRAPES**

Keep dry in covered  
containers or plastic bags.

**BROCCOLI & CAULIFLOWER**

**CARROTS & PARSNIPS**  
Remove greens.

**CELERY**

**CORN**

Store inside their husks.

**CUCUMBERS, EGGPLANT  
& PEPPERS**

Store on the upper shelf,  
which is the warmer part of  
the fridge.

**FRESH HERBS**

Except basil. Keep stems  
moist and wrap loosely in  
plastic.

**GREEN BEANS**

**LETTUCE & LEAFY GREENS**  
Wash, spin or pat dry, wrap  
loosely in a dishtowel or  
paper towels and place in a  
plastic bag in vegetable  
drawer. Keep stems moist.

**MELONS**

**MUSHROOMS**

Keep dry and unwashed in  
store container or paper bag.

**PEARS**

**ZUCCHINI & SUMMER/  
YELLOW SQUASH**



# 8-Week Running for Weight-Loss

By Matt Fitzgerald

**R**unning can be an effective weight-loss tool if you take the right approach to it. The 8-Week Running for Weight-Loss Program combines three key elements that are proven to yield the best results: high-intensity aerobic exercise, strength training, and a healthy, portion-controlled diet.

It's important to keep in mind that your goal shouldn't be just to lose weight... but more specifically, to lose fat. Running can help you burn body fat, in combo with diet (as mentioned earlier), because it's one of the highest calorie burners when it comes to working out. Running requires a ton of muscle power and energy to continually move and propel your body forward, mile after mile.

But it's important to remember that losing weight really boils down to calories in and calories out. You may still lose weight with running alone but honing in on your diet can help excel your efforts. A recent study following more than 500 novice runners for one year found that runners clocking in more than three miles per week lost about four pounds, just from running alone. But the running group who also covered more than three miles per week, but also made tweaks to their diet, lost 12.3 pounds on average over the course of a year.

## Weight-Loss Running Plan Overview

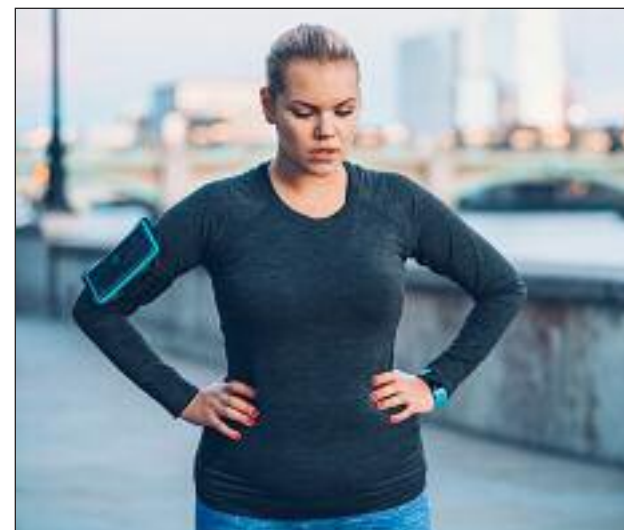
A simple, two-zone intensity system:

1. Low intensity (Li): This is a pace at which you can talk comfortably, but beyond which speaking in full sentences will become difficult. If you train by heart rate, Li translates to 70 to 75 percent of maximum heart rate. Note that, if your current fitness level is low, you may need to walk initially to stay at low intensity.
2. High intensity (Hi): This is defined by the specific structure of each workout. Whether you're doing short intervals, long intervals, or hill repetitions, aim to complete the full session at the highest speed you can sustain for every interval or repetition without slowing down.

This means you will run shorter intervals a little faster than longer intervals. It may take a little practice to master your pacing in each workout type; that's OK. Just keep in mind it's better to start out a little too conservatively and finish with something left in the tank than to start out too aggressively and hit the wall.

The schedule includes both beginner and intermediate options. Here are some tips on how to adapt it for you and your fitness level:

- If you haven't exercised much lately, select the shorter options for warm-ups and cooldowns (e.g., go with 5 minutes where you see "5:00–10:00"). Do the same for steady walks/runs, and do your low-intensity efforts at a walk if necessary.
- If you're in pretty good shape but new to running, select the longer options for warm-ups, cooldowns, and steady walks/runs, and jog your low-intensity efforts if you can do so while catching your breath and recovering enough before your next interval (if you can't, walk these).
- The interval blocks are structurally the same for everyone. If you see this, "6x(0:30Hi/1:30Li)," it means you sprint for 30 seconds at high intensity, with a minute and a half of jogging or walking after each sprint, and complete this sequence six times total.
- Naturally, the fitter you are, the faster your sprints will be, and that's what makes the interval blocks one-size-fits-all. Try to run all your intervals on flat, smooth terrain. The optimal slope for



hill repetitions is a moderate six to eight percent.

• Finally, note that Week 4 and Week 8 are lower-volume weeks. Your training load is slightly reduced (rather than increased) from the previous week to give your body a chance to recover. That will help prevent overtraining and help optimize performance and goal progress. Enjoy!

## The Best Type of Running for Weight Loss

Calculating calorie burn for an activity like running is more complex than it might seem, and may differ depending on your age, body weight, and general activity level. Also, the more weight you lose, the fewer calories your body burns at rest, so your initial estimate of how much you need to run for weight loss may change over time. A better strategy is to set a weight-loss goal and combine running and strength training completed by diet changes. What's the best type of running for weight loss? The program that makes you want to keep going.

## High-Intensity Running Workouts for Weight Loss

Studies show that shorter workouts at a moderate to high intensity are just as effective for weight loss as those longer, slower runs. Adding in these high-intensity interval training (HIIT) runs offers variety to your running program, and they save you time on those days when your schedule might be a little more hectic.

## Strength Training for Runners

Adding in a couple days of strength training can pay off in spades for runners. While it likely won't lead to more weight loss, strength training while following a running program can help you maintain or increase your lean body mass — which helps maintain your metabolism — even as you are losing weight.

Source: <https://www.openfit.com/running-for-weight-loss-guide>

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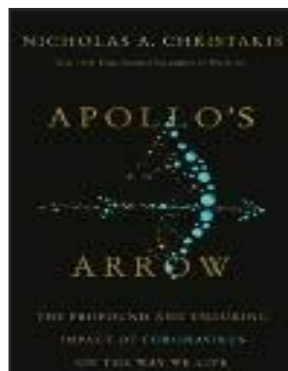
# New Health & Wellness Info at the Library

By Kelly Barker

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

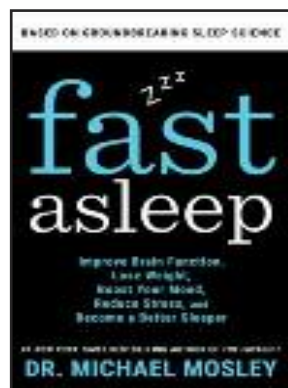
**Apollo's Arrow:** The Profound and Enduring Impact of Coronavirus on the Way We Live by Christakis A. Nicholas, New Health Books Media Center 614.58 CHR

Apollo's Arrow offers a riveting account of the impact of the coronavirus pandemic on American society as it unfolded in 2020, and on how future recovery will unfold. Drawing on case studies and cutting-edge research, the author explores what it means to live in a time of plague.



**Fast Asleep:** Improve Brain Function, Lose Weight, Boost your Mood, Reduce Stress, and Become A Better Sleeper by Michael Mosley, New Health Books Media Center 616.8498 MOS

Getting a good night's sleep is everyone's daily goal. After all, it reduces your risk of depression, helps you fight chronic disease, and improves your memory. In Fast Asleep, the author presents a science-based sleep program designed to do just this.



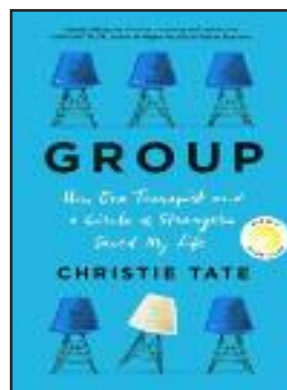
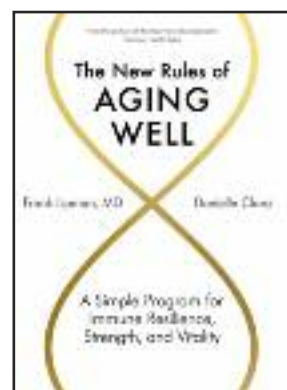
**The New Rules of Aging Well:** A Simple Program for Immune Resilience, Strength, and Vitality by Frank Lipman, New Health Books Media Center 613.0438 LIP

Symptoms like feeling lousy and looking puffy are not a given of aging. They're warning signs that you need

to change your lifestyle. In the New Rules of Aging Well, you'll learn how to make the best choices in order to look younger and feel better all around.

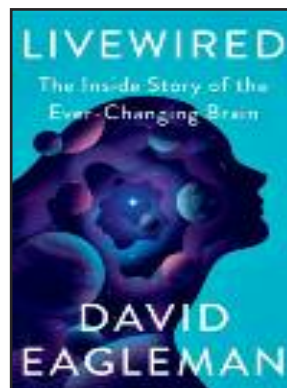
**Group:** How One Therapist and A Circle of Strangers Saved My Life by Christie Tate, New Health Books Media Center 616.8914 TAT

Group is a refreshingly original debut memoir of a guarded, over-achieving, young lawyer who reluctantly agrees to get psychologically and emotionally naked in a room of six complete strangers--her psychotherapy group--and in turn finds human connection, and herself.



**Livewired:** The Inside Story of the Ever-changing Brain by David Eagleman, New Health Books Media Center 612.82 EAG

This book is not simply about what the brain is; it is about what it does. The magic of the brain is not found in the parts it's made of but in the way those parts unceasingly reweave themselves in an electric, living fabric. In Livewired, you will surf the leading edge of neuroscience.



**Big Problems:** A Former Fat Guy's Look at Why We're Getting Fatter and What You Can Do to Fix It by Andy Boyle, New Health Books Media Center 613.2 BOY

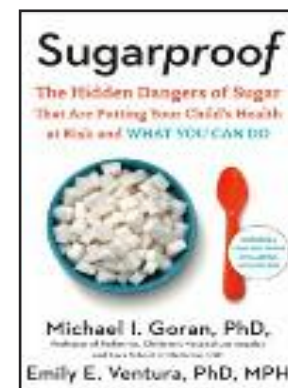
In Big Problems, Andy explores the reasons why we've

gotten fat in the first place as well as real ways to lose those extra pounds. Through interviews with health experts, doctors, runners, bodybuilders and more, he unpacks the truths hidden beneath the hype.

**Sugarproof:** The Hidden Dangers of Sugar That Are Putting your Child's Health at Risk and What You Can Do by Michael I. Goran, New Health Books Media Center 618.93 GOR

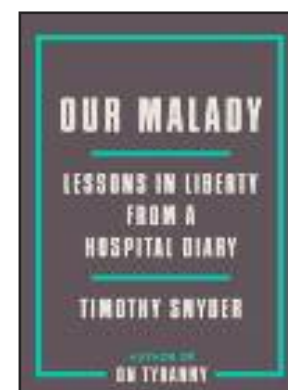


In Sugarproof, Michael Goran, a leading childhood nutrition researcher and an experienced public health educator, explains the hidden danger sugar poses to a child's development and health and offer parents an essential 7- and 28-day "sugarproof" program.



**Our Malady:** Lessons in Liberty from A Hospital Diary by Timothy Snyder, New Health Books Media Center 610 SNY

On December 29, 2019, historian Timothy Snyder fell gravely ill. Unable to stand, he waited for hours in an emergency room before being rushed into surgery. In Our Malady, he reflects on the fragility of health and realizes that it is only by enshrining health-care as a human right, can we create an America where everyone is truly free.



**Don't Be A Victim:** Fighting Back Against America's Crime Wave by Nancy Grace, New Health Books Media Center 613.862 GRA

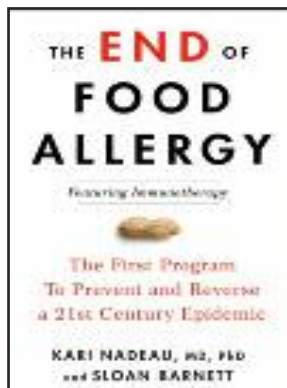


Nancy Grace wasn't always the iconic legal commentator we know today. One moment changed her entire future forever: her fiancé Keith was murdered just before their wedding. In *Don't Be A Victim*, you will discover surprising tools you need to keep you and your family safe.



**The End of Food Allergy:** The First Program to Prevent and Reverse A 21st-century Epidemic by Kari Nadeau, New Health Books Media Center 616.2371 AND

The problem of food allergy is exploding around us. But *The End of Food Allergy* offers the first glimpse of hope with a powerful message: You can work with your family and your doctor to eliminate your food allergy forever through a life-changing, research-based program.



**Mental Traveler:** A Father, A Son, and A Journey Through Schizophrenia by W. J. T. Mitchell, New Health Books Media Center 616.8572 MIT

How does a parent make sense of a child's severe mental illness? W. J. T. Mitchell's memoir tells the story of his family's encounter with mental illness. It is a book that will touch anyone struggling to cope with mental illness, especially parents and caregivers caught in its grasp.



**Good Morning, Monster:** A Therapist Shares Five Heroic Stories of Emotional Recovery by Catherine Gildiner, New Health Books Media Center 616.8914 GIL

In this fascinating narrative, therapist Catherine Gildiner's presents five of what she calls her most heroic and memorable patients. They seek Gildiner's

help to overcome an immediate challenge in their lives but discover that the source of their suffering has been long buried.

**Anti-vaxxers:** How to Challenge A Misinformed Movement by Jonathan M. Berman, New Health Books Media Center 614.47 BER

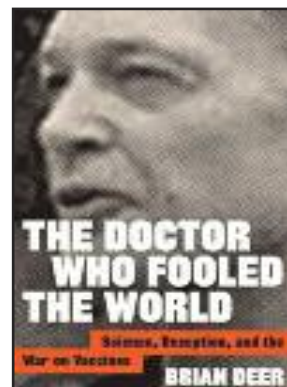
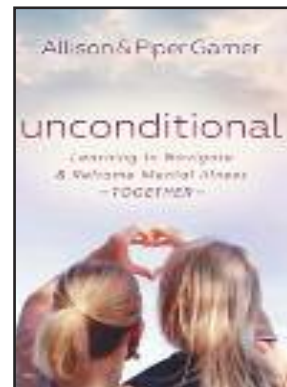
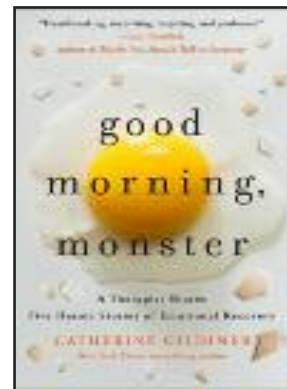
Vaccines are a documented success story, one of the most successful public health interventions in history. Yet there is a vocal anti-vaccination movement. In *Anti-Vaxxers*, Jonathan Berman explores the anti-vaccination movement, and suggests a strategy for countering them.

**Unconditional:** Learning to Navigate & Reframe Mental Illness Together by Allison Garner, New Health Books Media Center 616.89083 GAR

Unconditional helps those experiencing the challenges of intense emotional issues to let them know they are not alone. While not shying away from reality, *Unconditional* paints a picture of hope and reassures parents that there is nothing wrong with them or their children.

**The Doctor Who Fooled the World:** Science, Deception, and the War on Vaccines by Brian Deer, New Health Books Media Center 614.47 DEE

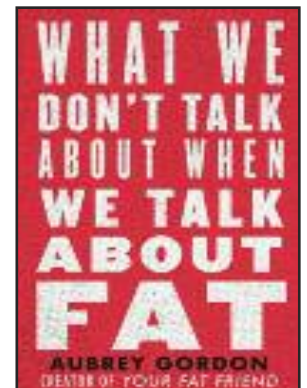
From San Francisco to Shanghai, controversy over vaccines is erupting around the globe. Banned diseases have re-



turned. And a militant "anti-vax" movement has surfaced. In *The Doctor Who Fooled the World*, reporter Brian Deer exposes the truth behind the crisis.

**What We Don't Talk About When We Talk About Fat** by Aubrey Gordon, New Health Books Media Center 616.398 GOR

Anti-fatness is everywhere. In *What We Don't Talk About When We Talk About Fat*, Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive.



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# Healthy Family Recipes for the Holidays

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

## Brandade



This amazing dish from the south of France can be made many different ways, but it's usually some sort of combination of salt cod, potato, garlic, and olive oil. This should be baked and eaten piping hot, ideally with some homemade crostini.

### Ingredients (Servings: 24)

- 1 pound salted cod fish
- 1 ½ cups whole milk
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 pinch cayenne pepper
- 1 pound Yukon Gold potatoes, peeled and cut into 2-inch chunks
- 8 large cloves garlic, halved
- 1 teaspoon lemon zest
- ¼ cup extra-virgin olive oil, divided
- ½ lemon, juiced
- 1 pinch freshly ground black pepper
- 1 tablespoon creme fraiche (Optional)

### Directions

Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking dish and set dish on a baking sheet.

Rinse salt cod under cold water, transfer to a sealable container and cover with several inches of cold water. Soak cod in the refrigerator, changing the water every few hours, for 24 to 36 hours. Remove cod from water and cut into evenly-sized pieces.

Stir cod, milk, thyme, bay leaves, and cayenne pepper together in a pot over medium-high heat. Cook until fish begins to flake; 7 to 15 minutes. Remove from heat and strain; reserve cooking liquid and transfer fish to a bowl.

Place potatoes and garlic in a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain.

Mash cod, a few splashes reserved cooking liquid, and lemon zest together in a bowl. Pour in remaining reserved cooking liquid and potatoes; mash until desired consistency is reached. Stir in 1/2 of the olive oil, lemon juice, and black pepper until smooth. Add remaining olive oil and blend until smooth. Season with salt. Pour mixture into prepared baking dish. Spread creme fraiche over the top and score the top with a spoon to create a crisscross surface.

Bake in the preheated oven until browned and bubbling, about 20 minutes

### Nutrition Information

105 calories; protein 12.9g; carbohydrates 4.7g; fat 3.5g; cholesterol 31.1mg; sodium 1337mg

Source: allrecipes.com

## Crab-Stuffed Mushrooms



It's the perfect appetizer for your next gathering.

### Ingredients (Servings: 6)

- 2 tablespoons butter
- 2 tablespoons minced green onion
- 1 cup cooked crabmeat, finely chopped
- ½ cup dry bread crumbs
- ¼ cup shredded Monterey Jack cheese
- 1 egg, beaten
- 1 teaspoon lemon juice
- ½ teaspoon dried dill weed
- ½ cup butter, melted
- 1 ½ pounds fresh button mushrooms, stems removed
- ½ cup shredded Monterey Jack cheese
- ¼ cup dry white wine

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Melt 2 tablespoons butter in a skillet; cook and stir green onion until softened, about 2 minutes. Transfer green onion to a bowl. Stir in crabmeat, bread crumbs, 1/4 cup Monterey Jack cheese, egg, lemon juice, and dill weed until well mixed.

Pour 1/2 cup melted butter in a 9x13-inch baking dish; turn mushroom caps in butter to coat. Fill mushroom caps with the crab mixture and sprinkle with re-

maining 1/2 cup Monterey Jack cheese. Pour white wine into baking dish.

Bake in preheated oven until cheese is melted and lightly brown, 15 to 20 minutes.

### Nutrition Information

329 calories; protein 14.5g; carbohydrates 11.1g; fat 25.4g; cholesterol 111.5mg; sodium 381.2mg.

Source: allrecipes.com

## Risotto with Sunchoes, Squash



Healthy, delicious sunchoes paired with sweet butternut squash and creamy Gorgonzola cheese.

### Ingredients (Servings: 4)

- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 medium shallot, diced
- 1 cup diced butternut squash
- ⅔ cup sunchoes (Jerusalem artichokes)
- 1 cup Arborio rice
- ⅓ cup dry white wine
- 2 ounces creamy Gorgonzola cheese, diced into small cubes

### Directions

Warm broth in a saucepan over low heat.

Warm olive oil in a large saucepan over medium-high heat. Stir in shallot and butternut squash and cook until soft, about 5 minutes.

Meanwhile, peel and dice sunchoes, adding them to the saucepan immediately to prevent oxidation. Mix with the other vegetables. Add rice; stir and toast until pale, about 3 minutes. Pour in white wine, stirring constantly until fully absorbed.

Pour 1/2 cup broth into the rice and stir until absorbed. Continue adding broth, 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is tender yet firm to the bite, 15 to 20 minutes. Turn off the heat and add Gorgonzola cheese. Stir well until cheese is melted. Allow to rest for 2 minutes before serving.

### Nutrition Information

402 calories; protein 9g; carbohydrates 61.7g; fat 11.3g; cholesterol 15mg; sodium 605.1mg.

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

## PEDIATRIC VISION

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## 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)

## MEDICAL PRODUCTS



**CPAP**  
Supplies & Services LLC  
Specializing in all your CPAP needs  
785-289-3188 2905 SW Gage

## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).



**SHANE M. JONES & ASSOCIATES, P.A.**  
COUNSELING YOU CAN TRUST  
[www.shanemjones.com](http://www.shanemjones.com)

2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732  
5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8838

Shane Jones, L.S.C.S.W.  
Areas of expertise:  
• Marriage & Relationships  
• Depression • Addictions  
• Anxiety • Foster Care  
• Adoption • Grief/Loss

## PEST CONTROL



**Bodine's Pest Control** Call 228-9962  
Free estimates!  
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Ask about our Total Home Care Package!  
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Mention this ad for 10% OFF!

## MENTAL HEALTH - ADDICTION

**MENTAL HEALTH - ADDICTION TREATMENT** - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley. 785-233-1730

## EMERGENCY FOOD & SHELTER



**TRM MINISTRIES**  
TOPEKA RESCUE MISSION MINISTRIES  
"FAITH WITH ITS SLEEVES ROLLED UP"

Main: 785-354-1744 800 N. Kansas Ave.  
Non-cash Donations: 785-357-4285 Topeka, KS 66608  
Donate, Finances: 785-354-1744 ext. 316 P.O. Box 8350  
Volunteers, Tours: 785-354-1744 ext. 383 Topeka, KS 66608  
[www.TRMonline.org](http://www.TRMonline.org) • [trm@trmonline.org](mailto:trm@trmonline.org)

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)



**K-12 Christian Education**  
A Christ-centered, quality education, plus:  
Athletics: Volleyball, Soccer, Chess, Basketball, Baseball  
Fine Arts: Choir, Band, Drama, Speech, Art  
Call 785-286-0427 today for a tour.

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You can stay at home and we can help!  
A caring and compassionate provider of in-home services, including:  
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**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)  
WHAT WE DO:  
1. Share Christ to offer hope and healing  
2. Provide a Christian family safe haven  
3. Help the kids get caught up in school

HOW YOU CAN HELP:  
1. Pray  
2. Volunteer  
3. Refer Children in Need To Us  
4. Monetary & Food Donations

Find out more by calling  
785-597-5235  
Located East of Topeka  
15017 27th Street  
PO Box 727  
Parry, Kansas 66073



**DISABILITY**

**DISABLED? UNABLE TO WORK?** Win Social Security disability benefits. Expert help, application to hearing. Fee only if we win

**785-331-6452**

Email: montemace2000@yahoo.com

**RETIREMENT COMMUNITY**


Independent Living  
Assisted Living  
Memory Care  
Skilled Nursing Care  
Rehabilitation Services  
Sub-acute Program  
Transportation

Call (785) 478-9440 or visit [aldersgatevillage.org](http://aldersgatevillage.org)  
7220 SW Asbury Drive | Topeka, KS 66614

**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**

**MERIDEN ANIMAL HOSPITAL**

**Jeffrey F. Van Petten, DVM**  
Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA

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785-484-3358 • Phone answered 24 hours  
[staff@Meriden-Animal.com](mailto:staff@Meriden-Animal.com)


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

**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery! • 785-305-0549 • [drronaldleecobb@gmail.com](mailto:drronaldleecobb@gmail.com)

**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**

**PEGGY'S TAX & ACCOUNTING** - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. [www.peggystaxks.com](http://www.peggystaxks.com)

**ADOPTION**


Teens in foster care need loving families that can guide them into adulthood & be there for them **no matter what.**

**877-457-5430 • [adoptKSKids.org](http://adoptKSKids.org)**

**CBD PRODUCTS**


**David & Edith Gaines**  
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Topeka, KS 66606  
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[dewellness7.com](http://dewellness7.com)

**FINANCIAL WELLNESS**

**Leaving your Employer?**

Why would you leave your 401K there?  
Understand your 401K Options. Call and make an appointment to go over how to move your money and why!



**Kevin J Conley**  
Financial Advisor  
3310 Se 29th Street  
Suite 700  
Topeka, KS 66605  
785-266-2265

**Edward Jones**  
MAKING SENSE OF INVESTING  
[www.edwardjones.com](http://www.edwardjones.com)  
MKT-5894-A

**SKIN CARE**

**KMC DERMATOLOGY & MED SPA** - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. [www.KMCPA.com](http://www.KMCPA.com)

**COMMUNITY CARE LINE**

**WANT TO TALK AND IT'S NOT A CRISIS?** Feeling isolated & want to connect? Shawnee Co. Community Cares line 1-800-972-8199 M-F 9-5

**MASSAGE**

**SERENITY THYME MASSAGE** - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • [www.massagebytammi.com](http://www.massagebytammi.com)

**GYMNASTICS, TUMBLING, PARKOUR**

**CAPITAL GYMNASTICS & ATHLETICS** - 2925 SW 37th St. We also have great birthday parties! For details call 785-266-4151 [www.cagegymnastics.com](http://www.cagegymnastics.com)

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • [www.joepatton.com](http://www.joepatton.com)



# 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.lecomptonkansas.com](http://www.lecomptonkansas.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

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

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

**150 CHRISTMAS TREES & ORNAMENT DISPLAY** – Nov. 3-Jan. 3, 10am-4pm Wed-Sat. & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 170 Christmas Trees decorated in antique, Victorian, vintage and theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. [lecomptonkansas.com](http://lecomptonkansas.com)

**NAMI TOPEKA Family to Family Education class** – A free, 12-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. For more information, contact: Marilyn Rowland at 785-806-3049 or Susan Wallace at 785-231-7253

**SPIRIT OF GIVING BLOOD DRIVE** – Jan. 7, 10am-4pm, West Ridge Mall. All donations at this blood drive will be tested for antibodies to COVID-19. Antibody test results will be mailed to donors within two weeks of donation. Appointments are **STRONGLY RECOMMENDED**; walk-ins will only be accepted as capacity allows. Make an appointment at <http://bit.ly/2Mh5MPI> or call 1-877-468-6844. All

donors are asked to wear masks to their donation. Temperatures will be checked at the door and social distancing protocols will remain in place. For more information regarding CBC's response to COVID-19, visit [https://smar-turl.it/CBC\\_COVID19FB](https://smar-turl.it/CBC_COVID19FB). Medical eligibility questions? Call 800.688.0900

**FOOD PANTRY/CLOTHES CLOSET** – Jan. 7, Stull UMC, Stull, KS. Open to anyone in need of food, diapers or personal care items. No proof of income necessary. ID verification is required. Gently used and some new clothes are available for infant through young adult.

**RED CROSS BLOOD DRIVE** – Jan. 7, 9am-3pm, Christ Lutheran Church, 3509 SW Burlingame. To make your life-saving appointment call 800-RED-CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior to your appointment. Save time at your appointment by completing RapidPass - pre-reading and questions - the DAY OF your appointment via the blood donor app or visit [www.redcrossblood.org/rapidpass](http://www.redcrossblood.org/rapidpass).

**HUMAN TRAFFICKING AWARENESS DAY**, Jan. 11. The Samaritan Women – Institute for Shelter Care is dedicated to raising awareness about the lack of services available to survivors. Join us in our national initiative #lightthedarkness in recognition of National Slavery and Human Trafficking Prevention Month by encouraging

those in your network to light the darkness at 7:00pm. Post pictures on social media and bring attention to the darkness surrounding this crime. For resources and more information on how your organization can register to participate, visit our website: <https://thesamaritanwomen.org/lightthedarkness/>

**HARVESTERS MOBILE FOOD PANTRY** – Jan. 11, Logan Elementary. Families can receive pantry items free of charge at this event. Food items vary, but typically include produce, milk, and protein items

**STATE OF SMALL BUSINESS IN TOPEKA - TIBA Membership Meeting** – Jan. 12, 12pm, Online Event. Join us as we kick off the 2021 Topeka Independent Business Association event series with a special "State of Small Business in Topeka" panel filled with some of the TIBA Founders & first members. We will be discussing the state of small business since the pandemic and the history of TIBA. This will be an interactive, free event.

**C5Alive "POWER" LUNCHEON** – Jan. 14, 11:30-1, at The Peak, 1912 SW Gage.

- 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



## FREE Vision ! Screening Service



## Now Scheduling

## Eye Screening for children 6 months to 6 years old

### Who can use this service?

Any Daycare, Pre-school or School with children 6 months to 6 years old

### What equipment is used?

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

### Who does the screening?

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

### How do I get the Screener scheduled?

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



food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: POWER Luncheon, Feb. 11, 11:30-1, C5Alive POWER Luncheon and Speed Networking at Fairlawn Plaza Mall.

**FINANCIAL PEACE UNIVERSITY CLASS** – Jan. 14, 6:30-8:30pm, Christ Lutheran Church. Join the Financial Peace University class, and we'll learn how to beat debt and make a plan for the future together. \$129.99 includes 9-session class, supplies, and subscription to Ramsey+ online. Sign up: <https://www.financialpeace.com/classes/1129296>

**WRITING OUTSIDE THE BOX - BOB HOSTETTLER** – Jan. 14, 7pm, online Zoom event. Heart of America Christian Writers Network workshop with Bob Hostetler, an award-winning author, literary agent, and international speaker. \$3 for HACWN members or \$5 for non-members/guests. You can pay via paypal (HACWN@earthlink.net) or Venmo, send a check (3706 NE Shady Lane Dr. Gladstone, MO 64119) or contact us with a credit card # and we'll send you the link to the zoom room. [www.HACWN.org](http://www.HACWN.org)

**CORKS & FORKS "AROUND THE WORLD"** – Jan. 16, 6-10pm, Topeka Country Club. Benefiting American Cancer Society, featuring wine pairings by Glazer's with an amazing dinner prepared by TCC's Chef Billy, and an auction.

**RALLY AND MARCH FOR LIFE** – Jan. 21, Capitol

Building, Downtown Topeka. Join special guests Kristen Day, Executive Director of Democrats for Life of America, and Kim Borchers, Kansas Republican National Committeewoman, as they stand united for mothers and babies! Life is truly the winning coalition!

8:30 a.m. – REGISTRATION – Get info on legislative activities, maps, lobbying, capitol tours, pro-life booths and more

9:00 a.m. – WORKSHOPS 1 & 2 – 30-minute educational workshop sessions provided by KFL

10:30 a.m. – NON-DENOMINATIONAL RELIGIOUS SERVICE— Capitol workshop room

10:30 a.m. – Catholic Mass with Kansas Bishops at TPAC or stream it at [www.livestream/ArchKCK/KSMassforLife](http://www.livestream/ArchKCK/KSMassforLife)

11:45 a.m. – MARCH FOR LIFE from TPAC to south steps of the state Capitol

12:15 p.m. – Rally for Life on the south Capitol steps

2:30 p.m. – WORKSHOPS 3 & 4 – 30-minute educational workshop sessions provided by KFL. All workshops will take place in the Capitol Visitor Center and are no charge.

Everyone is welcome for lunch any time between 11:00 a.m. and 2:30 p.m. for free-will donation in the Mater Dei Assumption Catholic Church basement. Mater Dei, 204 SW 8th Ave., is north and across the street from the Capitol. If weather is a problem, the rally will be held on the 1st floor rotunda of the Capitol. For details about the capitol building and parking information, visit [www.kshs.org/p/kansas-state-capitol-plan-your-visit/18649](http://www.kshs.org/p/kansas-state-capitol-plan-your-visit/18649). 785-383-8636 or 913-406-4446.

**DRIVE THROUGH CHILI FEED** – Jan. 23, 4:30 - 7:30pm,

Topeka West High. All you can eat homemade chili for your \$5 donation! Make your \$5 donation online, and then drive through the Circle Drive at Topeka West High School to pick it up! All proceeds go to support Topeka West Army JROTC. Get tickets here: <https://topeka-west-jrotc.ticketleap.com/donation-for-chili-feed/>

**DC MARCH FOR LIFE** – Jan. 29, National Mall, Washington, DC. The March for Life is an inspiring, peaceful. Every year, tens of thousands of pro-lifers converge on the National Mall and march on Capitol Hill on the anniversary of the Supreme Court's 1973 Roe v. Wade ruling which legalized abortion in all 50 states.

**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.

**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)

**8th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 3, 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](mailto:info@C5Alive.org) or 640-6399.

## 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.



**That CHRISTIAN  
70's Show!**

**The 70's At 7pm  
7 Nights A Week  
On 97.7**

**UpperRoomRadioOnline.com**



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@tscpl.org

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

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

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

**SENIOR STRETCHING EXERCISES** - each Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church,

2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

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

**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.topekaswingdance.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



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**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 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 Pizagle's. Great for beginners. director@cottonwood200.org

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

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

**THE BERRYTON PICKERS** – First Sat. of ea.

month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

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

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

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

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

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

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

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

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

**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 hhhstopeka.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)



**STROKE KILLS.**  
**BE FAST! Call 911.**

**Know the Signs:**

<b>Balance</b>	sudden loss of balance or coordination
<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

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



# Keeping Your Pet Healthy During the Winter

**W**hether it's curling up by the fire, brewing hot beverages, or bundling up in a soft sweater, seasonal comforts help us through brisk autumn days and cold winter nights. Throw in flu season with holiday chaos, and it's a wonder we make it through the winter at all.

Just as we have learned how to take extra steps to stay healthy in the winter, similar care is needed to ensure the comfort and health of our pets, too.

## Why pets may need winter sweaters

Ever wondered about the terrier in the sweater vest or the collie in the coat? They can serve as more than just expressions of affection from a pet parent.

Regardless of the season, animals need time outdoors. While dogs and cats have fur, they are warm-blooded and not immune to temperature changes. This means they can benefit from an extra layer for warmth.

If it's especially cold where you live, look to your pet to gauge comfort levels and plan time to dress them accordingly.

## How to add extra layers

A few factors can determine how to dress your pet for winter play.

If your pet is small and short-haired, he's likely sensitive to the cold. The same goes for older pets and those that may be frail or ill. You can't take your pet's temperature by touching her nose, but you can feel her body to see if she's shivering.

Shivers mean sweaters - especially if you live in a cold climate.

Larger and long-haired pets can usually tolerate colder weather for longer periods of time, and even



though you might bundle up, your pet has a long, thick coat prepared for long winter walks.

Just pay attention to walking over ice and snow; paws do get cold and sharp objects may be hiding under the powder.

## Skin-saving solutions

When the bite of winter kicks in, many pets get dry skin. A few simple steps can help prevent and treat this condition.

First, bathe them as seldom as possible. When you do need to bathe them, try using a pet-friendly moisturizing shampoo to help keep their skin healthy and pH-balanced. Human shampoos, which are harsh and acidic on their skin, can cause dryness and itchiness. Brush your

dog or cat to remove hair and dander.

After a jaunt in the snow or splashing in puddles, be sure to dry your pet with towels or a hair dryer. Although your pet shakes off excess water from his or her coat, they can still be damp.

## Don't forget nutrition

You can also help your pet eat right. Quality nutrition rich in vitamin E, copper zinc and fatty acids can promote shiny, healthy coats along with a range of other health benefits.

You can also serve your pet warm drinking water in winter. Also, check outdoor water bowls to make sure they don't freeze.

Consult your veterinarian about how to add vitamins and fatty acids to your pet's food.

Now that you're on track to keep your pet healthy, don't forget to keep your pet safe from hazards like holiday decorations, plants, food and more.

## SMART TIPS FOR YOUR DOG

Dogs may find these tasty, but they can make them ill, many are toxic



Alcohol



Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



Seeds/pits



Spicy



Sugar-free candy and gum



Tobacco



Yeast/dough



Onions



# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

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

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THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

SATURDAY, APRIL 3, 2021

8TH ANNUAL TOPEKA




# EASTER FEST

EASTER PARADE + FAMILY FUN FAIR!

**It all takes place on N. Kansas Avenue and at Garfield Park!**

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

**Volunteers needed! Contact:**

info@C5Alive.org or 785-640-6399

**For booth, sponsor & parade entry information:**

info@C5Alive.org or 785-640-6399

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

**SPONSORS:**

Jim Hanna

**SATURDAY, APRIL 3, 2021 • 10 AM - 3 PM**

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