

TOPEKA

SEPTEMBER 2020

Health & Wellness

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MAGAZINE



#ValeoStrong

Providing Help
and Hope Through
the Pandemic

HEALTHY AGING

Reinvent Yourself
During Healthy
Aging Month



See page 3 for
information about
front page photo

The Epidemic of Childhood Obesity

Top foods that improve mood and energy

The Dual Impact of Brain + Body Exercise

What is Comprehensive Disease Management?

Helping Topekans live happier lives since 2015!

Healthy AGING Month

eat a healthy & balanced diet

- Enjoy a diet filled with lowfat protein and dairy, whole grains and lots of fresh fruits and vegetables
- Cut down on unhealthy foods that are processed and high in sugar and fat as your body begins to store them easier and they are linked to heart disease and diabetes
- Add extra fiber into your diet--it can help lower your risk of heart disease, type 2 diabetes and cancer as well as keeping your colon working as it should



stay active & fit

- Regular exercise can reduce your risk of heart disease, diabetes, arthritis pain, and even anxiety and depression
- Find a physical activity that you enjoy, whether it's bicycling, yoga, swimming, or strength training
- Incorporate elements of aerobic exercises to get your heart pumping, strengthening exercises to prevent muscle loss, stretching to keep you flexible, and balance exercises to prevent falls as you get older

get regular checkups

- One of the best ways to stop health problems is to catch them before they start, or at least in the early stages
- Getting regular checkups is the best way to spot health problems and disease so that your chances of a cure and recovery are much greater
- Work with your doctor to decide what tests and screenings you will need based on your age, lifestyle habits, family history, and your personal medical history



decrease stress & stay relaxed



- People who are depressed, guilty, or anxious are more likely to have major health problems than people who have a healthy outlook on life
- Lack of sleep and fatigue from being tense all day can harm your overall health
- Stop smoking as it harms nearly every organ of the body and leads to lung cancer, lung disease, heart and blood vessel disease, stroke, and cataracts as well as speed up the aging of your skin

STAY HEALTHY

"It's never too late to start exercising!"

REGULAR EXERCISE

HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

CAN LOWER YOUR RISK OF

- heart disease
- diabetes
- some cancers
- dementia



WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN
BREAK
THAT UP

MORNING

10

AFTERNOON

10

EVENING

10

Improve Your Balance

4 Basic Exercises



KNEE BENDS Hold on to a sturdy chair or countertop

1

- Keep back straight
- Lower body and bend knees
- Raise body back up
- Repeat 10-15 times



HEEL RAISES Hold on to a sturdy chair or countertop

2

- Stand straight
- Raise up on toes slowly
- Lower heels to ground slowly
- Repeat 10-15 times



SIDE LEG RAISES Hold on to a sturdy chair or countertop

3

- Keep back straight
- Raise one leg out to side
- Return leg to standing
- Repeat 10-15 times
- Switch sides



SIT TO STAND Use a sturdy chair

4

- Sit in chair, feet on ground
- Stretch both arms out front
- Rise up to standing position
- Sit back down
- Repeat 10 times





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ON THE COVER:

Our cover this month features staff members from Valeo Behavioral Health Care. Pictured from left to right: Aimee Copp-Hasty, Karen Stafford, Dennis Tenpenny, Lisa Hastings, Pat Vega, Kristen Stock and Bill Persinger



Valeo Behavioral Health Care has been providing mental health and substance use disorder recovery services to Shawnee County for over 50 years.

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AN EVERYDAY HEALTH INFOGRAM

CHILDHOOD OBESITY BY THE NUMBERS

Many U.S. kids are overweight or obese, and most don't exercise.



1 in 3

children and teens age 2 to 19 are considered overweight or obese



2 out of 3

don't get any daily physical activity



96 %

of elementary schools offer no physical education classes



7 hours

is the amount of time kids spend in front of TV or computer screens daily

Source: CDC



PREDIABETES

COULD IT
BE YOU?

84.1
MILLION

84.1 million
American adults —
more than
1 out of 3 — have
prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes
don't know they have it



If you have
prediabetes,
losing weight by:



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of
getting type 2 diabetes in

HALF



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MIDLAND
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Hope, Comfort and Support

Effective Treatment for Elderly's Mental Disorders

By Courtney Rooks, Health Promotions Specialist

For many older adults, the later years can be a time of contentment, thriving, and continued growth. But a number of adults struggle with unique mental health challenges that can arise from aging. According to the World Health Administration, 15% of Americans aged 60 or older experience a mental disorder. When left untreated, these mental health issues can have an extremely damaging effect on their quality of life. Sadly, men aged 75 and older have the highest suicide rate in the country. This issue is compounded by the fact that mental health issues in older adults can be difficult to diagnose and can go untreated. Although aging presents additional challenges that can contribute to depression, anxiety, and suicidal ideation, these mental health concerns are not a normal part of aging. Fortunately, with the appropriate help, these symptoms can be effectively treated.



Courtney Rooks

Older adults are presented with unique situations that may impact mental health. They experience the same life stresses that are common among all ages but also face additional losses, stressful life events, and chronic health conditions that arise from aging. They may have to contend with the emotional consequences of life transitions including retirement, loss of status, reduction of income, loss of loved ones, and changes to independence. Loneliness has profound health implications on older adults. Older adults are increasingly isolated and even before the social distancing and isolation efforts to combat COVID-19, 43% of adults over the age

of 60 reported feeling lonely. Chronic loneliness can lead to decline in both mental and physical health including anxiety and depression. Older adults are more likely to suffer from chronic illnesses and many experience multiple conditions at the same time. Mental and physical health are closely connected and a chronic illness can lead to a decline in mental health.

Mental health conditions in older adults may go unrecognized and untreated. Mental health issues may be overlooked due to coinciding physical health concerns or stressful life events. Multiple chronic conditions, multiple medications prescribed by different doctors, and drug interactions between medications make it more challenging to identify and diagnose mental health symptoms. Older adults are more likely to visit a primary care physician or an emergency room and emphasize physical symptoms such as persistent pain or digestive problems over mental health concerns. They also may be affected by stigma and believe that they just need to tough it out. In this way, the mental health symptoms may not be diagnosed and the individual will not get the necessary treatment.

The good news is that treatment is effective and older adults can recover from mental health issues. Studies show that 80% of older adults with depression show a decrease in symptoms and increase in quality of life with professional treatment. Being open and forthright with your doctor about any mental health symptoms can greatly aid in receiving the correct diagnosis. Correct medication adherence is also important. Lifestyle changes can be useful in improving mental wellbeing. Maintaining social supports can reduce loneliness. When used wisely, technology can help increase socialization and connection by allowing virtual visits with friends and family and virtual support groups. Other

lifestyle factors that can increase mental wellness include getting enough sleep and eating well. Being physically active can help to maintain muscle mass, increase mobility, aid sleep, and decrease depression. It is also important to engage in activities that are pleasurable, intellectually stimulating, and provide a sense of purpose. These can include engaging in lifelong learning, creating or appreciating art and music, volunteering, and pursuing other hobbies.

The later years in life provide opportunity to grow and enjoy life. It can provide time for individuals to pursue a passion, learn a new skill, or relax and relish day to day moments. Many find a sense of purpose and satisfaction. These contributions are invaluable not just to the individual but also to their families and communities. However, with the additional challenges that can come with age, it is imperative to reduce the stigma associated with mental health issues, be open about symptoms, and get help when it is needed. With prompt recognition and treatment, older adults can weather the challenges of aging and recover from mental health disorders.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition
SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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

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Comprehensive Disease Management: What is it?

Comprehensive disease management, or CDM, is a holistic approach to the management of chronic and life-limiting disease utilizing an X-factor approach taken by healthcare organizations to guide people through the complex and often turbulent journey that is living life with a serious illness.

What Is Comprehensive Disease Management?

A CDM program is designed to assist people in optimizing the utilization of all available home care services as well as community resources. The CDM nurse can help establish goals of treatment and advance care planning with the patient and their family, as well as facilitate the completion of DPOA/Advance Directive paperwork. The most important goal of a CDM program is to improve the quality of life for all CDM patients and their families, which will increase the opportunity for each person to create more moments and be present in them.

Patients who live with chronic or life-limiting conditions often require a high level of health care services. From frequent doctor visits, medication management, emergency care and managing the day to day care, people can find themselves feeling overwhelmed as they are also juggling their own full-time jobs, families, and responsibilities. With CDM, health professionals will evaluate your chronically ill loved one's condition and implement a comprehensive care plan. Your loved one's CDM plan will not only improve their physical health and comfort – it will give you, the caretaker, peace of mind as our professionals help you navigate the complex world of healthcare.



Individualized Care

When you choose to implement CDM services, the health care provider will begin by setting goals based on your loved one's needs. For our part, we want to be your healthcare experts, using our experience to help you navigate the complex world of long-term care. A comprehensive disease management plan can also help you increase your loved one's comfort while decreasing emergency visits, hospitalizations, falls, and other issues that often accompany a chronic illness.

Resources

One of the major goals of comprehensive disease management is educating caregivers on a variety of health care resources. Although a number of resources exist, finding and utilizing them can be daunting for caregivers. It is vital for the CDM provider to help patients and their families connect to and qualify for community resources, including Medicare and Medicaid services.

Advance Care Planning

When you're caring for a loved one with a chronic illness, planning ahead is important. Thorough advance care planning is essential to ensure your loved one is well cared for throughout their journey when living with a life-

limiting illness. Completing Power of Attorney paperwork and end-of-life advance directives, provides peace for the entire family. Your CDM provider should always be available to provide assistance with a variety of advance care planning strategies including completion of Durable Power of Attorney papers and disease-specific advance directives.

Financial Benefits

When your CDM provider establishes your comprehensive disease management plan, they should identify a number of ways to keep your loved one safer as their disease progresses. In turn, you'll likely reduce the occurrence of avoidable medical expenses such as emergency room visits and hospitalizations.

For our part at Phoenix Home Care, we aim to provide these services grounded in Christ-like values of patience, honesty and compassion. If you have any questions about beginning a Comprehensive Disease Management program, please call our Topeka office at 785-260-6444.



Offering Comprehensive Disease Management, Acute Skilled Nursing through Home Health Service; Private Duty Nursing to children and young adults with Special Need; Privately Paid Services such as nursing, nurse-aide or companion level assistance with activities of daily living from a few hours a day to around-the-clock care; Hospice, Chronic Care Management through Keep Well ACO, Wellpack/Pharmacy.

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

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

2945 SW Wanamaker Dr., Suite B, Topeka, KS

785-260-6444

www.phoenixhomehc.com

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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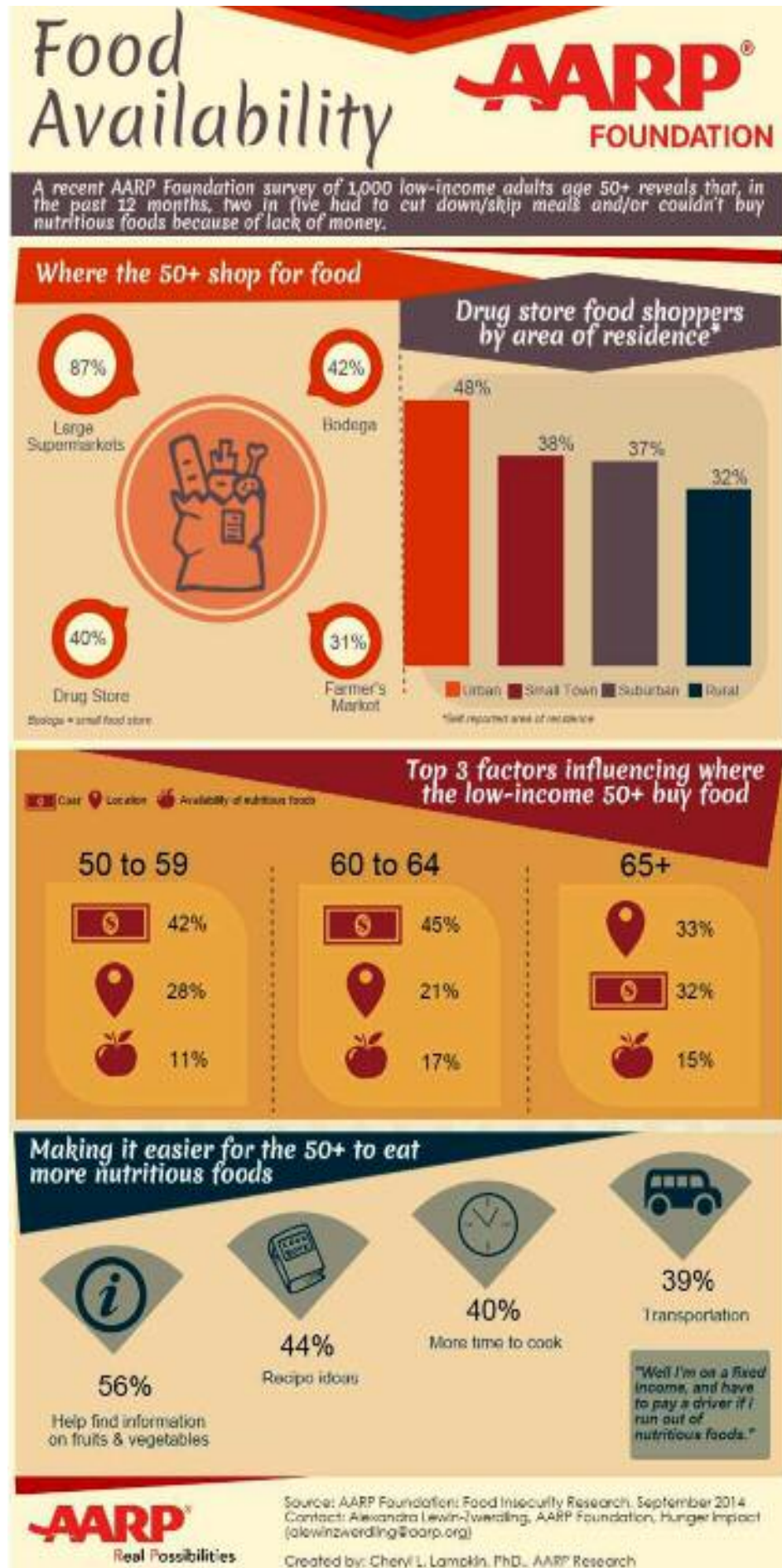
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Farmers Markets can be healthy fun

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

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



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

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



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

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

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthyneighborhoods.org

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

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

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



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

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



The Epidemic of Childhood Obesity

Today, 1 in 3 children and adolescents, ages 2-19, are overweight or obese - triple the rate from just one generation ago.

Thirty years ago, having an overweight child was a challenge for a few. And, there was no medical terminology for the condition. By 2008, more than 20% of children were impacted by this phenomenon of the “energy in: energy out imbalance” we now know to be labeled “childhood overweight” and then for those with excessive body weight, “childhood obesity.”

What Causes Obesity in Children?

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

What Diseases Are Obese Children at Risk For?

Obese children are at risk for a number of conditions, including:

- High cholesterol
- High blood pressure
- Early heart disease
- Diabetes
- Bone problems

- Skin conditions such as heat rash, fungal infections, and acne

How Do I Know if My Child Is Overweight?

The best person to determine whether or not your child is overweight is your child's doctor. In determining whether or not your child is overweight, the doctor will measure your child's weight and height and compute his "BMI," or body mass index, to compare this value to standard values. The doctor will also consider your child's age and growth patterns.

How Can I Help My Overweight Child?

If you have an overweight child, it is very important that you allow him or her to know that you will be supportive. Children's feelings about themselves often are based on their parents' feelings about them, and if you accept your children at any weight, they will be more likely to feel good about themselves. It is also important to talk to your children about their weight, allowing them to share their concerns with you.

It is not recommended that parents set children apart because of their weight. Instead, parents should focus on gradually changing their family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child does not feel singled out.



How Can I Involve My Family in Healthful Habits?

There are many ways to involve the entire family in healthy habits, but increasing the family's physical activity is especially important. Some ways to accomplish this include:

- Lead by example. If your children see that you are physically active and having fun, they are more likely to be active and stay active for the rest of their lives.
- Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
- Be sensitive to your child's needs. Overweight children may feel uncomfortable about participating in certain activities. It is important to help your child find physical activities that they enjoy and that aren't embarrassing or too difficult.
- Make an effort to reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.
- Plan healthy meals for the entire family that all can enjoy.

Whatever approach parents choose to take regarding an overweight child, the purpose is not to make physical activity and following a healthy diet a chore, but to make the most of the opportunities you and your family have to be active and healthy.

Source: Alliance for a Healthier Generation and WebMD

Top foods that improve mood and energy levels

If you're thinking about reaching for a frosted donut or an order of french fries to help boost your mood, you may want to think again. Although the first bite or two might taste delicious, plenty of research has shown that healthier, mood-enhancing food choices — like the ones below — are not only better for our waistlines, but also our stress levels, energy levels and moods.

Below we share the top foods that improve mood, stress and energy levels.

Best foods to boost mood and energy

These foods release neurotransmitters like dopamine, serotonin and noradrenaline, which are responsible for regulating mood and energy, making us feel happier. Try making a few changes to your diet with these mood-enhancing foods to help you feel your best.

- Dark chocolate (yes, chocolate!) contains antioxidants that help control cortisol levels and stress hormones. Dark chocolate contains higher levels of polyphenols than other types of chocolate, a natural substance that has been shown to have a positive impact on mood.



- Salmon contains omega-3 fatty acids, which are essential for brain function and brain health.
- Green tea contains mood-boosting amino acids that can also have a relaxing affect.
- Blueberries have more brain-boosting antioxidants than most other fruits.
- Oysters are high in zinc, which can elevate your mood and also improve sleep quality.
- Yogurt and fermented foods like sauerkraut and kombucha can improve gut health and increase serotonin levels, which can improve our mood.
- Spinach is a good source of magnesium, which can reduce anxiety, help maintain hormone balance and boost brain health.

- Bananas contain B6, fiber and natural sugars, which work together to stabilize blood sugar levels.
- Oats contain fiber and iron that can help stabilize blood sugar levels, boosting serotonin and promoting healthy energy levels.
- Oranges, strawberries, bell peppers and broccoli are all high in vitamin C, which boosts our body's ability to produce dopamine and serotonin, which provide mood stability.
- Nut butters like almond and peanut butter help fend off hunger and act as a mood stabilizer due to a combination of protein and healthy fats.

Follow a healthy diet for a healthier, happier you

Making healthy, mood-boosting foods part of your regular diet can not only lift your spirits, but also improve your overall health by helping to lower your risk of preventable health conditions like high blood pressure, diabetes and heart disease.

If you're concerned about how your current diet is impacting your health, consider scheduling an appointment with your doctor or a nutritionist to learn more about making positive nutritional changes for your mind and body.



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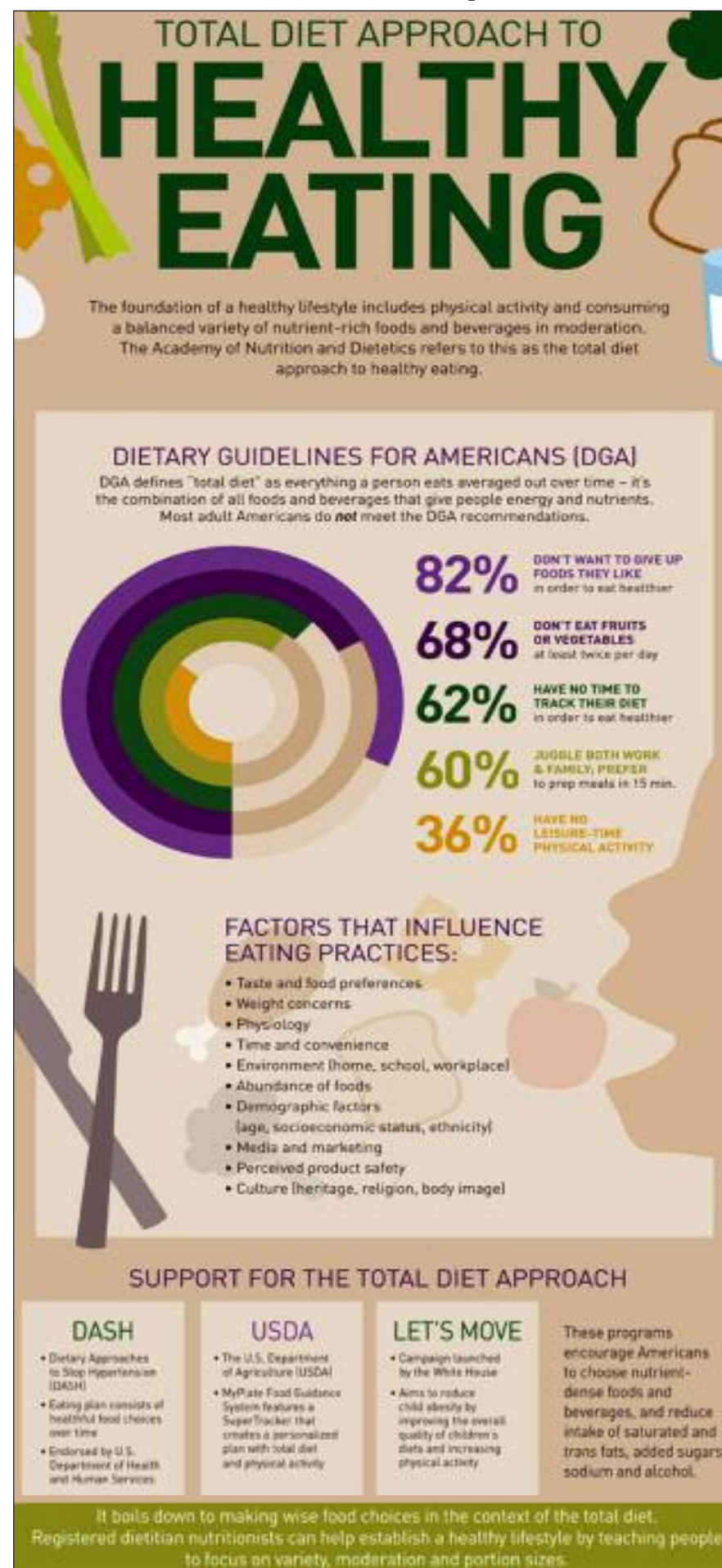
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Interstitial Lung Disease: Saving Lungs Saving Lives



(Ivanhoe Newswire) —

Imagine your lungs slowly hardening and shutting down. It's difficult to breath or even walk. That's what more than 200,000 people will begin to experience this year. It's call interstitial lung disease. There's been very little to help patients, until now. A new drug is helping people breathe easier and live longer.

Bob Rawlins' happiness is contagious.

He spreads hope volunteering at the local hospital every week.

Rawlins shared with Ivanhoe, "When I walk into a patient's room and they see a guy coming in on oxygen and they have oxygen, right away, there's a connection, right?"

Bob didn't always need oxygen. Four years ago, the room started spinning, he had trouble walking, then...

"My kidneys were starting to fail," Rawlins explained.

His family was preparing for the worst.

"My wife got down on her knees and grabbed my hand and she said she started to pray and then the two aides, the two nurses, and the



two doctors that were there turned around and said, 'We'd like to pray with you.' So, that was one of those amazing things. So, it was pretty cool," Rawlins recalled.

Bob was diagnosed with interstitial lung disease.

Kristen Highland, MD, the Director of the Rheumatic Lung Disease Program in the pulmonary department of the Respiratory Institute at Cleveland Clinic elaborated for Ivanhoe, "His lung disease is chronic, and he has very fibrotic changes on his chest."

Cleveland Clinic pulmonologist Kristen Highland tried a new FDA approved drug, nintedanib to stop the progression. A recent study found there was a 57% reduction in the rate of lung function decline. Bob takes pills twice a day, along with weekly pulmonary therapy. It keeps him doing what he loves best.

"My nurses always nickname me 'walkie talkie,' because I could walk, and obviously I

talked too much," Rawlins shared.

As far as side effects, most patients report they experience increased reflux and diarrhea. This drug is also the first FDA approved therapy for scleroderma-associated interstitial lung disease.

Interstitial lung disease or pulmonary fibrosis is the inflammation of the tissue that surrounds the lungs, blood vessels, and airways. This inflammation or scarring can inhibit breathing causing shortness of breath and coughing. While there is no cure for this disease, there are many treatments effective at slowing it down including medication, oxygen therapy, pulmonary and exercise therapy, and in extreme cases, a lung transplant.

There is no known way to prevent idiopathic or genetic interstitial lung disease, but other types of the disease can be prevented by not smoking, wearing a respirator around harsh chemicals, and receiving immunizations for flu and pneumonia to protect the lungs.

The Dual Impact of Brain + Body Exercise

Does it bother you when you cannot recall a name? Do you have trouble remembering your grocery list? Do you ever forget what you walked into a room to get? These are daily thinking tasks that can become more difficult as we age. But, don't let this get you down!

According to the National Institute on Aging, forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain.

While this is an admittedly eye-opening fact, there is encouraging research that suggests a unique and easy solution that leaves your mind sharp and your body energized, helping to protect your brain and body as you age. The trick? Working your mind and body at the same time.

Regular exercise combined with brain stimulation can combat cognitive decline, keeping our mind strong as we age into our 50s and well beyond.

The health benefits that exercise brings – better balance and coordination, increased cardiovascular strength, improved sleep and mood, and reduced risk of dementia – are well known. What is becoming more apparent is physical exercise combined with brain exercise can result in greater gains for cognitive function than physical activity or cognitive exercise alone.

A study from the University of Birmingham, United Kingdom, showed that those who got regular aerobic exercise had less frequent episodes of not being able to think of a word they wanted to say (or “tip-of-the-tongue episodes”) than similarly aged adults with poorer aerobic health.

The Brain is Like A Muscle ... Use it or Lose It

Alison Weinlaeder, a clinical speech-language pathologist with expertise in treating disorders of language and thinking, warns about websites that claim to improve cognition without also incorporating physical activity.

“More and more research suggests that you could be making even greater gains for your brain's long-term health if you engage in cognitive exercise while you work out your body,” Weinlaeder said.

In other words, protecting brain health across the lifespan means more than just sitting and clicking a mouse



or tapping an iPad. The take-home message is simple: engaging in physical and cognitive exercise concurrently helps you age healthily.

These findings, combined with a desire to empower adults to take control of their cognitive and physical health, inspired Weinlaeder to create an innovative new home fitness program called Cardiomelon that pairs 20-30 minute long cardiovascular workouts with thinking tasks to engage the brain and body with one fitness tool. While there are countless home programs out there designed to keep your body healthy, Weinlaeder saw that there was no program with the dual purpose of brain and body fitness.

“We’ve seen a tremendous response to our online program since so many people are at home more now due to COVID-19,” Weinlaeder said. “It is important we continue to find ways to keep our brains and bodies active during social distancing. Do a puzzle, play a new board game, or go for a walk outside. Or, why not reap even greater benefits by doing thinking and physical exercises in tandem?”

Exercising the Brain + Body at the Same Time

How does one do this? Unless you have some super talent I haven’t discovered, playing a new board game while going for a walk outside is next to impossible.

Enter Cardiomelon. Designed specifically for adults over

50, Cardiomelon workouts combine physical and cognitive exercises all into one fun workout. Experienced trainers offer plenty of modifications for users who have mobility issues.

To give some examples of what a typical workout entails, you may be asked to:

- name U.S. states starting with the letter “M” while doing crunches
- do simple math while strengthening the upper body with modified pushups,
- or
- recall a word list while you complete exercises to get your heart rate up and challenge your balance such as squats, alternating knee lifts, toe touches, mountain climbers, planks, and standing hamstring curls.

Aging is something to be celebrated and embraced, and successful aging shouldn’t be restricted by access.

Cardiomelon workouts are an easy-to-view and affordable way to improve your cardiovascular health while challenging your language, memory, and thinking skills from the comfort of home.

To learn more and try out a Cardiomelon workout for free visit www.cardiomelon.com. Memberships start at \$10/month.

—Lucy Emptage / healthyaging.net

10 Tips for Reinventing Yourself During Healthy Aging Month

Think it's too late to "reinvent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, "it's never too late to find a new career, a new sport, passion, or hobby."

Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says September is Healthy Aging® Month provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well being.

"Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't become an entrepreneur, start your own home business later in life, test your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance

yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)



Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

Lonely? Stop brooding and complaining about having no friends or family. Do something about it now.

Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the My Health Finder.

Find your inner artist. Who says taking music lessons is for young school children? You may have an artist



lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Source: healthyaging.net



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.



Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

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

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

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

- Other tips to keep in mind:
- No one should use a floatation 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.

8 Motivational Tricks to Motivate Your Next Run

It happens to the best of us. Whether you're a seasoned athlete or a motivated newbie just trying to get started, there are plenty of days when you just don't feel like doing anything, much less like going for that run. Sometimes, life gets busy, the weather gets ugly, and the temptation to watch Netflix instead of lacing up and heading outside can be stronger than the will to work out.

Here are eight tried and tested tricks to motivate you to get out the door when you just don't feel like going for a run.

1. Just Go.

This might seem like an obvious one – maybe even too obvious – but it's that simple. Don't give yourself a choice! Don't let yourself think about the alternatives. Decide you're going to run, commit to it, and practice drowning out any conflicting thoughts. When I used to have to wake up at 5 a.m. to be on the water before sunrise, I came up with a life hack: I'd sleep in my workout clothes! When that alarm went off in the morning, I knew it was go time, no matter how dark or cold the morning was. There was no thinking, no deliberating, no considering how I felt – I just went. We all did. Each night, I'd set my alarm so I could sleep as long as possible while still allowing myself the seven minutes I needed to get up, use the bathroom, brush my teeth, grab a banana, and get out the door. Preparing the night before left little time for excuses. So don't think, just go.

2. Schedule Your Run Like It's An Appointment You Can't Miss.

When life gets so busy that it feels like there isn't time to workout, look at your calendar for the week, find that one hour time slot you need (or even just 20 minutes!), and schedule it into your Google calendar. Like a consultation with your dentist, you may feel just the right amount of guilt if you skip out.

3. Plan Around Your Workout.

It's easy to prioritize everything else – that dinner date, that movie you wanted to see, that happy hour you were planning to go to... but what about that run you were planning to go for? If not for your present self, do it for your future self who will look back and say, "Thank you for going on that run."

4. Reward Yourself for Going.

We all have different ways of rewarding ourselves – maybe it's splurging on a too-expensive juice, or maybe it's letting yourself splurge on those sophisticated spandex you've been eyeing on your walk home from work. Put a calendar on your fridge and stick a fun sticker on every day of the week that you run. Then look back at your month, and give yourself a pat on the back for all the stickers up there.



5. Get Some Fun Workout Clothes.

It may seem silly, but there is something about wearing brand-spanking-new gear when we workout that makes us feel good doing it. If you bought some awesome new running tights, don't you just want to wear them ASAP? Whether it's a new pair of sneakers, a pretty sports bra, or just a loose-fitting tank top that makes you feel powerful, put it on and take it for a test run (literally). Look good, feel good, run more.

6. Commit to a Running Group's Weekly Run.

Sometimes, we need outside factors to make us feel accountable. Join a running group, commit to a weekly run, and turn working out into a social activity. Many running groups combine running with happy hour or brunch, so find the group that works for you! Before you know it, you'll be looking forward to your workouts – even if it's mostly for the drinks you'll share with your new friends after the run. In Topeka, check out Sunflower Striders Running Club, www.sunflowerstriders.org

7. Download Some Motivational Music.

I don't know about you, but when I'm feeling sluggish, the right song blasting in my room can really give me the push I need to get out the door. There are so many playlists out there these days. There are even some that use music to pace longer runs.

8. Remember: It's Always Worth It.

It's so hard to get out the door, but know that you will, without a doubt, feel like a better version of yourself when you walk back in the door after that run you almost didn't do. This is a fact. If you've tried everything and nobody else's tricks help you, it's time for you to motivate yourself. Next time you go on a run, write down why you did it, how you felt afterwards, and if you're glad you went. Then, on that day when you're not sure you feel like going, pull out that list and read it to yourself. Then slowly put on the right music, slip into your favorite workout clothes, get those stickers ready, and block off the next hour... because it's time to get moving.

Every run is for you, and nobody else. It is the reward. Remember that.

—Rachel Tavel | bustle.com

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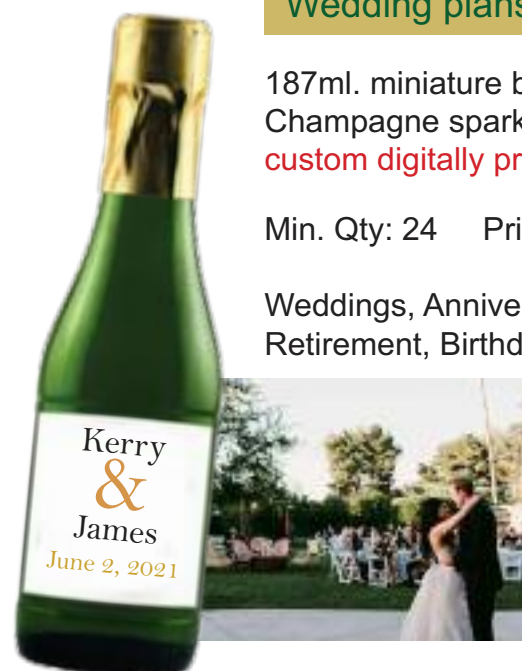
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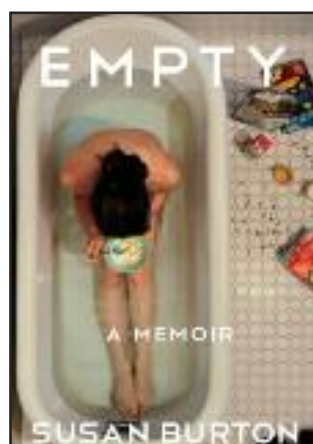
New Health & Wellness Info at the Library

By Kelly Barker

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

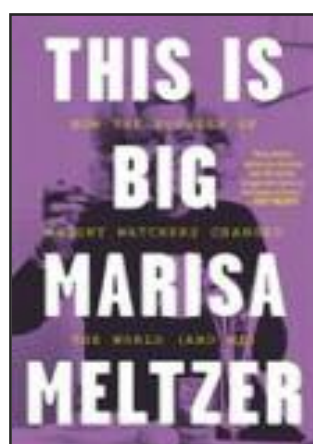
Empty: A Memoir by Susan Burton, New Health Books Media Center 616.8526 BUR

For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder.



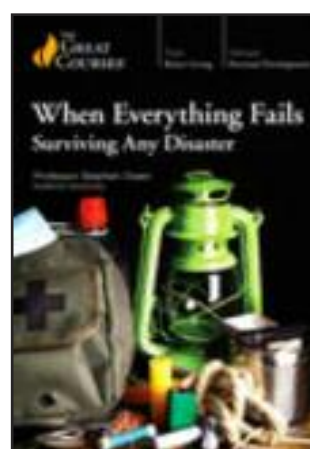
This Is Big: How the Founder of Weight Watchers Changed the World -- and Me by Marisa Meltzer, New Health Books Media Center 613.25 MEL

Meltzer began her first diet at the age of five. Fast forward nearly four decades. She comes across an obituary for Jean Nidetch, the New York housewife who founded Weight Watchers. This Is Big is a testament to how transformation goes far beyond a number on the scale.



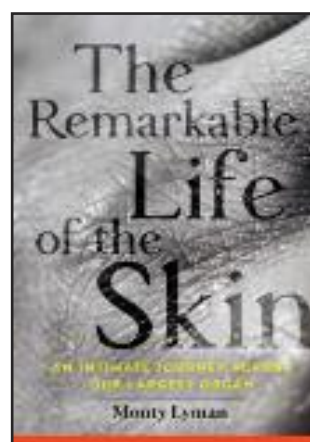
When Everything Fails: Surviving Any Disaster, Great Courses Non-fiction DVD with Lecturer, Stephen Owen, New Health Books Media Center 613.862 WHE

Living through a disaster is not a question of if, it's a question of when. This lecture offers a practical guide for protecting the individual, their family, and their community. These fourteen fast-paced lectures will arm viewers with information for planning ahead.



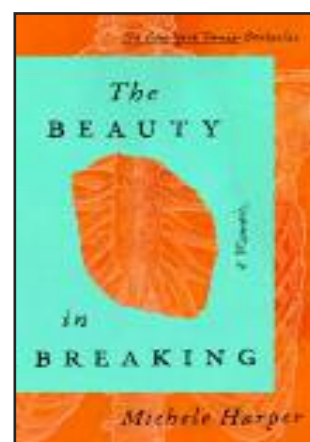
The Remarkable Life of the Skin: An Intimate Journey Across Our Largest Organ by Monty Lyman, New Health Books Media Center 612.79 LYM

The skin is our largest and fastest-growing organ. The Remarkable Life of the Skin leads us on a journey across our most underrated and unexplored organ and reveals how our skin is far stranger, more wondrous, and more complex than we have ever imagined.



The Beauty in Breaking: A Memoir by Michelle Harper, New Health Books Media Center 610.92 HAR

The Beauty in Breaking is the poignant true story of Harper's journey toward self-healing. Each of the patients Harper writes about taught her something important about recuperation and recovery. In this hopeful, moving, and beautiful book, she passes along the pre-



cious, necessary lessons that she has learned as a daughter, a woman, and a physician.

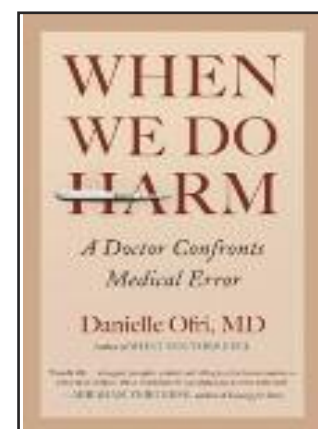
Living Lively: 80 Plant-based Recipes to Activate Your Power and Feed Your Potential by Haile Thomas New Health Books Media Center 641.5636 THO

By a superstar nineteen-year-old activist, a unique cookbook and inspiring guide that combines 80 delicious, wholesome, super-powered plant-based recipes with a "7 points of power" manifesto to inspire the next generation of leaders toward self-reflection, and critical thinking.



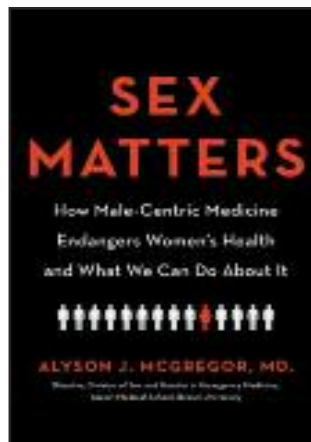
When We Do Harm: A Doctor Confronts Medical Error by Danielle Ofri, New Health Books Media Center 610.23 OFR

Practicing physician Danielle Ofri investigates how medical error could be killing 10% of patients and causing 33% of hospital deaths. Throughout the book is the particularly harrowing tale of one patient whose experience with a seemingly innocuous mistake likely cost him his life. These stories force us to reconsider what happens when the medical system does us harm.

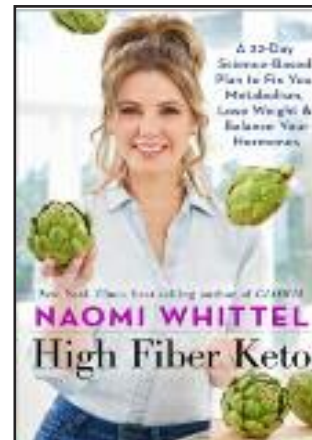


Sex Matters: How Male-centric Medicine Endangers Women's Health and What We Can Do About It by Alyson McGregor, New Health Books Media Center 613.0424 MCG

Sex Matters tackles one of the most urgent, yet unspoken issues facing women's health care today: all models of medical research and practice are based on male-centric models that can endanger women's lives. The author, Dr. Alyson McGregor, focuses on the key areas where these differences are most potentially harmful.

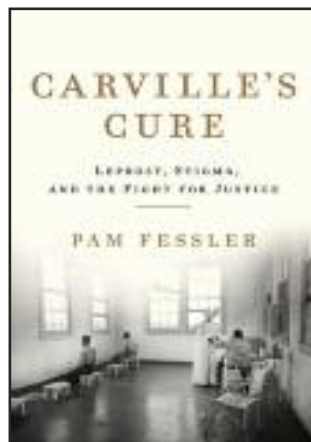


What if the traditional keto diet simply fails to encompass the needs of the female body? In High Fiber Keto, the author explains how the problem isn't keto, it's fiber. She explores the prebiotic fiber sources that work within a keto framework to speed up your metabolism, transform your microbiome, balance your hormones, and keep you feeling full.



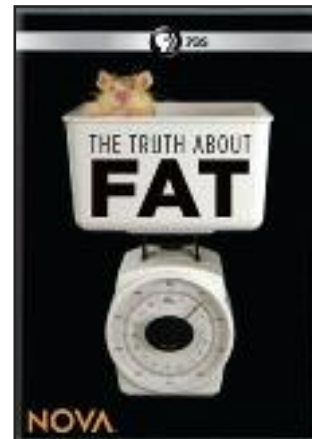
Carville's Cure: Leprosy, Stigma, and the Fight for Justice by Pam Fessler New Health Books Media Center 614.546 FES

While experts today know that leprosy is not nearly as contagious as once feared, there remains a virulent stigma around those who suffer from it. Pam Fessler tells the story of Carville's patients against the backdrop of America's slowly shifting attitudes toward those cast aside as "others."



The Truth About Fat: written, directed and produced by Sarah Holt; PBS, [2020] Nonfiction DVD, New Health Books/DVD Media Center 613.284 TRU

Scientists are coming to understand fat as a fascinating and dynamic organ - one whose size has more to do with biological processes than personal choices. Through real life stories, Nova explores the complex functions of fat and role it plays.



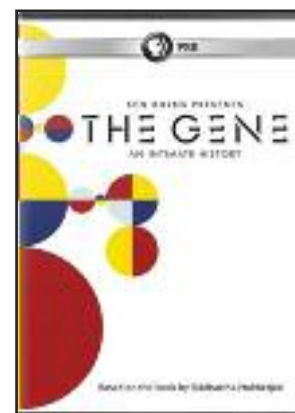
One by One by One: Making a Small Difference Amid a Billion Problems by Aaron Berkowitz New Health Books Media Center 610.92 BER

In One by One by One, Berkowitz bridges the gap between one of the world's richest countries and one of the world's poorest, to make the first big save of his medical career. It is a gripping account of the triumphs, tragedies, and of an idealistic young doctor.



The Gene: An Intimate History written by Geoffrey C. Ward, Barak Goodman, and David Blstein; directed by Chris Durrance, and Jack Youngelson; and produced by Barak Goodman, PBS, [2020] Nonfiction DVD, New Health Books/DVD Media Center 616.042 GEN

Scientific genetics, little more than a century old, holds at once the promise of eradicating disease and the threat of altering the very essence of what it means to be human. The Gene traces the dizzying evolution of this new science as researchers race to identify treatments for disease.



Llewellyn M. Smith and produced by Kelly Thomson PBS, [2020] Nonfiction DVD, New Health Books/DVD Media Center 616.994 CUB

NOVA explores the fascinating history of Cuban biomedical research and follows the journey of two cancer patients, one from the island and one from the U.S., receiving new vaccines. As they prove effective, Cuban scientists' team up with a leading U.S. cancer institute to develop an even more effective treatment by combining the best of both countries.



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Cuba's Cancer Hope: written and directed by

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Sensible Recipes for Your Family Health

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

Cedar Planked Salmon



Suggestion: Serve it with an Asian-inspired rice and roasted asparagus.

Ingredients

- 3 (12 inch) untreated cedar planks
- 1/3 cup vegetable oil
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1/3 cup soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon grated fresh ginger root
- 1 teaspoon minced garlic
- 2 (2 pound) salmon fillets, skin removed

Directions

Soak the cedar planks for at least 1 hour in warm water. Soak longer if you have time.

In a shallow dish, stir together the vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon fillets in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to one hour.

Preheat an outdoor grill for medium heat. Place the planks on the grate. The boards are ready when they start to smoke and crackle just a little.

Place the salmon fillets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork. It will continue to cook after you remove it from the grill.

Nutrition Information (Servings: 6)

678.4 calories; protein 61.3g 123% DV; carbohydrates 1.7g 1% DV; fat 45.8g 70% DV; cholesterol 178.6mg 60% DV; sodium 981.2mg 39% DV.

Source: allrecipes.com

Baked Honey Mustard Chicken



Quick and easy to prepare, and the kids love it too!

Ingredients

- 6 breast half, bone and skin removed (blank)s skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

Directions

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

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Nutrition Information (Servings: 6)

232 calories; protein 25.6g 51% DV; carbohydrates 24.8g 8% DV; fat 3.7g 6% DV; cholesterol 67.1mg 22% DV; sodium 296.4mg 12% DV.

Source: allrecipes.com

Easy Granola Bars



Great for hikes, long road trips camping and more!

Ingredients

- 3 cups quick-cooking oats
- 1 (14 ounce) can sweetened condensed milk
- 2 tablespoons butter, melted
- 1 cup flaked coconut
- 1 cup sliced almonds
- 1 cup miniature semisweet chocolate chips
- 1/2 cup sweetened dried cranberries

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.

In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and cranberries with your hands until well

Bake for 20 to 25 minutes in the preheated oven, depending on how crunchy you want them. Lightly browned just around the edges will give you moist, chewy bars. Let cool for 5 minutes, cut into squares then let cool completely before serving.

Nutrition Information (Servings: 24)

179 calories; protein 3.9g 8% DV; carbohydrates 24.8g 8% DV; fat 8.1g 12% DV; cholesterol 8.1mg 3% DV; sodium 37.8mg 2% 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

Jody Koerner
LCSW, QCSW
Clinical Social Worker
1100 Wanamaker, Ste 3
Topeka, KS 66604
785-249-4847

Working with:
• Seniors, Adults & Couples
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• Relationship issues
• Grief and Loss
• Behavioral Mental Health
• EAP Services

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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

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



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A caring and compassionate provider of in-home services, including:
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HEALTH ADVERTISING

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COUNSELING

MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit www.midlandcare.org.

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Topeka 785-266-7732
5040 Bob Billings Parkway, Suite B
Lawrence 785-832-8838

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

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Ask about our Total Home Care Package!
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Mention this ad for 10% OFF!

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

EMERGENCY FOOD & SHELTER

TRM MINISTRIES **TOPEKA RESCUE MISSION MINISTRIES**
"FAITH WITH ITS SLEEVES ROLLED UP"
Main: 785-354-1744 800 N. Kansas Ave.
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Donate, Finances: 785-354-1744 ext. 316 P.O. Box 8350
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CHRISTIAN EDUCATION

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A Christ-centered, quality education, plus:
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WHAT WE DO:
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HOW YOU CAN HELP:
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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

PET CARE

MERIDEN ANIMAL HOSPITAL
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RECOVERY

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

FOR RENT

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

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

ADOPTION



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

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Understand your 401K Options. Call and make an appointment to go over how to move your money and why!



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MKT-5894-A

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KMC DERMATOLOGY & MED SPA - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. www.KMCPA.com

HOSPICE

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

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

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

WOOD VALLEY PICKERS – Aug. 28, 7:30-10:30pm, Classic Bean, Fairlawn Plaza. Down-home, family-friendly

entertainment with smiles all around!. 785-271-5005

AN EVENING AS A CHILD – Aug. 29, Stormont Vail Events Center. A special event that gives adults a chance to reflect on their childhood and an opportunity to revel in those activities that made growing-up so special, and to raise funds for people with disabilities. Includes: Dinner, Games & Activities, Wine Board, Craft Beer Board, Silent & Live Auctions. 785.272.4060 or abilities@capper.org

KC DRIFT – Aug. 29, 8am-5pm, Heartland Motorsports Park. \$10. This event will be accompanied with an area for donuts, as it is the same day as the Twisted Individualz Street King Event. 785-861-7899

BEGINNERS PADDLE ON THE KAW – Aug. 29, 8am, Friends of the Kaw - Kansas Riverkeeper. 866-748-5337. riverkeeper@kansasriver.org

HARVEY HOUSE LUNCHEON – Sep. 3, 11-2pm. Uniquely elegant luncheons served by costumed Harvey Girls who enjoy sharing their knowledge of Fred Harvey and the historical Harvey Houses. Tour of Great Overland Station to follow. RSVP by Aug. 26: 785-232-5533

SNEAKERS AND SMILES GOLF TOURNAMENT – Sep. 4, Cypress Ridge Golf Course. 1 pm shotgun. \$360/team includes cart, lunch, drinks, prizes. Silent Auction. 50/50 raffle. Chance to win Chief's helmet! Putting contest, \$500 hole-in-one. Benefits at risk youth. Jerry Hudgins – 785-338-2965. www.solveareason.golfgenius.com.

HEARTLAND MILITARY DAY – Sep. 5, 125 Airport Dr., Forbes Field. A day of free vintage and current military equipment displays, battle reenactments and Civil War Artillery demonstrations, band concerts, and museum activities. Also a Pancake Feed 7 to 10am.

C5Alive "POWER" LUNCHEON – Sep. 10, 11:30-1. See C5Alive.org for details
• Cost: \$10 for C5 mem-

bers & 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: C5Alive Pastors Appreciation Luncheon, Oct. 8, 11:30-1.

TOUCH A TRUCK – Sep. 12. Downtown Topeka Touch-A-Truck is a local Topeka event that brings the construction industry to life! This is a great event that will provide your children with hands-on learning opportunities on top of a truck-load of fun!

NOTO Live - Sep. 12, 11am-8pm, NOTO Arts and Entertainment District. A day-long celebration of performance art, live music, busking, and talent of all kinds, including the NOTO's Got Talent Finals. To apply to be a performer, busker or vendor visit: explorenoto.org/noto-live/

CHRISTAFARI – Sep. 23, 7pm, Family of God Church, 1231 NE Eugene St. National Recording Artists celebrate KFGB 97.7 FM Upper Room Radio's 5th Anniversary.

JAZZ AND FOOD TRUCKS - September 26. Foodies and Jazz aficionados rejoice! Topeka's Downtown Jazz &



FREE Vision ! Screening Service



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: slsmiths@att.net or call (785) 633-8321

Food Truck Festival is Saturday, September 19. Both local and national musical talent will take the stage at the Every Plaza and a wide variety of food trucks and vendors will be along the avenue ready to serve concert goers. Enjoy the musical stylings of the Relatively Brass Band and the Brian Bagget Trio.

BEATLES VS. STONES – A MUSICAL SHOWDOWN – Sep. 26, 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

VIRTUAL WALK FOR APRAXIA – Sep. 26. See Topeka Walk for Apraxia on facebook

YOUTH FOR CHRIST GOLF CLASSIC – Oct. 2, 11:30 reg.; 12:30 shotgun start, Lake Shawnee. Several spon-

sorship levels available. Lots of prizes! 232-8296 or topekayfc.org

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

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

NATIONAL NIGHT OUT EVENTS – Oct. 10. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

ONGOING EVENTS:

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

SENIORS NUTRI-

TIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215- 0064.

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscl.org

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

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.

Sole Reason's 2nd Annual Sneakers and Smiles Golf Tournament

Benefiting Local Kids In Need

4 Person Scramble Tournament

Friday, Sept 4th, 2020

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614
Registration 11:30 - 12:45 PM
Lunch Provided Bobby Food Co. - 11:00 - 12:30
Shotgun Start: 1:00 PM
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

Take a shot at \$500 for a Hole in One on #2!

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

Sole Reason
sneakersandsmiles

Cypress Ridge
golf course

Apraxia Kids Walk for Apraxia 2020

#VirtualWalkforApraxia

Topeka Virtual Walk for Apraxia

Saturday, September 26th, 2020

Join the 2020 Topeka Virtual Walk today! As a virtual walker, you'll join hundreds of other participants all across the country walking for the same cause around their neighborhoods. If you can't walk on the date scheduled for your city, you can choose a time and place for your family to celebrate whenever it is convenient for you! All registered participants will be mailed their 2020 Walk for Apraxia t-shirts as well as a medal and superhero cape - **register by 8/23/20** to receive them in time for Virtual Walk Day!

Sponsored by:

Solid Rock Sound Machine

"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 **ABBAY 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!

SATURDAY, SEPTEMBER 26 | 7:30PM | ALL AGES

TOPEKA PERFORMING ARTS CENTER
214 SE 8th Avenue, Topeka, KS

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

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-pro-

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

Walkers and runners are invited to participate in our 3rd 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 ~ WGBW-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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Auto-Owners

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 birth-

day 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. talkherbwithus@gmail.com

TOPEKA FOLK DANCERS CLASSES – Sundays, 2-4pm 2637

SE 41st. No partner/experience needed. 215-0968.

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

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

SEX TRAFFICKING INFORMATION – 785-230-8237

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

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

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

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

CAREGIVER SUPPORT GROUPS – Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City. 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com

Upper Room Radio
5th Anniversary Celebration!
Worship Service!
Wednesday, September 23rd, 7pm

KFGB 97.7 FM
Upper Room Radio

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Monday - Saturday 11am - 10 pm
Sundays 11 am - 6pm

Spiritual Wellness

The Value of Sleep

As the days begin to get shorter heading into the second half of the year, I would like to highlight the importance and value of sleep. It's easy to stay up late in the summer, especially when it stays light until almost 10pm.

For many families, back to school means back to a regular routine, and that includes a bed time routine. Quality sleep can make or break how you feel the next day, your energy levels, how well children behave and focus in school, and also the amount of healing and repair that occurs in your body. Here is some Biblical wisdom and some considerations for quality sleep:

1) Sleep based on God's design:

God designed the earth, the sun and people to work and function together. We are designed to get up when the sun rises and go to bed shortly after the sun sets. One reason we know this is because after the sun sets, our body produces melatonin that drips into our spinal cord which makes us sleepy.

If you are not outside and you are using fake lighting that stresses and fools the nervous system (tv, video games, cell phones, etc) than your body may not produce melatonin properly.

One reason we have such an insomnia problem is America is that we use technology and don't live out in the world God designed for us! Have you ever been camping? Notice how the sun goes down and you are exhausted and quickly go to bed. This is because you are outside and your body is working based on God's design.

2) Melatonin is likely NOT a good supplement for you:

We live in a synthetic world. Men are "re-creating" nature in a laboratory. Almost all melatonin supplements are made from PETROLEUM.

This is why people become dependent on melatonin, continue to increase dosages to get an ef-



fect and it causes your own body to stop producing melatonin naturally!

This is not a sleep solution, it is becoming drug dependent.

Going outside for a walk as the sun sets will help produce melatonin. Melatonin can be found naturally, from rice, but very few health food stores are aware of this and use these products. Please do not assume everything you buy at a health food store is good for you.

3) Minerals are crucial for sleep:

Magnesium is the #1 mineral deficiency in America. Taking magnesium before bed can calm the nervous system, relax blood vessels and turn off a busy brain. If you have trouble falling asleep, magnesium may become a good friend. Everyone needs it. A magnesium bath before bed can be great for calming children and getting them prepared for bedtime. Other electrolytes are important as well, which would include calcium, potassium and sodium.

4) Light some candles:

Something our family has been doing recently is lighting candles. As the sun sets, we light candles and ALL technology in the house is turned off (this means no lights, television, cell phones, computers, etc.)

What an amazing way to disconnect from the modern



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



world and return back to the "good old days." It makes me think of all those episodes of Little House on the Prairie I watched growing up with my mom, the simple life before technology. We have found it a great way to unwind, relax and connect with our family. Without technology to distract us or entertain us, instead we connect with each other by talking, telling stories, reading the Bible, or playing games.

5) We all need growth hormones:

Growth hormones are released during sleep, but only if you go to bed on time. Growth hormone is released in the body sometime between 9pm and midnight after going to sleep.

If you go to bed at midnight or later, you miss it. Again, this is based on how God designed us to go to sleep after the sun sets. Why is growth hormone important?

Many call it the anti-aging hormone. It's what helps young ones to grow strong and for us older ones to stay young! Growth hormone is crucial for the body to heal, repair and grow healthy new cells and tissues.

God clearly required rest and sleep for all creatures on this earth. There is a reason that all life is governed by the sun rising and the sun setting. It would benefit us to honor God's design even in a busy, complex, technology-filled world.

—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: "We Love God. We Love People. We Love Health." www.spiritofhealthkc.com

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