

**TOPEKA**

**JULY 2021**

# Health & Wellness

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

**MAGAZINE**



## **SAFE SUMMER FUN**

**Safety  
Tips for  
Summer  
Activities**

## **JULY IS BIPOC MENTAL HEALTH MONTH**

**How to Sleep  
Better as You  
Heal & Recover**

**Why Running in  
the Heat can be  
Dangerous & How  
to Prepare for it**

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information about  
front page photo*

**NNO Activities Help Keep Neighborhoods Safe  
How to Avoid Injury When You Return to the Gym**

**How to Have Safe Summer Fun in the Sun  
How Important is Water to Your Diet?**

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



# SUMMER IS FUN BUT HOT! KNOW YOUR HEAT SAFETY TIPS!

## SYMPTOMS

## TREATMENT / FIRST AID

### HEAT CRAMPS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

### HEAT EXHAUSTION

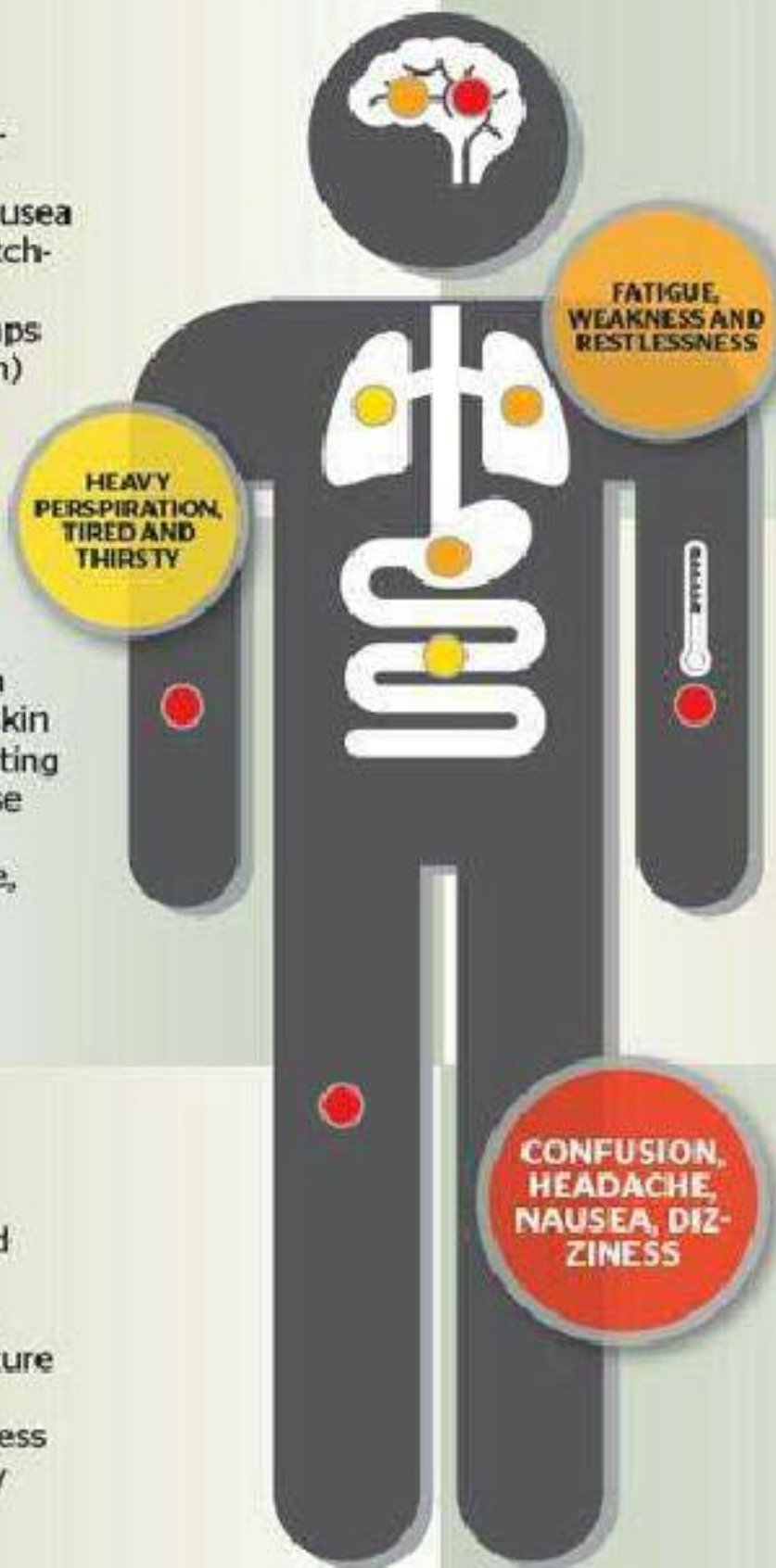
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

### HEAT STROKE

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water







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## ON THE COVER:

Our cover this month features Connor Doel of Topeka getting some summer sun and exercise.

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

For more information, visit our website at [www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com) for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

We are also on Twitter at:  
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You can also find us on Facebook at  
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## Pool and Beach Safety Steps for Summer

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

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

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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



## What Does the Word Hospice Mean to You?



It's safe to say most of us have experienced a time when the word "hospice" made us uncomfortable or scared. Often the word hospice is introduced to us at a very vulnerable time and related directly to the process of a loved one dying.

While it is true that hospice is an option for those with a prognosis of 6 months or less to live it can also provide significant benefits to the person. Here are 5 reasons why you should choose hospice sooner rather than later.

1. Utilizing hospice does not mean death will happen within the next 6 months. Many people live longer on hospice because the focus is on quality of life.
2. Hospice care is provided wherever you call home. In-patient options are available in some cases.
3. Hospice has helped significantly lower hospitalizations while chronic medical needs are still met.
4. Hospice serves the whole person's mental, physical, and spiritual health.
5. Grief support is provided to families and friends at no cost.

We hope these benefits of hospice can help you better understand how Hospice can come alongside a person and help them live to their fullest, even when nearing the end of life.

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## PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY

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Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a not-for-profit health care program that help people who qualify, stay in their homes and helps them manage health care needs.

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

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### WHAT MEDICAL EXPENSES DOES PACE COVER?

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

### HOW CAN I ENROLL IN PACE?

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# July is BIPOC Mental Health Month

By Michaela Butterworth,  
Health Promotion Specialist

**T**he way we talk about things can often influence the way we think about them. In the field of mental health, we are familiar with “person first” language. This is language that prioritizes the identity of individuals as human beings with unique experiences and identities over their mental health status.



Michaela Butterworth

This concept is also carried out in the way we refer to BIPOC (Black, Indigenous, and People of Color) individuals. By including “BI” Black and Indigenous in addition to “POC” People Of Color, we are honoring the unique experiences of all BIPOC individuals and their communities.

The designation of July as Minority Mental Health Month was created in 2008 to bring awareness to the unique struggles that underrepresented groups face regarding mental illness and mental health treatment in the United States.

Minority Mental Health Month is a nationwide campaign to “shed light on the multitude of mental health experiences within BIPOC communities and others that face disproportionate inequities due to systemic barriers and historical adversity.”

According to MHA (Mental Health America):

- 17% of Percent of African Americans have a Mental Illness
- 15% of Latinx/Hispanic Americans have a Mental Illness
- 13% of Asian Americans have a Mental Illness
- 23% of Native Americans/Alaskan Natives have a Mental Illness
- 25% of people who identify as being two or more races have a Mental Illness
- People who identify as being two or more races are most likely to report any mental illness within the past year than any other race/ethnic group
- 37% of Individuals who Identify as LGBTQIA+ have a Mental Illness

Behavioral Health Equity is the right to access quality health care for all individuals and communities, regardless of an individual’s race, ethnicity, gender, socioeconomic status, sexual orientation, or geographical location. This includes access to prevention, treatment, and recovery services for mental and substance use disorders.

Despite advances in behavioral health equity, disparities in mental health care continue to persist. The Agency for Healthcare Research and Quality (AHRQ) reports that BIPOC groups in the U.S. are less likely to have access to mental health services, are less likely to use community mental health services, are more likely to use emergency departments, and are more likely to receive lower

quality care. Poor mental health care access and quality of care contribute to poor mental health outcomes, including suicide, among BIPOC populations.

Advancing behavioral health equity involves ensuring that everyone has a fair and just opportunity to be as healthy as possible. In conjunction with quality services, this involves addressing social determinants, such as employment and housing stability, insurance status, proximity to services, and culturally responsive care – all of which have an impact on behavioral health outcomes.

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



## CELEBRATING OVER 50 YEARS OF RECOVERY SERVICES

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### 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  
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## JULY IS BIPOC MENTAL HEALTH AWARENESS MONTH





**BIPOC is an acronym that stands for Black, Indigenous, and People of Color.**

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# How to Sleep Better as You Heal and Recover

**Y**ou are recovering from an injury, surgery, or treatment, and your doctor has said it is essential to rest and get good sleep. But why is sleep so crucial to healing? In today's article, we'll offer concrete evidence on the healing nature of sleep.

## The Brain

When you're awake, your brain is constantly working, taking in information and breaking it down. If you're going through significant trauma or filled with worries, your brain goes on overdrive and can only tend to the moment's flood of thoughts and emotions.

Once you fall asleep, the outside sources of information diminish. This gives the brain time to assess the rest of the body. When this happens, it signals to parts of the body that need attention, releasing hormones that have healing benefits, like repairing blood vessels and encouraging new tissue growth.

## The Heart

When sleep occurs, our blood pressure drops and allows the entire body to relax. This puts much less stress on the body, allowing oxygen and nutrients to the blood.

## The Muscles

When the brain is no longer sending distress signals to the body, and the heart has had a chance to slow pressure and beats, the muscles that make up our body now have an opportunity to release tension. This release allows for a better flow of oxygen and blood through the body. When stress is released, so too are toxins that can hamper healing.



- Turn your bedroom into a peaceful sanctuary of sleep. Keep your bedroom dark and quiet when sleeping.

## Phoenix Home Care

Phoenix Home Care & Hospice specializes in caring for clients at home, where we believe the best healing occurs. Our home health services can help you or your loved one navigate the healing process, and we'll help you rest and sleep better while at home. Contact Phoenix Home Care online or call toll-free 1-888-830-2388 for more information on what we offer.

## Attitude

Depression and anxiety are huge roadblocks to physical healing. When we sleep, the brain releases negative emotions and can send positive hormones to the body that assist in recovery. Also, during sleep, we remove any negative thoughts we have throughout the day. This anxiety reduction and negative thoughts are why we feel refreshed and energized after a good night's sleep.

## Tips for Better Sleep

Regardless of whether you're healing or going about your routine, getting solid sleep is essential for good health. But if you're recovering from an injury, surgery, or treatment, a good night's sleep is crucial for better healing. If you're having trouble sleeping, talk to your home care provider or your doctor to see what tools you can use to sleep soundly.

- Develop a relaxing nighttime routine, such as going to bed and getting up at the same time every day.
- Eat proper foods for optimum health.
- Get some kind of physical activity every day, based on your physician's recommendations.



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# FINANCIAL HEALTH & WELLNESS

## Many Families with Children to Get Monthly Child Tax Credit Payment

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

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

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

### How will it work?

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

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

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

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

month for each child age 6 and up.

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

### Direct deposit is the way to go

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

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

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

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



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

—Peggy Beasterfeld, EA



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# I'll Drink to That

**H**ave you taken the time to think about what beverage you and your family are going to drink? From my experience, I've found that our population as a whole lacks the whole truth concerning liquid refreshment. Let's face it: we are well beyond the days of only having water to drink, and though you might think a variety of choices is always good, it can also be confusing or, in some cases, deceiving.

Over the years I have talked-the-talk long and hard about the benefits of water to the body during my seminars on health and nutrition. And I am still amazed at the number of highly educated people who make statements such as "I just don't like water, so I'm not going to drink it!" This proves that many of us lack the truth about water. So allow me a moment to share, and at the same time, we will discover the truth about our other choices as well.

First of all, we need to recognize that our bodies are made of mostly water: around 50% for adults and 75% for children; therefore, it would be a great idea to supply those bodies with that one particular ingredient, don't you think?

Sadly, our tendency is to stay far away from water, as though it were something bad. We choose instead to consume massive quantities of coffee, tea, soda, and juice drinks that have caffeine, phosphoric acid, and for some, high quantities of sugar.

Thus, we limit ourselves to drinking what God provided for us in the first place, water. God created an awesome wonder in the human body. We simply have to choose to make the best choices when it comes to beverages that keep our bodies working the way they were meant to.

It is recommended that we drink half our body weight in ounces daily. That means that for a 120-pound person, the recommended dose is eight to ten 6 oz glasses of water a day. Water will do wonders for our skin, hair, bowels (helps relieve or eliminate constipation), endurance (stamina), digestion, and mental alertness. It also helps keep the urinary tract healthy. If urine is dark, it can be a sign of blood, possibly caused by the lack of water in our system; when the urine stream is clear, we are drinking enough water. And water also helps with weight loss. We retain water when we don't give our systems enough to use daily. Our bodies use energy to utilize the water so

that our metabolism increases.

Limit caffeine-containing coffees, teas, and colas, as these have a diuretic effect, encouraging our bodies to eliminate more water and cause dehydration. This precaution is especially important if your hydration is already marginal, such as while you are exercising or if you are sick. You can check your hydration by pinching the skin on the back of your hand. If it snaps back quickly, it's a good sign of hydration; if it remains pinched up on your hand or slowly returns to normal, hydration may be a concern. Sugared drinks can also rob you of water, since sugar may lessen the absorption of water from the intestines. Drinking large amounts of juices that are high in sugar (such as prune and pear juice) or even overdosing on apple juice can produce diarrhea-like stools and increase water loss from the intestines.

Sports drinks are very popular right now. Just be careful to consume sports drinks when you are actively burning the calories that will compensate for the calories you are taking in, or you may find yourself and your children in a weight gaining cycle. What I mean by this is if we consume sports drinks during a leisurely afternoon walk or while sitting in front of the TV, we will not burn it off as easily as we would during a scrimmage of football or soccer. It is true that Gatorade®, packed with the electrolytes potassium, magnesium, calcium, and sodium, will provide energy during intense workouts, but it will also add calories to the mix.



By looking at the chart, you will note the similarities and differences in a variety of beverages. If you are being told by your physician or healthcare provider to limit sodium in your diet, then vegetable juice would not be one of your first choices. The same could be said about some sports drinks. If you want to cut back on calories, don't reach for a soda. Be sure to read the labels on everything you consume before you twist the top and chug it, or sip it down.

I listed Juicy Juice® as an alternative to sodas for our children. It's 100-percent juice, fewer calories, and it doesn't contain phosphoric acid like the majority of dark sodas do. The phosphoric acid leeches the calcium out of our bodies every time we drink it and urinate. And, I'm sad to report, there are more children today drinking soda like it was

water. Some parents go so far as to put soda in the bottles of their babies to satisfy their hunger. This causes a triple-whammy: the higher calories lead to obesity, the empty calories don't benefit the child nutritionally, and the phosphoric acid is weakening their bones. Check out "brittle bone disease." We have higher cases today in children and youth than in our history.

If you still dislike the idea of consuming large quantities of water on a daily basis, add some lemon or lime juice to your water, or as a last resort, choose to eat water-rich foods like watermelon, soups, juice-popsicles, vegetables, and fruit smoothies.

Save the soda as a "treat" if you need to, but encourage water.

—Linda Goldfarb | cbn.com

Grams = gr. Milligrams = mg.									
Beverages	Serving	Calories	Protein	Carbs	Fiber	Sodium	Cholesterol	Unsat. fat	Sat. fat
Coffee	6 fl. oz.	3	0	0.5	0	2	0	0	0
Vegetable Juice	8 fl. oz.	41	2.2	8.7	0.8	484	0	0.1	0
Soft Drinks	12 fl. oz.	159	0	40	0	20	0	0	0
Water	12 fl. oz.	0	0	0	0	0	0	0	0
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# How to Avoid Injury When You Return to the Gym

**R**eturning to the gym after a long time off is a strange feeling.

You're either weaker than before, or you're fit in a different way (maybe you didn't lift while your gym membership was on pause, but you ran a lot), yet you still remember your old weights, your old paces, your old routines.

Hopping back in as if you never left is a recipe for disappointment, and possibly even injury. Fortunately, the human body is resilient and adaptable. Follow these tips and before long you'll be back to your old routine.

## Ramp up over time

If you do something repetitive, like running, your greatest risk lies not in what you do on one specific day, but more likely in the total amount of work you're doing. Beginning runners suffer injuries at far greater rates than experienced runners, and most running injuries are overuse injuries—the kind that creep up on you over time.

As we discussed in our guide to avoiding injuries as a beginner runner, you don't actually need to worry too much about your form or your choice of shoes. What matters more is keeping most of your mileage at an easy, slow pace, and increasing your total workload over time rather than jumping straight into running every day.

Other repetitive activities can follow the same pattern. If you decide you want to swim 50 laps every morning, don't be surprised if your shoulders get achy after doing that for a week straight. Instead of fast-forwarding right to your goal routine, start off with a shorter workout a few times a week, and increase a bit each week as long as you're still feeling good.



## Don't try to max out on your first day

Testing your strength is fun, but it's probably best to think of test days as a privilege that you earn via the hard work of training.

You can hurt yourself by lifting heavy weights incorrectly, but something being heavy is not enough to make it an injury risk. Rather, your body adapts to the stresses you're putting on it, so what you lift should be something you've trained to lift.

If you've been getting plenty of practice squatting 170, 180, 190 pounds, it's not too big a jump to ask your body to do 200. But if you've been squatting zero pounds and then you load up 200, your body may not be ready for it.

Instead of trying to test your strength right away, start by giving your body a base level of work for a while to let it adapt. You'll still make gains within this time, so don't rush the process. Within a few weeks, you'll be feeling like yourself again.

## Expect improvement

So you'll need to hold back your first day in the gym. Bummer. But don't get so attached to that fact that

you forget to challenge yourself.

The truth is, beginners can make huge gains in almost every domain of fitness fairly quickly, whether we're talking about strength, speed, endurance, or anything else. And if you've previously been experienced, and now you're back to beginner numbers again, you'll probably be able to make those same gains even faster.

Make a plan. You may not know exactly how fast you'll improve, so make it a point to listen to your body—not just to find out your limitations, but to find out whether you might be able to do

more than you expected. Try to add a little weight each week and see what happens. Bump up your resistance on the elliptical by a few notches. Sign up for the intermediate class if the beginner level has been feeling good. You'll never find out what you can do until you try.

## Build consistency

We've already established that there are no prizes for setting personal records on your first day back at the gym, so how can you evaluate your efforts?

I like to think of it this way: Your goal at this point is to build consistency. Being consistent with your efforts is the foundation on which gains are built. So instead of thinking "How much can I lift today?" or "How high can I get on the leaderboard in this class?", ask yourself "How does this help me build consistency?"

If you have a concrete answer to that question—something like, "I'm doing the beginner class three times this week, and next week I'll sign up for two beginner sessions and one intermediate"—then you have the process under control, and you're off to a great start.

—Beth Skwarecki | [lifehacker.com](https://lifehacker.com)

# Smallest Heart Pump Gets Even Better!



(Ivanhoe Newswire) —

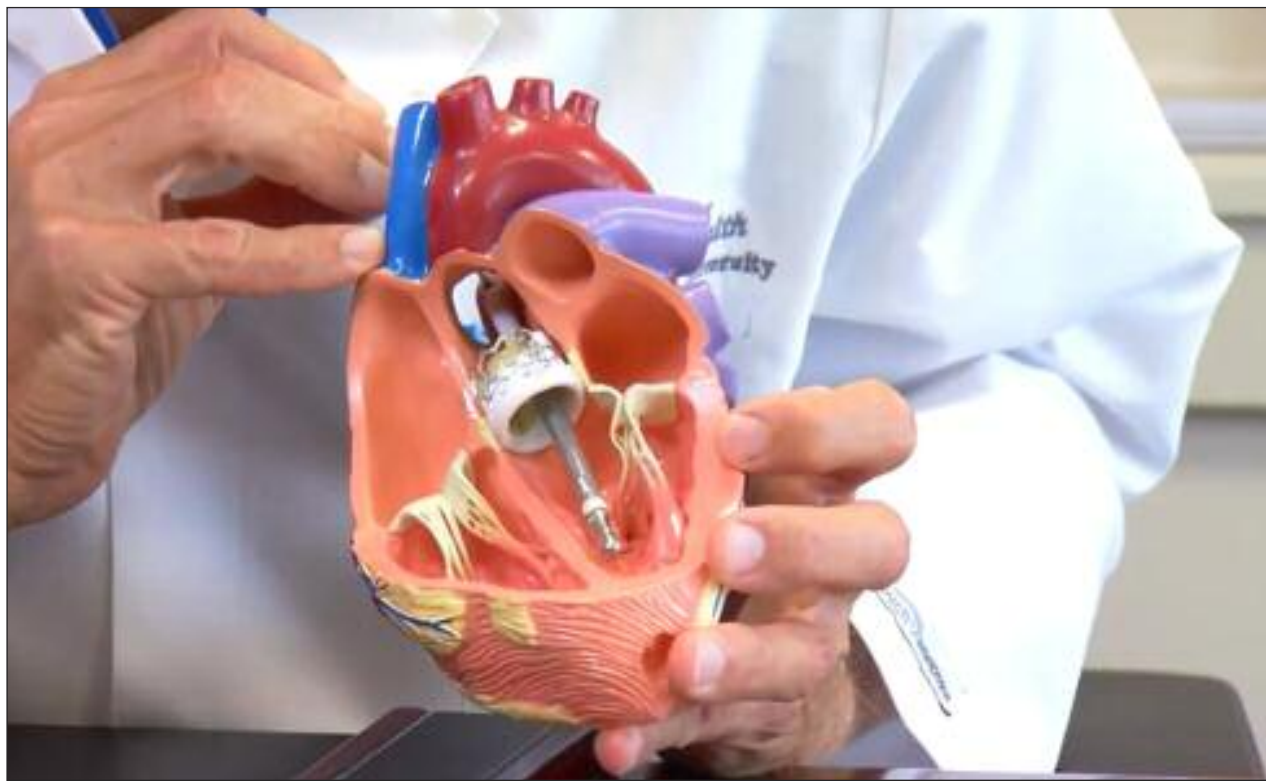
**H**ere's a sobering statistic to think about this heart month— every 40 seconds in the United States, someone has a heart attack. One of the most serious complications is a condition called cardiogenic shock where the heart is unable to pump enough blood to meet the body's needs. Now, the world's tiniest heart pump with Smart Assist is helping doctors save and strengthen a patient's own heart.

For 38 years, Ron Rovito has been a fixture in New York high school football.

But the physical activity wasn't enough to prevent heart disease. Ron had his first heart attack in July of 2019. Ron says a few months into his recovery, he began skipping his medication until he had a second heart attack one year ago.

"They actually gave me a 20 percent chance to make it through the night," Rovito recalled.

Dr. Mark Anderson was one of the first surgeons in the United States to implant a newly revised heart pump. It's called the Impella 5.5 with Smart Assist. It's designed to help patients whose own hearts are



too weak to pump blood. Surgeons insert a catheter into a small incision in a patient's chest and implant the pump into the left ventricle of the heart. The Impella 5.5 also has technology embedded in it that lets doctors use their phones or computer to measure pressure within the heart.

"Our focus is to try to get patients' hearts to recover, take the device out, and then they go on with their native heart," explained Mark

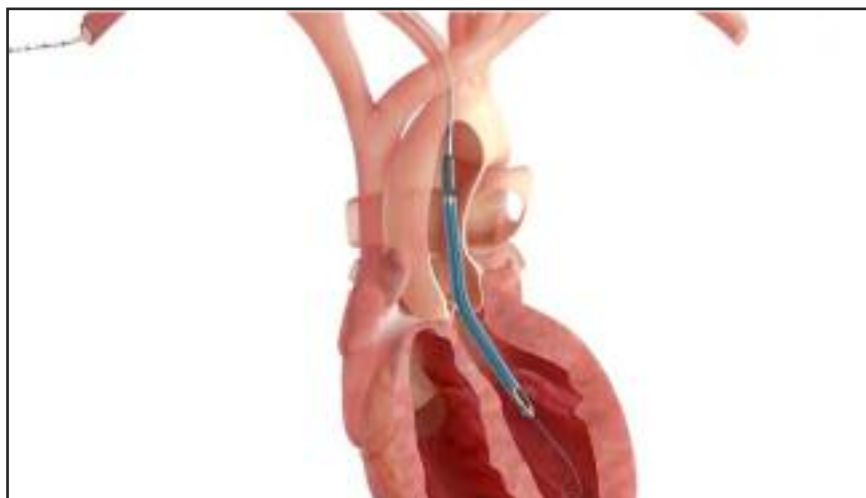
Anderson, MD, interim chief of cardiac surgery at Hackensack University Medical Center and professor of surgery at Hackensack-Meridian School of Medicine.

Doctors implanted the Impella 5.5 into Ron's left ventricle. When he was released a month later, Ron worked hard to improve his health, dropping almost 100 pounds.

"I mean I would sit down with a whole pizza pie before, and eat it! And now, I can barely eat two slices, but ... I love pizza," shared Rovito.

He says it's a small price to pay to stay healthy for the ones he loves.

Doctor Anderson says the Impella 5.5 also allows patients to get up and walk around after the device is implanted so that speeds the recovery process. The pump is designed to work within a patient's body for up to 14 days before it is removed.





# Farmers Markets can be healthy fun

**F**armers 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 [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.org)

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

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

Learn more about our community's health at [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.org) or like us on Facebook.



Markets updated 3/18/2019

Suggestions to Lissa Staley, [lstaley@tscpl.org](mailto:lstaley@tscpl.org)

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

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



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

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

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



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

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

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

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







# STROKE KILLS.

## **BE FAST!** Call 911.

Know the Signs:

<b>Balance</b>	sudden loss of balance or coordination
<b>Eyes</b>	sudden change in vision
<b>Face</b>	sudden weakness of the face
<b>Arms</b>	sudden weakness of an arm or leg
<b>Speech</b>	sudden difficulty speaking
<b>Time</b>	time the symptoms started

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

## **BE FAST!** Call 911.

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Garlic	Grapes/raisins	Ham	Macadamia nuts	Mushrooms	Nutmeg
					
Seeds/pits	Spicy	Sugar-free candy and gum	Tobacco	Yeast/dough	Onions



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# NNO activities help keep neighborhoods safe

**S**afe Streets is about to embark on its 25th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 7, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.



In Shawnee County, neighborhoods are encouraged to hold individual events on August 7. It is not too late to register. As of late June, there were nearly 50 neighborhoods registered! Neighborhoods activities vary – some may host an ice-cream social, cookout, pot luck dinner or a pool



party. Some events are smaller with around 25 people, and others are larger with more than 300 attending. The next planning meeting is Thursday, July 15 at 6:30 p.m. in Room 101BC at the Topeka and Shawnee County Public Library, 1515 SW 10th Avenue, Topeka. It is open to the public, so please join us.



In 2019, Topeka/Shawnee County ranked 5th in the nation for cities of comparable size, for our National Night Out events. Due to COVID-19, National Night Out could not be held in 2020, but we are excited to get together this year.

NNO event is coordinated through Safe Streets in partnership with local law enforcement including the Topeka Police Department, Shawnee County Sheriff's Office, Shawnee County District Attorney's Office, Kansas Highway Patrol, Topeka Fire Department and with

area businesses, including Evergy, Prairie Band Potawatomi Nation, Federal Home Loan Bank, Topeka Credit Union Foundation, Reser's, Hy-Vee, Shawnee County Parks and Rec, Dillon's, Frito Lay and many others!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, contact Safe Streets at 785.266.4606 or email Judy at [jwilson@safestreets.org](mailto:jwilson@safestreets.org). You don't need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!



Safe Streets, a program of Prevention and Resiliency Services, is a local crime prevention and substance abuse prevention organization in Topeka.

Safe Streets wants neighbors to talk and get to know one another – this plays a huge role in making our community safer. Contact Safe Streets for more information or to register your neighborhood by calling 785-266-4606. You can also email Judy Wilson at [jwilson@safestreets.org](mailto:jwilson@safestreets.org).





# How to Have Safe Summer Fun in the Sun

**S**ummer is the perfect time for fun in the sun. Between family vacations, stay-cations and outdoor adventures, make sure your family stays safe. Here are some tips and tricks that will help you get the most out of your experiences while staying safe, whether you're heading out for a hike, camping or just visiting the neighborhood park.

## Protect yourself from UV rays

The elderly, the very young, and people with chronic health problems are most at risk for heat-related illnesses and deaths.

- The sun's ultraviolet rays are strongest between 10am and 4pm. Seek shade when necessary.
- Limit strenuous activity during prime sun hours. Choose morning or evening for intense exercise.
- Wear lightweight, loose-fitting clothing to protect against UV rays while keeping cool. Don't forget your sunglasses and a wide-brimmed hat!
- Apply sunscreen and a protective lip balm with an SPF of 15 or higher. Be sure to reapply frequently, especially after swimming.

"It's easy to get burned, so don't be stingy with sunblock and remember to apply it at least every two hours and more often if you've been swimming. It's always a good idea to wear a hat with a brim to protect your face, neck and ears. And, don't forget your sunglasses—make sure yours have UV protection," says Penny Stern, MD, Director of Preventive Medicine at the Katz Institute for Women's Health.

## Protect yourself from mosquito and tick bites

Did you know scented soaps, perfumes, and hair sprays can attract mosquitoes and other biting bugs?

- Use mosquito repellent.
- Install or repair window and door screens.
- Eliminate mosquito breeding sites by getting rid of standing water around your home.



- Check for ticks after spending time outside, especially if you've been in grassy, brushy, or wooded areas.

"The ticks associated with Lyme Disease can transmit a number of diseases. Lyme alone infects more than 300,000 people each year and can have serious consequences," says Dr. Stern.

## Eat healthy

Between summer barbecues and vacation get-aways, it's easy to forget to eat healthy.

- Take advantage of fresh produce. Add color to your plate by eating plenty of fruits and vegetables.
- Wash your hands before handling food.
- Be smart about cold treat choices.
- Cook all foods to the proper temperatures.
- Refrigerate foods promptly, especially with the warmer weather.
- Drink plenty of water.

"Staying well-hydrated is not optional — it's essential, especially during the summer, when we naturally perspire to keep our bodies cool. Don't wait to drink until you're thirsty. Carry

a water bottle with you and drink liberally. Remember, sugary beverages do not quench thirst. Water is your best choice for hydration," Dr. Stern advises.

## Team up for fitness

Active people are less likely to have health issues such as obesity, high blood pressure, diabetes, osteoporosis, coronary artery disease and stroke, depression, colon cancer, and premature death.

- Get your friends and family on board with an active lifestyle! Meet up for walks or hikes, play Frisbee in the park and check community centers for classes and events.
- Start your workout at an easy pace and gradually increase the intensity over time.
- On days when you're extra active, or it's extra hot, make sure to stay hydrated!
- Don't overdo it. Set a goal of 60 minutes of exercise a day to put you on the path to lifelong health. But pay attention to your body and rest when you need to.

—northwell.edu





## Water Safety

- Exercise proper water supervision, even in shallow water
- Enroll your family in formal swimming lessons
- Get certified in CPR
- Get properly-fitting U.S. Coast Guard-approved life jackets
- Don't bring electronics near water
- Don't run around the pool
- Use plastic drinking cups
- Swim with a buddy and near a lifeguard

## Beach Safety

- Swim at least 100 feet away from piers and jetties
- Swim parallel to the shore if caught in a rip current
- Teach kids about potentially harmful marine life
- Avoid swimming at twilight, when the water is murky or near fishermen
- Look out for flags and signs indicating danger



- Watch out for dangerous objects like glass or marine life on the beach

## Insect Safety

- Remove standing water to keep mosquitos away
- Apply insect repellent
- Implement repellent treatment in your yard like spray or citronella
- Keep nighttime outdoor recreation to a minimum

## Sun and Heat Safety

- Dress in lightweight clothing
- Never leave anyone - pets or people - in the car



- Avoid being outdoors when the sun is at its peak
- Stay hydrated
- Wear hats and sunglasses
- Watch for signs of heat exhaustion, heat stroke or dehydration

## Sunscreen guide

- Choose sunscreen wisely
- water-resistant
- broad-spectrum sunscreen
- SPF 30 or greater
- Application
- Cover all exposed areas thoroughly
- Use at least one ounce of sunscreen

- Apply 30 minutes before going outside
- Reapply every two hours, more often if sweating or swimming

## Play safety

- Wear protective gear when playing sports or riding bikes
- Make sure play areas are well-maintained
- Check the area broken glass or other dangerous objects



## Travel Safety

- Maintain proper air pressure in your tires
- Check your car's fluid levels and air filters
- Have your car battery checked

## Crowd Safety

- Take a picture of your child wearing today's outfit in case you get separated
- Teach your kids where to go if they get lost
- Dress everyone in easily-recognizable outfits

## Firework Safety

- Don't let young children handle fireworks
- Have a bucket of water ready to put out fireworks
- Wear safety goggles
- Do not consume alcohol when shooting fireworks
- Shoot fireworks in a clear area away from buildings and crowds
- Purchase fireworks from a reliable source and do not attempt to DIY
- Do not attempt to relight a firework that does not light
- Follow all state and local laws and ordinances. In some areas, they are illegal.



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



# Why Running in the Heat can be Dangerous

**T**he human body is designed to handle cold temperatures efficiently, especially when you're exercising.

Running in the cold is even easier nowadays because of the latest advances in running clothes.

On the other hand, once you're down to the bare minimum of clothing, you can't dress for the heat and unfortunately, our bodies are ill-equipped to handle running in hot and humid temperatures.

## Here's the deal:

The two biggest problems you face while running in the heat are the increase in your core body temperature and dehydration.

Now:

Your normal body temperature is 98.6 degrees Fahrenheit.

Exercising, even in cold temperatures, naturally raises the core body temperature. At first, this rise in temperature aids performance by increasing blood flow to the working muscles – hence, the importance of warming-up before hard workouts and races.

However, once your internal body temperature gets above 102 degrees you start to experience a significant drop in performance.

What happens if my body temperature keeps rising?



perienced the ill effects of running on a hot summer day.

While there are tricks and precautions that help keep us safe and running somewhat fast, there will inevitably be a negative impact on performance when the temperatures get hot.

With the help of legendary running coach Jack Daniels and his temperature tables, I've created an online temperature calculator that will help you plan and account for exceedingly hot temperatures.

You can use the calculator on workout days to adjust your assigned pace to give you a more accurate idea of how you fast you should be running based on the heat and its effects on the body.

Likewise, if you've just finished a race in rather unpleasant summer conditions, you can plug in your race time and see how many seconds you lost due to the heat.

This will help you identify whether heat was the main cause of your less than stellar time or a training error that you need to fix.

–Source: Coach Jeff | RunnersConnect.net

At 102 degrees, your body can no longer effectively cool itself and you must start spending more of you precious energy to keep things cool. Primarily, your body starts diverting blood to the skin to help keep it cool, as opposed to focusing on your running performance.

## It gets worse:

The longer you're running in the heat, the more sweat you lose in attempt to keep yourself cool. This speeds-up the dehydration process and consequently, you start to slow down.

Most runners have ex-

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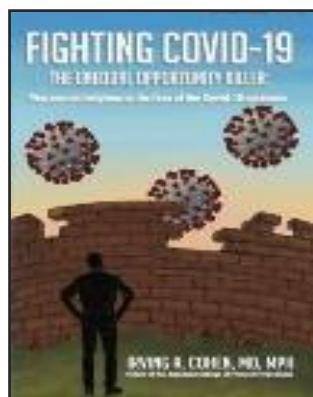
# New Health & Wellness Info at the Library

By Kelly Barker

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

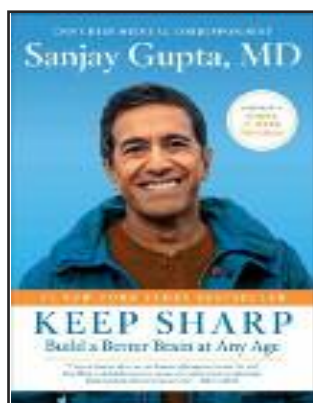
**Fighting Covid-19:** The Unequal Opportunity Killer: You Are Not Helpless in The Face of The Covid-19 Epidemic by Irving A. Cohen, New Health Books Media Center 614.58 COH

This book's purpose is to provide the readers with autonomy, giving them the knowledge that even in the face of multiple health threats, individuals can play a major role in their own destiny. It also teaches how to build an additional wall to lessen the likelihood of a severe outcome if exposed to Covid-19.



**Keep Sharp:** Build A Better Brain at Any Age by Sanjay Gupta, New Health Books Media Center 612.82 GUP

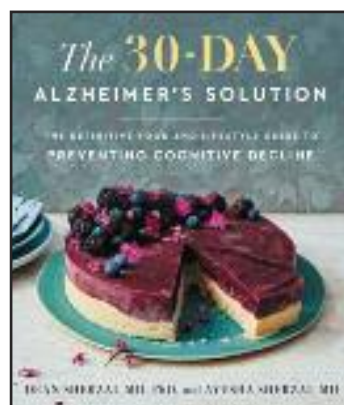
Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Sanjay Gupta. He offers insights from top scientists all over the world, whose cutting-edge research can help protect brain function.



**The 30-Day Alzheimer's Solution:** The Definitive Food and Lifestyle Guide to Preventing Cognitive

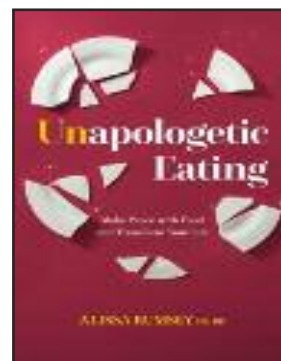
Decline by Dean Sherzai, New Health Books Media Center 616.831 SHE

The most scientifically rigorous, results-driven cookbook and nutrition program on the planet, featuring over 75 recipes designed specifically to prevent Alzheimer's disease, and protect and enhance your amazing brain. Let this be the first 30 days of the rest of your life.



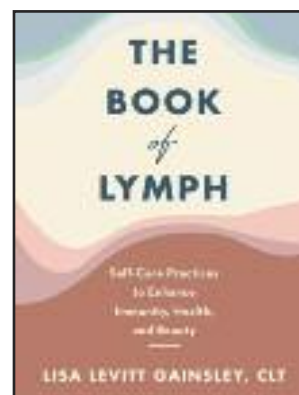
**Unapologetic Eating:** Make Peace with Food and Transform Your Life by Alissa Rumsey, New Health Books Media Center 613.25 RUM

Registered dietitian Alissa Rumsey helps you explore your history with food, and question societal expectations to get to the bottom of the complexity and find a clear path forward - forever free from diets! She provides actionable tools you can use to nourish yourself at all levels.



**The Book of Lymph:** Self-Care Practices to Enhance Immunity, Health, And Beauty by Lisa Gainsley, New Health Books Media Center 615.822 GAI

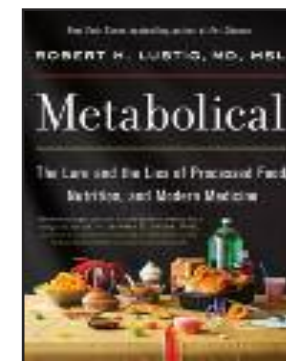
A first-of-its-kind guide that outlines and explains the health-promoting properties of lymphatic massage, featuring five-minute self-massage sequences anyone can do at home. Thanks to the astonishing results it provides, it has become one of the



most popular wellness practices today.

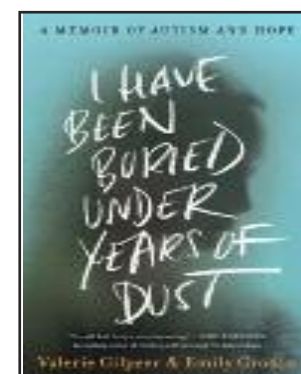
**Metabolical:** The Lure and The Lies of Processed Food, Nutrition, And Modern Medicine by Robert H. Lustig, New Health Books Media Center 613.2 LUS

Dr. Robert Lustig explains the eight pathologies that underlie all chronic disease, documents how processed food has impacted them to ruin our health, economy, and environment over the past 50 years, and proposes an urgent manifesto and strategy to cure both us and the planet.



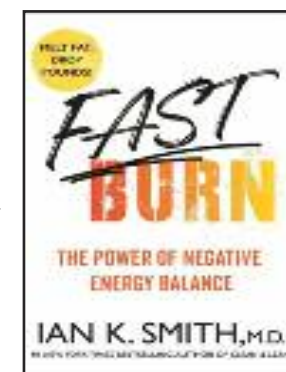
**I Have Been Buried Under Years of Dust:** A Memoir of Autism and Hope by Valerie Gilpeer, New Health Books Media Center 616.85882 GIL

A remarkable memoir by a mother and her autistic daughter who'd long been unable to communicate--until a miraculous breakthrough revealed a young woman with a rich and creative interior life, a poet, who'd been trapped inside for more than two decades.



**Fast Burn!** The Power of Negative Energy Balance by Ian Smith, New Health Books Media Center 613.25 SMI

New York Times best-selling author Ian K. Smith, takes intermittent fasting to the next level, combining the power of time-restricted eating with a detailed program that flips the body into a negative energy state,

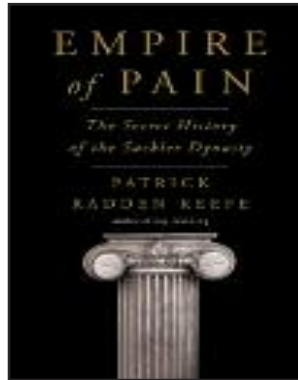




scorching fat on the way to weight loss and physical transformation.

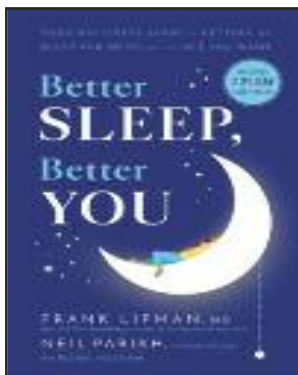
**Empire of Pain:** The Secret History of The Sackler Dynasty by Patrick Radden Keefe, New Health Books Media Center 610.804 KEE

Empire of Pain is the story of the Sackler brothers. One of the richest families in the world. The source of the family fortune was vague, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis.



**Better Sleep, Better You** by Frank Lipman, New Health Books Media Center 616.8498 LIP

Sleep is the most important part of anyone's journey to a healthy and happy life. In *Better Sleep, Better You*, sleep expert Frank Lipman, MD, offers a one-stop resource to help you reap the benefits of sleeping well every night and understand that there's no such thing as a one-sleep-fits-all solution.



**Fighting Infertility:** Finding My Inner Warrior Through Trying to Conceive, IVF, And Miscarriage by Samantha Busch, New Health Books Media Center 618.178 BUS

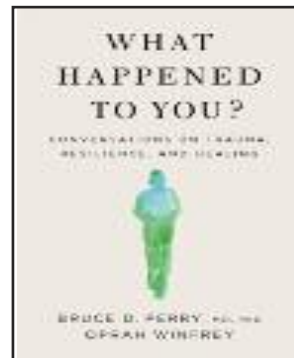
Samantha Busch, wife of NASCAR champion Kyle Busch, knows the thrill of the racing circuit, but she also knows the heartache and despair of infertility. She shares both in this honest and relatable account where faith, family, love, and loss



intersect.

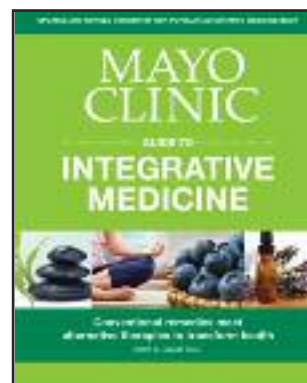
**What Happened to You?:** Conversations on Trauma, Resilience, And Healing by Bruce Perry, New Health Books Media Center 616.8521 PER

*What Happened to You?* provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand and offers a profound shift from asking "What's wrong with you?" to "What happened to you?"



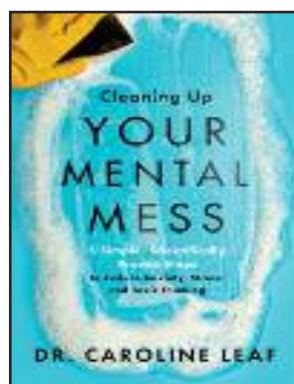
**Mayo Clinic Guide to Integrative Medicine** published by Rochester, MN: Mayo Clinic Press, [2021] New Health Books Media Center 615.5 MAY

Written with the everyday consumer in mind, the Mayo Clinic Guide to Integrative Medicine is a digestible, easy-to-use guide for understanding and implementing holistic health practices in your daily routine



**Cleaning Up Your Mental Mess:** 5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress, And Toxic Thinking by Caroline Leaf, New Health Books Media Center 616.8522 LEA

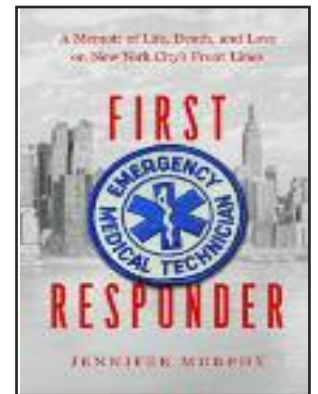
Backed by clinical research and compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health.



**First Responder:** A Memoir of Life, Death, And Love On New York City's Front Lines by Jennifer

Murphy, (Emergency Medical Technician), New Health Books Media Center 610.92 MUR

*First Responder* is one woman's incredible story of life on the front lines as an emergency medical worker in New York City. Funny and heartwarming, inspiring and poignant, it follows Jennifer's journey to becoming an EMT and working during and beyond the Covid-19 pandemic.



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# Healthy Family Recipes for the Summer

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

## Mediterranean Cucumber Salad



This Mediterranean Cucumber Salad is so refreshing and packs so much flavor! Naturally gluten free, vegan, paleo, and whole30!

### Ingredients

- 2 Tbsp Olive oil
- 2 Tbsp Fresh lemon juice
- 1 Cucumber, thinly sliced
- 1/4 Of a large red onion, thinly sliced
- 1 Tbsp Fresh mint, minced
- 2 tsp Dukkah seasoning
- 1/4 tsp Salt

### Directions

Place the lemon juice in a medium bowl. While constantly whisking, stream in the oil until thick and well mixed.

Add in all the remaining ingredients and toss to coat well.

OPTIONAL BUT RECOMMENDED: cover and chill at least 1 hour to develop flavors.

### Nutrition Information (Servings: 4)

Calories: 98kcal | Carbohydrates: 5.3g | Protein: 0.9g | Fat: 8.7g | Saturated Fat: 1.2g | Polyunsaturated Fat: 0.7g | Monounsaturated Fat: 6.3g | Sodium: 147mg | Potassium: 132mg | Fiber: 0.9g | Sugar: 2.4g | Vitamin A: 3IU | Vitamin C: 12mg | Calcium: 1.5mg | Iron: 1.9mg

Source: foodfaithfitness.com

## Crock Pot Chicken Enchiladas



These Crock Pot Chicken Enchiladas are an easy, healthy weeknight dinner that the whole family will love! Makes great leftovers too!

### Ingredients

- Tbsp Olive oil
- 1/2 Cup Onion, diced
- 1 Tbsp Garlic, minced
- 1 Cup Fire roasted tomatoes
- 6 Tbsp Salsa
- 1/2 tsp Chili powder
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1/4 tsp Crushed red pepper flakes (optional)
- Salt and pepper
- 2 Cups Shredded chicken breast (I love rotisserie)
- 1/2 Cup Corn kernels (thawed if frozen)
- 8 8 Inch Whole wheat flour tortillas
- 1 1/2 Cups Red Enchilada sauce
- 1 Cup Cheddar cheese, grated
- Cilantro, for garnish

### Directions

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

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

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

Drizzle on the honey

### Nutrition Information (Servings: 8)

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

Source: foodfaithfitness.com

## Healthy Quiche



This quiche only takes about 15 minutes to prepare and is great to have in the fridge for an easy and tasty, low-calorie breakfast!

### Ingredients

- cooking spray
- 3/4 cup chopped onion
- 1/2 cup chopped zucchini
- 3/4 cup chopped cauliflower
- 2 tablespoons water
- 10 large egg whites
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup shredded pepperjack cheese

### Directions

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

Coat a skillet with cooking spray and place over medium heat; cook and stir onion and zucchini until tender, 5 to 10 minutes.

Place cauliflower in a microwave-safe bowl and add water; cook in microwave until cauliflower is tender, about 3 minutes. Drain water.

Whisk egg whites, garlic powder, cayenne pepper, salt, and pepper together in a bowl; add zucchini-onion mixture, cauliflower, and pepperjack cheese. Pour egg mixture into a 10-inch round pan.

Bake in the preheated oven until quiche is set in the middle, about 25 minutes.

### Nutrition Information (Servings: 5)

75 calories; protein 9.5g; carbohydrates 4.4g; fat 2.3g; cholesterol 7.1mg; sodium 274.2mg.

Source: allrecipes.com



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

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# Healthy Event Calendar for Greater Topeka

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

**TERRITORIAL CAPITAL MUSEUM** – Now Open, 640 E Woodson, LeCompton. (785) 887-6148 [www.lecomptonkansas.com](http://www.lecomptonkansas.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

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

**JULY OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskc.com](http://www.getoutdoorskc.com)

**HEARTLAND NIGHTS! CRUISE-IN & DRAGS** – July 3, 6-10pm, 7530 SW Topeka Blvd. (785) 861-7899

**SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL** – July 4, at Lake Shawnee. Live music, kids activities, vendors, food trucks, car show, fireworks.

**SUNFLOWER STATE GAMES** – July 9-18. Go to [sunflowergames.com/](http://sunflowergames.com/) for details

**PICNIC ON THE PRAIRIE** – July 10, 5:30-8pm, Old Prairie Town at Ward-Meade Historic Site. Bring a picnic basket and enjoy a warm summer evening surrounded by the Ward-Meade Botanical Garden and the historic buildings of Old Prairie Town. Free tours of the gardens and buildings. The Mulvane General Store and Potwin Drug Store will be open late for your shopping convenience and old fashion treats.

**LIVERPOOL LEGENDS** – July 10, 7:30pm, TPAC. 785-234-2787, [info@topekaperformingarts.org](mailto:info@topekaperformingarts.org)

**GRAND OPENING** – July 11, 10am, Jubilee Revival Center, 1020 SE Monroe St. in Topeka. A Nondenominational Untraditional Church providing healing, prophetic and deliverance ministry. Pastor Dan has been in ministry for

24 years. We are NOT a church that requires religion but rather a learning and healing center teaching from the bible; while still providing Worship and the Word on Sundays at 10AM. Services also offered every Wed. at 7pm, starting July 14th. For info email: [jrc4christ2021@gmail.com](mailto:jrc4christ2021@gmail.com)

**VACATION BIBLE SCHOOL - DESTINATION DIG** – July 12-15, 9am-12pm, First Southern Baptist Church, 1912 SW Gage Blvd. Price: Free. Unearthing the Truth about Jesus. Ages 4 to completed 6th grade are welcome to join us for music, fun, snacks, bible teaching, and crafts! Register at [fsbctopeka.org/vbs](http://fsbctopeka.org/vbs). Contact Info: [nannette@fsbctopeka.org](mailto:nannette@fsbctopeka.org); 7852720443

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

**C5Alive "POWER" LUNCHEON** – July 14, 11:30-1 • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. • \$15 for non-members & repeat guests. • Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org), so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: C5 POWER Luncheon, Aug. 12, 11:30-1, C5Alive POWER Luncheon. Details to follow.

**DALE EASTON'S THE DRUNKARD** – July 16, 23, 24, 30, 31 at 8pm, VFW Phillip Billard Post, 3110 Southwest Huntoon [kate\\_hastings@outlook.com](mailto:kate_hastings@outlook.com)

**ADVENTURE RACE** – July 17, 8am, Clinton Lake. An off-road triathlon with paddling instead of swimming. Races can be done solo or as a team. Divisions: Male - 3 person, 2 person, and solo. Female - 3 person, 2 person, and solo. COED - 3 person and 2 person. For info and to register: [sunflowergames.com](http://sunflowergames.com)

**FOR KING & COUNTRY - A SUMMER TOUR** – July 17, 7pm, Providence Medical Center Amphitheater, 633 N130th St Bonner Springs, KS. Two-time GRAMMY award-winning duo for KING & COUNTRY makes a powerful statement with their much-anticipated third album, Burn the Ships, an epic, sweeping musical landscape that explores themes of new beginnings, forgiveness, hope, and love

**8-IRON THERAPY GRAND OPENING** – July 17, 10am-8pm, 2841 SE Croco Rd. Come try simulated golf in one of our three swing bays, use the putting green, and grab a drink!

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

**PRAYER AT THE HEART OF AMERICA** – July 23, 2-8pm, Lebanon, KS. A national call to prayer taking place at the geographical center of the 48 contiguous states. A vision for a spiritual awakening across the USA. National leaders are starting at 8 strategic locations across the country and driving toward the heart of the nation, stopping at churches for prayer to see revival come to our nation. [prayerattheheart.com](http://prayerattheheart.com)



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August 13<sup>th</sup> 7:00pm

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**TEE-PAC GOLF TOURNAMENT** – July 23, 8am, GreatLife Shawnee Country Club. This benefit tournament will raise funds to support main stage programming and capital improvements at the Topeka Performing Arts Center. Register your team or sign up as a sponsor today.

[www.topekaperformingarts.org/events/2020/tee-pac-golf-tournament](http://www.topekaperformingarts.org/events/2020/tee-pac-golf-tournament)

**FREE BREAKFAST LAST SUNDAY OF EVERY MONTH** - July 25, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all that come through the door. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations are accepted and will go to helping vets in the Topeka area. [vfw1650seniorvice@gmail.com](mailto:vfw1650seniorvice@gmail.com); 785-383-2997

**BREAK-OUT VBS** – July 25-28, 6:15-8pm, Eastside Baptist Church, 4425 SE 29th St. Escape Room theme - Breakout from the ordinary to the extraordinary! For kids K-9th grade. 785-379-9933 <https://esbcks.org>

**5 DAY REVIVAL** – July 28-Aug. 1, 7pm, Croco Square 6115 SE US Hwy 40, Tecumseh. Josh Radford spreads the flame of revival each night at 7pm FREE of charge. For info email: [jrc4christ2021@gmail.com](mailto:jrc4christ2021@gmail.com)

**BOB CUTTER GOLF CLASSIC** – July 30, 10am shotgun, 9:30 registration and lunch, Lake Perry Country Club. Sunrise Optimist Club. 785-640-2340

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

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

**GREATER VISION CONCERT** – Aug. 13, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Rd. Greater Vision performs gospel concerts across the country, and is seen regularly on the In Touch TV program with Charles Stanley. No tickets needed; freewill offering. Doors open at 6pm. 785-273-2248; [www.facebook.com/events/923288371572235](http://www.facebook.com/events/923288371572235); [wwoodsnaz@wnnaz.org](mailto:wwoodsnaz@wnnaz.org)

**HARLEM GLOBETROTTERS** – Aug. 6, Stormont Vail Events Center.

**CIDER DAYS FALL MARKET** – Sep. 25-26, Exhibition Hall - Stormont Vail Events Center. Explore over 175+ makers, creators, artisans and pickers at this weekend filled with amazing shopping, unique food and live entertainment.

**CASTING CROWNS** – Oct. 3, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: [castingcrowns.com](http://castingcrowns.com)

**TOPEKA FALL FEST** – Oct. 9, 10am-3pm, at the

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

## ONGOING EVENTS:

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

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

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

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

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

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

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

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

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

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

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

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

**TOPEKA SWING DANCE** - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekasingdance.com](http://www.topekasingdance.com).

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

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

### FREE Vision ! Screening Service



### Now Scheduling

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

##### Who can use this service?

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

##### What equipment is used?

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

##### Who does the screening?

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

##### How do I get the Screener scheduled?

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



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

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

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

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

**VIP LUNCHEON FOR SENIORS** - Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

**OPERATION BACKPACK** - 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income

students. Topeka North Outreach. 286-1370.

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

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

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

**SHEPHERDS CENTER HHHS WALKING GROUP** - meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

**STROKE SUPPORT GROUP** - 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-

8553 with questions.

**NICOTINE ANONYMOUS** - Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

**NOTO MARKET & ART WALK ON FIRST FRIDAYS** - NOTO arts district. Arts, antiques, crafts, and flea market.

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

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

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

**SATURDAY FAIRLAWN STARTER BIKE RIDE** - Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Piza-

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



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

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

**Shotgun Start: 9:00 AM**

**Entry Fee: \$360 per team or \$90 per person**  
Includes Green Fees, Cart, Drinks and Lunch

For More Information or to register, go to [www.solereason.net](http://www.solereason.net)  
or contact Jerry at (785) 338-2965 or  
e-mail [sole\\_reason@yahoo.com](mailto:sole_reason@yahoo.com)



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





gle's. Great for beginners. director@cottonwood200.org

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

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

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

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

**MOVIES AT EVERGY PLAZA** – Second Fridays til fall

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

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

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

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

785.379.3067 for the meeting link and other info.

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

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

**Send your event information to:**

[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**See complete updated calendar at**

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



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6255



# Spiritual Wellness

## Defining Your Identity

By Ginny Marshall

It is often difficult to know how to define our personal identity. We often walk through life being defined by others or based on our past mistakes. We search for purpose and fulfillment, looking for answers in our profession, hobbies, habits, and relationships, but are left unfulfilled. There is an answer. Here is how one man, Brian Minor, discovered his identity through his faith and fitness.

Brian grew up in Burlington, North Carolina in a traditional Christian home. In his youth, Brian found his identity in playing baseball and chose to study exercise science in college. After an injury and experiencing sports medicine on a personal level, Brian fell in love with all aspects of fitness.



After college he moved away from his friends, family and teammates and lost his identity as a baseball player. After marrying his wife, Meredith, and moving to Matthews, North Carolina, he began his career as a personal trainer.

### A PRESCRIBED IDENTITY

Brian found a new identity in personal training. He often worked fifteen-hour days. Eventually it became too much. He was prescribed Adderall to help manage his life and focus. It would eventually become an addiction for him. Later, Brian was invited to church by a friend and through this he accepted Christ as his savior. Immediately, Brian was a new person. The Bible says that every person living in Christ is made new.

Immediately the chains of addiction were broken. He began to share Christ with his coworkers and clients. A mission trip opened Brian's eyes that worship could be done in more than just a church building. As God changed his perspective, a revival broke out at the gym and several people came to Christ.

It was during the revival that Brian began training a local pastor. The pastor invited him to join his staff as the missions pastor. Eager to serve God in a new capacity, Brian accepted the opportunity. A few years into this pastoral role, the workload was heavy, and Brian sought ways to deal with



the stress. He found himself getting a new prescription for Adderall.

At first it seemed harmless and a good way to manage it; however, the death of his father-in-law and a major shoulder surgery put Brian at rock bottom and the addiction grew. As his addiction progressed, he went into significant debt, connected with a drug dealer and began to steal to feed his habit. It caught up to him. The Bible says that you can be certain that your sin will find you out.

His addiction landed him in a meeting with the senior pastor where he confessed. Fortunately, the church helped him, and he went through drug rehab. After Brian's rehabilitation, he returned home to his family and sought forgiveness and returned to church ministry. He was still searching for his identity but realized being the missions pastor was not the direction God was calling him.

### AN IDENTITY SHAPED BY FAITH

In September 2018, Brian and Meredith stepped out in faith and opened a personal training studio called Cedar Pointe Fitness. Though finances were a major concern, God blessed them with donations to get started, a great location and twenty-six clients in the first month.

Cedar Pointe Fitness has become a place of transformation physically and spiritually. Though we don't think about a gym having similarities to the church, there certainly are some. Like a pastor, Brian allows the Holy Spirit to direct him with his clients.

Additionally, Brian helps his clients create a more complete perspective of their fitness routine by viewing it as an act



of worship. As the Bible instructs: present your bodies a living sacrifice, holy and acceptable to God. Through this more direct 'in the flesh' approach, he helps his clients get to the root of their issues and create sustainable health. Therefore, Cedar Pointe Fitness has become a place for healing and transformation. It is very much like a church.

Identity is often associated with what we do. In Brian's case he was "the baseball player," "the personal trainer," "the missions pastor" and "the addict." However, God does not associate who we are with what we have done. He sees us through his Son, Jesus Christ.

Brian has found personal training to be his ministry and



calling. He can reach people who may never walk into a church. By helping people transform their lives, Brian has been transformed. His identity is not associated with what he has done but rather in what God has done. Brian's advice is simple. "Surrender your life to God. Check your motive. It should never be about you, what you do or what you can handle. Trust in God and make everything you do an act of worship."

### MAKE YOUR IDENTITY FIT

Have you struggled with your identity? Have you struggled with your fitness routine? You are not alone. Including a lifestyle relationship with Christ as part of your workout is a life-changing experience.

—Ginny Marshall | [faithandfitness.net](http://faithandfitness.net)



# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

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

or • Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).



# Grand Opening



## Jubilee Revival Center JULY 11, 2021 - 10AM A Nondenominational Untraditional Church

Come join us at 1020 SE Monroe St. in Topeka. We also provide healing, prophetic and deliverance ministry every Wednesday night at 7pm, starting July 14th.

Pastor Dan has been in ministry for 24 years. Our goal is to provide everyone the knowledge of the authority Jesus gave us all. We are NOT

a church that requires religion but rather a learning and healing center teaching from the bible; while still providing Worship and the Word on Sundays at 10AM. Come join us for an experience to really know Jesus!



**COMING SOON: \*\*\*5 DAY REVIVAL\*\*\* JULY 28TH - AUG. 1ST**

Get fired up by coming to hear Josh Radford spread the flame of revival! He served as youth pastor under Rodney Howard-Browne and longs to reach every lost child of God the Father. The event kicks off at 7pm, July 28th at Croco Square 6115 SE US Hwy 40, Tecumseh, KS. He is here to help us grow by the power of the Holy Spirit so that we can do all that God called us to! Join us each night at 7pm FREE of charge. For questions please email: [jrc4christ2021@gmail.com](mailto:jrc4christ2021@gmail.com)