

TOPEKA

OCTOBER 2020

Health & Wellness

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MAGAZINE



**What is the Difference
Between Hospice and
Palliative Care?**

**MENTAL
ILLNESS**
**Do You Know
the Symptoms?**



*See page 3 for
information about
front page photo*

Keeping Emotional Health in Check
Reversing Blood Flow to Prevent Strokes

The Many Health Benefits of Physical Therapy
Social and Emotional Benefits of Playing Sports

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WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take **a step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)



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ON THE COVER:

Our cover this month features a palliative care or comprehensive disease management nurse taking care of a patient. At Phoenix Home Care & Hospice, comprehensive disease management nurses help the patients as a liaison between their specialty physicians and primary care physicians, to ensure that they receive the highest level of care possible.



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84.1 million
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more than
1 out of 3 — have
prediabetes

1 OUT OF 3



9 OUT OF 10

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don't know they have it



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prediabetes,
losing weight by:



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Mental illness awareness: Do you know the symptoms?

By Courtney Rooks, Health Promotions Specialist

While mental illness can be a new topic for many people, learning more about mental health conditions can help to alleviate negative misconceptions that arise from being uninformed.

Mental Illness Awareness Week, which takes place from October 4th through October 10th, provides an opportunity to increase community awareness of mental illness and recovery.



Courtney Rooks

Historically, speaking openly about mental health challenges has been considered taboo and many have felt that they need to keep these challenges hidden. But stigma like this makes people feel like they are alone, that they are not normal, and that they are stuck in their current situation. However, this is far from the truth. The truth is that mental health concerns are extremely common. 1 in 5 adults experience a mental illness in any given year and almost half of Americans will experience a mental illness during their lifetime.

Treatment for mental illnesses also have a high success rate with 60 - 80% of individuals who receive treatment for a mental health condition reporting a reduction of symptoms and an improved quality of life. A huge problem remains though. Only 40% of American adults and 50% of American youth aged 8 - 15 with a mental illness actually receive services within any given year. In order for individuals to know when to get help, it is important that they can identify the symptoms of common mental illnesses to better understand when to seek out a professional mental health assessment.

Anxiety is the most common mental disorder in the United States. 40 million American adults experience an anxiety disorder every year which is roughly 18% of the population. Anxiety is generally characterized by persistent and excessive worry. Individuals with anxiety may experience panic, hypervigilance, overthinking, and obsessive or racing thoughts. It can also lead to fatigue, difficulty sleeping, increased heart rate, chest pains, and gastrointestinal problems. These disorders are highly treatable, but only 40% of individuals experiencing anxiety disorders receive treatment.

Depression is another common mental illness, and it is the leading cause of disability for Americans aged 15 to 44. An individual with depression may experience an overwhelming feeling of sadness, or lose interest and pleasure in activities they once enjoyed. They also may exhibit an increase or decrease in both appetite and sleep. The ability to work, maintain relationships, and complete daily activities may be impaired. Depression frequently co-occurs with anxiety. In fact, nearly half of those diagnosed with depression also experience anxiety. Like anxiety, depression is highly treatable.

Although bipolar disorder affects only 2.8% of the US population, 83% of these diagnoses are classified as severe. This condition usually begins in adolescence or early adulthood. Symptoms consist of episodes of mania and depression. An individual in a manic state may feel happy or irritable and can exhibit an increased activity level or over-activity, rapid speech, decreased sleep and inflated self-esteem. Frequently, they are unaware of the negative consequences of their behavior and they may engage in reckless, impulsive, and unpredictable behavior. According to the National Alliance on Mental Illness, bipolar disorder usually worsens without treatment. With treatment, many people, even those with severe forms of the disorder, see improvement in quality of life.

Similar to bipolar disorder, the signs of schizophrenia usually appear between adolescence and early adulthood. Schizophrenia involves distortions in thinking, perception, emotions, language, and sense of self or behavior. Hallucinations, delusions, disorganized behavior and speech, and blunted emotional expression are common symptoms. Treatment is effective, however the World Health Organization reports that more than 69% of people with schizophrenia are not receiving adequate care. Getting treatment quickly after the onset of symptoms is vital for schizophrenia and other forms of psychosis and can mean a better recovery.

With US adults and youth facing increasing mental health issues, it is important for everyone to be aware of common mental illnesses and know when to get professional help. If you are experiencing any of the symptoms listed above, it does not mean that you have a mental illness. Only a professional can diagnose a mental illness. But it may indicate that an assessment is needed. Early diagnosis and treatment can greatly reduce the harm from a mental illness and speed recovery. If you are concerned about your mental health, you can consult your doctor or set up a mental health assessment at Valeo Behavioral Health Care by calling (785)233-1730.

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Shawnee County Suicide Prevention Coalition
SCSPC.org

Family Service & Guidance Center (18 and under)

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What is the Difference Between Hospice and Palliative Care?

Although people often use the terms hospice care and palliative care as if they were interchangeable, there are differences. Understanding the difference between hospice and palliative care will help you choose the form of care that is best suited to you or your loved one's needs.

Exploring the Difference Between Hospice and Palliative Care

While both hospice and palliative care are intended to ease suffering and provide support, they are distinct forms of care that are intended to meet different needs. To understand the difference between hospice and palliative care, it is helpful to explore the goals of these two forms of care and what sets them apart.

What Is Hospice Care?

Hospice care is a very special form of comfort care that is designed to help and support people facing a life-limiting illness. Its focus is not death. Instead, hospice care is about making the most of the patient's life by improving their comfort and their quality of life. Available only to patients who have six months or less to live if their disease follows its expected course, hospice care cannot be combined with curative care. Hospice care only becomes an option when efforts to cure the terminal condition cease. However, it's important to note that halting treatment of the terminal condition does not mean stopping all health care. Treatment for chronic, unrelated conditions continues, and medical care for pain and other symptoms remains available.

Hospice care can be delivered in a medical facility, but it is often offered in the patient's home, providing patients with the opportunity to retain more control of their lifestyle and their environment as they enjoy their last days in a familiar setting. This approach to care unites the patient, their family, and a multidisciplinary team of hospice professionals and trained volunteers to provide medical, emotional, and spiritual support as it becomes necessary. Members of the hospice team visit regularly, and help is only a phone call away for patients.



What Is Palliative Care?

A specialized form of care designed to help anyone struggling with a serious illness, palliative care is an invaluable resource that provides support to both the patient and their family. Palliative care is intended to improve the quality of life of people struggling with a serious illness. The goal of palliative care is to manage the symptoms and side effects of the illness and its treatment. Palliative care is also designed to offer support for problems that the patient encounters during their illness.

Palliative care can be offered at any point in the illness's progression. It is not dependent on the prognosis and can be implemented as soon as the patient is diagnosed. Palliative care can be delivered in hospitals, outpatient clinics, nursing homes, or at home.

Hospice Care Versus Palliative Care

Both hospice and palliative care are designed to offer much-needed care and comfort to a patient. However, there are several crucial differences between them:

- Hospice care is available only if a patient has a terminal illness and has a life expectancy of six months or less if the disease were to follow the normal progression. Palliative care can be offered to any patient with a serious illness and may be started immediately after diagnosis.
- Hospice care begins when efforts to cure the condition have been halted. Palliative care can be delivered in conjunction with curative care.

Choosing the Right Kind of Care

Which type of care is right for you or your loved one? If a patient has a serious illness that is not deemed life-limiting, then hospice care is not yet an option, so palliative care would be the best choice. Likewise, if a patient is receiving curative care or expected to live more than six months, then hospice care is not available to them, and palliative care would better suit their needs. However, if a patient with a life-limiting illness has accepted that their condition is not responding to medical attempts to slow its progress or cure it, and is ready to halt curative treatments, hospice care may be the ideal choice. Hospice professionals have the knowledge, skills, and compassion needed to support both patients and their families through this difficult time.

At Phoenix Home Care & Hospice, our priorities are clear. We work diligently to deliver compassionate, client-focused care that improves the quality of life of those we serve. To learn more about our services, contact us today.



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

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FINANCIAL HEALTH & WELLNESS

Unemployment compensation is taxable; Have tax withheld now, avoid tax-time surprise

With millions of Americans now receiving taxable unemployment compensation, many of them for the first time, the Internal Revenue Service is reminding people receiving unemployment compensation that they can have tax withheld from their benefits now to help avoid owing taxes on this income when they file their federal income tax return next year.

By law, unemployment compensation is taxable and must be reported on a 2020 federal income tax return. Taxable benefits include any of the special unemployment compensation authorized under the Coronavirus Aid, Relief, and Economic Security (CARES) Act, enacted this spring.

Withholding is voluntary. Federal law allows any recipient to choose to have a flat 10% withheld from their benefits to cover part or all of their tax liability. To do that, fill out Form W-4V, Voluntary Withholding Request (PDF), and give it to the agency paying the benefits. Don't send it to the IRS. If the payor has its own withholding request form, use it instead.

If a recipient doesn't choose withholding, or if withholding is not enough, they can make quarterly estimated tax payments instead. The payment for the first two quarters of 2020 was due on July 15. Third and fourth quarter payments are due on Sept. 15, 2020, and Jan. 15, 2021, respectively. For more information, in-



cluding some helpful worksheets, see Form 1040-ES and Publication 505, available on IRS.gov.

Here are some types of payments taxpayers should check their withholding on:

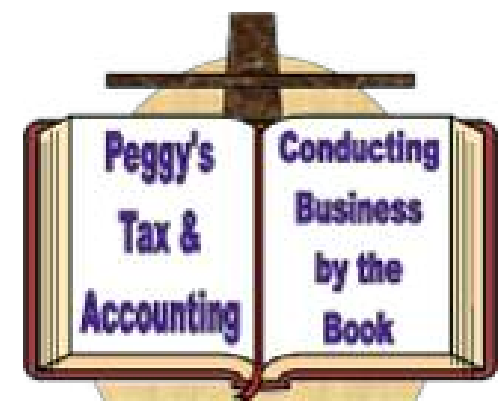
- Unemployment compensation includes: Benefits paid by a state from the Federal Unemployment Trust Fund
- Railroad unemployment compensation benefits
- Disability benefits paid as a substitute for unemployment compensation
- Unemployment assistance under the Disaster Relief and Emergency Assistance Act of 1974

- Unemployment assistance under the Airline Deregulation Act of 1978 Program

Recipients who return to work before the end of the year can use the IRS Tax Withholding Estimator to make sure they are having enough tax taken out of their pay. Available only on IRS.gov, this online tool can help any worker or pension recipient avoid or lessen their year-end tax bill or estimate the refund they want.

In January 2021, unemployment benefit recipients should receive a Form 1099-G, Certain Government Payments (PDF) from the agency paying the benefits. The form will show the amount of unemployment compensation they received during 2020 in Box 1, and any federal income tax withheld in Box 4. Taxpayers report this information, along with their W-2 income, on their 2020 federal tax return. For more information on unemployment, see Unemployment Benefits in Publication 525.

—Peggy Beasterfeld, EA



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1 IN 8
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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, 2018.

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.

³ AMERICAN INSTITUTE FOR
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Farmers Markets winding down

The season of the Farmer's Market is coming to an end. Farmer's Markets are thriving throughout the US and other countries, providing quality, healthy produce fresh from the field, preserving local farms, revitalizing downtown areas and creating a social opportunity for city and country folks to come together.

However, as weather turns colder, area Farmer's Markets are ending their run for this season. As some markets stick it out into November, con-



sumers are provided a few more opportunities.

According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United State Department of Agriculture recommends making at least half of every meal consist of fruits and vegetables.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables. Fresh fruits and vegetables are the primary focus at the markets. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets for a taste of one of Topeka's most loved traditions, and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthyneighborhoods.org

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

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

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



Markets updated 3/18/2019
Suggestions to Lissa Staley, lstaley@tscpl.org

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

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



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

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

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



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

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



Social and Emotional Benefits of Playing Sports

By Samantha Rosario

The physical health benefits of playing sports are countless. In addition to being entertaining, it's scientifically proven that sports activities are good for your heart and your brain.

What's rarely mentioned is that playing a sport can improve your social and emotional skills.

Social and emotional development for kids is important to prepare for the next phases of life like a career, family, and relationships. While house and school education are crucial for personal growth, playing sports is almost equally as important for social and emotional health.

It All Starts With Teamwork

A sports team cannot be successful without a joint effort to achieve a positive result. Good teamwork requires cooperation, coordination, and accountability of everyone on the team. The implementation of strategies and goals implies active participation of all team members to continuously work on improving team performance through organization and planning.

These are all skills that help develop the mind and solve problems in real time. Bottom line, playing sports will improve your teamwork and leadership skills.

Just think of the skills you develop by competing in sports that translate directly to your career:

- Communication
- Organization
- Rules and Structure
- Goals and Expectations
- Stamina
- Attitude
- Problem-solving

Moreover, conflicts are present in sports. When the conflict in sport is well managed, it can have many positive outcomes. Learning to manage and resolve conflict will prove essential in many aspects of life outside of sports, including work and family relationships.

Play Fair or Don't Play

Fair play is the main rule in any sport. While there will always be cheaters, it's important to remember that fraudulent actions won't result in a happy ending.

Unfair acts are punished and disapproved by society and other professionals. More importantly, they're not easily forgotten. Sport encourages fair and rightful behavior. Honesty and fairness are respected and recognized qualities.

Learn Leadership Skills Early on in Life

Every sports team has a leader, sometimes it is a coach, other times it is a veteran player. Either way, they are powerful guides able to motivate a group of people to perform beyond their current capabilities.

This happens in individual sports as well, often leaning on a coach or trainer to help guide and motivate to success.

Even if you aren't the current leader, being surrounded by these strong personalities has a positive effect on everyone, and can teach through action.

Respect the Rule of Law

Sports teach us to respect people and institutions that are above us like courts, laws, our boss or our parents.

While respecting authority is a good characteristic, respecting others is even more important. Respecting opponents is a central part of every game and great sportsmanship.

Good results take time, dedication, abstinence from life's pleasures and hard work. That deserves tremendous respect from almost everyone. Respect others the way you want to be respected – this can be applied in all aspects of life.

Several studies have shown the correlation between sports participation and crime reduction. With no hobby or leisure activity, teens usually end up in the streets. That leads to alcohol, substance abuse, drugs, or more severe crimes.

Bonds for Life

The great social benefit of playing sports are all the new friendships made. Some could even last forever.

New friendships mean new connections and a bigger social circle, which again can translate to career success.

Emotional and Psychological Benefits for Athletes

Sports can build your self-confidence. Sure, there will be bad times when nothing is working out, and you feel like you want to give up – not many things in life are easy. But if you work hard, the results will slowly come.

Even the slightest result will improve your self-esteem. A first basket. A stop in a soccer game. A winning set. A tackle. Minor accomplishments can lead to feelings of positivity.



More importantly, you'll learn how to deal with loss. Life is one long path of victories and defeats, and you'll know how to act in each situation.

Sports will keep you motivated more than anything else. Success is what drives and makes us go ahead. The sport will teach you that in order to achieve a good result, you have to invest your time and other resources. If you're not motivated, then I'm afraid you won't make it long.

The Shoes on the Other Feet

Another emotional benefit of playing sports is empathy. Empathy means that we care about each other. In sports, teammates work as one. They support each other, they motivate each other, and they care about each other.

A healthy and stable team has a higher chance of success. The more you care for your teammates, the more likely you'll care about, and understand, people in general. You'll be better able to translate the world through someone else's viewpoint, not just your own. And with that ability comes power to do good.

By participating in sports you'll learn to control emotions – victory, defeat, happiness, disappointment. Over time, athletes learn how to control their emotions and act with thought, rather than impulse.

Life is one emotional roller-coaster. Sports can help you cope better with feelings.

Finally, a sport will make you feel happy. Even minimal physical activity can have a positive effect on happiness.

So be happy, play sports!

Keeping Emotional Health in Check

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They are able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Emotional health is an important part of your life. It allows you to realize your full potential. You can work productively and cope with the stresses of everyday life. It helps you work with other people and contribute to society.

It also affects your physical health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight.

Research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier. Here are some ways to improve or maintain good emotional health.

- **Be aware of your emotions and reactions.** Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.** Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.
- **Think before you act.** Emotions can be powerful. Give yourself time to think, and be calm before you say or do something you might regret.
- **Manage stress.** Try to change situations causing you stress. Learn relaxation methods to cope with



stress. These could include deep breathing, meditation, and exercise.

- **Strive for balance.** Find a healthy balance between work and play and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol.

- **Connect with others.** We are social creatures. We need positive connections with other people. Make a lunch date, join a group, and say hi to strangers.

- **Find purpose and meaning.** Figure out what it is important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.

- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be a chemical imbalance in the brain. Stress and problems with family, work, or school can trigger mental illness or make it worse.

Counseling, support groups, and medicines can help people who have emotional problems or mental illness. If you have an ongoing emotional problem, talk to your family doctor. He or she can help you find the right type of treatment.

10 Things You Can Do to Foster Emotional Wellness in Others

By Dr. Mark Lerner | The National Center for Emotional Wellness

1. Be there and listen. It's generally not what we say that helps people the most, it's often what we don't say.
2. Be empathic. Try to communicate an understanding of the feelings behind another person's words.
3. When appropriate, use physical touch or a warm embrace.
4. Instead of being an expert in solving other's problems, strive to become an expert in helping others to find the answers within themselves (e.g., "If you were the way you would ideally like to be, what would you say?").
5. Tell people what they need to do when their safety, or the safety of others, is compromised (e.g., "You need to share this with your family." "We need to notify the police, now." "Let's turn to your doctor." etc.).
6. During challenges and change, try to normalize and validate other's experiences (e.g., "This must be scary, I'm here for you."), instead of using clichés (e.g., "It could have been worse.").
7. Realize that children, particularly young children, take their cues from the adults around them. When asked, tell children the truth at a developmentally and personally appropriate level.
8. Encourage people to use strategies that foster emotional wellness. Give genuine compliments.
9. Keep others' thoughts and feelings in confidence — unless they could present a danger to themselves or others (if so, call 911).
10. Know that people never forget what others do during peak emotional experiences. As it has been said, "They may forget what you said — but they will never forget the way you made them feel."



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This Quiz Could Save Your Life



1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False



Answers on page 18

TCAR: Reversing Blood Flow to Prevent Strokes



(Ivanhoe Newswire) —

This year 140,000 people will die from a stroke. It happens when blood flow to the brain is blocked. A new procedure is opening up pathways and helping millions of people live longer, stroke-free, TCAR.

In the next 40 seconds, someone will have a stroke.

Every four minutes someone dies.

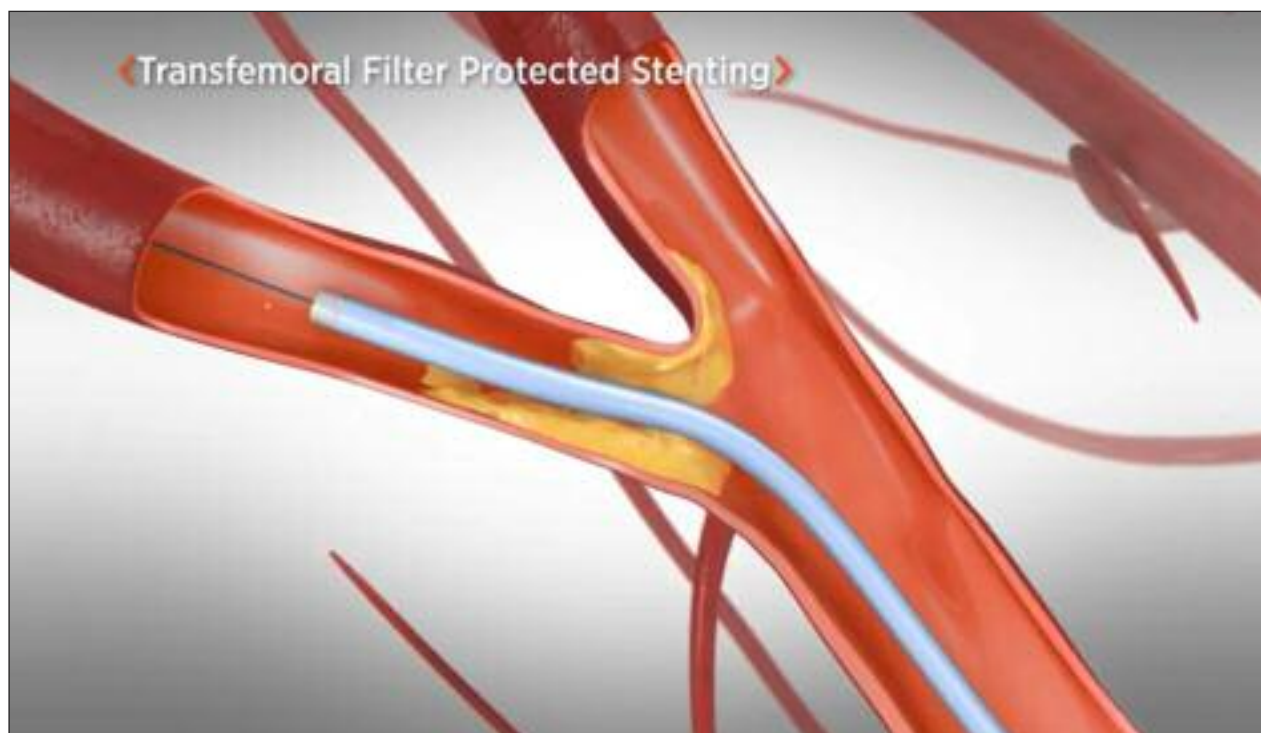
It can be caused by a blockage in your heart, legs, or the main arteries in your neck.

Mahmoud Malas, MD, MHS, RPVI, FACS, Professor in Residence, Vice Chair of Surgery For Clinical Research and Chief, Division of Vascular and Endovascular Surgery at University of California San Diego, Health System explained to Ivanhoe, “The carotid arteries are the two main arteries that run in the neck and profuse the front of the brain.”

Traditional stenting uses a catheter to run a stent up from your arm or groin and can be risky.

“As we go in, we can break little pieces of plaque from the aorta near the heart and cause a stroke,” elaborated Dr. Malas.

That’s what UC San Diego vascular surgeon Mahmoud Malas feared would happen to Ricardo Levy after an ultrasound revealed plaque in his carotid ar-



tery.

Dr. Malas used a combination of procedures to lower the risk for Ricardo. First, he performed a transcarotid artery revascularization or TCAR.

“By making a small incision at the base of the neck, we directly can deliver the stent into the carotid artery,” clarified Dr. Malas.

Then he reversed the blood flow into the brain.

Dr. Malas illustrated, “When we are ready to deploy the stents, we clamp the carotid artery right here.”

“The blood will go from the other side of the carotid and get filtered through that filter right here, and then back into the femoral vein, so the patient doesn’t lose any blood. But essentially, no debris can go back up into the brain, and we are able to minimize that risk of stroke,” demonstrated Dr. Malas.

“This is probably one of the coolest things we do today in vascular surgery,” added Dr. Malas.

Ricardo thinks so too.

“There’s not even a scar. Maybe with a microscope, you can find the scar,” shared Ricardo.

The flow reversal has been approved by the FDA.

Currently, it’s used for patients who are at high risk for complications, including those who have at least 50 percent blockage of their carotid artery or other neurological symptoms.

Stroke is the third leading cause of death in the United States, and more than 140,000 people die each year from stroke. It affects the arteries leading to and within the brain and occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so it and brain cells die. A stroke caused by a clot obstructing the flow of blood to the brain is called an ischemic stroke, and a blood vessel rupturing and preventing blood flow to the brain is called a hemorrhagic stroke. A TIA (transient ischemic attack), or “mini stroke”, is caused by a temporary clot. High blood pressure is the most important risk factor for stroke.

3 Ways to Improve Your Health and Decrease Stress

In today's world it can seem like there is too much to get done with not enough time to do it. Do you ever feel overwhelmed? Do you ever feel like the world is crashing down on you? When you are in this state, your brain is in what doctors call a chronic "fight or flight" or sympathetic state. In this state your body can't heal or be in a place of balance.

When you have these feelings of being overwhelmed, it can seem impossible to overcome, however there are some simple steps you can implement to ease this feeling.

#1 Exercise

This can seem like such a simple tip. Many times when we are stressed we feel like there is no time to exercise. When I say exercise, this can be as simple as a 30-minute walk. The reason why exercise is so important is because humans are designed to move. Our bodies aren't meant to sit and be indoors. When we get movement every day, our blood gets moving and more oxygen circulates in our bodies. This helps with healing and detoxification. Exercise also releases endorphins which will naturally decrease your stress and improve your mood.

#2 Meditation

Meditation is so simple, but can be very hard for people, especially for those with an overactive mind. Have you ever tried to sit down and meditate but all you can think of is your problems and chores? I know! This used to happen to me all the time. Luckily, I found this amazing app called "Insight Timer." These are short guided meditations that focus on breathing and relaxation. The other great feature of this app is that you are able to choose what kind of meditations you want to do (i.e. sleep, happiness, anxiety) and the length of the session. Just five minutes a day can drastically and positively affect your mood and help you become



more focused.

#3 Connection with Positive Family Members or Friends

We tend to isolate ourselves when we are feeling overwhelmed, likely because we want to act like we have everything together and nothing is wrong. However, this is a BIG mistake! All of the research regarding what makes people truly happy has discovered that social connections are the most important factor. There is a wonderful documentary called "Happy" that uncovers this fact. When you are feeling down and significantly stressed, it is important to connect with friends and family that support you. The one thing to remember is that you need to connect with positive, supportive people. You don't want to get together with someone and talk about how terrible things are. If you just complain back and forth, this tip can actually have the opposite effect on your

health. Think of someone that instantly brings a smile to your face when you see them. If you can't think of anyone, then now is a great time to find some new friends or a support group.

These are three tips you can implement yourself, however if you're really struggling and feel like you need some outside help, there is absolutely nothing wrong with that. A professional might be just what you need to get your life back on track.

Remember that YOU ARE ENOUGH and you have the power to change your life and start living the life you truly desire!

If you enjoyed this article please visit www.alisonbremner.com for more health tips and support on your journey back to balance and health.

—Dr. Alison Bremner | alisonbremner.com

The Many Health Benefits of Physical Therapy

National Physical Therapy Month is celebrated as an annual opportunity to recognize physical therapy's efforts to "transform society by optimizing movement to improve the human experience." The primary aim of National Physical Therapy Month is to share and spread information related to the benefits of physical therapy as an alternative for long-term pain management.

One of the most effective ways to treat chronic pain and recover from injuries is physical therapy. It can also help prevent falls and maintain overall fitness. The American Physical Therapy Association (APTA) strives to raise awareness of physical therapy as a safe and effective alternative to opioids for treatment of chronic pain conditions.

The Importance of Physical Therapy

Physical therapists and their assistants can help improve your quality of life by restoring and improving your ability to move. In many cases, a physical therapist can work with their patient to manage or eliminate pain without medication and its related side effects. In many cases, physical therapy may even be an alternative to surgery. A physical therapist will examine you and develop a plan of care using treatment techniques to promote your ability to move, reduce pain, restore function, and prevent disability.

For most patients, there is a lot to gain from regular physical therapy. For example, physical therapy helps people alleviate pain from chronic conditions like arthritis, and also helps them to avoid surgery and recover from injuries. But perhaps even more importantly, PT can also help people stay fit and flexible as they age, preventing injuries from happening, and support overall well-being.

Physical Therapy for Elderly Loved Ones

If your senior loved one is active, coping with illness or injury, or sedentary, a physical therapist can help create an exercise regimen that suits his or her specific situation. Ordinary physical changes that come with aging — balance loss, reductions in mobility — can be delayed, prevented or even reversed, helping to reduce the occurrence of senior falls, thus lessening their risk of injury.



According to the APTA, physical therapy also has a number of other benefits: it can help seniors recover from neurological issues such as stroke, help them cope with the physical effects of chronic illnesses, and in some cases it can even alleviate pain without medication. If you believe your senior loved one would benefit from increased balance and mobility, greater fitness, or simply a reduction in physical pain, physical therapy could be an excellent option and a non-invasive treatment.

Physical Therapy to Help Stay Fit as You Age

The APTA recommends working with a physical therapist to help with the following issues:

- Preventing Obesity: being overweight in not only unhealthy, it can further increases the risk of chronic illness and injury
- Exercising Improperly: exercising incorrectly is more harmful than beneficial, especially to our senior loved ones
- Help to avoid common reductions in balance, flexibility and strength as we age; that make it a challenge for seniors to stay fit

Physical therapists also advise our senior loved ones to consider the following when discussing a PT program they wish to incorporate into their daily life:

1. A regular exercise program should include light strength training to improve balance, as well as aerobic activity and stretching.

2. For those who have always been physically active, as you age you may need to modify your workout regimen to accommodate the changes that come with aging.

3. Finding an activity you enjoy is crucial, and physical therapists can help modify activities to accommodate any limitations seniors might have, which in turn will encourage them to stick with it.

4. Recognize their limitations, and listen to what their body is telling them. Rather than injure themselves, encourage your senior to eliminate a certain exercise, or even rest in between PT sessions in order for their body to recover.

What We Can Gain From Regular Physical Therapy

All of us can benefit from physical therapy, and it is widely used for many various conditions or injuries. Treatment has been found particularly effective with relieving such conditions as lower-back pain, osteoarthritis and fibromyalgia. Additionally, studies show that it may alleviate most non-cancer related pain, without the side effects of prescription medication.

For seniors, physical therapy can be extremely beneficial for many age-related issues:

- Improves balance and reduces fall risk
- Expedites recovery from strokes
- Helps with blood circulation
- Promotes flexibility in adults with disabilities and seniors with limited mobility
- Maintains movement and ability to continue exercise
- Teaches new ways to prevent physical injury and apply therapeutic methods to minimize pain
- Helps to alleviate pain and symptoms felt from arthritis and joint pain

Physical therapy helps relieve chronic pain felt with chronic medical conditions and recovering injuries. Physical therapy is extremely beneficial for people with chronic conditions, and can even prevent surgery that would otherwise be inevitable for some. Physical therapy can ultimately help towards living more independently, with a healthy quality of life for years to come.



IT'S THE LAW!

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



STROKE KILLS.
BE FAST! Call 911.

Know the Signs:

B alance	sudden loss of balance or coordination
E yes	sudden change in vision
F ace	sudden weakness of the face
A rms	sudden weakness of an arm or leg
S peech	sudden difficulty speaking
T ime	time the symptoms started

During a stroke 32,000 brain cells die every second.

BE FAST! Call 911.

Answers to Quiz from page 14

1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A** Toss a coin to decide whether to stop or go.
B Stop. Let the train pass.
STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A** The train is closer and faster than you think.
B A train striking a car is like your car crushing a soda can.
YES, both statements are true. If it's a tie at the crossing, you lose.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A** Slow down and prepare to stop if a train is coming.
B Restrooms and recreation are ahead.
SLOW DOWN. Look and listen for a train. Stop if a train is coming.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A** Yes
B No
NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANYTIME.

- A** True
B False
Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A** True
B False
TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.



How Sports Chiropractors Prevent Injury in Runners

If you think chiropractors simply "crack" backs, you're not alone. Scott Duke, D.C., owner of Duke Chiropractic in New York City, is accustomed to hearing this misconception.

"Sports chiropractors who are trained in muscle work, such as Active Release Technique (ART) and Graston, are probably the best manual therapists for preventing injury and optimizing performance," says Duke. "That's why there's always a sports chiropractor on Olympic and professional sports teams."

For runners, chiropractic can be used for injury prevention because it emphasizes proper alignment of the spine and pelvis. The most common running-related injuries Duke sees in his patients, which range from recreational runners to Olympians and New York City Marathon winners, are planter fasciitis, Achilles tendonitis, IT Band Syndrome, patella (knee) tracking problems and hip bursitis.

Duke's first step in treating these injuries: Search for misalignment.

"Malalignment of the spine can cause unnecessary tension on one particular body part versus an equal distribution of pressure," he says. "I can't take care of anyone's chronic IT band problem without making sure their pelvis is in as perfect alignment as it can be. Otherwise, it'll continue to wear, tear, and put strain on that one particular body part."

What Causes Improper Alignment?

Major causes of improper alignment include running in the same direction on the same course every day; running often slanted surfaces, such as a beach; and not replacing shoes every few hundred miles.

Fix these training errors that cause misalignment with a few simple tweaks:



- Vary your running surface — pavement, track, asphalt, grass, dirt, wood chips — a few times a week, and you'll naturally run on different courses.

- Run as close to the water as possible when on the beach, as the sand tends to be more flat there.

- Buy two of the same type of running shoes, and switch between the pairs

—Sabrina Grotewold

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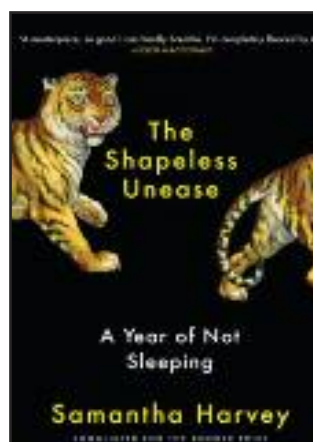
New Health & Wellness Info at the Library

By Kelly Barker

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

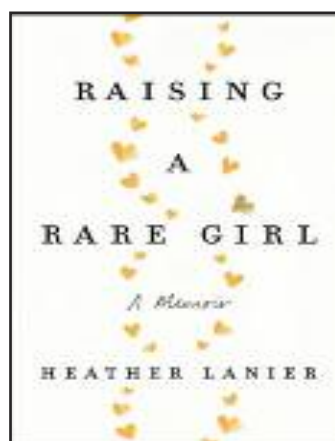
The Shapeless Unease: A Year of not sleeping by Samantha Harvey, New Health Books Media Center 616.8498 HAR

In 2016, Samantha Harvey began to lose sleep. She tried everything to appease her wakefulness. The Shapeless Unease is Harvey's darkly funny and deeply intelligent anatomy of her insomnia, an immersive interior monologue of a year without one of the most basic human needs.



Raising A Rare Girl: A Memoir by Heather Kirn Lanier, New Health Books Media Center 616.042 LAN

The author did everything by the book when she was expecting her first child. But her daughter challenged all her preconceptions. Born with an ultra-rare syndrome known as Wolf-Hirschhorn, she opened a new understanding of what it takes to be a mother, and above all, joy and wonder.



Medical Medium Cleanse to Heal: Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema,

Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cysts, Fatigue, PCOS, Fibroids, UTI, Endometriosis & Autoimmune by Anthony William, New Health Books Media Center 613.22 WIL

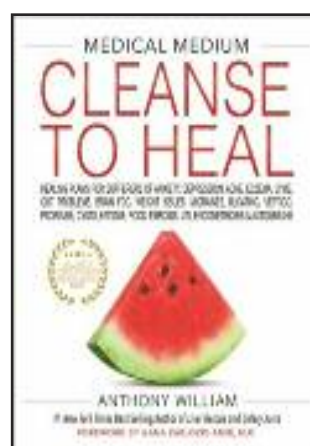
If you think you don't have any need to do a cleanse--if you're sure you couldn't possibly be harboring any toxins in your body--think again. Cleansing is a vital tool for fighting poisons and pathogens that threaten our health, if you go about it the right way.

Breath: The New Science of a Lost Art by James Nestor, New Health Books Media Center 613.792 NES

Modern research is showing us that making even slight adjustments to the way we inhale, and exhale can jumpstart athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

Clean: The New Science of Skin by James Hamblin, New Health Books Media Center 612.79 HAM

Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what works. In Clean, James Hamblin examines the science and cul-



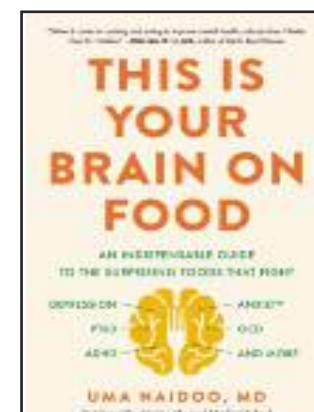
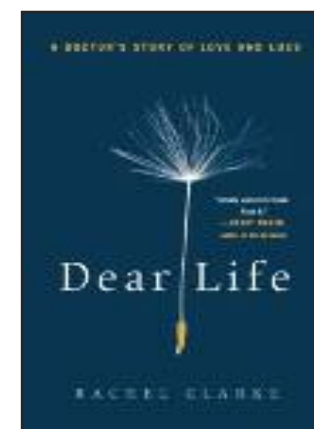
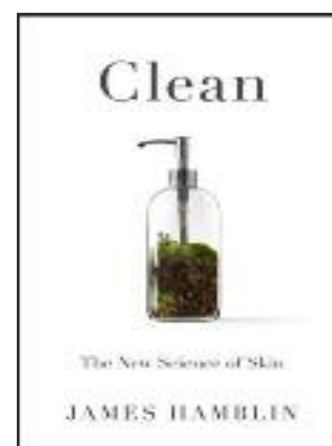
ture of how we care for our skin and introduces readers to the emerging science at the forefront of health and wellness.

Dear Life: A Doctor's Story of Love and Loss by Rachel Clarke, New Health Books Media Center 610.92 CLA

In Dear Life, palliative care specialist Dr. Rachel Clarke recounts her professional and personal journey to understand not the end of life, but life at its end. Dear Life, follows how Rachel came to understand as a doctor, and as a human being--how best to help patients in the final stages of life, and what that might mean in practice.

This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More by Uma Naidoo, New Health Books Media Center 612.82 NAI

When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But recent studies have shown that diet can have a profound impact on mental health. This Is Your Brain on Food is the go-to guide to optimizing your mental health with food.



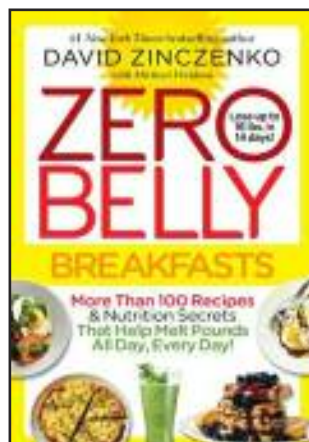
There I Am: The Journey from Hopelessness to Healing by Ruthie Lindsey, New Health Books Media Center 616.0472 LIN

Newly married and living in Nashville, Ruthie Linsey begins to experience debilitating pain. An X-ray reveals that the wire used to fuse her spine is piercing her brain stem. As her life unravels, Ruthie sets out on a journey to learn joy again. Her extraordinary memoir urges us to embrace the wholeness, joy, and healing inside all of us.



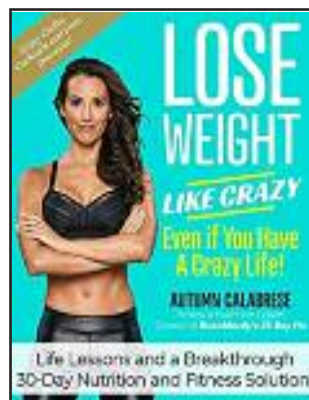
Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day! by David Zinczenko with Michael Freidson, Overdrive E-book

Zero Belly Breakfasts is part of the revolutionary new plan to turn off your fat genes and help keep you lean for life! Regardless of your health history, your lifestyle, or even your genes, Zero Belly Breakfasts will give you the power to flatten your belly and wake up happier than ever!



Lose Weight Like Crazy Even If You Have a Crazy Life! Life Lessons and a Breakthrough 30-Day Nutrition and Fitness Solution by Autumn Calabrese, Overdrive E-book

Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven



ratio of healthy whole foods. It's simple. And it works.

Say Yes to What's Next: How to Age with Elegance and Class While Never Losing Your Beauty and Sass! by Lori Allen, Overdrive E-book

Women today are facing so much uncertainty—about life and the future. Say Yes to What's Next is a life makeover and therapy session all in one and helps women from all walks of life shape their futures with confidence, and style. Discover your potential by saying “yes” to what's next!



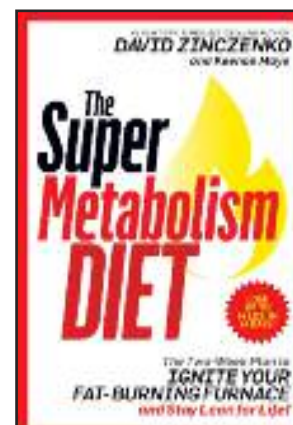
The Clean & Simple Diabetes Cookbook: Flavorful, Fuss-free Recipes for Everyday Meal Planning by Jackie Newgent, New Cookbooks Media Center 641.56314 NEW

Eating healthier to prevent or manage diabetes or prediabetes doesn't have to be complicated! The Clean & Simple Diabetes Cookbook gives you all the tools you need to eat clean, gain confidence in the kitchen, and plan healthy meals like a pro.



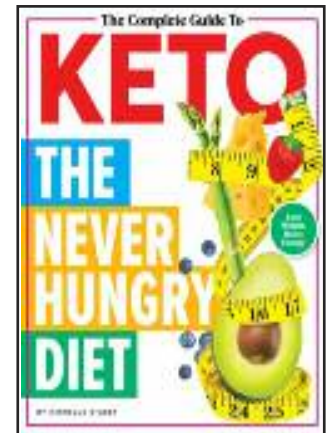
The Super Metabolism Diet: The Two-Week Plan to Ignite Your Fat-Burning Furnace and Stay Lean for Life! by David Zinczenko with Keenan Mayo, Overdrive E-book

Zinczenko discloses why some of us stay thin and some of us lose weight with ease. With the help of this book, you can quickly and easily turn your metabolism into a fat-melting machine. The result will be a stronger, leaner, happier you.



The Complete Guide to Keto: The Never Hungry Diet by Michelle Stacey New Cookbooks Media Center 641.5635 STA

If you haven't heard about the ketogenic diet by now, you've been living under a rock! This premium book covers the keto diet rules, how it works, keto diet side effects, and why it's so popular right now. It will help you transition to a ketogenic diet as easily and safely as possible.



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We make
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Sensible Fall Recipes for Your Family

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

Sweet Potato Burritos



A little different from most burrito recipes.

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tablespoons chili powder
- 4 teaspoons prepared mustard
- 2 teaspoons ground cumin
- 1 pinch cayenne pepper, or to taste
- 3 tablespoons soy sauce
- 4 cups mashed cooked sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

Directions

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

Heat oil in a medium skillet and saute onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper.

Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet.

Bake in the preheated oven until warmed through, about 12 minutes.

Nutrition Information (Servings: 12)

504.6 calories; protein 20g 40% DV; carbohydrates 76.6g 25% DV; fat 8.5g 13% DV; cholesterol 19.8mg 7% DV; sodium 1028.5mg 41% DV.

Source: allrecipes.com

Thai Spiced Barbecue Shrimp



Very tasty with a little kick!

Ingredients

- 3 tablespoons fresh lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 teaspoons curry paste
- 1 pound medium shrimp - peeled and deveined

Directions

In a shallow dish or resealable bag, mix together the lemon juice, soy sauce, mustard, garlic, brown sugar and curry paste. Add shrimp, and seal or cover. Marinate in the refrigerator for 1 hour.

Preheat a grill for high heat. When the grill is hot, lightly oil the grate. Thread the shrimp onto skewers, or place in a grill basket for easy handling. Transfer the marinade to a saucepan, and boil for a few minutes.

Grill shrimp for 3 minutes per side, or until opaque. Baste occasionally with the marinade.

Nutrition Information (Servings: 8)

73 calories; protein 11.7g 23% DV; carbohydrates 3.6g 1% DV; fat 1g 2% DV; cholesterol 86.3mg 29% DV; sodium 268.3mg 11% DV.

Source: allrecipes.com

Oatmeal Pumpkin Muffins



These muffins are a great autumn breakfast.

Ingredients

- no-stick cooking spray
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup white sugar
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice
- ¾ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 ¼ cups pumpkin puree
- ½ cup milk
- 2 large eggs eggs, beaten
- ¼ cup maple syrup
- ¾ cup quick-cooking rolled oats

Directions

Preheat oven to 375 degrees F (190 degrees C). Spray 6 muffin cups with cooking spray.

Whisk all-purpose flour, whole wheat flour, sugar, salt, pumpkin pie spice, baking powder, baking soda, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Stir pumpkin puree, milk, eggs, and maple syrup into the dry ingredients until batter is smooth; fold oats into batter. Scoop batter into prepared muffin cups, filling them to the top.

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 30 minutes; set aside to cool 5 to 10 minutes before serving.

Nutrition Information (Servings: 6)

263.8 calories; protein 7.1g 14% DV; carbohydrates 53.4g 17% DV; fat 3.3g 5% DV; cholesterol 63.6mg 21% DV; sodium 710.8mg 28% DV.

Source: allrecipes.com

Health & Wellness Marketplace

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

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave.
Treating abdominal pain, digestive disorders, constipation & more 785-354-8518.
KMCPA.com • TopekaEndoCenter.com

DIETITIAN - HEALTHY FOOD

HY-VEE - Our Registered Dietitian is here to offer personal assistance! 2951 SW Wanamaker Rd. 785-272-1763 www.hy-vee.com

SOCIAL WORKERS

<p>Jody Koerner LCSW, QCSW Clinical Social Worker 1100 Wanamaker, Ste 3 Topeka, KS 66604 785-249-4847</p>	<p>Working with:</p> <ul style="list-style-type: none"> • Seniors, Adults & Couples • Retirement & senior issues • Relationship issues • Grief and Loss • Behavioral Mental Health • EAP Services <p>Now offering: Telephone & Virtual Sessions</p>
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COMMUNITY CARE LINE

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

HOME CARE AND HOSPICE

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www.phoenixhomehc.com



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Topeka 785-266-7732

5040 Bob Billings Parkway, Suite B
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- Depression
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Donate, Finances: 785-354-1744 ext. 316
Volunteers, Tours: 785-354-1744 ext. 383

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Email: montemace2000@yahoo.com

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Rehabilitation Services
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Transportation

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

SLEEP DISORDERS

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

BICYCLES

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

FLOAT THERAPY

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

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

HEALTH INFORMATION

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

FINANCIAL HEALTH

PEGGY'S TAX & ACCOUNTING - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. www.peggystaxks.com

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

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MIDLAND HOSPICE - The sooner you call, the sooner we can help. 800-491-3691 www.midlandcareconnection.org

MASSAGE

SERENITY THYME MASSAGE - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • www.massagebytammi.com

GYMNASTICS, TUMBLING, PARKOUR

CAPITAL GYMNASTICS & ATHLETICS - 2925 SW 37th St. We also have great birthday parties! For details call 785-266-4151 www.cagegymnastics.com

PERSONAL INJURY

PERSONAL INJURY ATTORNEY - Call us for a free consultation. Patton & Patton. 785-273-4330 • www.joepatton.com

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.

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

FREE MOBILE FOOD DISTRIBUTION – Fourth Tuesday through November, 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will be conducting its monthly food distribution. No ID or proof of income required, first come first served. Distributing several tons of fresh produce and other items to families in need. (785) 234-1111 www.RandelMinistries.com

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

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

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

GROWERS POP-UP MARKET – Wednesdays 5:30-7pm, 29th & Wanamaker @ Happy Basset. Local produce. www.topekagrowersgroup.com.

GARY'S FALL FESTIVAL – Thru Oct 31, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, Jumping Pillows, Giant Slides, Animals, and

more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and more. garysberries.com

ANNUAL KAW VALLEY FARM TOUR – Oct. 3, 4am-6pm, and Oct. 6, 10am-5pm. The farm tour provides fun and interactive farm experiences, supports local farms and introduces individuals of all ages to the many faces of agriculture in the Kaw Valley. A \$10 ticket is good for a carload both days. www.kawvalleyfarmtour.org.

ROCK THE LOT – Oct. 3, 5:15-1pm, Hayden Parking Lot. Outside Mass at 5:15 - In Front of School. Gates open at 6 pm for Live Music from Chance Encounter and Vandelyn Kross. Food, Soda and Beer available for purchase. \$5 Cover Charge. Fire Pits & Space Heaters. Bring a lawn chair & a mask. This is a COMMUNITY event - ALL are welcome!

WARD-MEADE GARDEN GLOW – Oct. 2-11, 7-10pm, Old Prairie Town/Ward-Meade Botanical Garden. Patterned after the popular Tulips at Twilight featuring lighted displays and larger-than-life illuminated flowers. Adm. \$5; age five & under free. 785-251-6989

DIALOGUE POP-UP MARKET – Oct. 3, 4-7pm, Dialogue Coffee House, 4009 SW 29th. Annual after-hours event where we will share our indoor & outdoor space with local artists and small business owners. Dialogue.CoffeeHouse@gmail.com

PINK PARTY HEALTHATHON – Oct. 4, 10am-12pm. Local fitness instructors

have teamed up with TopCity Nutrition to present a 2 hour fitness event at Everygy Plaza downtown for Breast Cancer Awareness Month. Each instructor will lead for a few songs before passing the reigns to another in this nonstop workout.

NEIGHBOR HELPING NEIGHBOR WALK/5K RUN – Oct. 4, 2pm, Lake Shawnee Shelterhouse 1&2. Registration 1pm. Fundraiser for Doorstep. www.DoorstepTopeka.org

NATIONAL LIFE CHAIN – Oct. 4, 2-3:30pm, 21st & Wanamaker (in front of Target, Pier One, Fidelity Bank and Chili's and also 29th

& California (SE corner). Signs available at both locations. Water, lawn chairs, umbrellas & strollers are welcome. For info: Bibi @ 785.969.2706 for Wanamaker or Stella @ 785.845.0252. More info at lifechain.net

RIBBON CUTTING – Oct. 5, 1 pm, Hillcrest Community Center. Dedication of the remodeled main entrance and lobby.

C5Alive "POWER" LUNCHEON – Oct. 8, 11:30-1, at The Peak, 1920 SW Gage. Featured Speaker is Barry Feaker, Ex. Dir. of Topeka Rescue Mission. • 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: POWER Luncheon, Nov. 12, 11:30-1.

JOE CARTWRIGHT AND FRIENDS – Oct. 9, 7:30pm, TPAC. Topeka Jazz Concert tickets \$15.

FEAR ZONE – Oct. 9, 10, 16, 17, 23, 24, 30, 31, 8-10:30pm, Sportzone, 3909 SW Burlingame. A second season of terrifying twists and turns out on the trail.

HAUNTED WOODS – Oct. 9, 10, 16, 17, 23, 24, 30, 31, 8-11pm (also 3/7pm on Oct. 31), Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zombie Laser Tag!! 234-8024 Topeka-



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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



Many family activities await visitors at Gary's Fall Festival this year.

HauntedWoods.com

DECADE OF NOTO CELEBRATION – Oct. 10, 11am-9pm, Redbud Park, N. Kansas Ave. Free cookies & Kona Ice, historical exhibit, silent auction, music, food & drinks. Topekans are invited to add to the NOTO 2040 Time-Capsule during the event.

NATIONAL NIGHT OUT EVENTS – Oct. 10. Na-

tional Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

BEATLES VS. STONES – A MUSICAL SHOWDOWN – Oct. 23, TPAC.

Renowned tribute bands Abbey Road and Satisfaction - The International Rolling Stones Show engage in a musical showdown of the hits. 785-234-2787, info@topekaperformingarts.org

REEL GRIEF MOVIE: "DRAGONFLY" (KEVIN COSTNER) – Oct. 16 & 23, 3-4:30pm, Midland Care Compass Center, 2134 SW Westport Dr. Death, end-of-life and bereavement are topics not easily discussed in our western cul-

ture. Reel Grief is an opportunity to help individuals process their grief through the use of movie scenes where others are experiencing the loss of a loved one. In the movie Dragonfly, Joe Darrow (Kevin Costner) a respected trauma doctor is impacted by the death of his wife in a bus accident while working as a missionary in Venezuela. Limited seating; RSVP to Shannon Dilks at 785.430.2199 ext. 1027 or sdilks@midlandcc.org

VINEWOOD MARKET – Oct. 17-18, 8am-4pm (2pm on Sun), The Vinewood, 2848 SE

29th. Free outdoor Flea Market & Craft Fair. Food truck and cash bar available. (785) 260-6772

WOOD VALLEY PICKERS – Oct. 23, 7:30-10:30, Classic Bean, Fairlawn Plaza.

SHHS BAND FALL CRAFT FAIR – Oct. 24, 9am-3pm, Shawnee Heights High School. Also a car show in the parking lot. For info or a booth email johnstonp@usd450.net or lorettadelong@yahoo.com.

TRUNK OR TREAT – Oct. 25, 5-7pm, LEAP, 2925 SW 37th. Food, Games, Fun, & Lots of Treats! Fun on the trampolines!

TRUNK OR TREAT – Oct. 31, 10am-2pm, Milestone Market, 3935 NW 25th St. Prizes for best costume. Ringbearers & Flower Girls especially welcome!

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

ONGOING EVENTS:

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

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washing-



Walkers and runners are invited to participate in our 5th Annual

Neighbor Helping Neighbor Walk/5K Fun Run

A Fundraiser for Doorstep, Inc.

Location: Lake Shawnee Shelter Houses 1 & 2, West Edge Road
Date: Sunday, October 4, 2020
Check-in & Late Registration: 1:00PM to 1:45PM
Time: One Mile Walk & 5K Fun Run to begin at 2:00PM

Celebrity Starter for the Walk/Run is:
 Chris Fisher - WBTV-TV

If the event becomes impacted by COVID-19 restrictions, we will make the event virtual.

Snacks & drinks will be provided at the finish of the Walk/5K Fun Run in the shelter house.

Enjoy - Cookies, granola bars, fresh fruit, juice, and water

One Mile Walk/5K Fun Run Registration is Due by September 18, 2020 to Guarantee an event t-shirt!
Late & Event Day Registrations Accepted. (T-shirt not guaranteed)

The registration cost is \$30 for individuals or pledges (\$30 minimum).
 One registered child age 10 & under can walk for FREE with a paid adult. (T-shirt extra)
 T-shirt included with \$30 registration fee or on total pledges of \$100+. Registrations received after September 18th will not be guaranteed a t-shirt.
 Go to www.DoorstepTopeka.org under the Events Tab to register online or for registration/sponsor forms.

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ton 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

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

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

"Most unique tribute show in decades!"
– LA Times



BEATLES VS STONES

A MUSICAL SHOWDOWN



Two of the greatest bands of all time face off in a high-energy, adrenaline-pumping musical showdown. **THE BEATLES**, represented by tribute band **ABBEY ROAD** will engage in a barrage of hits against premier **ROLLING STONES** tribute band **SATISFACTION**. It's a face-off you won't want to miss!

FRIDAY, OCTOBER 23 | 7:30PM | ALL AGES

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GET YOUR TICKETS NOW!

Tickets available in person at the TPAC Box Office or online at TopekaPerformingArts.org

COVID protocols and socially distanced seating in place

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

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

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

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

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

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

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

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

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

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

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

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

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

burning, strength, fitness. 207-0380

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

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

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

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

CARBONDALE FARMERS MARKET – every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For vendor info, contact Mary at 836-7887.

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

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

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

COUNTRY AND BALLROOM DANCING – Thursday's 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP – meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & take ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall. 49-3258.

SHEPHERDS CENTER HHHS WALKING GROUP – meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle.

Gary's Fall Festival

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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 fel-

lowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

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

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

www.savingdeathrowdogs.com

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

THE BERRYTON PICKERS – First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

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

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

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

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

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

Square Dance Club. wesquaredance.com

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

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

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

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

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com

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The Raw Truth Of Faith And Fitness

“Commit to the Lord whatever you do, and your plans will succeed.”

Our priorities have to be in order with God first and foremost to get any results. If we want to help our clients, business, kids, family or ourselves, we need to know the raw truth about fitness and do it. It doesn't matter how much we eat right and exercise—if we don't pay attention to the 7 Truths to Health and Fitness.

If we don't get this right, our health physically, mentally, emotionally, and spiritually will be starving. We won't be effective in our mission, and our business will suffer. We won't make the impact in our ministry or in the workplace using the gifts God gave us. But more importantly we won't be living out God's purpose in our life.

We need to take care of what I call our temporary earth suit in order to go out and do God's work and live out HIS purpose in our life. Results are more than just about physical fitness.

Our purpose in this world is to know God and let him be known. As an RN and Nutritionist, I worked in hospitals for many years in what I call “sick care”. I then left that to go into “health care” in helping people to prevent and reverse disease. I worked at Bally Total Fitness back in the day for almost thirty-five years. What I found out during that time is this:

We can eat right and exercise and still be sick if:

- We are spiritually neglected.
- We live in a toxic relationship.
- We are sleep deprived and don't handle our stress.

God placed 7 Truths on my heart that are paramount to our health and life. Those 7 Truths are Faith, Family, Food, Fitness, Detox, Sleep and Stress Management, and they are all vital to our health and life. This is the basis of my new Book *The Raw Truth Recharge* — 7 Truths to Health and Fitness.

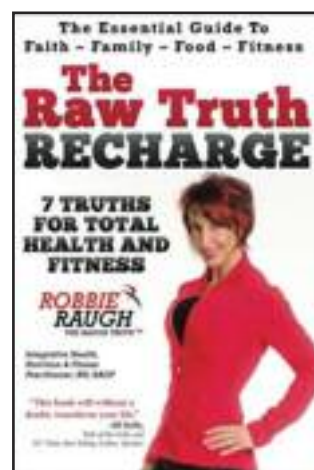
These 7 Truths help people live the abundant life that God desires for all of us. God does not want us walking around sick and thick and tired—this I know! God cares more about the condition of our heart than the condition of our body.

Yes, we have a responsibility to take care of our body,

but spiritual fitness is much more important than physical fitness. By God's design, it's all integrated — mind-body-soul-spirit. Faith without works is dead. It takes deliberate action to get results with Jesus at the center of it all.

“Trust in the Lord with all your heart, and lean not on your own understanding, in all your ways acknowledge Him, and he will make your paths straight.”

—Robbie Raugh Robbie hosts Faith & Fitness Magazine's Redefined Conference 2019 Fitness Ministry Awards on Facebook LIVE Thursday, November 14 @ 9:05 am Eastern live from the Orange County Convention Center and the Athletic Business Show in Orlando, Florida.



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

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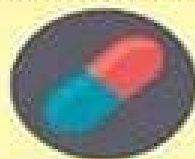


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