

TOPEKA

JUNE 2021

Health & Wellness

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MAGAZINE

ADVENTURE COVE IS NOW OPEN AT LAKE SHAWNEE

**BETTER THAN EVER:
Swimming Beach Now
Has Floating Playground**



TOP 10 HEALTH TIPS FOR MEN

**5 Ways For Busy
Dads To Be Fit
WITH Their Kids**



*See page 3 for
information about
front page photo*

**10 Tips for Planning a Stress Free Vacation.
Gentle and Safe Exercises for Senior Home Care**

**June is Men's Mental Health Month
7 Ways for You to Snack Smarter**

Helping Topekans live happier, healthier lives since 2015!

Men's Health Month

JUNE

Leading Causes of Death Among Men:

AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

AGES 35 - 44

AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

AGES 65+

TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011



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ON THE COVER:

Our cover this month features Shawnee County lifeguards enjoying the new floating playground at the Adventure Cove, getting ready for the Memorial Day weekend opening.



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Pool and Beach Safety Steps for Summer

Summer 2021 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

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

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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

DID YOU KNOW?

- Hospice is an option with a prognosis of 6 months or less to live.
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- Earlier enrollment to hospice helps ensure better patient quality of life.
- Midland Care provides families grief support.



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PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY

WHAT IS PACE?

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a not-for-profit health care program offered in partnership with the Kansas Department of Aging and Disability Services (KDADS) that helps people who qualify stay in their homes, and helps them manage health care needs.

WHO QUALIFIES FOR PACE?

PACE may be an option for anyone over 55 who needs help to stay at home safely and who meets a state level of care requirement. You do not need to be a Medicaid or Medicare beneficiary to qualify for the program.

WHO MAKES DECISIONS ABOUT MY HEALTH CARE IN PACE?

You do, with your doctors and nurses. Your PACE doctor and other care providers are also the same people who work with you to make decisions about your care.

WHAT MEDICAL EXPENSES DOES PACE COVER?

PACE includes health services based on your plan of care, such as doctor appointments, hospital visits, behavioral health services, dental and vision care, pharmacy, medical transportation, day center care, home support, nutrition services, medical supplies and, if you need it, nursing facility care.

HOW CAN I ENROLL IN PACE?

Contact Midland Care to speak with one of our staff members about the process. The sooner you call, the sooner we can help.



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June is Men's Mental Health Month

By Michaela Butterworth,
Health Promotion Specialist

Men's mental illness is a growing public health concern that needs attention. More than six million men in the U.S. experience symptoms of depression each year, and more than three million men experience an anxiety disorder.

There are many symptoms that may be indicators of depression in men. Some potential symptom examples are:

- Anger
- Irritability
- Aggressiveness
- Withdrawal
- Noticeable changes in energy level or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating
- Feeling restless or on edge
- Negative or unusual thoughts
- Behaviors that interfere with work, family or social life, and suicidal thoughts

According to the National Institute of Mental Health, not every man who is depressed experiences every symptom. Some men experience only a few symptoms while others may experience many. Some symptoms of depression are physiological, such as a racing heart, digestive issues, or headaches, and men "are more likely to see their doctor about physical symptoms than emotional symptoms." Self-medicating with alcohol and other substances

is a common symptom of depression among men and can exacerbate mental health problems and increase the risk of developing other health conditions.

Cultural stigma surrounding mental health is one of the prime obstacles to people admitting that they are struggling and seeking help. This stigmatization is particularly pronounced in men. Talking about mental health isn't something that tends to come up readily in particular social environments, and ideas about gender are likely both part of the cause behind the development of mental health issues in men, and the reason why men are put off from seeking professional help.

Many men have said they would feel embarrassed about seeking formal treatment for depression. When asked, one man replied "Not knowing what was going on made me embarrassed, and I usually wouldn't tell anyone what was going on with me." At Valeo Behavioral Health, we believe in promoting mental health education and normalizing the truth about mental health to remove the stigma. It is incredibly important every one of us all to focus on disrupting how men traditionally think about depression and suicide by breaking down the stigma that surrounds these topics.

Stigma fades when men and boys see resilience and mental health self-care modeled by their fathers, brothers, coaches, teachers, faith leaders, and friends. Please help us by seeking ways to demonstrate the connection between individual mental health and popular traditions of mentorship, cultural pride, self-emancipation, and community ac-



tion among men. Help us by challenging the cultural norms and mental health stigma to change to the idea of receiving support as "a mark of weakness" to a necessary step in maintaining one aspect of health that is as important as any other.

If you or someone you know is experiencing a mental health emergency, it is important to visit Valeo's Crisis Center located at 400 SW Oakley Avenue. Valeo's Crisis Center never closes, it is a walk-in emergency clinic, with no appointment necessary. Valeo's 24-Hour Crisis Line is 785-234-3300.



Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator
Topeka.Heals@gmail.com
785-249-3792



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Gentle and Safe Exercises for Senior Home Care

We're going through trying times. The Coronavirus has made our entire society worried, and everyone is doing their best to stop the spread of this pandemic. The staff at Phoenix Home Care wants you to be as healthy and happy at home as possible. Today's article outlines some gentle and safe exercises they recommend for you to perform for senior home care.

First, Talk to Your Doctor

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

1. Wall Snow Angels

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

2. Head Turn

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

3. Single Foot Stand

Stand behind a sturdy, unmovable chair and hold



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

4. Slow Walk

Sometimes, the best exercise for senior home care is taking a walk! Clear a walking lane in your home and take a 10-minute walk. Talk to whoever is with you, listen to music, or keep the TV on in the background.

5. Hand Stretch

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

Phoenix Home Care: Senior Home Care Services

Your care team can help you with your safe and

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

The Phoenix Home Care staff is committed to helping you upon discharge from a medical facility. They will assist you with medication and grocery pickup, run errands and go shopping for you, prepare meals, help you with personal hygiene tasks, and perform basic housekeeping chores. They are ready to meet this challenge during these trying times.

Contact Phoenix Home Care or call toll-free 1-855-881-7442 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

2945 SW Wanamaker Dr., Suite B, Topeka, KS
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FINANCIAL HEALTH & WELLNESS

Many Families with Children to Get Monthly Child Tax Credit Payment

A provision of the American Rescue Plan is being readied for action, targeting nearly 90 percent of American households with children to receive monthly payments of the Child Tax Credit.

The Internal Revenue Service and the Department of the Treasury expect to send out the first monthly payments of the expanded Child Tax Credit (CTC) on July 19.

Payments are targeted to some 39 million households, which would cover 88% of the children in the U.S.

How will it work?

Monthly payouts for the Child Tax Credit were made possible by the American Rescue Plan that was passed into law in March of this year. The law increased the maximum cap to \$3,600 for children under age 6 and up to \$3,000 per child for those between age 6 and 17.

The ARP also made the credit advanceable, enabling regular payments to qualified families.

The recurring CTC payments will be made on the 15th of each month, unless the 15th is a weekend or holiday. Those families who get the credit via direct deposit will be able to plan around the regular receipt of the payment.

Qualifying families receive a payment of up to \$300 per month for each child under age 6 and up to \$250 per

month for each child age 6 and up.

Projections suggest the plans for the CTC could cut child poverty by more than half.

Direct deposit is the way to go

The monthly payments will go out to families — benefiting more than 65 million children — by way of direct deposit, paper check or debit cards.

The IRS says it's committed to making the most of the direct deposit delivery option for fast, secure delivery.

Most taxpayers won't have to take any action to get advance CTC payments. However, the IRS and Treasury say they'll continue to work with partner groups to make even more families aware of the benefit.

The IRS credits the project to teamwork among four governmental bodies: the IRS, the Department of the Treasury, the Bureau of the Fiscal Service and the White House American Rescue Plan Implementation Team.



More information on how taxpayers can access the Child Tax Credit will be available soon at [IRS.gov/child-taxcredit2021](https://www.irs.gov/child-taxcredit2021).

—Peggy Beasterfeld, EA



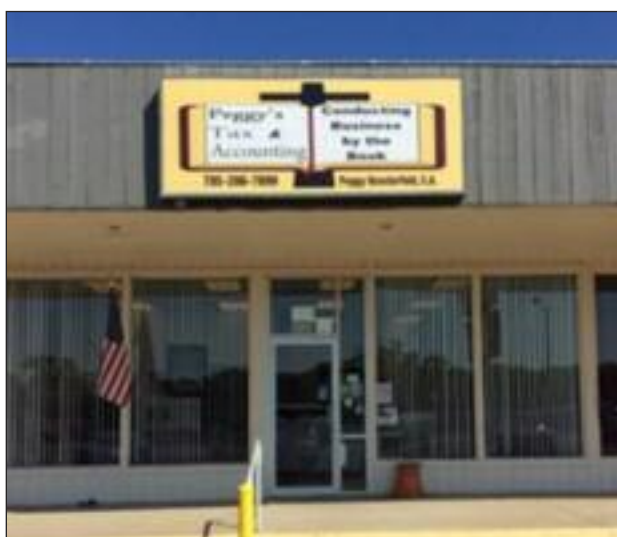
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7 Ways to Snack Smarter

Eating a balanced breakfast, lunch and dinner each day is an important part of maintaining a healthy diet, but what you eat between mealtimes can have just as much of an impact.

Eating a snack or two between traditional meals helps curb hunger and prevents overeating at mealtimes, provides an energy boost and can also help bridge nutrient gaps in your diet when you choose the right foods. On the other hand, consuming foods of little nutritional value out of boredom or habit can lead to eating too much and adding extra pounds to your waistline.

The key is taking a smart approach to snacking and making small shifts toward healthier choices. Consider these simple strategies to help you get started from the snacking experts at Fresh Cravings.

Snack Mindfully. It's easy to overeat and overlook fullness cues when snacking in front of the TV or at a desk. Instead, treat snack time like you would a small meal and take a few minutes to eat in a designated area with limited distractions. Avoid eating out of boredom or stress and choose whole foods like fruits and vegetables or air-popped popcorn over processed chips, baked goods or candy.

Plan Ahead. Snacks can be a significant portion of many people's daily caloric intake, so it's important to include snacks when planning out your meals for the day or week. Include fruits, vegetables and proteins in your snack schedule and avoid refined starches and sugar, which are typically found in prepackaged and processed snacks. Planning and preparing snacks ahead of time can help you bypass those quick, unhealthy options and save money in the process, as well.

Make Healthy Snacking Easy. Keeping fruit, vegetables and other accessible nutritious ingredients in the refrigerator or pantry increases the chances you'll reach for a better-for-you option when a snack craving strikes. Having staple ingredients on hand that can be paired with vegetables or whole-grain crackers like Fresh Cravings Hummus makes it easy to create healthy snacks. Made with high-quality ingredients like smooth Chilean extra-virgin olive oil, savory tahini, which is known to be a source of antioxidants, vitamins and minerals, and non-GMO chickpeas, the line is available in Classic Hummus, Roasted Red Pepper and Roasted Garlic varieties and can be found in 100% recyclable packaging in the produce aisle of your local grocery store.

Look for options that are filling and nutrient-dense," said Mia Syn, MS, RDN, a dietitian who has helped millions

learn healthier, sustainable eating habits. "My preference is Fresh Cravings Hummus because it's a great example with whole-food ingredients like tahini, Chilean extra-virgin olive oil and non-GMO chickpeas, offering a balanced mix of filling fiber, plant-based protein and good fats."

Combine Nutrient Groups. Each time you reach for a snack, try to include two or more macronutrients (protein, fat, carbohydrates). For example, choosing foods containing protein like low-fat cheese or nuts and pairing them with carbohydrates (whole-grain crackers, grapes) can create balanced, filling snacks. Carbohydrates help provide both your body and mind with energy while protein-rich foods break down more slowly, helping you feel full longer. Other ideas include celery and peanut butter or fruit and Greek yogurt, which are easy ways to get more low-calorie, high-fiber produce into your diet.

Pay Attention to Portion Sizes. Snacks are meant to help ward off hunger between meals, not be substitutes for meals entirely. While measuring out snacks isn't usually necessary, having an awareness of appropriate portion sizes can be helpful. If buying or cooking in bulk, divide snacks into smaller containers when meal planning to make it convenient to simply grab an appropriate size snack and continue your day.

Pack Snacks to Go. Having grab-and-go snacks packed while out running errands, working or completing everyday tasks can help keep you on track when hunger strikes. Packing items that don't require refrigeration like trail mix, whole-grain crackers or granola bars can keep you from stopping at a convenience store or picking an unhealthy option from a vending machine. Preparing snacks at home also gives you more control over the ingredients you're eating to ensure you're sticking to an eating plan that's better for your overall health.

Set a Good Example. Parents can influence children's snack habits by consuming healthy snacks themselves. An option like sliced veggies paired with the rich flavors of chickpeas and creaminess of tahini found in hummus can be a perfect match to both satisfy hunger in a delicious way and build better-for-you habits. Snack time is also an opportunity to let kids learn about healthy eating by participating in choosing and preparing snacks. Cutting fruits and vegetables or turning foods into crafts are easy ways to get little ones involved in the process.

"For families challenged with integrating more veggies into



their diets, hummus is also a kid-friendly flavor enhancer that packs beneficial nutrition instead of the saturated fats and sugar often found in many traditional dressings and condiments," Syn said.

Find more ideas to satisfy snack cravings at freshcravings.com.

Smart Snack Ideas

Between work, school, extracurricular activities and family functions, it may seem like there's no time to eat healthy when your family is seemingly always on the go. However, finding the proper fuel is even more important when you're trying to balance a hectic schedule, which is where snacks can play an important role between meals.

Consider these nutritious snack options that can help satisfy a variety of cravings without taking up too much of that valuable time.

Crunchy Munchies

- Apples or pears
- Carrot and celery sticks
- Cucumber or bell pepper slices
- Air-popped popcorn
- Brown rice cakes
- Nuts and seeds

Low-Sugar Sips

- Plain or sparkling water (add fruit or herbs for extra flavor)
- Unsweetened tea or coffee
- 100% vegetable or fruit juices with no added sugars

Satisfying Noshes

- Sliced vegetables with Fresh Cravings Classic, Roasted Red Pepper or Roasted Garlic Hummus
- Fruit and vegetable smoothies



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5 Ways For Busy Dads To Be Fit WITH Their Kids

I've been part of the fitness community for over two decades now, but things have changed a lot for me since I started working out regularly. The main thing being that I'm now a father of four young children (all under the age of four!) so I'm busier than I've ever been in my life.

When I was a kid my dad had a gym in our garage that he used with regularity, so fitness was something I saw from my dad's example as a normal part of life. I grew up idolizing him and always wanted to have my own home gym, but I've lived in Los Angeles for the last decade where space and time constraints have always made it difficult for me to have a consistent home routine.

In March of 2020 gyms in LA closed [due to the Covid-19 pandemic] so I decided it was time to take a chance and start the home gym I always wanted. I started simple, with a bench and a set of dumbbells. My workout time has always been a priority to me and honestly, I was worried that being at home more would mean that my busy schedule and family life would squeeze out my workout time. Especially since I have the four young children at home.

To my surprise, not only was I able to consistently workout at home, I also enjoyed my workouts at home more than I did when I was going to the gym. I even started incorporating my kids into my programs and they started enjoying the family workouts too. Now they are the ones keeping me consistent because they regularly ask me when we can do a family workout.

FAMILY FITNESS TIP: Many adults haven't considered that their children can be incredible accountability partners in fitness, nutrition, Bible reading, prayer and more. And – it's a two-way street where the parents can begin to teach and grow a child's understanding of and value in accountability. Use your social media to document and celebrate the ways you are fit WITH your children.

My workout time now is just as much of a priority as it has ever been; maybe even more so because now it's not just my time it's also family time. You might be a busy dad (or mom) too, so let me encourage you, there are ways to make sure your health and fitness are a priority. Here are five ways I've personally found to incorporate my kids into my workout programing.

1. MAKE FITNESS A COMPETITION

Most parents know that one of the easiest ways to get kids to do something is to make it into a competition; the same



is true for fitness. I'm competitive by nature and my kids definitely picked that up from me. Our house sits on a hill and my workouts routinely take me to the hill for some form of exercise. Now my kids join me and a week doesn't go by that my three-year-old doesn't challenge me to race up or down our hill. In fact, she usually wins! We all end up getting a workout and somehow I don't even mind losing.

2. JUST KEEP LIFTING

I'm usually a very organized and regimented type of person when it comes to my workouts. I want to have a certain number of sets and reps in mind so I know when I've finished.

But that doesn't always work when you have a three-year-old, two-year-old twins, and their one-year-old little sister



running around. Sometimes things get crazy. My plan on days like that goes out the window and instead I just lift. I don't count sets, I don't count reps, and I don't rest. I just pick some equipment and make sure I'm moving something for 20-30 minutes. It keeps my heart rate up and keeps the kids entertained, which I count as a win-win.

3. USE YOUR KIDS AS WEIGHTS

One of my favorite ways to make sure I get my workout done when I'm busy with the family is to incorporate them into the workout. That means I use my kids as weights.

It works well because my son loves being used as a medicine ball and my daughter loves anything that seems like a "horse ride." To them it's like being at a theme park and to me its like being at a gym with a very active dumbbell selection. In the end everybody is happy.

4. TAKE YOUR WORKOUT ON THE ROAD

One of the great things about being fit WITH your kids is that it is a good way for the kids to burn off some energy.

We live near the beach so sometimes my wife and I will take the kids to the sand and let them run around while we use a suspension trainer or resistance bands to grab a workout. A park is also a good choice. We've found that anywhere that has space for the kids to run or a different environment for them to explore while we grab a few reps can work as a gym.

5. MAKE FITNESS FUN

This one is a no brainer, but it's important to state anyway. If your children have fun with fitness they are more likely to embrace it. The same goes for you. The more you enjoy your workouts the more likely you are to sustain a workout program long term, so make fitness fun.

A workout doesn't have to be the traditional day to day grind of lifting weights over and over. Use your imagination and remember that even if you can't enjoy your workouts, at least your kids can!

I hope this encourages all of you busy dads and moms out there. If I can do it, you can too. I thought that having four children who are all less than four years old would keep me from being able to exercise, but instead they are the reason I do. Try a few of these ideas for yourself and I bet you'll find that not only your fitness but also your relationship with your kids will be better for it.

—Faithandfitness.net

Stroke Patients: Direct Carotid Puncture Saves



(Ivanhoe Newswire) —

When a loved one is having a stroke, time is everything. Drugs to break up the clot that is stopping blood flow must be administered within four and a half hours to work. Clot removal, or thrombectomy, has a 24-hour window. Now, neurosurgeons are studying an old approach to clot removal in stroke patients who would otherwise be out of options.

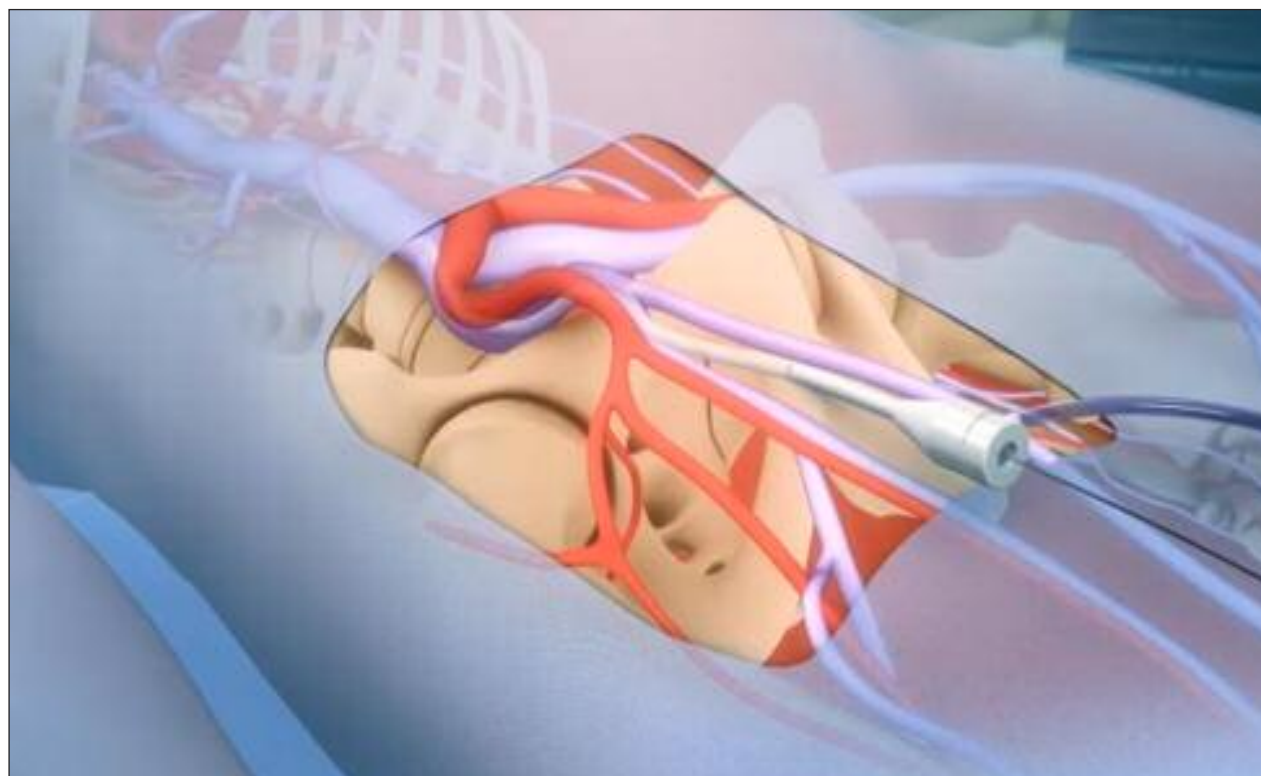
Joan Guardiano plays a mean hand of gin rummy, even as she recovers from a massive stroke. Last summer, Joan's family stopped by to visit and found her ... unresponsive.

"She was on the ground and she couldn't talk, she was slurring her words," recalled Joan's son, Vince Guardiano.

"I was in the ambulance and that was it. I don't remember one thing after that," Joan shared.

"I understand there's some kind of medication that they can give before, within a certain time-frame. I think she missed that timeframe," Vince explained.

Yale neurovascular surgeon Charles Matouk moved to the next option—removing a clot by passing a catheter through the groin into the larger arteries. But surgeons were having trouble.



"The problem is, is that as we get older, our blood vessels become more twisted and they become more difficult to navigate," described Dr. Matouk, chief of neurovascular surgery at Yale School of Medicine.

Instead, surgeons used a different approach with Joan. It's called direct carotid puncture—accessing the clot through the neck, near the collarbone.

"And that creates a very convenient space where

you are going to miss all the nerves and veins that coarse through the neck and gives us easy access to the carotid artery," elaborated Dr. Matouk.

Doctors used direct carotid puncture in the sixties but abandoned the procedure when new medical tools made entry through the leg a safe option. Dr. Matouk says the direct carotid puncture could save about ten percent of stroke patients who had no other options.

Patients, like Joan Guardiano, who survived her stroke, and feels good about the hand she's been dealt.



After studying the direct carotid procedure, Dr. Matouk says Yale neurosurgeons have incorporated the procedure back into their operating room. He says surgeons try traditional clot removal for about 15 minutes, and if a patient's anatomy makes access too difficult, they switch to the direct carotid punch. He says other hospitals with large neurosurgery departments are also incorporating the technique.

Farmers Markets can be healthy fun

Farmers Markets have been a source of healthy food for centuries, but they can also be fun. Today, Farmers Markets are thriving throughout the US with a variety of food and other merchandise for sale, as well as being a source of fun and exercise.

Topeka's Downtown Farmers Market has grown so large that it is good exercise just walking through all the aisles of goods and services offered.



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

Many locals find it to be a fun and enjoyable time to pick up healthy food items, as well as visit with friends and merchants. There is also a variety of crafts and household merchandise for sale.



Of course, Farmers Markets also provide an opportunity for access to fresh fruits and vegetables. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthyneighborhoods.org

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Consumers get to build unique relationships directly with the people that grow our foods.

As a coalition, Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail-makes it easier to be healthy in Shawnee County and we support our local farmers markets.

Learn more about our community's health at heartlandhealthyneighborhoods.org or like us on Facebook.



Markets updated 3/18/2019

Suggestions to Lissa Staley, lstaley@tscpl.org

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

Downtown Topeka Farmers Market, Inc.
12th and Harrison, South of Judicial
Building, Topeka, KS 66612
Saturdays 7:30 a.m. – 12:00 p.m.
Open April 3 - Nov. 7



Monday Market @ Your Library
Topeka and Shawnee County Public Library
1515 SW 10th Ave., Topeka, KS 66604
Mondays 7:30 a.m. – 11:30 a.m.
Open May 10-Oct. 4

Silver Lake Farmers Market
Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. – 8:00 p.m.
Open June 1

East Topeka Farmers Market
Topeka Housing Authority
2010 SE California, Topeka, KS 66607
On hiatus



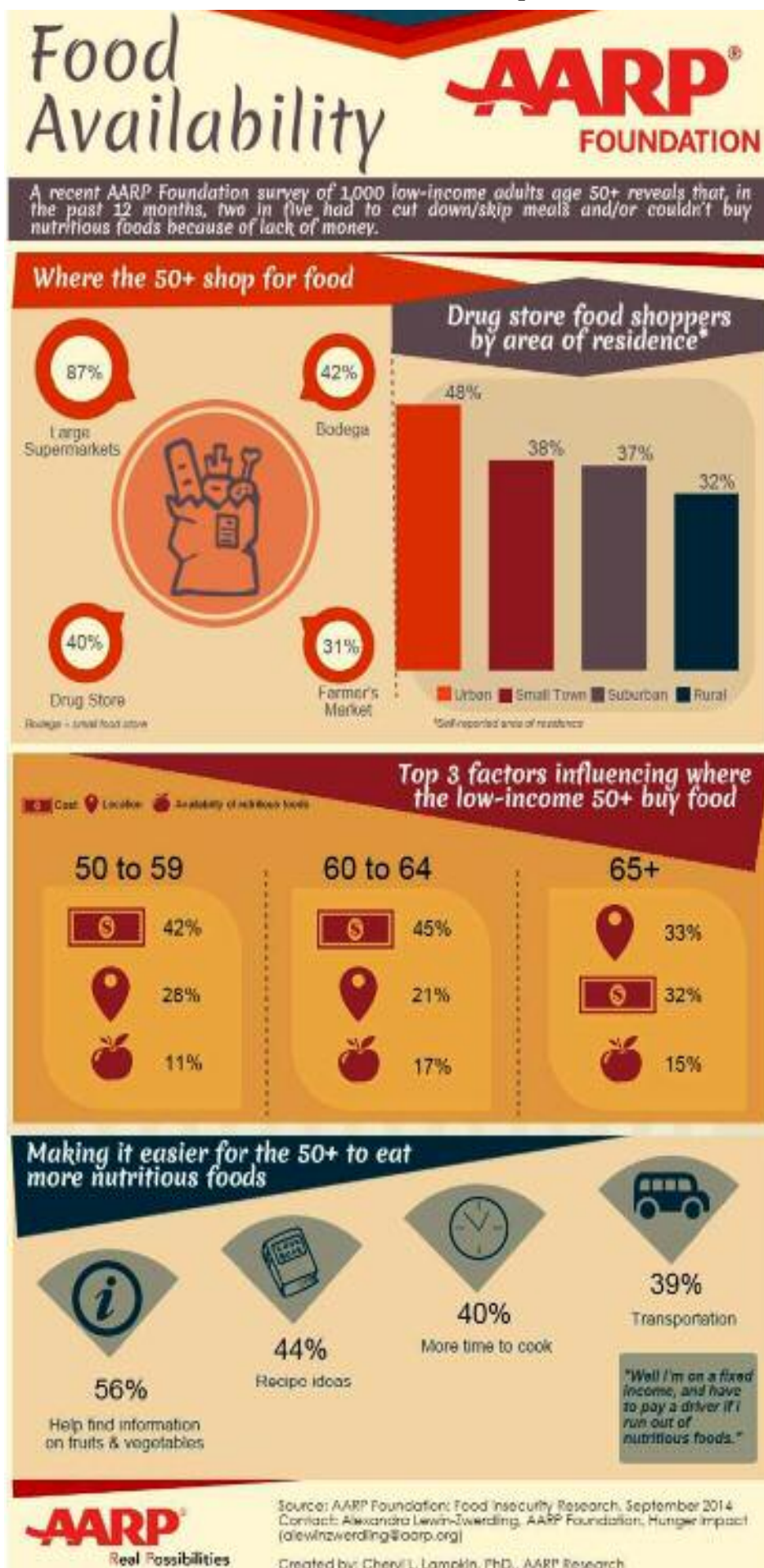
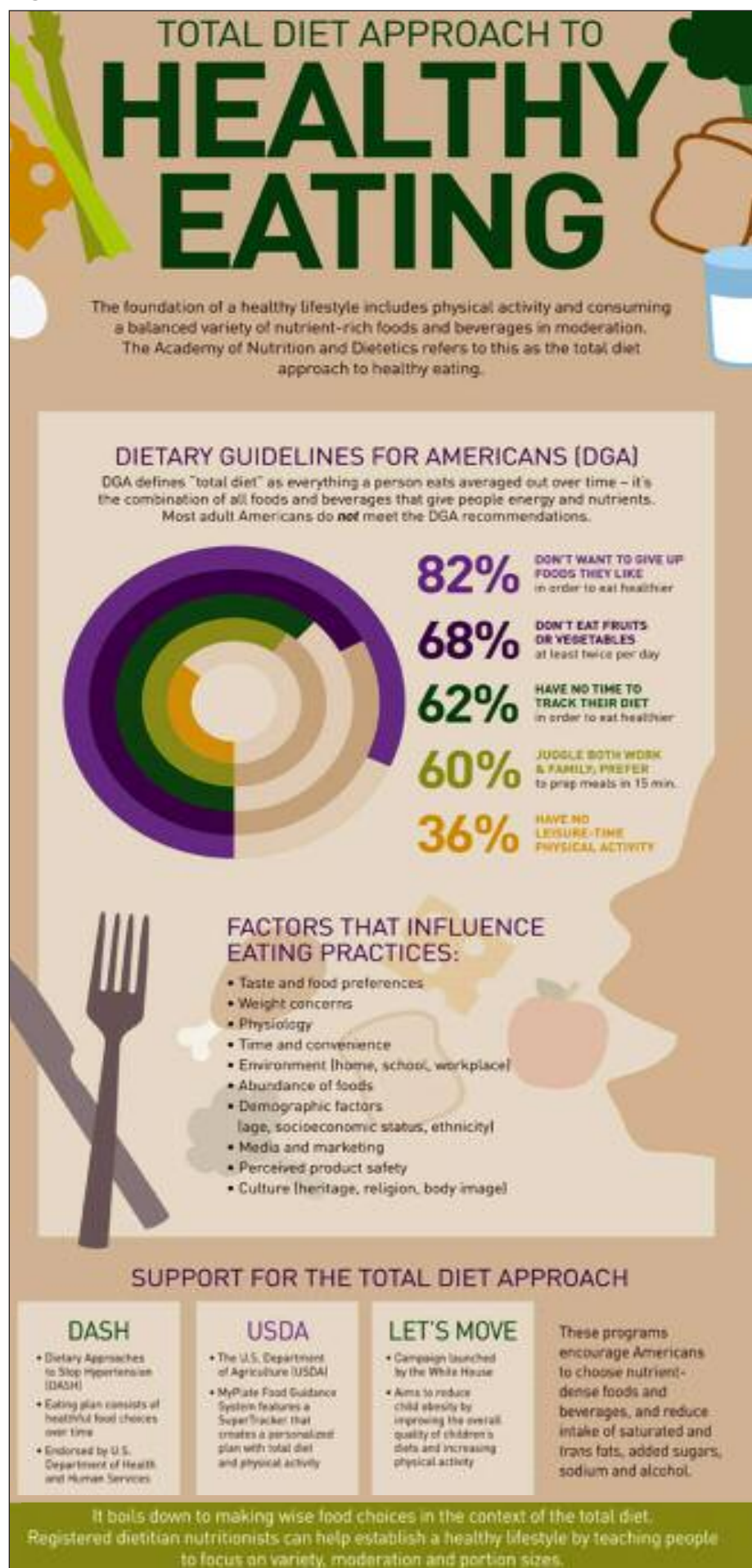
Mother Teresa's Farmers Market
Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618
Open July 3 to Sep. 11

Lawrence Farmers Market
Sat. 7:30-11:30
824 New Hampshire Street
Open April 10-Nov. 20

Lawrence Tuesday Market 4-6pm
South Park, 1141 Massachusetts
Open May 4-Oct. 26

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





10 Tips for Planning a Stress Free Vacation

Planning a vacation can be the most stressful part of the whole trip if you are not prepared. A family with children has to be very careful how they plan trips and extended vacations.

I'm not going to even pretend otherwise: I am a PLANNER. I enjoy the process of planning things almost as much as I enjoy the party, vacation, or meal that I am planning.

As a single parent, planning our vacations down to the last detail makes everything smooth and stress-free for me, and I want to share with you my top tips for planning a stress-free vacation, even if you're not a planner!

1. Know the WHY

What is the purpose of this vacation? Relaxation? Attending a specific event? Education? Indulgence?

Knowing what your purpose and goals are can help you prioritize what you spend your time and money on (and you can have more than one purpose). For example, our recent trip to Chicago was all about food and education. Knowing this, I prioritized our hotel's location over its amenities.

2. Keep your child's routine

Change is one of the best parts about vacation, but it can also have some devastating effects on your child's behavior. Try to keep the main elements of your family's routine in place so that your child is set up for success.

Know beforehand where you will be having meals, and how long it will take you to get there. If eating at a restaurant, get there 20-30 minutes before you would usually eat just in case there are delays.

If your child still naps, create a realistic plan around that. Can they sleep in a stroller or Ergo carrier? Can you easily return to the hotel and have them lie down? I wouldn't hesitate to bring a light blanket and lay it down in a clean park for a nap on a warm day.

3. Call Before Making Plans

I often find that museums and restaurants have up-to-date websites, but every once in a while something falls through the cracks. Call the location to confirm that there won't be any closures or that the event you are coming to see is still happening. Book tickets and make reservations whenever possible.



HOW TO PLAN A
STRESS FREE
VACATION WITH KIDS

4. Look at the map... or use Google Maps

Know where things are in relation to each other. Depending on your personality, that either sounds obvious or over-the-top, but knowing where things that you want to visit are located can help you create some loose plans for your vacation.

For example, knowing that Museum Campus in Chicago has three major kid-friendly attractions within short walking distance, it makes sense to plan to do those on the same day. Knowing that you can get deep-dish pizza about a 20 minute walk away from those attractions will allow you to plan if you're going to eat at the museum, pack a picnic, or head over for a slice 45 minutes before lunchtime.

5. Outline Your Days

I like to have complete "days" planned, even if I'm not always set on which dates certain days will fall on. So, while I know I'll have a "Museum Campus day," and I know what the basic itinerary for that day will include, I don't decide in advance which date that will be unless there is a specific reason, like a special event or reservation.

6. Plan a Rainy Day

Okay, maybe planning out a rough itinerary is not for you – but definitely planning for at least one rainy day will stop you from feeling like it's raining on your parade.

7. Pack Your Bags... A Week Before

Ok, another weird tip but here's the thing: aim to pack your bags a week before you leave so that you're not scrambling and forgetting important things. Believe me, you will think that you are done packing and then two days later you'll remember something vital that would have put a little kink in your vacation.

If there are any items that can't be packed yet because you'll be using them (cell phone chargers, running shoes), make a list of those items to check the night before.

8. Plan the Home Stuff

If you have pets or gardens that will need attention, arrange that well in advance, and ensure you cancel any subscriptions or services – like grocery deliveries, newspapers, etc.

Also, plan to prep the house for your return. Give away groceries that will go bad by the time you return, and maybe even make your meal plan and grocery list in advance so you're not scrambling when you come back from vacation.

9. Pack the Essentials, Lightly

If you'll be doing a lot of walking, you'll want to pack light, but being on vacation can also be disorienting and things that you'd easily locate in your hometown might take a bit longer.

Plan to carry snacks, water, and a change of clothes for kids, but try to figure out how to do that so you don't feel like a pack mule (and give yourself away as a tourist). Older children can carry their own items in a small backpack.

10. Be Flexible

If you're traveling with kids, there will be hiccups along the way. But – YOU'RE ON VACATION! Laugh off the inconveniences and try your best to roll with the punches.

Accept beforehand that some of the things you are most looking forward to might not happen. Give your children grace to have their worst behaviors on vacation, and hopefully you'll be pleasantly surprised most of the time!

—lemonlimeadventures.com

It's advantageous to protect your health. If you're like most men, you probably have a career plan and a retirement plan. And maybe even a plan for starting or providing for your family. But do you have a plan for keeping yourself healthy? While some health issues are beyond your control, there are several ways you can keep your mind and body strong and healthy. Here are tips for protecting your health at any age. Start your healthy living plan today!

1. Hang Out With Friends and Family

You might think you're too busy for a boys' night out or lunch with your mom. But activities like these may save your life. Research shows that social ties can help you survive health problems, make you happier, and even prolong your life. One study even found that social bonds can protect your physical health as much as quitting smoking.



2. Don't Smoke

Smoking is the major cause of lung cancer. Lung cancer kills more men than any other type of cancer. Smoking is also linked to heart



TOP 10 HEALTH TIPS FOR MEN

disease, stroke, and COPD (chronic obstructive pulmonary disease). And half of all long-term smokers will die because they use tobacco. The good news is that as soon as you stop smoking, you start to decrease your risk of developing chronic diseases. Learn how to quit smoking [here](#).

3. Eat a Healthy Diet

Take-out food may be tasty and easy. But you have to be smart about the kind of quick food choices you make. Too many fatty foods and



sugary drinks increases your risk of developing heart disease, diabetes, and cancer. And you'll risk packing on the pounds. Instead, work on eating more vegetables, fruits, lean proteins, and whole grains. Learn more about healthy eating [here](#).

4. Break a Sweat

Exercise can reduce your risk of heart disease,

stroke, diabetes, colon cancer, and other health problems. It can also keep your weight down and sharpen your judgment. Plus, you will likely sleep better and live longer. So try to get at least two and a half hours of moderate-intensity activity every week. This can include things like yard work, riding a bike, and shoveling snow. Learn more reasons and ways to be physically active [here](#).



5. Unplug and Take a Break

Small amounts of stress can energize you and sharpen your ability to perform well. But too much stress over time can cause serious physical and mental health problems, including heart disease, diabetes, digestive problems, sleeplessness, and depression. To de-stress, get some exercise, meet up with friends, take a break from the phone and computer screens, and try other tips from the American Heart Association [here](#).



6. Get Plenty of Sleep

It seems like there are never enough hours in the day. As a result, at least 25% of Americans are sleep-deprived. Too little sleep is linked to obesity, accidental trauma, heart disease, depression, and diabetes. It also puts you at risk of car accidents due to drowsy driving. Sleeping seven to nine hours per night can improve



your work performance, your physical safety, and your body's ability to fight disease. Learn how to sleep longer and better here .

7. Go to the Doctor

Even if you feel fine, regular checkups and screenings are vital for protecting your health. How important? They will help you spot signs of serious diseases and conditions early, when you have a better chance of successfully treating them. You'll also be more likely to find problems before they cause painful or bother-

some symptoms. And you'll live a longer and more active life free of disability. Find a primary care doctor and schedule a checkup today. For quick reference, read [Top 10 Checkups and Screenings for Men](#). Learn more about the screening tests you need here .



8. Lend a Hand

Studies have found that helping other people can decrease blood pressure, stress levels, and chronic pain. It can also reduce your likelihood of having depression and can even help you live longer. And helping others doesn't have to be a big deal. You can donate to a fundraising drive, mow a neighbor's grass, or run a race for a charity. Learn more about the benefits of pitching in and ways to help here .



9. Don't Skip the Sunscreen

Men are twice as likely as women to develop the most common types of skin cancer—basal cell and squamous cell carcinoma. Why? Men spend an average of 10 more hours in the sun every week than women do. And they aren't as likely to use sunscreen. Luckily, skin cancer is highly preventable. Make it a habit to wear sunscreen with an SPF of 30 or higher. Opt for a hat and sunglasses as well, and learn more about preventing skin cancer [here](#) .



10. Limit Alcohol

Happy hour can be a fun time and a good deal. But too much alcohol can lead to injuries, cancer, psychological problems, damaged relationships, and high blood pressure. Try to limit alcohol to two drinks—such as a bottle of beer or one and half ounces of hard alcohol—per day. If you need help curbing or quitting drinking, learn more from the [National Council on Alcoholism and Drug Dependence](#).

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The Vinewood is located at 2848 SE 29th St, Topeka, KS 66605 (North side of Shawnee Lake)

Running better, from head to toe

By Jane Unger Hahn

Head Tilt

How you hold your head is key to overall posture, which determines how efficiently you run. Let your gaze guide you. Look ahead naturally, not down at your feet, and scan the horizon. This will straighten your neck and back, and bring them into alignment. Don't allow your chin to jut out.

Shoulders

Shoulders play an important role in keeping your upper body relaxed while you run, which is critical to maintaining efficient running posture. For optimum performance, your shoulders should be low and loose, not high and tight. As you tire on a run, don't let them creep up toward your ears. If they do, shake them out to release the tension. Your shoulders also need to remain level and shouldn't dip from side to side with each stride.

Arms

Even though running is primarily a lower-body ac-

tivity, your arms aren't just along for the ride. Your hands control the tension in your upper body, while your arm swing works in conjunction with your leg stride to drive you forward. Keep your hands in an unclenched fist, with your fingers lightly touching your palms. Imagine yourself trying to carry a potato chip in each hand without crushing it. Your arms should swing mostly forward and back, not across your body, between waist and lower-chest level. Your elbows should be bent at about a 90-degree angle. When you feel your fists clenching or your forearms tensing, drop your arms to your sides and shake them out for a few seconds to release the tension.

Torso

The position of your torso while running is affected by the position of your head and shoulders. With your head up and looking ahead and your shoulders low and loose, your torso and back naturally straighten to allow you to run in an efficient, upright position that promotes optimal lung capacity and stride length. Many track coaches describe this ideal torso position as "running tall" and it means you need to stretch yourself up to your full height with your back comfortably straight. If you start to slouch during a run take a deep breath and feel yourself naturally straighten. As you exhale simply maintain that upright position.

Hips

Your hips are your center of gravity, so they're key to good running posture. The proper position of your torso while running helps to ensure your hips will also be in the ideal position. With your torso and back comfortably upright and straight, your hips naturally fall into proper alignment--pointing you straight ahead. If you allow your torso to hunch over or lean too far forward during a run, your pelvis will tilt forward as well,



which can put pressure on your lower back and throw the rest of your lower body out of alignment. When trying to gauge the position of your hips, think of your pelvis as a bowl filled with marbles, then try not to spill the marbles by tilting the bowl.

Legs/Stride

While sprinters need to lift their knees high to achieve maximum leg power, distance runners don't need such an exaggerated knee lift--it's simply too hard to sustain for any length of time. Instead, efficient endurance running requires just a slight knee lift, a quick leg turnover, and a short stride. Together, these will facilitate fluid forward movement instead of diverting (and wasting) energy. When running with the proper stride length, your feet should land directly underneath your body. As your foot strikes the ground, your knee should be slightly flexed so that it can bend naturally on impact. If your lower leg (below the knee) extends out in front of your body, your stride is too long.

Ankles/Feet

To run well, you need to push off the ground with maximum force. With each step, your foot should hit the ground lightly--landing between your heel and midfoot--then quickly roll forward. Keep your ankle flexed as your foot rolls forward to create more force for push-off. As you roll onto your toes, try to spring off the ground. You should feel your calf muscles propelling you forward on each step. Your feet should not slap loudly as they hit the ground. Good running is springy and quiet.



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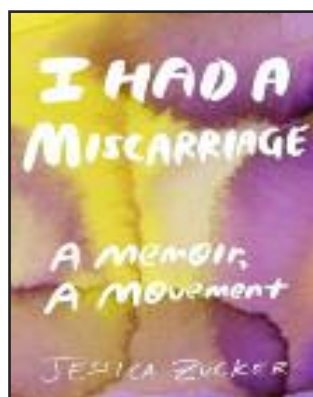
New Health & Wellness Info at the Library

By Kelly Barker

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

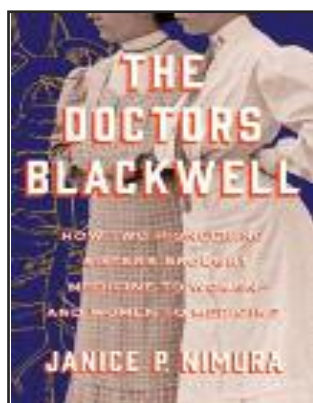
I Had a Miscarriage: A Memoir, A Movement by Jessica Zucker, New Health Books Media Center 618.392 ZUC

Jessica Zucker weaves her own experience and other women's stories into a compassionate and compelling exploration of grief as a necessary, nuanced personal and communal process. She inspires her readers to speak their truth and, in turn, to ignite transformative change within themselves.



The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women--And Women to Medicine by Janice P. Nimura, New Health Books Media Center 610.92 NIM

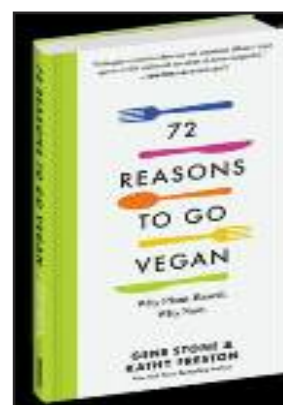
In 1849, Elizabeth Blackwell became the first woman in America to receive an M.D. She was soon joined by her younger sister, Emily. Tenacious and visionary, the sisters founded the New York Infirmary for Indigent Women and Children, the first hospital staffed entirely by women.



72 Reasons to Be Vegan: Why Plant-Based, Why

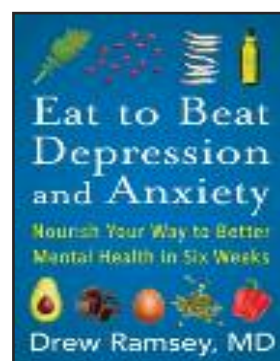
Now by Gene Stone, New Health Books Media Center 613.262 STO

Gene Stone and Kathy Freston, two of the leading voices in the ever-growing movement to eat a plant-based diet, provide readers 72 reasons we should all be vegan. They not only tell you how, but why, and they do so in a way that emphasizes not what you'd be giving up, but what you'd be gaining.



Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks by Drew Ramsey, New Health Books Media Center 616.8527 RAM

In this groundbreaking book, Dr. Drew Ramsey helps us forge a path toward greater mental health through food. Eat to Beat Depression and Anxiety breaks down the science of nutritional psychiatry and explains what foods positively affect brain health and improve mental wellness.



Intuitive Eating for Every Day: 365 Daily Practices & Inspirations to Rediscover the Pleasures of Eating by Evelyn Tribole, New Health Books Media Center 613.25 TRI

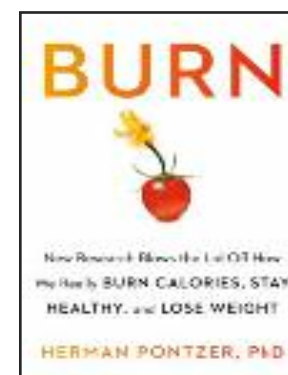
Intuitive Eating is a life-changing path to cultivating a healthy relationship with food,



mind, and body. Intuitive Eating for Every Day breaks it down for you with daily guidance. This book will be your ally and solace against a world steeped in diet culture and illuminate and encourage your journey.

Burn: New Research Blows the Lid Off How We Really Burn Calories, Lose Weight, and Stay Healthy by Herman Pontzer, New Health Books Media Center 613.25 PON

We burn 2,000 calories a day. And if we exercise and cut carbs, we'll lose more weight. Right? Wrong. In this paradigm-shifting book, Herman Pontzer reveals for the first time how human metabolism really works so that we can finally manage our weight and improve our health.



Two Meals A Day: The Simple Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever by Mark Sisson, New Health Books Media Center 613.25 SIS

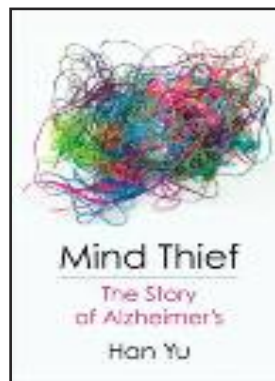
Being strategic about what you eat is an incredibly important part of a healthy diet--but so is paying attention to when you eat. Health and fitness expert, Mark Sisson, breaks down the science and strategies to get help you get the best results possible.



Mind Thief: The Story of Alzheimer's by Han Yu, New Health Books Media Center 616.831 YU

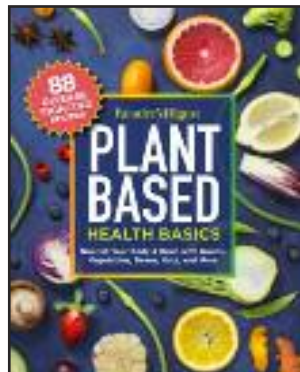
Alzheimer's disease is one of the world's most

common causes of death. **Mind Thief** is a comprehensive and engaging history of Alzheimer's that demystifies efforts to understand the disease. Wide-ranging and accessible, it is an important book for all readers interested in the challenge of this disease.



Plant Based Health Basics published by Reader's Digest: Trusted Media Brands, Inc., New Health Books Media Center 613.262 PLA

Eating a diet higher in plant foods and lower in animal products has been shown to provide many health benefits. **Plant Based Health Basics** is a book on plant-based eating for middle America, using familiar, easy-to-find ingredients to help readers eat more healthfully.



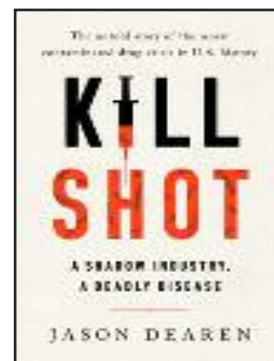
Heartwarming: How Our Inner Thermostat Made Us Human by Hans Rocha IJzerman, New Health Books Media Center 612 IJZ

In **Heartwarming**, social psychologist Hans Rocha IJzerman explores temperature through the long lens of evolution. IJzerman illuminates how temperature affects human sociality and offer new insights for all of us who want to better understand our bodies, our minds, and each other.



Kill Shot: A Shadow Industry, A Deadly Disease by Jason Dearen, New Health Books Media Center 616.82 DEA

Two pharmacists sit in a Boston courtroom accused of murder. The weapon- the fungus *Exserohilum rostratum*. The death count- 100 and rising. **Kill Shot** is the story of their fraud, discovered by a team of medical detectives who raced against the clock to hunt the killers and the fungal meningitis they'd unleashed.



Just Eat: One Reporter's Quest for A Weight-Loss Regimen That Works by Barry Estabrook New Health Books Media Center 613.25 EAS

Over the course of three years, the author tried the regimens behind the most popular diets. Along the way, he discovered that all the branded programs are derived from just three diets. His account is a pragmatic look into the ways we try to improve our health through dieting, revealing the answer may be to just eat.



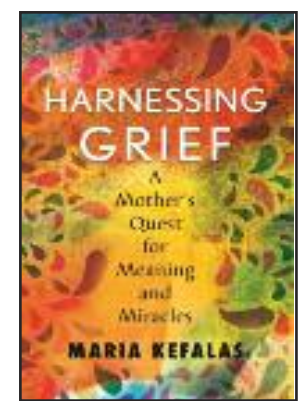
Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, And Imperiling the Future of The Human Race by Shanna Swan, New Health Books Media Center 613.952 SWA

Count Down is an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing--and endangering--human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan.



Harnessing Grief: One Mother's Quest for Meaning and Miracles by Maria J. Kefalas, New Health Books Media Center 616.042 KEF

Harnessing Grief is the remarkable story of how a mother moved from rage to hope after learning her youngest child was dying from an ultra-rare neurological disease, metachromatic leukodystrophy (MLD), and how she harnessed her grief to transform the lives of others.



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Healthy Family Recipes for the Summer

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

Honey Lime Grilled Avocado Shrimp Nacho Bowls



These smoky-sweet bowls have glazed honey lime grilled avocado, spicy shrimp, tomato and corn! Top them with gluten free nacho chips for a healthy, summer meal that's packed with flavor!

Ingredients

- 1 Large Cobb of corn
- 1 Large tomato halved
- 1/2 Jalapeno pepper seeds removed
- Olive oil cooking spray
- 1/2 Head of Romaine lettuce
- 1/2 Cup Udi's Gluten Free Simply Salted
- Ancient Grain Crisps crushed (about 20 chips)
- Cilantro for garnish
- Sliced green onion for garnish

For the glazed shrimp and avocado:

- 2 Tbsp Honey
- 2 tsp Fresh lime juice + additional for garnish
- 1 tsp Jalapeno minced
- Salt
- 1/2 Lb Shrimp peeled and de-veined
- 1 Large avocado halved and seed removed

Directions

Preheat your grill to medium high heat.

Once hot, place the corn, tomato halves (cut-side down) and the the jalapeno (cut-side down) onto the grill and cook until nice and charred, turning the corn around every few minutes. The corn and tomatoes will take about 10 minutes, and the jalapeno about 5 minutes. Once cooked, transfer all to a plate and cover to keep warm.

In a small bowl, whisk together the honey, 2 tsp of lime juice and the jalapeno for the glaze, seasoning with a pinch of salt.

Place the shrimp in a medium bowl and toss with half of the glaze (about 1 Tbsp total.) Additionally, rub the cut-side of the avocado with some of the glaze. You should have some glaze remaining. Set this aside, along with the bowl of shrimp to marinate.

Spray the grill generously with the cooking spray and place the avocado halves cut-side down onto it. Additionally, spray the half head of romaine with cooking spray and place it directly onto the grill.

Cook until the avocado and romaine have nice grill marks and they both soften. You'll need to turn the romaine every minute or so. This takes a total of 4-5 minutes. Remove from heat, and cover to keep warm.

Generously spray the grill with cooking spray again and place the shrimp directly onto the heat. Cook until no longer pink, which is only about 1 minute per side.

Place the soft, grilled tomato into a medium bowl. Dice the grilled jalapeno and add it into the bowl with the tomato, mashing the two together with a fork until the tomato is almost sauce-like.

Then, use a sharp knife the cut all the corn kernels off the cobb. Additionally, roughly chop the romaine lettuce.

Divide all your grilled food between the two bowls, garnishing with a a good amount of cilantro, green onion, a pinch of salt, and another squeeze of fresh lime juice.

Finally, drizzle the remaining glaze over the bowls and top with Udi's crisps.

Nutrition Information (Servings: 2)

447 calories; protein 29.3g; carbohydrates 50.4g; fat 16.9g; cholesterol 172.3mg; sodium 240.4mg.

Source: foodfaithfitness.com

Baked Honey Cajun Salmon



This Baked Honey Cajun Salmon is spicy, sweet and only 4 Ingredients! A 15 minute dinner that is healthy, gluten free and paleo friendly!

Ingredients

- 1 Lb Atlantic salmon (4, 4 oz fillets)
- 2 tsp Olive oil
- 2 tsp Cajun seasoning
- 2 tsp Honey

Directions

Pre-heat your oven to 400 degrees. Rub the oil over top of the salmon and then rub in the cajun seasoning.

Heat a large, oven-safe pan on medium heat until got. Add the salmon in, flesh-side down, and sear until golden brown – just about 30 seconds to a minute. Flip over and place into the oven.

Bake until the fish flakes easily and a temperature inserted in the middle reads 120 degrees F about 2-5 minutes depending on the thickness of your salmon. Cover and let stand for 10 minutes.

Drizzle on the honey

Nutrition Information (Servings: 4)

234.5 calories; protein 22.5g; carbohydrates 3.1g; fat 14.6g; cholesterol 67mg; sodium 163mg.

Source: foodfaithfitness.com

Health & Wellness Marketplace

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

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HEALTH INFORMATION

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

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Healthy Event Calendar for Greater Topeka

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

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

TERRITORIAL CAPITAL MUSEUM – Now Open, 640
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JUNE CYCLING EVENTS—Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

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

LIVE @ LUNCH – Wednesdays; 11 am-1pm, Every Plaza downtown. Live music, food trucks, yard games & more.

EATS & BEATS—Every Thursday through August, 6:30pm-9pm, Everygy Plaza. Bring your lawn chairs. Food trucks & beer gardens.

GARAGE SALE – Jun. 3-5, 8AM-3PM, Faith Lutheran Church, 1716 SW Gage Blvd. Fundraiser for mission trips. 785-272-4214; office@faithlutherantopeka.com

SON VENEZUELA – June 4, 6pm, Everyg Plaza.

GARAGE SALE – June 4-5, 8am-4pm, Perry United Methodist Church Activity Center, 219 Oak St., Perry, KS. Homemade biscuits and gravy & coffee 8-11am; Lunch served 11-2. (1/2 price 8-noon on Sat., then \$1 bag sale begins). We will be glad to take your clean and reusable donations for the sale; Call Paula at 597-5478.

FREE YOUTH CAR WASH – Jun. 5, 8AM-3PM, Faith Lutheran Church, 1716 SW Gage Blvd. Funds raised are for their mission trips. 785-272-4214; office@faith-lutherantopeka.com

SCOTT HEIDNER & THE NASHVILLE GUYS - June 5, 8-11pm, The Vinewood 2848 SE 29th St. Classic country and classic rock. All ages. Tickets \$10 - TheHistoricVinewood.com

SUPER KIDS SUPER KAMP: THE GAME PLAN - June 8-11, 9am-3pm, Fellowship Bible Church, 10th & Urish Rd. For children going into the 1st-6th grade for Fall of 2021. Cost: \$60.

fbctopeka.ccbchurch.com/goto/forms/1639/responses/new

BABY SHARK LIVE – June 6, 2pm, Stormont Vail Events Ctr. info@stormontvaileventscenter.com

C5Alive “POWER” LUNCHEON – June 10, 11:30-1,
Donna Lippoldt of Culture Shield is the featured speaker.
Cost: \$10 for C5 members & first-time guests who RSVP,
\$12 at the door. • \$15 for non-members & repeat guests. •
Please RSVP to info@C5Alive.org, so we know how much
food is needed! Open to the public – Put POWER in your
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vite a friend to join you! **SAVE THE DATE: C5 POWER**

Luncheon, July 8, 11:30-1, C5Alive POWER Luncheon.
Details to follow.

4CLOSURE - DANCE NIGHT - June 11, 8-11pm, The Vinewood 2848 SE 29th St. Live music and dance. All ages. Tickets \$10 - TheHistoricVinewood.com

MOVIE ON THE LAWN – June 11, 8pm, Rolling Hills Christian Church. Bring blankets, lawn chairs, and the whole family to watch the Disney and Pixar film “Soul.” Food and yard games will also be available.

TOPEKA YOUTH PROJECT GOLF CLASSIC—Jun. 11, Shawnee Country Club Golf Course. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

HEARTLAND MILITARY DAY – Jun. 12, 7am - 4pm,
Museum of the Kansas National Guard, 125 SE Airport E.
Dr. Free day of Military Equipment Exhibits, WW II Bat-
tle Reenactments, Civil War Artillery Drills, Band Con-
certs, Vietnam War

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**HANNAH ROBINSON
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sion free. Bring
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817-7596.

**COWBOY, INC -
DANCE NIGHT** - June
18, 8-11pm, The
Vinewood 2848 SE 29th
St. Country dance hall
night. Tickets \$10 - The
HistoricVinewood.com

DANIELLE NICOLE –
June 18, 7:30pm, Jayhawk
Theatre. 785-271-7002

SUNFLOWER MUSIC FESTIVAL—June 18, 7:30am, White Concert Hall. Free. 785-670-1010

URBAN SAFARI – June

19, Redbud Park in NOTO. 785+408-8996

JUNTEENTH CELEBRATION – June 19, Noon-10pm,
Hillcrest Community Park. 785-231-3097

FREE MOVIE NIGHT - June 19, 6pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. MOVIE: "COURAGEOUS." When a tragedy strikes close to home, four police officers struggle with their faith and their roles as husbands and fathers; Together they make a decision that will change all of their lives. Available for Children: A Veggie Tales Movie. Doors open at 5:45 pm. Free Movie Snacks Provided. For info: 785-379-5642.

CD RELEASE CONCERT EVENT WITH JAN KRAY-BILL— June 20, 4pm, Grace Cathedral, 701 SW 8th Ave. CD Release of the Grammy nominee's organ recital recorded on the organ at Grace Cathedral. 785-235-3457

VBS—Jun. 21-25, 5:15-8:15PM, Faith Lutheran Church, 1716 SW Gage Blvd. Ages 3 years to 5th grade. "Treasured:



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MARIA THE MEXICAN – June 22, 6-10pm, Jayhawk Theatre. 785-696-2147

COUNTRY STAMPEDE – June 24-26, Heartland Park. Tickets: www.ticketsales.com/heartland-park/113360/2021

STEVE KILE BAND - June 25, 7-10pm, The Vinewood 2848 SE 29th St. Dynamic duo - a Vinewood favorite. All ages. Tickets \$10 - TheHistoricVinewood.com

THUNDER OVER THE HEARTLAND AIRSHOW – June 26-27, Topeka Regional Airport. Tickets: www.heartlandairshow.com

CAMP CATAPULT – June 28-July 2, 9am-3pm, Topeka Bible Church, 1135 Southwest College Ave. Fast-paced, week-long adventure with games, entertainment, Bible lessons, and making new friends! Kids currently completing grades K-4 will attend camp in the College Avenue Building. Fifth-grade boys and girls will travel each day to the Falley Scout Reservation (Camp Jayhawk) for additional outdoor adventures.

SPIRIT OF KANSAS BLUES FESTIVAL - July 4, Reynolds Lodge at Lake Shawnee. Live music, kids activities, vendors, food trucks.

LIVERPOOL LEGENDS – July 10, 7:30pm, TPAC. 785-234-2787, info@topekaperformingarts.org

CAMP INVENTION - July 12-16, Topeka Lutheran School. In-person or at-home options. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

SHAWNEE COUNTY FAIR - July 22 - 25, Stormont Vail Event Center. Thursday thru Saturday at 8:00am – 10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at www.shawneecountyfair.org

VINEWOOD MARKET – July 30-Aug. 1, and Oct. 2-3: 8-4 Sat. & 8-2 Sun. The Vinewood, 2848 SE 29th St. Indoor & outdoor flea market & craft fair. Food Trucks. 785-260-6772 or thehistoricvinewood.com

GREATER VISION CONCERT – Aug. 13, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Rd. No tickets needed; freewill offering. Doors open at 6pm. 785-273-2248. wwoodsnaz@wnnaz.org <https://www.facebook.com/events/923288371572235>.

SOLE REASON GOLF TOURNAMENT - July 31, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Sole_reason@yahoo.com or 785-338-2965. Benefits children that need sneakers. Lots of prizes and silent auction items.

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 27, 11:30 reg.; 10:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

CASTING CROWNS – Oct. 3, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: castingcrowns.com

TOPEKA FALL FEST – Oct. 9, 10am-3pm, at the Vinewood, 2848 SE 29th St. Come out and enjoy the live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Fun for the whole family, and admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Photo Booth, Inflatables, Petting Zoo, Pony Rides, Ball Toss, Cake Walk, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Health & Wellness Magazine, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5Alive.org.

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

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

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

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

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

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

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

MARKET MONDAYS - Monday 3-7pm through October, Every Plaza. A farmers market and artisan market helping to increase access to fresh, locally produced foods and other products.

SILVER LAKE FARMERS MARKET – Tuesdays 6-8pm, June 1-Sep. 7, Silver Lake Library

LAWRENCE TUESDAY MARKET – Tuesdays, May 4-Oct. 26, 4-6pm, South Park, 1141 Massachusetts

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

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

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

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

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?

VE 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 or call (785) 633-8321

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.

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dil-

lon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

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.

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

DOWNTOWN TOPEKA FARMERS MARKET - Satur-

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Benefiting Local Kids In Need
4 Person Scramble Tournament
Saturday, July 31st, 2021

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614
Registration 8:00 - 8:30 AM

Shotgun Start: 9:00 AM
Entry Fee: \$360 per team or \$90 per person
Includes Green Fees, Cart, Drinks and Lunch

For More Information or to register, go to www.solereason.net
or contact Jerry at (785) 338-2965 or
e-mail sole_reason@yahoo.com



- Putting Contest
- Closest To Pin
- Longest Putt
- Silent Auction



day's April 3 to Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

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

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

LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire Street. Open April 10-Nov. 20

MOVIES AT EVERGY PLAZA – Second Fridays til fall

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. wesquairedance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person pro-

grams will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367 on Aging, 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com

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Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, LA, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B).

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Spiritual Wellness

Three Pillars To Being a Better Man

By Troy Ismir, Founder & Creator of Barbells & Brothers

My journey out of quiet desperation to living a life of divine inspiration has been a path of radical inner transformation. It's always a work in progress. We never fully arrive or have it all figured out.

Life is short, but if we do it right we only need one life. A life of no regrets.

The three pillars that are the core of living a life of divine inspiration are brotherhood, optimal health and purpose. When we have these three pillars in place it will help us to be better men. It's uncovering that spiritual warrior that has been buried deep down inside us for far too long.

Without these three pillars in place we will feel like we are swimming upstream, always fighting the current instead of simply floating down the river of life knowing God is in control.

I have been an upstream swimmer, but I am learning that life is a lot more fun, peaceful and joyful when I go with the flow. That is a hard thing for us men to do. Our nature is to always have to prove ourselves and make things happen. I believe there is a better way

Pillar One...Brotherhood

The first pillar is brotherhood. This is all about finding a tribe of like-minded brothers who will support, encourage and pick you up when you have fallen down. And we all fall down. We just don't want to be that brother that doesn't get back up. Sadly, most men don't have one brother in their life they can talk to and share their deepest pain. This leads to a life of isolation, loneliness, despair and quiet desperation.

It can be really challenging to heal from our wounds, shame and guilt unless we share our darkness with at least one other trusted brother. There is a loneliness epidemic going on amongst men. I have witnessed time and time again that men want to express their feelings, they just don't feel safe doing it. I have seen how cathartic it is when we are able to share our deepest pain. I see the weight being unloaded from the fifty pound backpack of shame that we carry around the majority of our lives.

It weighs every man down whether we want to admit or not. We have been taught by cultural norms that we can't express how we really feel and show up in the world as who we are, so we pretend. We put up a façade and suppress everything until we explode. That is unhealthy for everyone.

A brotherhood is needed now more than ever. That is why I created Barbells & Brothers. We need to be in a community where it's safe to be us. Where we can practice courageous vulnerability. Where we don't have to suffer alone.

The first pillar and first step to getting out of quiet desperation is finding another brother, community or tribe where you can take your walls down and unpack any shame or guilt you are carrying with you. This brotherhood should provide a safe place where there is never any judgement or condemnation. If there is, then they are not your people. Move on and find another brother.

Barbells and Brothers is a tribe of spiritual warriors that is a brotherhood first and foremost. We are all beloved sons of God. If you are feeling beat up by the world, exhausted, trapped, and powerless feeling like you are battling to endure and question whether you really have what it takes, I want you to know you are not alone. Every man including myself has felt that feeling of quiet desperation. That first step out of quiet desperation is getting in brotherhood.

Pillar 2...Optimal Health

The second pillar of living a life of divine inspiration is being in optimal health. Optimal health is achieved by integrating physical, mental and spiritual practices into our daily lives. Too many men are living in quiet desperation because of poor health. It's time to reclaim our inner warrior and get back to who we are created to be in our essence. We are fully integrated beings of mind, body and spirit. To live our best lives, having a daily practice that incorporates mind, body and spirit will lead to optimal health full of vitality, energy and abundance. It is a life of valor.

With physical valor, we honor our bodies and develop our physical strength to be of greatest service to God. With mental valor, we honor our passions and develop the mental strength to be of greatest service to God. With spiritual valor, we honor our beliefs and develop the spiritual strength to be of greatest service to God.

When we incorporate this pillar into our lives we become optimized beings. We are fully optimized spiritual warriors that have the energy to be of service to each other, our community and to God. When we neglect this second pillar of optimal health we lessen our ability to be in divine inspiration due to poor physical, mental and spiritual health. I see a possibility for every man to better himself through optimizing every aspect of our health. It starts by making it a daily practice. Barbells and Brothers is a tribe of spiritual warriors that integrates faith and fitness into our daily lives.

Pillar 3...Purpose

The third pillar of Barbells & Brothers is living a life of purpose, feeling fully alive. Without this sense of purpose there is a feeling of smoldering discontent. A gut feeling that there has to be more to this life.

When we pursue our purpose, it's a game changer. I was



in the pharmaceutical industry for seventeen years. Although it was a good job that provided for my family, it wasn't my purpose, it wasn't my calling. It was slowly eating away at me knowing that I was missing out on the life that God had intended for me. It was scary to quit my six-figure job in the pharmaceutical industry to pursue my purpose, but it was a risk well worth taking.

Living our purpose doesn't require us to quit our job, but for some of you it might. It's about going on this journey of discovering who we are and showing up in the world as who God created us to be. It's not about what we do, it's about who we are becoming.

It's a journey of self-discovery and radical inner transformation. That is taking the road less traveled. It's a narrow path from what the world tells us to do. It takes courage to become who we are. It takes risk to pursue inner wisdom rather than chase the American dream of power, prestige and possessions. That is the path to quiet desperation. The path to divine inspiration is living a life of purpose, feeling fully alive, excited to get up in the morning not knowing what adventure is in store for us today.

That is the life I am going after. I used to dread Monday's, now most of the time I don't know what day it is. As the saying goes, "do what you love and you will never have to work another day in your life." I feel like that is where I am at in my life. I am living a life of purpose. It's simple with clarity.

Without this pillar in our life we are missing out. If you aren't waking up in the morning excited about the day, I would encourage you to start to create the life of your dreams. We have our default life and our created life. Take some time alone with God and start asking these questions. What are my passions? What are my dreams and goals? How can I make a difference in the world? What gifts, talents and skills do I have?

When we start to ask ourselves these questions and take small steps towards them we will learn more about who we are and what our purpose is. It's a journey of a lifetime.

The three pillars of brotherhood, optimal health and purpose are the foundations of living a life that makes us feel fully alive. What is one step you can take today to live that life you so desperately want to live? It is on every man's heart to make a difference in the world and leave a legacy. The best way we can do that is to be ourselves. To show up in the world being love. In order to do that we have to learn to love ourselves. The journey of a spiritual warrior is going on an introspective journey for a cause greater than ourselves.

—faithandfitness.net

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