

TOPEKA

MAY 2021

Health & Wellness

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MAGAZINE

ZOOM HELPS MIDLAND CARE'S 24 FOR LIFE DIABETES PROGRAM CONTINUE TO THRIVE

**FREE
TAKE ONE!**



Those who qualify for CDC-certified program can enroll for free

See page 3 for information about front page photo



7 Health Tips Every Woman Should Take to Heart
Only 'other people' have mental health conditions

How does hospice care really work?
Should you hire a personal fitness coach?

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MAY is



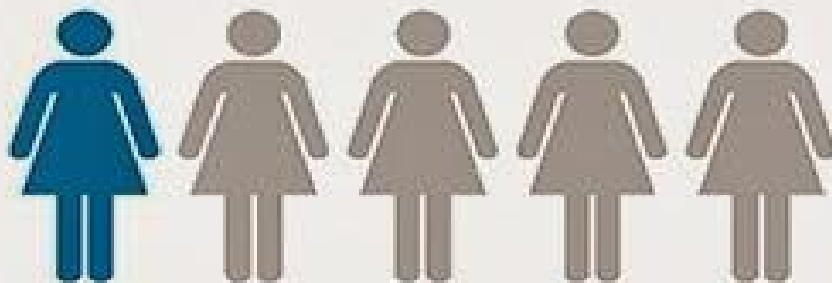
and



Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.¹

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.²

Women are more than **twice** as likely as men to develop **PTSD**.³





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785-380-8848

2611 SW 17th St., Topeka, KS 66604
info@TopekaHealthandWellness.com

www.TopekaHealthandWellness.com

PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

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ON THE COVER:

Our cover this month features Donna Doel, Assistant Coordinator of Midland Care's 24 for Life Diabetes Prevention Lifestyle Change Program, as she keeps classes going via Zoom. 24 for Life is certified by the Center for Disease Control, and those who qualify can enroll for free. For more about this program see the article on page 5.



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

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May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY
232,000

NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE
UNITED STATES.¹



1 IN 8

U.S. WOMEN WILL GET
BREAST CANCER AT SOME
POINT IN THEIR LIVES.¹

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ALCOHOL



REGULAR PHYSICAL
ACTIVITY



BREASTFEEDING

AICR estimates that

38%

of U.S. breast cancer cases or about,

1 in 3



could be prevented by being at a healthy weight, being physically active,
avoiding alcohol and breastfeeding.²

That's over **89,000** cases each year that never have to happen.

The Promise
of Survival



There are now nearly **3 million**
breast cancer survivors in the U.S.,
who are living longer, healthier lives than
ever before.³

¹ National Cancer Institute website, 2014.

² American Institute for Cancer Research. AICR/WCRF Continuous Update Project Report: Breast Cancer, 2010.

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risks related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

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Midland Care offers programs that serve people of all ages. Programs include:

- Hospice
- Home Health
- Thrive at Home
- Palliative Care
- Meals on Wheels
- 24 for Life - Diabetes Prevention
- Senior Living
- Program of All-Inclusive Care for the Elderly (PACE)
- Bereavement Services at The Center for Hope and Healing

Not sure where to turn? Call Midland Care. The sooner you call, the sooner we can help!



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"I was having a hard time playing with my kids. I heard about 24 for Life and decided to join! 24 for Life taught me how to lose weight, be more physically active and reduce stress. Because of 24 for Life, we do more together. Some of our favorite ways to be active and have fun are riding bikes, playing tag, and going to the park."

- Melissa K. 24 for Life Participant

TAKE THE RISK TEST

www.midlandcare.org/24forlife
785-250-5210

Zooming into New Possibilities with 24 for Life Diabetes Program

2020 and the COVID-19 pandemic presented an abundance of challenges for the 24 for Life Diabetes prevention lifestyle change program at Midland Care. Promoting the program through creative marketing – both to individuals and organizations – during a pandemic was a challenge. However, using creative approaches, 24 for Life was able to grow its program and increase enrollment and weight loss among participants.

As the COVID-19 virus began to spread across the US and the threat became more and more real at a local level, reality began to set in. Following the issuing of stay-at-home orders by the local county governments, Midland Care was challenged to figure out what to do with the active 176 participants while growing the program during a pandemic that required social distancing and limited in-person activities. To reduce transmission of the virus, Midland Care and its community partners began closing their facilities to the public and reducing staff time to the lifestyle change program to focus on pandemic efforts.

Out of necessity, Donna Doel, a lifestyle coach and program assistant coordinator, was asked to coach all groups. With reduced staff time and the restriction of in-person activities, it became clear that Midland Care needed to adjust its path forward to continue growing the lifestyle change program.

Midland Care decided to use technology to stay connected with program participants. It was determined that the Zoom platform along with a teleconference phone line would be the best way to move forward. By the end of March 2020, Midland Care was resuming classes in a whole new way. Donna was able to coach all remaining classes through Zoom. The first distance-learning class performed remarkably well. The group consisted of mostly individuals of the Medicare priority population, and lost an average of 6.8% of their starting weight to date.

The program was still tasked with starting new groups and finding new recruits to enroll. Thanks to a grant with the American Diabetes Association, Midland Care was able to gain exposure through media on local television news segments and radio



“Because of 24 for Life, I am no longer classified as ‘overweight.’ I believe I have improved my health and I feel better. I know I have reduced my risk of developing Diabetes” Ann S.

spots and commercials. Midland Care used media stories, advertising and videos to tell participant success stories which generated new leads. The program also focused on print media advertising. Participant success stories were featured in *Topeka Health and Wellness Magazine’s* editorial content and as a cover story. Marketing efforts resulted in an increase of individuals interested in the program. Program staff kept in contact with these recruits and classes resumed via Zoom and teleconference in April 2020.

Despite the struggles of the pandemic, Midland Care was able to continue by looking at new ways to deliver the program. The pressure of the pandemic made program administrators think outside of the box. Initially, it was thought that delivering the program to seniors through Zoom would be a challenge; however, it was found that the senior population was more adaptable than expected. Despite the restric-

tions of the pandemic, from April 2020 – March 2021 the program created nine Zoom classes.

The pandemic challenge has taught Midland Care to think outside the box. Offering distance learning and in-person groups will allow the program to extend its reach and be flexible to the needs of its participants.

Thanks to a grant with the American Diabetes Association, those who are at risk for type 2 diabetes or are prediabetic can be a part of the program at no cost.

For information about the 24 for Life program, visit www.midlandcareconnection.org/24forlife.

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
785-250-5210

ddoel@midlandcc.org
24forlife@midlandcc.org

www.midlandcareconnection.org/24forlife




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Do Mental Health Problems Only Happen to “Other People”?

Most people believe that mental health conditions are rare and “happen to someone else.” In fact, mental health conditions are common and widespread. Nearly one in five U.S. adults live with a mental illness (51.5 million in 2019).

There are more than 200 classified forms of mental illness. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope with or recover from a mental illness or emotional disorder.

In honor of Mental Health Awareness Month, we wanted to share some proven tools that may help us feel stronger and more hopeful.

The first tool is **connection with others**. Having a strong support network in place helps bust stress and boost well-being. We humans need to feel supported, valued, and connected. Connection brings the benefits of increased happiness, better health, and a longer life. Sometimes connection is a heart-to-heart talk, other times it's as simple as a laugh-out loud email or message to let someone know you are thinking of them.

Creating and maintaining a positive attitude and outlook on life by practicing optimism and gratitude is crucial to keeping a positive frame of mind. In this case, it's about training ourselves to focus on the good and possible rather than the opposite. Helping others and volunteering can also help us

experience less depression, greater calm, fewer pains, and better health.

Physical exercise and staying active helps our body stay healthy, improves our sleep quality, increases our energy, and helps manage our weight. Are you having trouble sleeping? Stop caffeine for 6-8 hours before bed, take a hot bath or shower, meditate, try a new app for stress reduction, or listen to an audio book or soothing music. Perhaps you could try going to bed at a regular time, create a phone free zone in bed, and stop using devices two hours before bed to help you unwind and decompress at the end of the day.

Eating a well-balanced diet low in carbs and saturated fats, and high in fiber, fruits and veggies will help your energy levels and keep you feeling fuller, longer.

To keep your heart and mind feeling full, take moments to **laugh and enjoy something funny** throughout your day. Laughter is a great natural mood booster!

And to keep you feeling really fulfilled, **schedule time for your favorite hobbies** such as writing, dancing, arts and crafts, photography, or anything that gets your creativity and inspiration really flowing!

If you feel the problems in your life are stopping you from functioning well or feeling good, **professional help can make a big difference**. Most people who seek professional help feel better. Seeking help from a qualified medical professional can help you



solve problems, develop coping strategies, feel stronger when facing challenges, change behaviors that are holding you back, assess your thoughts that affect your feelings, heal from past hurts, set goals, and build your self-confidence.

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

FINANCIAL HEALTH & WELLNESS

Tax Day extended: filing & payment deadline now May 17

The Treasury Department and Internal Revenue Service has announced that the federal income tax filing due date for individuals for the 2020 tax year will be automatically extended from April 15, 2021, to May 17, 2021.

Individual taxpayers can also postpone federal income tax payments for the 2020 tax year due on April 15, 2021, to May 17, 2021, without penalties and interest, regardless of the amount owed. This postponement applies to individual taxpayers, including individuals who pay self-employment tax. Penalties, interest and additions to tax will begin to accrue on any remaining unpaid balances as of May 17, 2021. Individual taxpayers will automatically avoid interest and penalties on the taxes paid by May 17.

Individual taxpayers do not need to file any forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the May 17 deadline can request a filing extension until Oct. 15 by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Filing Form 4868 gives taxpayers until October 15 to file their 2020 tax return but does not grant an extension of time to pay taxes due. Taxpayers should pay their federal income tax due by May 17, 2021, to avoid interest and penalties.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds associated with e-filed returns are issued within 21 days.

This relief does not apply to estimated tax payments that are due on April 15, 2021. These payments are still due on April 15. Taxes must be paid as taxpayers earn or receive income during the year, either through withholding or estimated tax payments.

In general, estimated tax payments are made quarterly to the IRS by people whose income isn't subject to income tax withholding, including self-employment income, interest, dividends, alimony or rental income. Most taxpayers automatically have their taxes withheld from their paychecks and submitted to the IRS by their employer.

State filing and payment deadlines for Kansas have also



been extended to be the same as the federal filing deadline.

—Peggy Beasterfeld, EA



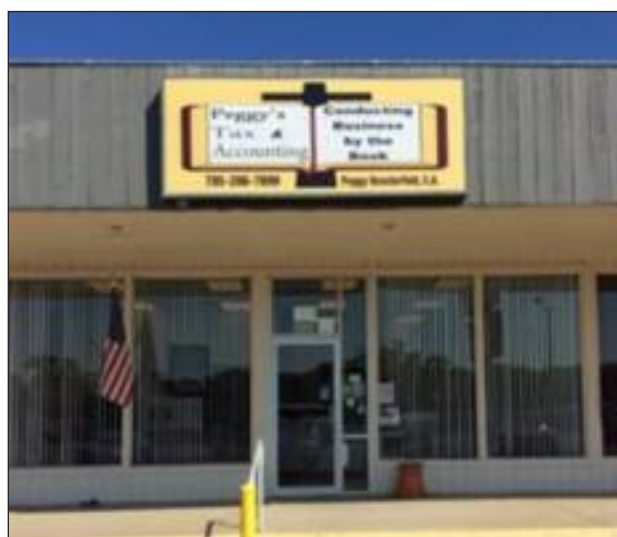
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How Does Hospice Care Really Work?

Did you know that people who are facing a life-limiting illness and receive hospice care tend to live longer than people who choose not to elect hospice care? AARP reported on a study that people who had a terminal illness and received hospice care lived longer—in some cases, almost three months longer than people who did not have the support of a hospice team. Hospice care truly focuses on life and strives to increase quality of life through symptom management and emotional and spiritual support, and it empowers the family by making an end-of-life expert available 24 hours a day.

Hospice Care: It's All About Life

People are sometimes reluctant to explore the possibility of hospice care because they mistakenly believe that it means giving up or surrendering control of their medical care. In reality, hospice care is patient-focused care that strives to meet the physical, emotional, social, and spiritual needs of both the patient and their family. It offers an individual facing a terminal diagnosis a chance to assemble a health care team that will work with them to craft a care plan that meets their unique health care needs. With hospice care, the focus shifts from cure to comfort, but the patient remains in control of their care. In fact, if the patient shows unexpected improvement or simply decides that hospice care is not for them, the service can be ended at any time.

Qualifying for Hospice Care

For a patient to be eligible for Medicare's hospice benefit, certain conditions must be met. Two doctors must certify that the patient has a terminal illness and a life expectancy of six months or less. The patient has to sign a statement indicating their decision to accept hospice care in lieu of other Medicare-covered benefits for treatment of their terminal illness. Benefits for the treatment of conditions not related to their terminal illness remain unchanged. What happens if the patient outlives expectations? Hospice care is not limited to a six-month period, so there is no need to fret about entering hospice too soon. Patients can continue to receive the care that they need as long as the hospice physician recertifies they still meet the Medicare guidelines for hospice services. However, it is important to note that all care for the terminal illness must be coordinated with the hospice team.

A Team Approach

Hospice care is multidisciplinary in nature. It uses a team approach to create and implement a customized care plan and provide a continuity of care. Everyone on the hospice team contributes their expertise as they work together to maintain or improve the patient's quality of life by managing the symptoms of complex illnesses and conditions.



The members of a hospice care team include the patient, their family, and an assortment of medical professionals and volunteers. Hospice doctors and nurses or nurse practitioners are on hand to offer support and guidance as needed. Hospice aides, social workers, chaplains, and volunteers offer invaluable assistance that can make a difficult time easier for the patient and their loved ones. Counselors, psychologists, pharmacists, speech-language pathologists, nutritionists, and physical and occupational therapists may participate if the patient is likely to benefit from their services.

Care That Comforts

How does hospice care work? When people think of health care, they often tend to picture either preventative care, which works to prevent a disease or condition, or curative care, which is intended to cure an ill or produce a healing effect. Hospice care has a distinctly different goal: comfort. To achieve this, hospice professionals tackle a wide range of tasks. While hospice care can be provided in health care facilities, this type of care is often provided in the home so that the patient can better maintain control of their surroundings as they enjoy their own space, set their own schedule, and have easy access to their personal belongings. How does hospice care work? The exact nature of the services rendered depends on the specific patient's needs and desires. The following are examples of some of the services hospice provides:

- Skilled nursing visits, which focus on pain and symptom management
- Social worker and chaplain visits centered around spiritual and emotional support as well as end-of-life plan-

- ning and finding additional resources, if needed
- Aide visits to assist with bathing and personal care
- Medical equipment such as hospital beds, wheelchairs, and walkers
- Medications related to the hospice terminal illness
- Short-term respite care in a nursing facility when arranged by the hospice team
- Counseling for the patient and their loved ones
- Other services deemed necessary by the hospice team to manage the terminal illness

Why Choose Hospice?

Choosing hospice allows people who are on the final part of their journey to face this time with dignity, respect, and comfort. Hospice care allows the family members to have the peace and knowledge of knowing they have the support of a team of experts walking alongside them as this journey continues. When you choose hospice, you truly choose life.

If you or someone you love could benefit from hospice care services, consider Phoenix Home Care & Hospice. Committed to facing life's challenges with grace, respect, and compassion, we strive to deliver excellence that exceeds expectations with empathy and positivity. To learn more contact Phoenix Home Health Care today.



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Know the Signs:

Balance	sudden loss of balance or coordination
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Speech	sudden difficulty speaking
Time	time the symptoms started

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7 Health Tips Every Woman Should Take to Heart

Many women fall into the habit of taking care of others' health and wellness needs before they take care of their own. But the fact is that you're actually in a better position to provide care for the people most important to you when you make your own healthcare a top priority.

No matter what your age or overall health status is, these 7 health tips can help you increase your chances of better health throughout your life:

- 1.) Stop smoking. Doing so will greatly reduce your chances of developing lung and heart disease.
- 2.) Stay on top of your annual wellness checks*. This habit can increase the chances of early detection of disease or chronic conditions, which in turn increases your chances of doing something about any health problems you develop.
- 3.) Don't skimp on sleep. Besides fighting the signs of aging, regular sleep promotes mental alertness and helps keep your stress levels in check.
- 4.) Avoid the sun during 10 a.m. and 2 p.m. When you do have to be outside, wear a broad-spectrum sunscreen with a SPF of 30 or higher.
- 5.) See your doctor every year. Even if you are feeling fine, regular wellness checks and health screenings can increase your chances of early detection of problems.
- 6.) Make physical activity an important part of your life. Even if you only have time for 20 minutes of exercise a day, a lifelong habit of regular activity benefits your healthy heart and helps you stay on top of your weight and your stress levels.
- 7.) Make good nutrition a priority. Avoid crash diets or overindulgence in favor of a realistic diet that features plenty of fruits and vegetables.

MORE ABOUT NUTRITION:

Regardless of a woman's age, nutrition experts generally recommend a diet that is focused on fruits, vegetables, fiber and protein. Your physician can direct you to appropriate resources—such as choosemyplate.gov—to help you tailor a diet that best supports



lifelong health.

Women of childbearing age also need foods with folic acid (like leafy green vegetables, beans, and citrus fruits) to help prevent birth defects.

For women who have gone through menopause, it's recommended that you increase your intake of foods with calcium and Vitamin D (such as seafood, fruit, low-fat dairy, and egg yolks) in order to prevent bone disease.

MORE ABOUT PHYSICAL ACTIVITY:

Throughout your life, a physical activity regimen that includes 20-30 minutes of daily cardiac activity (such as walking, running, swimming, hiking, or biking) is recommended for heart health, weight management, and stress reduction. Particularly as you get older, it may be beneficial to supplement your exercise routine with weight lifting or other strength training activities that help prevent loss of bone density and muscle mass.

The good news about exercise is that it's never too late to start. Even if you're past 50 and don't have much of a history of physical fitness, you can still "start small" and work your way into a regular routine of exercise that helps you improve your overall health.

MORE ABOUT RECOMMENDED SCREENINGS:

Cholesterol and Blood Pressure: Women ages 20 and up should consider annual cholesterol tests and blood pressure checks a part of their regular health care routine. Your physician may recommend a more frequent

schedule if you have a family history of problems in these areas or other risk factors.

Pelvic Exams and Pap Smears: Women ages 21-65 should have annual pelvic exams and a Pap smear at least every three years. These screenings may be performed by your family medicine doctor or your OB-GYN.

Breast Exams and Mammograms: Generally, all women should receive a breast exam every year beginning at age 20. Most healthcare providers recommend annual mammograms from age 40-50, and every-other-year mammograms after that point. Also, you should get into the habit of monthly self-exams of your breasts. Your physician can show you the correct way to perform them.

Osteoporosis Screenings: Women 65 and older are at greater risk for problems with their bones, which is why most doctors recommend annual bone density screenings beginning at age 65.

Colorectal Screenings: Once you turn 50, ask your physician about recommended screenings (such as colonoscopies) for colorectal cancers and other potential problems.

Skin Cancer: Women of all ages should develop the habit of paying attention to changes in the skin or changes in moles and birthmarks. Be sure and report anything that seems different when you have annual wellness checks. If you have risk factors for skin cancer, such as a family history, fair skin, or a history of childhood sunburns, you should ask your physician if he or she recommends regular screenings.

Diabetes: Besides knowing the signs and symptoms of diabetes and managing your risk factors, you may need regular screenings from age 40 onward, depending on your family history and risk factors. Ask your physician for advice.

**Talk to your physician about recommended health screenings. Guidelines for health screenings vary and your physician may recommend a schedule that differs from the guidelines based on your medical or family history. Also, be sure to consult your physician before beginning any exercise routine.*

3D Imaging for Breast Cancer: Mozart



(Ivanhoe Newswire) —

One-hundred and seventy-thousand women will undergo lumpectomy this year to remove a cancerous breast tumor, but about one in five will need a second surgery to remove lingering cancer cells. Now, new research shows 3D imaging is helping doctors find cells that might otherwise be missed.

Three-dimensional imaging has become standard for women undergoing mammography. Now, 3D tomosynthesis technology is helping surgeons identify cancerous and pre-cancerous cells that might otherwise be left behind after a tumor is removed. It's called the Kubtec Mozart Imaging System. Doctors use the equipment in the OR to create images in real-time.

"It gives us slices through the specimen so we can see and assess how far the tumor is from the edge," explained Michele Blackwood, MD, FACS, Director of Breast Surgery at Robert Woods Johnson Barnabas Health.

New research shows that using this 3D system during lumpectomy reduces the need for a second surgery by more than 50 percent compared with traditional 2D imaging. For breast surgeon Michele Blackwood, the technology also means less time waiting for radiologists to confirm that she has removed all the cancerous cells.

"Because the shorter you're on the operating room table, the better it is from a bleeding risk, an anesthetic risk, an infection risk, and quite frankly, a blood clot



risk," shared Dr. Blackwood.

The technology improves the precision of cancer surgery. Doctors say the technology also helps them preserve as much healthy breast tissue as possible.

Lumpectomy is a surgical procedure in which a surgeon removes cancerous or other abnormal tissue from the breast. The lumpectomy procedure is also referred to as a breast-conserving surgery or a wide local excision or excisional biopsy due to the fact that unlike a single or double mastectomy where one or two full breasts are completely removed, only a portion of the breast tissue is removed in lumpectomy. During a lumpectomy procedure, surgeons will also remove an area of normal tissue around the lump or cancerous tissue to ensure that all of the abnormal tissue is removed.

Lumpectomy can also be used to confirm or rule out a cancer diagnosis. It is the first treatment option for patients with early stage breast cancer. In the case that a lumpectomy confirms a cancer diagnosis, radiation therapy typically follows to greatly reduce the chances of recurrence in the remaining tissue. Michele Blackwood, MD, FACS, director of breast surgery at Robert

Woods Johnson Barnabas Health says, "lumpectomy and radiation is equal to mastectomy in survival."

During a lumpectomy it is imperative that all cancerous tissue is removed. But tumors sometimes are mixed and have invasive cancer and pre-cancerous tissue. This pre-cancerous tissue particularly can be on the outside of the tumor and it is not felt or seen by the naked eye.

Michele Blackwood, MD, FACS, director of breast surgery at Robert Woods Johnson Barnabas Health says, "So after I get the tumor out, I put six different colored inks on that specimen, I mark it with these charms that tell me which margins are which, and then I take an X-ray of it right in the operating room. And that X-ray is done with the Kubtec and it looks beautiful. And then I can tell how close each margin is, I can actually tell if I've gotten the specimen that I need out because many of these cancers we can't feel. So, you're using radiology guidance to find these, and it's very reassuring when you've gotten the whole tumor out."

The Mozart Kubtec system photographs the specimen itself and goes through the piece of tissue in very small increments to ensure the totality of tumor and pre-cancerous cells are removed.

Farmers Markets a healthy tradition

Farmers Markets have been a source of healthy food for centuries, but they can also be safe in the current environment, as well as being a source of fun and exercise.

Topeka's Downtown Farmers Market has taken necessary precautions with respecting the COVID-19 six foot rule.



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

"We are really, really practicing social distancing, hand sanitizers at each vendor booth," Mary Tyler, Manager of Topeka Farmers Market explained. "There's no table cloths, anything and everything we can do to keep sanitation and keep things clean."



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

Visit the Farmers Market instead of the grocery store and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthynighborhoods.org

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

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

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



Markets updated 3/18/2019

Suggestions to Lissa Staley, lstaley@tscpl.org

Capitol Midweek Farmers Market

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

Not open yet

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

Not open yet



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

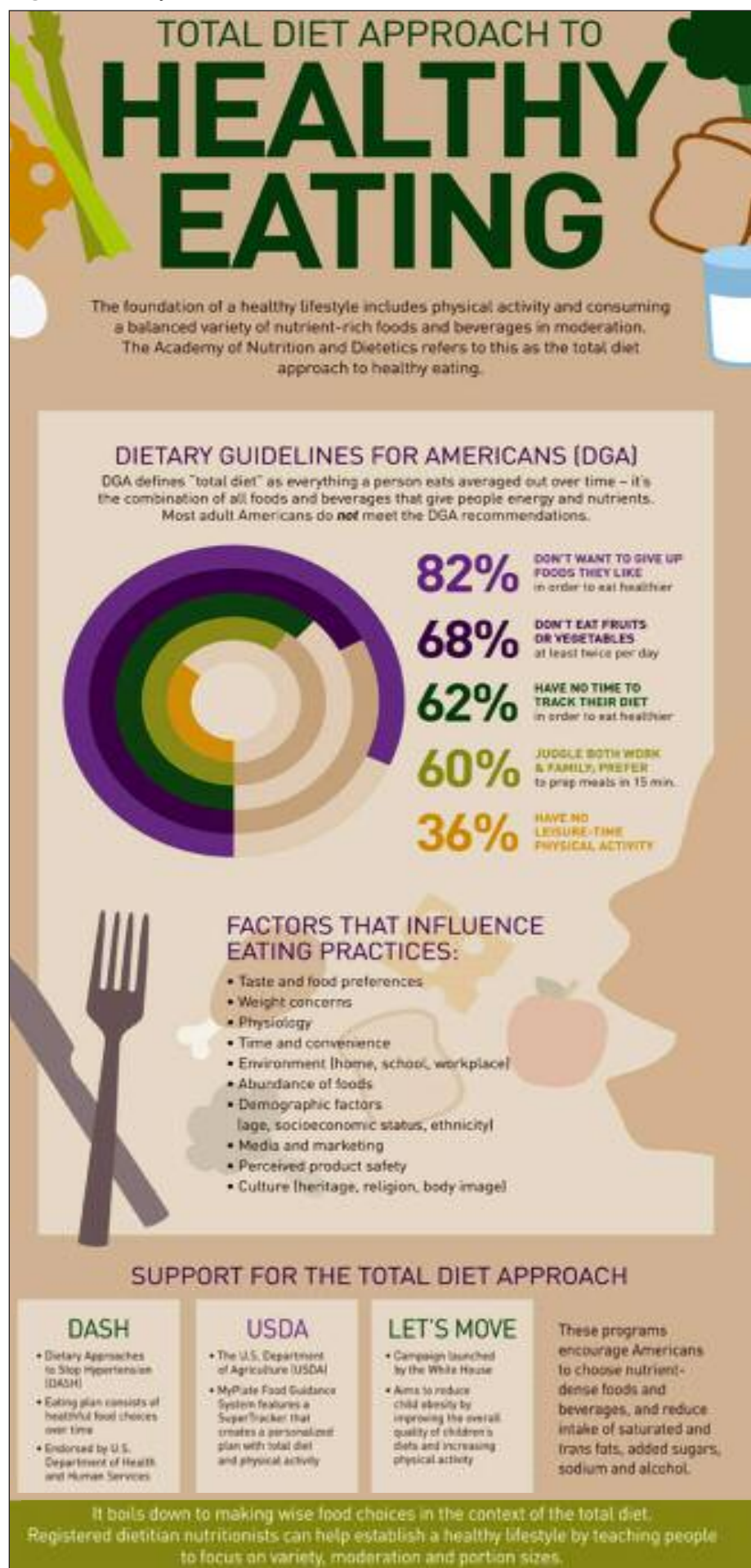
Lawrence Tuesday Market 4-6pm

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.





Pool and Beach Safety Steps

Warm weather is here and many will spend at least part of their leisure time 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.

7 Tips To Promote Wellness As Weather Gets Warmer

As seasons change, there's often a great deal of shuffling and movement, including common allergy triggers like trees, pollen, mold spores, dust and dander along with pesky sinus pressure. Combined with changes in barometric pressure and weather patterns bouncing up and down, spring can be one big pain – literally.

“This is the time of year when most of us are excited to see the change of seasons, but millions of allergy and sinus sufferers welcome spring with trepidation,” Dr. Ian Smith, M.D., said. “Common triggers such as trees, pollen, mold spores, dust and dander can wreak havoc for many. Having a trusted multi-symptom reliever of upper respiratory allergies like Mucinex Sinus-Max is absolutely key in making the season more enjoyable for all suffering from sinus and congestion issues. With a reliable multi-symptom product stashed in your medicine cabinet, and the combination of simple modifications like being mindful of your indoor climate, eating more fruits and veggies, and staying hydrated, can help limit sinus discomfort this season.”

Take steps this spring to ease the impact of sinus and allergy problems and focus on your overall wellness for a smooth transition with these tips:

Control your allergy and sinus triggers. Knowing what flares your allergic reactions can help prevent discomfort. For many people, monitoring pollen counts and limiting time outdoors on high-pollen days can help reduce reactions. You might also avoid hanging laundry outside, as pollen can stick to clothes and sheets as they dry, and ask for help with yardwork to limit your exposure.

Find some pressure release. When nasal congestion or sinus pressure build, it can feel like a ton of bricks have landed on your head. However, you can find relief with products designed to help clear up your stuffy nose, relieve headaches and thin and loosen excess mucus. Often, if you're experiencing sinus problems, you're dealing with multiple symptoms. From congestion to headaches and sinus pressure, an over-the-counter medicine like Mucinex Sinus-Max can break up your sinus symptoms with just one dose or your money back.

Manage your indoor climate. Even when you start spending more time outdoors, it's important to keep close tabs on the quality of the air inside your home. If you're prone to allergy flare-ups or sinus infections,



manage the humidity level by using a humidifier or dehumidifier. If outdoor allergens are a concern, avoid opening windows and doors, and instead rely on air conditioning on warmer days. Also be sure to change filters regularly and use an air purifier for added protection.

Pile on fresh produce. After spending cooler months consuming comfort foods and fewer fresh veggies, spring ushers in a new menu of opportunity. Take advantage of all the garden-rich options and fuel your body with vitamin- and nutrient-rich produce that fills farmers markets, grocery stores and even roadside stands.

Soak up the sun (responsibly). After months indoors, you're probably ready to spend some time soaking up the sun's rays. Vitamin D is an essential nutrient that affects numerous body systems, including the immune system and bone health. It's also been shown to improve your mood and reduce depression, so take in plenty of fresh air and sparkling sunlight. Just remember to slather on plenty of sunscreen to protect your skin from harmful UV rays and don't forget to protect your eyes with UV-blocking sunglasses.

Keep fluids flowing. More time outdoors in warmer weather can quickly lead to dehydration, especially if you're working up a sweat. Drink plenty of water to stay well hydrated and keep your body operating in top shape. Staying hydrated can also help keep mucus moving, allowing you to ease through allergy or sinus problems.

Update your medicine cabinet. A seasonal change is a good time to take stock of your medical supplies and medications to ensure you have what you need for the months ahead. Discard any expired prescriptions or over the counter medicines and be sure restock common spring and summer essentials like bug bite ointments, sunburn spray and multi-symptom products like Mucinex Sinus-Max to help temporarily relieve sinus and congestion symptoms in one dose. Also be sure to replenish your first aid kit with plenty of bandages and wound care supplies.

For more information, visit Mucinex.com.

Manage Mucus

From maintaining hydration of the respiratory tract to protecting against harmful foreign pathogens, mucus plays an important role in the body. Allergies, smoking or any upper respiratory tract infection, such as the common cold or flu, could trigger excess mucus, causing bothersome symptoms that interfere with your overall well-being. These simple steps from the experts at Mucinex can help minimize these issues.

Humidifiers and vaporizers can help ease mucus symptoms by adding moisture to the air you breathe. By eliminating dry air, which can be irritating to the airways, you're providing yourself with moist air that may help reduce nasal stuffiness. Vaporizers use heat to create boiling water, which adds steam to the air. Humidifiers release cool mist.

Nasal decongestants, expectorants and antihistamines can go a long way toward managing mucus. Decongestants help reduce swelling of tissues in the nose and sinuses. This, in turn, helps with easing blockages due to mucus. If allergies are causing your flare-up, antihistamines can help by limiting or blocking histamine, which your body produces during allergic reactions, helping with symptoms like sneezing, runny nose, watery eyes and more. Expectorants, such as Guaifenesin, thin mucus, making it easier for your body to get rid of it.

Nasal irrigation can help ease a stuffy nose caused by mucus buildup. Useful options include neti pots, squeeze bottles and syringes. These methods all involve flushing your nostrils with a saline product to help loosen mucus. Make sure you use new or sterile equipment; the use of the same nasal spray container by more than one person may spread infection. Irrigate only occasionally because frequent use can affect the good bacteria in your nose.

—Family Features

Should You Hire a Personal Fitness Coach?

Exercise should be simple, right? We all took PE class so we know how to work out, it's just making sure we do it. Eating right? Oh yeah, that's easy, more vegetables, Lean Cuisines, fat-free stuff, right? Unfortunately, there's so much conflicting and confusing stuff out there that getting in shape is no longer clear cut. Sometimes your workouts can actually get you the opposite of what you were working towards!

A fitness coach can help you identify your body type, help you work out for your genes and hormones, and help you reach the results you want! And usually faster and more effectively than you could do on your own! Not convinced? Continue reading to see if a fitness coach is right for you.

What is a Fitness Coach?

This term is used widely for several different types of people, but I'm referring to someone with a personal training background who also knows how to coach you. Coaching isn't like our childhood days where any parent with a free Saturday morning can coach the 4-year-old soccer team. We're talking about helping busy professionals and parents with various personality traits make lifestyle changes that work for them and stick to them, despite the obstacles that come.

Sounds nice, right? It's much more specialized than someone who leads you through a workout, or just likes to workout, takes gym selfies, and knows a thing or two...

8 WAYS A FITNESS COACH CAN HELP YOU REACH YOUR GOALS

They Keep You Accountable

Unless motivation runs through your veins, you probably have had a time or two (or 100) where you skipped your workout or slacked on your healthy habits. Perhaps your "cheat" meals are no longer once a week or biweekly, but are about every 4th meal. This is where accountability could have saved you regaining those 5 pounds you worked so hard to lose, or possibly even better, saved you regret and beating yourself up over another slip.



One of the most powerful things a fitness coach has to offer is accountability. If you know how to become a mean, lean 6-pack machine but don't do it, then your knowledge is useless. A fitness coach can help you be accountable to what you set out to do by:

- providing check-ins,
- helping you identify the biggest obstacle you face and come up with solutions that you stick to,
- helping you face reality with what you are or are not doing
- working out a plan to help you be consistent
- offering incentives or consequences based on your personality and goals
- helping you press through "not feeling like it" and when motivation wanes
- obviously not an exhaustive list: fitness coaches can personalize accountability to your goals and personality!

They Are An Expert So You Don't Have To Be

Something that I've discovered about getting healthier and in shape is that it can take a lot of research. For some people, it's as easy as starting to run three times a week or eating fruit instead of cupcakes, but for most it's not quite that simple. It's easy to get down a rabbit hole of questionable fitness advice, fad diets, and unproven supplements.

And you're wasting your time with all this research- you have an area of expertise you could be improving upon. What you contribute to the world is different and important, and we all benefit when you are thriving in that area. You don't need to waste your time on researching the best workout, diet, or proper squat form. Let a fitness coach be the expert and you can get healthier while spending your

time on what matters most to you. If this is your hobby, then by all means go for it. But I know for many of you it's overwhelming and you just avoid it!

Here are some things a fitness coach will help you with, but there's so much more:

- proper exercise form and safety
- warm ups, cool downs, and recovery
- finding the right exercises and workouts for your body & goals
- nutrition and eating right for your body
- breaking through a weight loss plateau

These are so important I'd love to make them their own heading!! But for the sake of time, I'll just list them.

They Will Encourage You When Things Get Tough

Life's tough, get a helmet. Right?

Tough love is a great part of working with a fitness coach, but sometimes you just need encouragement!

To be cheered on when you complete one more rep than last week. To have someone recognize how much you sacrificed to turn down dessert at your work party, or choose to cook instead of going out even though you were tired. This adds fuel to your goal-reaching fire!

A fitness coach has an eye to point out victories in every aspect of your health and fitness routine. They are helpful at cheering you up if you feel discouraged, and knowing you aren't alone with whatever obstacles you come across on your fitness journey is so comforting!

Encouragement can help keep you going during a tough season or your busy schedule, and sometimes that's a large weight to put on a friend or family member.

When most of the world is negative, it's nice to have someone positive in your corner.

They Help You Track Your Progress

It's so easy to focus on the scale, or to have things we did wrong stand out more than what we did right. I regularly

work with clients who are happy about their measurements improving but incredibly discouraged the scale isn't moving faster. That's where I get to step in and point out how huge it is they are losing inches. Fitness coaches can help you gain perspective and track your progress in ways that are better than the scale.

A fitness coach can help you know how to correctly measure yourself, help you find ways of tracking your body fat percentage, help keep you accountable for taking progress photos, etc. We also help you track your progress in other ways, like going up in weight on your squats, improving form on your pushups, or being able to do plyometrics longer without being winded.

There are plenty of ways to improve, and the scale only tells you a tiny part of it. One of my favorite things is helping track my clients' *consistency*. Consistency isn't that sexy in itself, but oh, how it will help you get sexier and healthier in the future!

They Can Help You Find Answers to Your Questions

It's so nice to have someone who's an expert in their field helping you answer your questions. Researching things like how to run for weight loss or if you should go keto can be overwhelming.

A fitness coach can help you identify what workouts, exercises, and (if certified in nutrition) what foods will help



you get the body composition and energy levels you want. They won't know all of the answers, and every *body* responds differently, but they can be a great resource for questions.

I get videos sent regularly about checking squat form, and I love answering questions about what workout program is best for their goals or if they should try a meal delivery service because they are stressed.

They Will (Nicely) Call You on Your Crap

Here's that tough love I mentioned earlier! A good fitness coach won't yell at you or shame you into changing your ways, but they will, with all the empathy they can find, point out where you are self-sabotaging. The good news is that they will help you come up with a plan or hold you accountable to getting out of that rut or habit.

A fitness coach is there to help you identify if your excuse is really valid, if your splurging is getting out of hand, or if you really should be complaining about your weight gain when you spend all your time on facebook but say you are too busy to workout. In love, of course.

Coaching is an art, and I know you can find someone who is able to work with your personality and help you get set in these habits you so badly want to create.

They Can Be A Safe Person To Vent To

Sometimes my clients just want to vent. They are frustrated with an unexpected

busy week, a sweet tooth that's a saboteur, or their coworker who's always bringing cupcakes. Sometimes they just want to whine about how they miss eating Kraft Mac N Cheese 5 nights a week. A fitness coach can be a safe person to vent to. They won't let you stay in the negative, but everyone needs to get stuff off their chest now and again.

Sometimes it's the fact that you lost your thigh gap while you were sick, and you know your friends will key your car if you complain about that. Safety first, friend. Your fitness coach can field that complaint!

Just be prepared to not only be heard, but to have someone who cares enough to not let you stay in that negative space.

They Can Fit Every Budget

I run an online fitness business, but even I say there's no replacement for a one-on-one, in-person fitness coach. However, I've found that just doesn't work for everyone's schedules or budgets, which is one reason I started The Fit Tutor.

An in-person fitness coach is worth the money, and you may find them from \$40-\$100+ an hour... If that's not in your budget or if your schedule is bananas or you have kiddos who need naps or babysitting or whatever- there are other options out there! Online coaches are growing in popularity, and having someone check in on you via email, social media, or text can be the motivation you need to get your butt in gear!

With things like email, skype, texting, and even snap chatting your workouts, you can find plans and fitness coaches that fit your budget, goals, and schedule, and get in the best shape of your life!

All that to say, don't let money hold you back! You should be able to find something that fits your budget.

—Allison Lambert | thefittutor.com



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

Regular Running Can Cut Cancer Risk Significantly

Study shows people who exercise frequently were significantly less likely to develop any kind of cancer.

By Christa Sgobba

Here's one more reason to lace up your sneakers: A study in *The Journal of the American Medical Association* found people who exercise regularly are associated with a greatly reduced risk of certain kinds of cancer.



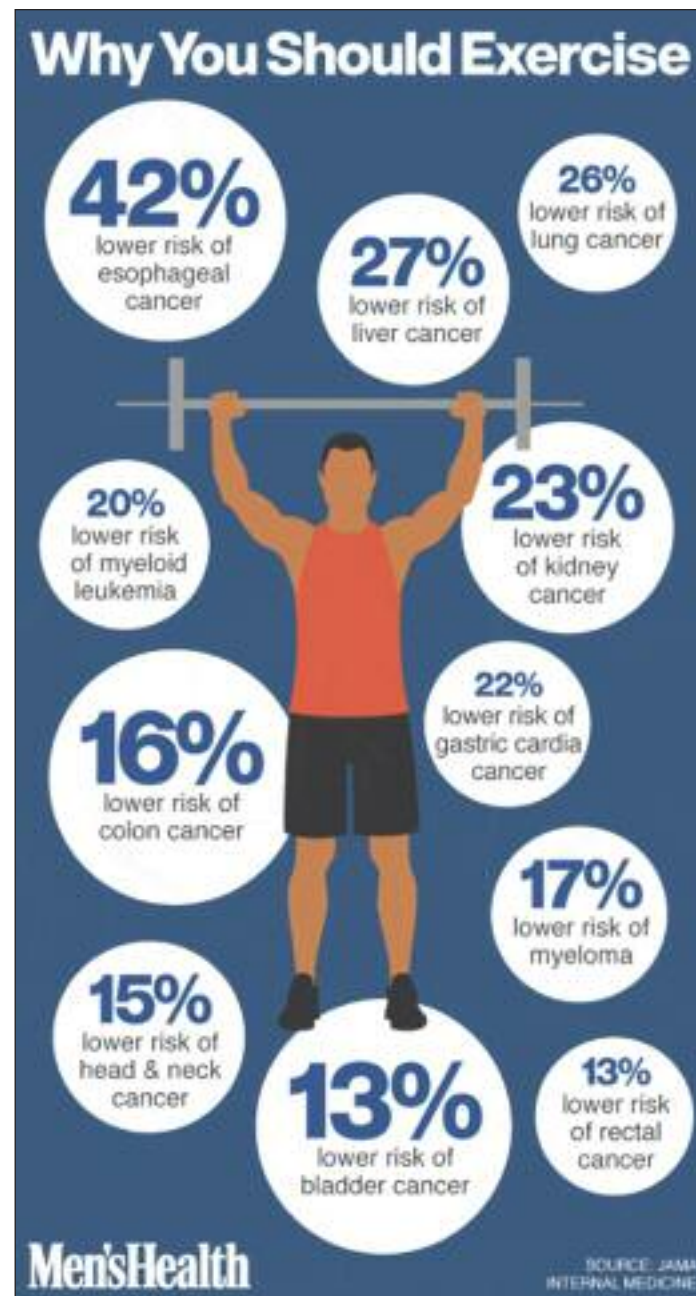
The researchers studied 1.44 million participants over an average of 11 years. They discovered that people who engaged in the highest levels of physical activity were 7 percent less likely to develop any kind of cancer than those who exercised the least.

Shoot for at least 150 minutes of moderate aerobic exercise—like brisk walking—or 75 minutes of vigorous exercise—like jogging—combined with 2 or more days of strength training each week, the Centers for Disease Control and Prevention recommends.

— *Men's Health*

In particular, the researchers found that the women who exercised had a 21 percent lower risk of endometrial cancer, and a 10 percent lower risk of breast cancer. And everyone had lower risks of the following cancers:

The biggest effects were noticed among those who exercise the most—in the 90th percentile of physical activity. But the researchers did note that “most of these associations were evident regardless of body size or smoking history,” so you don’t have to start out in great shape to benefit.



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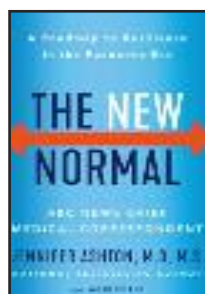
New Health & Wellness Info at the Library

By Kelly Barker

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

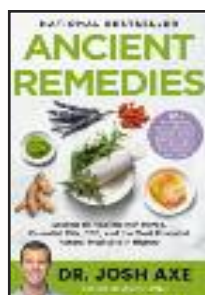
The New Normal: A Roadmap to Resilience in The Pandemic Era by Jennifer Ashton, New Health Books Media Center 614.58 ASH

In March 2020, "normal" life changed, perhaps forever. In its place we were confronted with life and routines that were unusual: the new normal. With straightforward strategies, Dr. Ashton helps empower you to make the unexpectedly hard decisions about socializing, food-shopping, and finding normalcy.



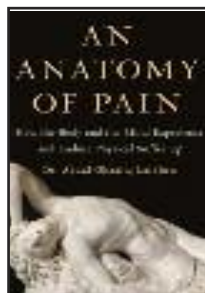
Ancient Remedies: Secrets to Healing with Herbs, Essential Oils, CBD, and the Most Powerful Natural Medicine in History by Josh Axe, New Health Books Media Center 615.5 AXE

In Ancient Remedies, Dr. Axe explores the foundational concepts of ancient healing--eating right for your type and living in sync with your circadian clock. Readers will learn how traditional practitioners identified the root cause of each patient's illness, then treated it with herbs, and mind-body practices.



An Anatomy of Pain: How the Body and the Mind Experience and Endure Physical Suffering by Abdul-Ghaaliq Lalkhen, New Health Books Media Center 616.0472 LAL

Written by a medical expert trained as an anesthesiologist, An Anatomy of Pain is the first book to clearly explain the current issues and complexities surrounding the treatment of pain and how society deals with those in pain, as well as how our bodies relate to pain.



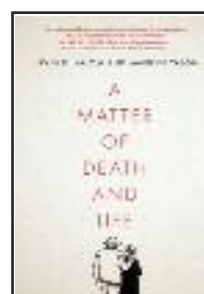
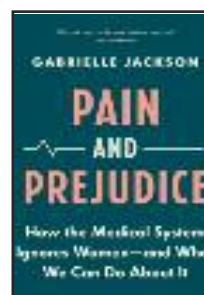
Pain and Prejudice: How the Medical System Ignores Women--And What We Can Do About It by Gabrielle Jackson, New Health Books Media Center 613.0424 JAC

In Pain and Prejudice, Gabrielle Jackson takes readers be-

hind the scenes to show that at nearly every level of healthcare men's health claims are treated as default, whereas women's claims are often viewed as exaggerated. The impact is that women are losing time, money, and their lives trying to navigate a healthcare system designed for men.

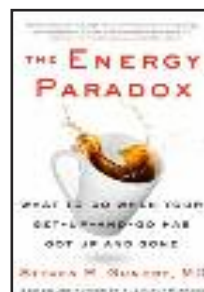
A Matter of Death and Life by Irwin Yalom, New Health Books Media Center 616.994 YAL

A Matter of Death and Life is an account of a year-long journey by the renowned psychiatrist and his writer wife after her terminal cancer diagnosis, as they reflect on how to love and live without regret. They offer us a rare window into facing mortality and coping with the loss of one's beloved.



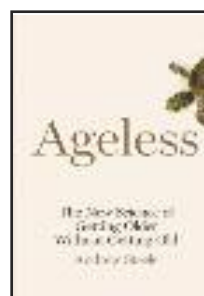
The Energy Paradox: What to Do When Your Get - Up - And - Go Has Got Up and Gone by Steven Gundry, New Health Books Media Center 613 GUN

Dr. Gundry takes a fresh look at one of the top health issues plaguing Americans--fatigue--and offers a revolutionary plan for boosting energy and revitalizing mental and physical stamina. He expands upon his previous discussions and links immune malfunction to the mental and physical symptoms of fatigue.



Ageless: The New Science of Getting Older Without Getting Old by Andrew Steele, New Health Books Media Center 613.0438 STE

With the help of science, could humans find a way to become old without getting frail, a phenomenon known as "biological immortality"? Ageless takes us onto the frontiers of the science of aging and reveals how close we are to an astonishing extension of our life spans and improved quality of life.



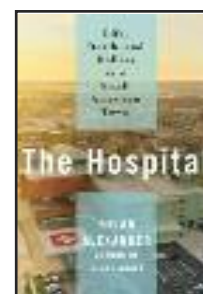
Limitless: The Power of Hope and Resilience to Overcome Circumstance by Mallory Weggemann, New Health Books Media Center 617.482 WEG

On January 21, 2008, a routine medical procedure left Mallory Weggemann paralyzed from her waist down, but less

than two years later, she had broken eight world records. Mallory's story reminds us that whatever circumstances we face, we have the capacity to face down whatever difficulties confront us.

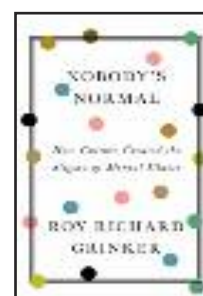
The Hospital: Life, Death, And Dollars in A Small American Town by Brian Alexander, New Health Books Media Center 610.81 ALE

An intimate, heart wrenching portrait of one small hospital that reveals the magnitude of America's health care crises. With these and other stories, Alexander strips away the wonkiness of policy to reveal Americans' struggle for health against a powerful system that's stacked against them.



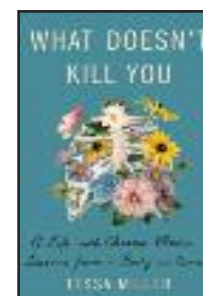
Nobody's Normal: How Culture Created the Stigma of Mental Illness by Roy Richard Grinker, New Health Books Media Center 616.89 GRI

Nobody's Normal argues that stigma is a social process that can be explained through cultural history, a process that began the moment we defined mental illness, that we learn from within our communities, and that we ultimately have the power to change.



What Doesn't Kill You: A Life with Chronic Illness-Lessons From A Body in Revolt by Tessa Miller, New Health Books Media Center 616.344 MIL

Tessa Miller was an ambitious twenty-something writer in New York City when, on a random fall day, her stomach began to seize up. What Doesn't Kill You is the riveting account of her chronic illness, weaving together her personal story and shedding light on living with Crohn's disease.



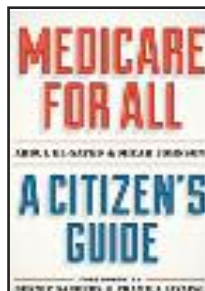
Strange Bedfellows: Adventures in the Science, History, and Surprising Secrets of STDS by Ina Park, New Health Books Media Center 616.951 PAR

STDs have been shrouded in mystery and taboo for centuries. Park aims to



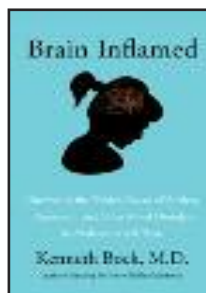
change this by bringing knowledge to the masses in an accessible, no-nonsense, humorous way--helping readers understand the broad impact STDs have on our lives.

Medicare For All: A Citizen's Guide by Abdul El-Sayed, New Health Books Media Center 610.882 EL-S



Polls show that as many as 70 percent of Americans want the government to provide universal health coverage to all Americans. What's less clear is how to get there. This book goes beyond partisan talking points to offer a serious examination of how Medicare for All would transform healthcare in America.

Brain Inflamed: Uncovering the Hidden Causes of Anxiety, Depression, and Other Mood Disorders In Adolescents and Teens by Kenneth Bock, New Health Books Media Center 616.8527 BOC



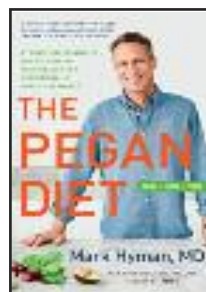
Over the past decade, the number of 12- to 17-year-olds suffering from mental health disorders has more than doubled. In Brain Inflamed, Dr. Kenneth Bock shares a revolutionary new view that suggests many of the mental disorders may share the same underlying mechanism: systemic inflammation.

I'm So Effing Tired: A Proven Plan to Beat Burnout, Boost Your Energy, and Reclaim Your Life by Amy Shah, New Health Books Media Center 616.0478 SHA



Women of all ages are suffering from an epidemic of fatigue and burnout. But exhaustion doesn't have to be your new normal. Inspired by her personal wellness journey, integrative medical doctor Amy Shah has created this program so that you can regain your energy and reclaim your life.

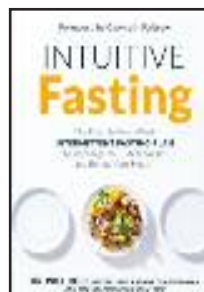
The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World by Mark Hyman, New Health Books Media Center 613.282 HYM



What do you get when you combine the best of paleo with the best of vegan? Pegan! With The Pegan Diet's food-is-medicine approach, the author explains how to: Combine the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) with the vegan diet (lots of fresh, healthy veggies).

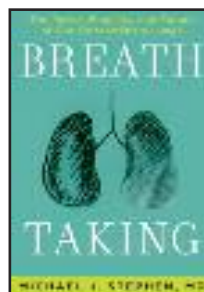
Intuitive Fasting: The Flexible Four-Week Intermittent Fast-

ing Plan to Recharge Your Metabolism and Renew Your Health by Will Cole, New Health Books Media Center 613.25 COL



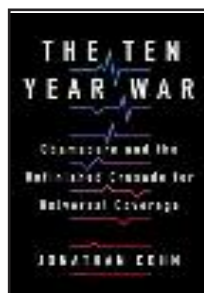
With his fresh new approach to fasting, Dr. Will Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You'll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat.

Breath Taking: The Power, Fragility, and Future of Our Extraordinary Lungs by Michael J. Stephen, New Health Books Media Center 616.24 STE



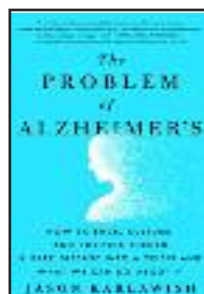
We take an average of 7.5 million breaths a year and some 600 million in our lifetime. In Breath Taking, pulmonologist Michael Stephen takes us on a journey to shed original and much-needed light on our neglected and extraordinary lungs, at a most critical societal moment.

The Ten Year War: Obamacare and the Unfinished Crusade for Universal Coverage by Jonathan Cohn, New Health Books Media Center 610.8 COH



The Affordable Care Act was the most sweeping and consequential piece of legislation of the last half century. But the battle over healthcare was always about more than policy. The Ten Year War offers a deeper examination of how our governing institutions, the media and the two parties have evolved.

The Problem of Alzheimer's: How Science, Culture, and Politics Turned a Rare Disease Into a Crisis and What We Can Do About It by Jason Karlawish, New Health Books Media Center 616.831 KAR



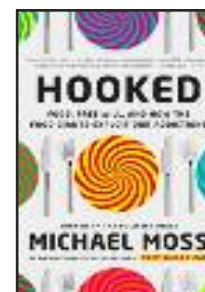
In 2020, an estimated 5.8 million Americans had Alzheimer's, and more than half a million died because of the disease. The Problem of Alzheimer's is an account of decades of our health care systems' failures to act, and it tells the story of the biomedical prevention and treatment breakthroughs.

Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions by Michael Moss, New Health Books Media Center 613.2 MOS

What if some of the decisions we make about what to eat are beyond our control? Is it possible that food is addictive? And to what extent does the food industry know, or care,

about these vulnerabilities? In Hooked, Michael Moss sets out to answer these questions--and to find the true peril in our food.

Viral BS: Medical Myths and Why We Fall for Them by Seema Yasmin, Seema, New Health Books Media Center 610.2 YAS



Health information--and misinformation--is all around us, and it can be hard to separate the two. In Viral BS, journalist, doctor, professor, and CDC-trained disease detective Seema Yasmin, driven by a need to set the record straight, dissects some of the most widely circulating medical myths and pseudoscience.

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Healthy Family Recipes for the Spring

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

Spring Salad



People are surprised when they taste this salad with the odd combination of ingredients, but it's a very good salad

Ingredients

- 12 slices bacon
- 2 heads fresh broccoli, florets only
- 1 cup chopped celery
- ½ cup chopped green onions
- 1 cup seedless green grapes
- 1 cup seedless red grapes
- ½ cup raisins
- ½ cup blanched slivered almonds
- 1 cup mayonnaise
- 1 tablespoon white wine vinegar
- ¼ cup white sugar

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large salad bowl, toss together the bacon, broccoli, celery, green onions, green grapes, red grapes, raisins and almonds.

Whisk together the mayonnaise, vinegar and sugar. Pour dressing over salad and toss to coat. Refrigerate until ready to serve.

Nutrition Information (Servings: 8)

540 calories; protein 9.4g; carbohydrates 28.9g; fat 44.8g; cholesterol 39mg; sodium 546.5mg.

Source: allrecipes.com

Huevos Rancheros Brunch Casserole



This casserole layers corn tortillas, black beans, ham, cheese, and eggs. Drizzle with hot sauce, if desired

Ingredients

- 3 tablespoons canola oil, divided
- 6 (6 inch) corn tortillas
- 1 (8 ounce) pre-cooked ham steak, diced
- ½ cup diced yellow onion
- ¾ teaspoon kosher salt, divided
- 1 (14 oz) can black beans, drained & rinsed
- 1 (4 ounce) can diced green chile peppers
- cooking spray
- 1 cup shredded Monterey Jack cheese
- 1 ¾ cups pico de gallo
- 6 large eggs
- ¼ teaspoon ground black pepper
- 1 medium avocado, diced
- 2 tablespoons chopped fresh cilantro

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Heat 1 1/2 tablespoons oil in a large skillet over medium heat. Fry tortillas, one at a time, until golden and lightly crisp, about 30 seconds per side. Drain on paper towels and set aside.

Add ham to the skillet and cook until lightly browned, about 1 minute. Transfer ham with a slotted spoon to a paper towel-lined plate to drain; set aside.

Heat remaining 1 1/2 tablespoons oil in the skillet. Add onion and 1/2 teaspoon salt; cook, stirring often, until onion is translucent. Add beans and green chiles; cook, stirring and partially mashing, for 1 minute. Remove from heat.

Spray a 9x13-inch baking dish liberally with cooking spray. Place tortillas in a single layer on the bottom. Sprinkle ham and cheese over the tortillas. Top evenly with the black bean mixture and pico de gallo. Form 6 shallow wells in the

pico layer; crack an egg into each well.

Bake in the preheated oven until egg whites are just set and yolks are runny, about 20 minutes. Sprinkle with pepper and remaining 1/4 teaspoon salt. Top with avocado and cilantro.

Nutrition Information (Servings: 6)

487 calories; protein 25g; carbohydrates 30.9g; fat 28.4g; cholesterol 223.2mg; sodium 1786.7mg.

Source: allrecipes.com

Chicken & Herb Spring Medley



A flavorful and easy-to-make meal.

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken thighs
- 1 onion, diced
- 1 cup frozen mixed vegetables (carrots, corn, peas, and string beans)
- 1 cup UNCLE BEN'S® Flavor Infusions Chicken & Herb Rice
- 2 cups water

Directions

In a skillet, over medium-high heat, add oil and chicken.

When chicken is browned, stir in onions. Cook for about 2 more minutes.

Add mixed vegetables, UNCLE BEN'S® Flavor Infusions Chicken & Herb Rice, and water.

Bring to boil, then reduce to medium heat and simmer covered for 15 minutes or until water is absorbed. Enjoy!

Nutrition Information (Servings: 6)

255 calories; protein 15.2g; carbohydrates 26.5g; fat 10.2g; cholesterol 42.6mg; sodium 359.9mg

Source: allrecipes.com

Health & Wellness Marketplace

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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 E Woodson, Lecompton. (785) 887-6148 www.lecomptonkansas.com historiclecompton@gmail.com

MAY CYCLING EVENTS—Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

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

MAY DAY CRAFT SHOW – May 1, 9-3, Crestview Community Ctr.

KANSAS FOOD TRUCK FESTIVAL – May 1, 4-9pm,
Warehouse Arts District, Lawrence

BLINTZE BRUNCH— May 2, 9am - 2pm, Temple Beth Sholom, 4200 S.W. Munson. Take-home curb service only. Delicious Jewish Foods plus Challah and online silent auction. Order food and bid on items at www.TBSGiving.com.

TACOS FOR TEACHERS DINE TO DONATE - May 4, El Mexicali, 21st & California. Benefitting State Street Elementary.

LIVE @ LUNCH – Wednesdays; 11am-1pm, Every Plaza downtown. Live music, food trucks, yard games & more. May 12, Still Vertical; May 19, Matthew Mulnix; May 26, Soul 2 Soul

RN CAREER FAIR – May 5, 3-5pm, St. Francis Campus.
Go to kutopeka.com/rn to register. Upon arrival, enter
through the Hospital Entry A.

CAPITOL NATIONAL DAY OF PRAYER— May 6, 12pm,
South Steps of the Capitol. Join with Chaplain Dave
DePue for the Topeka National Day of Prayer Event. You
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BROTHERS BLUE - May 7, 7-10pm, The Historic Vinewood 2848 SE 29th St
Blues Brother tribute and party band. All ages. Tickets \$10
- TheHistoricVinewood.com

NOTO REDBUD FESTIVAL CHALK WALK WEEK-

END—May 7-9, 10am, NOTO Arts District. Entertainment, art exhibits, vendors.

GRAND REOPENING OF GREAT OVERLAND STATION – May 7, 4:30-8pm. Ribbon cutting, vendor booths, musical performances, NOTO artists painting fiberglass trains, face painting, a photo booth, barrel train rides, Zumba on the Lawn, food trucks, the Rec+Roll Van and more.

C5Alive “POWER” LUNCHEON – May 13, 11:30-1, Details to follow. • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!. **SAVE THE DATE: C5 POWER Luncheon, June 10, 11:30-1, C5Alive POWER Luncheon.**

VINEWOOD MARKET
– May 15-16, 8-4 Sat. & 8-2 Sun. The Vinewood, 2848 SE 29th St. Indoor & outdoor flea market & craft fair. Food Trucks. (Also held on July 30-Aug. 1, and on Oct. 2-3) 785-260-6772 or thehistoricvinewood.com

NO GOOD JOHNNY -
May 21, 8-11pm, The Historic Vinewood 2848 SE 29th St
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TWO STEP DANCE LESSONS—May 25, 7-9pm, Cross-roads Cowboy Church, 1255 Oak St. Perry, KS. Beginning 4 weeks of classes. Donation requested.

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

ROD ROGERS MEMORIAL GOLF TOURNAMENT – June 4, 10:30am, Dub's Dread Golf Course. Call 913-461-8527 or search for Rog Rogers on Eventbrite. Benefits Pancreatic Cancer research. Lunch & dinner served. Silent Auction. "Funnest Tournament of the Year"



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SCOTT HEIDNER & THE NASHVILLE GUYS - June 5, 8-11pm, The Historic Vinewood 2848 SE 29th St. Classic country and classic rock band hailing from Nashville heats things up at The Vinewood. Join us for a live music and dance hall night. All ages. Tickets \$10 - TheHistoricVinewood.com

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

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.

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

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

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

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

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

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.; 12:30 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@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

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

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

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

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 or call (785) 633-8321

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*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



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

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@safeststreets.org

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

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

TOPEKA AREA BRAIN INJURY SUPPORT GROUP -

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

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. cr-topekaks.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 - Saturday'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 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

Sole Reason's 3rd Annual Sneakers and Smiles Golf Tournament



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



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. wesquardance.com

SEX TRAFFICKING INFORMATION - 785-230-8237

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

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

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 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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913 SE 29TH STREET W	WOMEN'S LONGEST DRIVE
TOPEKA, KS 66605	CASH PRIZE FOR TWO FLIGHTS
4-PERSON SCRAMBLE	\$10 RAFFLES
SHOTGUN START AT 8 AM	50/50 DRAWING

WWW.TOPEKAYOUTHPROJECT.COM/GOLF

Lunch served courtesy of Golden Corral and the HIP Program


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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).
6255

Spiritual Wellness

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

Covered By More Than Sweat

By Brad Bloom

There's some good wisdom in the saying, "You shouldn't judge a book by its cover." But, what covers you likely reflects a lot about you.

What covers us, gross or glorious, can easily become our identity.

What you wear, how you style your hair and even the expressions on your face are strongly influenced by the deeper you. What covers us also reflects our passions and experiences. My daughter once did a color run and was totally covered in brightly colored dust. A gardener by the end of the job can be thoroughly covered in dirt. Those who prepare delicious meals often get covered in the aroma of fresh produce and seasonings. Someone doing a mud run... you get the idea.

What covers you, whether it be clean or dirty, nice or not so nice isn't always good. In fact, it can sometimes be quite undesirable. But it sticks nonetheless. What covers us, gross or glorious, can easily become our identity.

Here are three stories of women featured in Faith & Fitness Magazine. Each found they were covered by a history, unfathomable circumstance or depression and anger. These covers, though a part of their story, didn't reflect the deeper beauty – the more profound truth that makes life for them a true celebration. Each has found God's grace has completely and forever covered them. These are stories of strength, a physical strength, yes. But more thoroughly covering than the sweat from a hard workout, they are covered in a strong self-identity of who they are in Christ.

As you read about what covers them, think about what covers you. Maybe you're in the midst of a lot of filth. Maybe you're surrounded by despair,

illness, pain or frustration. Perhaps God has already taken you through quite a bit and you're beginning to see the fruit of his goodness; or maybe you've still got a ways to go.

STEPPING INTO A HIGHER CALL

Selene Ramirez

My history was shaped by my first religion. It wasn't Christianity. It was Santeria. Santeria is the worshiping of saints. We had a Bible, but it had little to no value to us. Sexual molestation at an early age ultimately led Selene finding God's grace and her entire family finding Christ.

Was everything immediately better? Not at all. In fact it was the beginning of a long journey to discover an even greater depth of God's grace. She found a gym and there she found friendship and fellowship that have lead her into a deeper walk with others and God.

THE MAKEOVER/OVERHAUL – YOU'RE GOING TO LOVE THE NEW YOU

Susan Bailey

Physical fitness helps us to feel good and look good. But, what if you awoke one morning to find that not just your appearance but YOU had been forever changed — in a way that wasn't good? Would you be all in love with God. Susan Bailey had such a makeover/overhaul and she



wants you to know that even in your most challenging circumstances you can find God's grace.

EXTREME CALISTHENICS

Antoniette Pacheco

To do Extreme Calisthenics you have to be strong and free from everything that weighs you down. It combines body weight training, gymnastics, and everyday environments. What's more extreme? Life! Antoniette shares how God's grace has helped her overcome anger and depression to gain real strength and flexibility.

FIND OUT MORE! To read the rest of the story about these three women, visit the website: faithandfitness.net/covered-by-more-than-sweat

TOPEKA Health & Wellness MAGAZINE

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

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