

TOPEKA

SEPTEMBER 2021

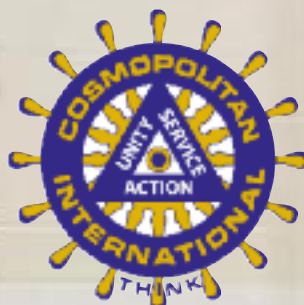
Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE

HEALTH & WELLNESS FAIR 2021

Presented by Emerald City Cosmopolitan Club as part of Fall Fest Oct. 9



FREE TAKE ONE!

HEALTHY AGING

- 4 Types of Exercise Are Key
- Nutrients That Seniors Need



See page 3 for information about front page photo

September is Suicide Prevention Month
VentaProst Gets Drugs to COVID-Damaged Lungs

The Epidemic of Childhood Obesity
Walking: the New "Superfood" for Aging?

Helping Topekans live happier, healthier 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
- some cancers
- diabetes
- 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 a presentation at a previous health fair put on by Emerald City Cosmopolitan Club. This year, their Health Fair 2021 will be at the Vinewood Venue.



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
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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





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- Michelle Kerr, Midland Care Staff Member

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Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a health care program that works to help people who qualify, stay in their homes longer, coordinates medical care and helps manage health care needs.

WHO QUALIFIES FOR PACE?

PACE may be an option for anyone over 55, who needs help to stay at home safely.

WHO MAKES DECISIONS ABOUT MY HEALTH CARE IN PACE?

You do - with your team of healthcare providers.

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. Anything medically necessary to keep a person living in their home safely is covered.

HOW CAN I ENROLL IN PACE?

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MIDLAND CARE

September is Suicide Prevention Month

By Michaela Butterworth,
Health Promotion Specialist

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. Many different factors contribute to someone making a suicide attempt. However people most at risk tend to share specific risk factors. These main risk factors for suicide include mental illnesses, substance use disorders, chronic pain or illness, a family history of suicide, violence, firearms, recent incarceration, or exposure to the suicidal behavior of others.

Suicide is a serious public health concern that can have lasting effects on individuals, families, and communities. According to the CDC, in 2019:

- Suicide was the 10th leading cause of death overall in the United States.
- 47,511 people died by suicide, with an average of 130 suicides per day.
- Kansas ranked second in the nation for suicide deaths between the ages of 10 and 44.
- Kansas had a total of 523 deaths by suicide and ranked 17th in the nation for total number of deaths by suicide.
- 72% of firearm deaths in Kansas were suicide.
- 56% of all suicides completed in Kansas were by suicide by firearms.

Many people have some of these risk factors but do not attempt suicide and it is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should never be ignored. The goal of suicide prevention is to reduce the risk factors and increase the prevention factors. Knowing the warning signs for suicide and how to get help can help save lives.



Michaela Butterworth

Step One

The first step in identifying at-risk individuals is to ask them privately and directly “Are you thinking about killing yourself?” or “Are you thinking about harming yourself?” While it’s not an easy question, studies have shown that asking this question does not increase the rate of suicide or suicidal thoughts. Assure them of your confidentiality, and stick to it.

Step Two

Assess the physical situation the individual is in. Reducing a suicidal person’s access to potentially lethal items such as medications, firearms and ammunition, ligatures, vehicles and potential locations of harm is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a suicide plan and removing or disabling the lethal means can help keep them safe.

Step Three

The third step is incredibly important. Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts. Letting someone in emotional distress know that you are listening shows them your support. Encouraging them to talk keeps the communication open by asking them about changes in their life and how they are coping with them. Follow their lead and know when to take a break, while keeping the communication open.

Step Four

Suggest that they may be able to benefit from professional help. When they are ready, help them get to the help and offer to accompany them to services. Valeo’s Crisis Center is open to the public 24 hours a day, 7 days a week, 365 days a year. Anyone age 18 or older is welcome any time. Our 24-Hour Crisis line number is 785-234-3300 and is answered by clinical staff ready to assist.

Step Five

Maintain connection with the individual. Studies have shown that the number of suicide deaths decreases when someone follows up with an at-risk person. Help the individual make connections with trusted individuals such as family members, friends, spiritual advisors or a mental health professional.

In summary, if someone tells you they are thinking about suicide, take them seriously. Stay with them and help them get the help they need. Work with them to keep them safe and encourage them to seek professional medical help.

If you are struggling, don’t wait for someone to reach out, seek mental health treatment as soon as possible at Valeo’s Crisis Center, or contact your physician and tell them about your suicidal thoughts. Be kind to yourself and treat yourself like you would treat someone else who needs your help.

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.

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National Suicide Prevention Life Line

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Shawnee County Suicide Prevention Coalition

SCSPC.org

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325 SW Frazier
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What Are the Nutrients That Senior Adults Need?

Nutrition is about eating a healthy, balanced diet so your body can get the nutrients it needs. No matter how old you are, good nutrition is important. As you grow older, your body and life will change, and everything you need to stay healthy will also change.

In today's blog from Phoenix Home Care & Hospice, we outline nutrients that senior adults might need more of. As always, seek the advice of your doctor before making any dietary changes.

Get More of These Nutrients

Calcium

As seniors age, they need more calcium in their diets to maintain bone density. Bone density is important, particularly for people who are susceptible to falls and medical conditions like osteoporosis.

Vitamin D

Seniors need more vitamin D because this vitamin helps the body absorb calcium.

Choose calcium-rich foods and beverages, and aim for three servings of low-fat or fat-free dairy products daily. Sources of calcium include fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, and fortified plant-based beverages. Find vitamin D in fatty fish such as salmon, eggs and fortified foods and beverages. Consider a supplement with enough calcium and vitamin D in it.

Potassium

Potassium is a mineral found in bananas and spinach. It can help reduce your blood pressure, thereby helping your body prevent heart-related problems.

Vitamin B12

Senior adults don't absorb vitamin B12 as well as younger adults. This vitamin is found primarily in meats, but there are also supplements with vitamin B12 you may consider.

Protein

Protein is an essential nutrient for everyone, and seniors need more of it because it keeps hair, skin, and muscles strong. Whether you prefer protein from lean meat or plant-based protein, make sure your senior adult relative eats enough quality protein every day.

How does age affect your nutrition?

Some changes that can occur with age can make eating



more difficult and healthier.

These may include changes like:

- Family life or living situation, such as suddenly living alone or not having help when necessary
- Health, which can make it difficult for you to cook or eat
- Medications, which can change the taste of food, dry out your mouth, or take away your appetite, smell, and taste
- Income, which means you may not have as much money to buy food
- Physical issues, such as difficulty chewing or swallowing food

How can you remain health conscious as you age?

Eat foods that provide you with lots of nutrients without generating a lot of extra calories, such as fruits and vegetables (choose different types with bright colors). Consider whole grains, such as oatmeal, whole wheat bread, and brown rice, low-fat or skimmed milk and cheese, or soy or rice milk with added vitamin D and calcium, seafood, lean meats, poultry, and eggs, legumes, nuts, and seeds.

Avoid empty calories, or foods without a lot of nutrients, such as potato chips, candy, baked goods, soda, and alcohol.

Choose foods low in cholesterol and fat. You should pay special attention to avoiding saturated fats and trans fats. Saturated fat is usually fat from animals. Trans fats are fats processed with margarine and shortening. You can find them in baked goods and fried foods bought in some fast food restaurants.

Drink enough fluids to avoid dehydration. Some people lose their thirst as they age. Certain medications can make adequate fluids more important. Drink adequate water every day for optimal health.

Get physical activity. If you've started to lose your appetite, exercise can help you feel hungry.

A healthy diet rich in important nutrients helps prevent underlying health problems common to older people, such as constipation, heart disease, diabetes, high blood pressure and high cholesterol. Nutritious foods can also help you maintain a healthy weight and can do wonders for your energy levels.

Phoenix Home Care & Hospice Can Help

Keep your nutrition top of mind to aid in a smooth transition to the next stage of life. Enlist help from the professionals at Phoenix Home

Care for assistance with anything you or your relatives may need as they heal at home.



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

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

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FINANCIAL HEALTH & WELLNESS

IRS lists 2021 "Dirty Dozen" scams; warns about abusive arrangements

The Internal Revenue Service has concluded the "Dirty Dozen" list of tax scams with a warning to taxpayers to watch out for schemes peddled by tax promoters, including syndicated conservation easements, abusive micro-captive insurance arrangements and other abusive arrangements.

The IRS warns people to be on the lookout for promoters who peddle false hopes of large tax deductions from abusive arrangements. These "deals" are generally marketed by unscrupulous promoters who make false claims about their legitimacy and charge high fees to boot. These promoters frequently devise new ways to cheat the system and market them aggressively. Some taxpayers play the audit lottery hoping they don't get noticed.

To fight the evolving variety of these abusive arrangements, the IRS recently created the Office of Promoter Investigations (OPI) to focus on participants and the promoters of abusive tax avoidance transactions. OPI coordinates service-wide enforcement activities. The best defense for a taxpayer approached by a promoter is to show caution: if it sounds too good to be true, it probably is.

These aggressively marketed abusive arrangements wrap up the IRS's annual "Dirty Dozen" list and include the following:

Syndicated conservation easements

In syndicated conservation easements promoters take a provision of tax law for conservation easements and twist it through using inflated appraisals of undeveloped land and partnerships. These abusive arrangements are designed to game the system and generate inflated and unwarranted tax deductions, often by using inflated appraisals of undeveloped land and partnerships devoid of a legitimate business purpose.

Abusive micro-captive arrangements

In abusive "micro-captive" structures, promoters, accountants



or wealth planners persuade owners of closely held entities to participate in schemes that lack many of the attributes of insurance. For example, coverages may "insure" implausible risks, fail to match genuine business needs or duplicate the taxpayer's commercial coverages. But the "premiums" paid under these arrangements are often excessive and used to skirt tax law.

Potentially abusive use of the US-Malta tax treaty

Some U.S. citizens and residents are relying on an interpretation of the U.S.-Malta Income Tax Treaty (Treaty) to take the position that they may contribute appreciated property tax free to certain Maltese pension plans and that there are also no tax consequences when the plan sells the assets and distributes proceeds to the U.S. taxpayer. Ordinarily gain would be recognized upon disposition of the plan's assets and distributions of the proceeds. The IRS is evaluating the issue to determine the validity of these arrangements and whether Treaty benefits should be available in such instances and may challenge the associated tax treatment.

Improper claims of business credits

Improper claims for the research and experimentation credit

generally involve failures to participate in, or substantiate, qualified research activities and/or satisfy the requirements related to qualified research expenses. To claim a research credit, taxpayers must evaluate and appropriately document their research activities over a period of time to establish the amount of qualified research expenses paid for each qualified research activity.

Improper monetized installment sales

Promoters find taxpayers seeking to defer the recognition of gain upon the sale of appreciated property and organize an abusive shelter through selling them monetized installment sales. These transactions occur when an intermediary purchases appreciated property from a seller in exchange for an installment note, which typically provides for payments of interest only, with principal being paid at the end of the term. In these arrangements, the seller gets the lion's share of the proceeds but improperly delays the gain recognition on the appreciated property until the final payment on the installment note, often slated for many years later.

The IRS continues to pursue actions against promoters of these schemes as well as the taxpayers who participate in them.

—Peggy Beasterfeld, EA



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Four Types of Exercise That Are Key to Healthy Aging

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise. No matter your age, you can find activities that For workout videos of the exercises listed below, visit NIA's YouTube channel.meet your fitness level and needs!

Endurance Exercises for Older Adults

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety Tips

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be exercising outdoors, be aware of your surroundings.
- Dress in layers so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, use safety equipment, such as a helmet when bicycling.

Quick Tip: Test Your Exercise Intensity

When you're being active, try talking: if you're breathing hard



but can still have a conversation easily, it's moderate-intensity activity. If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.

Strength Exercises for Older Adults

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. Below are a few examples of strength exercises:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight
- Using a resistance band

Safety Tips

- Don't hold your breath during strength exercises and breathe regularly.
- Breathe out as you lift or push, and breathe in as you relax.
- Talk with your doctor if you are unsure about doing a particular exercise.

Balance Exercises for Older Adults

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Balance exercises include:

- Tai Chi, a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply.
- Standing on one foot.
- The heel-to-toe walk. (Walking a line)
- The balance walk. (Slow walk, raising knees

high, arms straight to side)

- Standing from a seated position.

Safety Tips

- Have a sturdy chair, a wall or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about a particular exercise.

Flexibility Exercises for Older Adults

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Flexibility exercises include:

- The back stretch exercise. (Twisting upper body while sitting in chair.)
- The inner thigh stretch. (Lie on back, knees up, spread each leg to side and hold.)
- The ankle stretch. (While sitting with legs outstretched, point toes down & hold, then up & hold)
- The back of leg stretch. (Lie on back, knees up, lift one leg up & pull upright with hands & hold)

Safety Tips

- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally while holding a stretch.
- Talk with your doctor if you are unsure about a particular exercise.

—National Institute on Aging (NIA)

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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

VentaProst Delivers Drugs to COVID-Damaged Lungs



(Ivanhoe Newswire) —

CCOVID patients whose lungs have been damaged by the virus have needed mechanical ventilation — and many patients who have been placed on ventilators have not survived. Now, researchers are testing a new drug delivery system, VentaProst, designed to improve the oxygen levels of the sickest patients.

More than 31 million Americans have become sick with COVID since the pandemic began, and in that time, pulmonologists have learned much more about how the virus attacks the lungs.

“We recognized that COVID did the same thing that pulmonary hypertension does to the blood vessels of the lungs. It causes a dropout of these pulmonary vessels, so that the conduits to which the body delivers blood to the lungs to get oxygen — were disappearing,” explained Raymond Benza, MD, of The Ohio State University Medical Center.

Now, researchers at Ohio State are testing a new way to deliver medication directly to the damaged blood vessels. The VentaProst system works along with a mechanical ventilator to generate and deliver small droplets of an inhaled medication.

“It involves an even distribution of this drug, which is called epoprostenol, to the affected areas of the blood vessels,” Dr. Benza described.

Doctors say this method of directly delivering the drug helps open up the blood vessels, improves oxygenation, and reduces strain on the heart. With VentaProst, doctors are hopeful they can improve outcomes for COVID’S sickest patients.



Patients in the trial will receive ten days of the treatment to see if it reduces circulatory and respiratory failure. The researchers will then follow the patients for four weeks to see if the treatment reduces time on the ventilator, or in the hospital ICU.

The pneumonia caused by the novel coronavirus disease 2019, or COVID-19, or nCoV-2, can lead to respiratory failure with profound hypoxemia requiring endotracheal intubation and mechanical ventilation. Raymond Benza, MD, of The Ohio State University Medical Center told Ivanhoe, “The amount of pain and suffering that we’ve experienced this year has been unprecedented, not only for a health care professional like myself, but the people who are actually suffering from the disease. And as you know, COVID-19 has a predilection for the lung, although it is a systemic disease, it affects almost every organ in the body, but it’s most lethal effects are in the chest and in the heart and in the lungs. It creates an inflammatory process in the lung that often leads to mechanical ventilation, which everyone has become so familiar with these days— not only with the shortage of ventilators that we experienced in the very beginning of the pandemic, but then having to learn how to use ventilators in a totally different way that were designed to help this particular type of patient and this particular type of disease.”

Now, doctors are working to protect the diaphragmatic

muscle from atrophying by delivering drugs through the ventilation.

Raymond Benza, MD, of The Ohio State University Medical Center told Ivanhoe, “Aerogen, which is the company that manufactures the pieces that we can fit to a ventilator that allowed us to deliver these medications to the ventilated patient with COVID-19, was really the breakthrough that we needed to deliver this drug because it involves an even distribution of this drug which is called epoprostenol to the affected areas of the blood vessels. And epoprostenol is a drug that’s been around for a long time. It’s really one of the cornerstones of therapy for pulmonary hypertension. Epoprostenol does all the good things that you want to do to a blood vessel. It makes the blood vessel reactive again, it helps heal the lining of the blood vessels, and it restores the intelligence to the blood vessel that we need for it to regulate the flow of blood to the lungs.

“And so now we had a good drug and now we had a delivery system that we can use that can aerosolize that drug and deliver it to patients who are ventilated with COVID-19. It looks like a screen that has delivery tubes hooked up to it. And the screen is actually a computerized motor, in essence, that allows you to deliver a specific amount of the drug with ventilation. And so, it kind of hooks up to the ventilator and works in tandem with the ventilator.”

Farmers Markets continue into fall

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 the area's Farmers Markets and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthyneighborhoods.org

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

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

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



Markets updated 3/18/2019

Suggestions to Lissa Staley, lstaley@tscpl.org

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

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



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

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

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



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

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

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

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



THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease.

It's time to add your flower to the fight.



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Kansas**

**Saturday
September 25**

**Lake Shawnee
Shelter House 1 & 2
Topeka, KS**

8:00 a.m. Venue Opens

9:00 a.m. Ceremony

9:15 a.m. Walk

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alzheimer's association™

HELP & SUPPORT

Heart of America Chapter

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

GET INVOLVED

All programs and services offered by the Heart of America Chapter are free of charge to individuals with Alzheimer's and their families and care partners thanks to the generous support of donors and fundraisers.

There are many ways to get involved to help increase Alzheimer's awareness and funds for Alzheimer's care, support, and research.

24/7 HELPLINE

Call **800.272.3900** or visit **alz.org** any time day or night to get information about Alzheimer's disease and caregiving, as well as referrals to a variety of community programs and services.



VIRTUAL & IN-PERSON EDUCATION PROGRAMS

Community educators present virtual and in-person educational programs to families, organizations, communities, businesses, and professional healthcare systems to increase awareness and equip people with information about Alzheimer's disease.

Learn more about available education classes at alz.org/crf



VIRTUAL & IN-PERSON SUPPORT GROUPS

Alzheimer's Association support groups offer individuals with dementia and their caregivers the opportunity to meet virtually or in person at a regularly scheduled meeting in a confidential environment, led by trained facilitators.

Learn more about available support groups at alz.org/crf

CARE CONSULTATIONS

During an over-the-phone meeting, our Care Consultants can help assess your needs and discuss care planning, home safety, and other concerns that arise as you navigate your Alzheimer's journey.

24/7 Helpline: 800.272.3900



DONATE OR FUNDRAISE

Donor support enables the Alzheimer's Association to offer programs and services to families free of charge and also helps us fund critical research with a goal to effectively prevent, treat and ultimately cure Alzheimer's.



BE A PART OF A CLINICAL TRIAL

Without clinical trials, there can be no better treatments, no prevention and no cure for Alzheimer's disease. TrialMatch® is a free clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers, and physicians with ongoing studies.

Learn more at alz.org/trialmatch



VOLUNTEER

Our work is only possible with the help of volunteers. Opportunities include volunteering as a community educator, support group facilitator or fundraising event committee member.

Learn more about volunteer opportunities at volunteer.alz.org



BE AN ADVOCATE

Conquering Alzheimer's is as much a matter of education and public policy as scientific discovery, and we need your help to change the future of this disease. Help persuade policy makers to make Alzheimer's a national priority.

Learn more at alz.org/advocate



The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Stand with us today to help achieve our vision of a world without Alzheimer's tomorrow.

Our Vision: A world without Alzheimer's and all other dementia.™

alzheimer's  association™

Emerald City Cosmopolitan Club to present Health & Wellness Fair 2021

Emerald City Cosmopolitan Club will present Health & Wellness Fair 2021 on October 9 at the Historic Vinewood Venue, 2848 SE 29th St.

The event will take place from 10:00 a.m. to 3:00 p.m. that day, and will feature health screenings and information on various health topics.

Various local businesses and non-profits will present education and information on diabetes, mental health, fitness, personal safety, and other topics. Various vendors will also offer demonstrations of fitness and exercise routines. Other vendors will offer information on assisted living, home safety, health products, healthy foods and more.

Businesses and organizations represented at the health fair will include Midland Care, Thornton Place, Innov8tive Nutrition, NAMI Kansas, Perfectly Posh, GraceMed, St. Croix Hospice, SoulFire Nutrition, KVC Kansas, Emerald City Cosmos and more.



Members of the Emerald City Cosmopolitan Club will facilitate Health & Wellness Fair 2021. They have the experience of putting on health fairs for several years in Topeka. The Cosmos Club has a special emphasis on fighting diabetes.

More activities for the family

The Health Fair is part of the 2021 Topeka Fall Fest, to be held that day on The Vinewood grounds. In addition to the health fair, families will be able to listen to live music, visit over 60 vendors & food trucks, and take part in the kids activities such as inflatables, ball toss, cake walk and face painting. Many of the vendors

will have healthy activities and other options for kids, including Bonkers, Ultimate Bounce, MyGym and more.

This new annual event, which takes place from 10am to 3pm, is coordinated by C5Alive, Metro Voice Newspaper, Health & Wellness magazine and Emerald City Cosmopolitan Club.

Foster parents needed!

Help children who have experienced abuse, neglect or other family challenges

Do I qualify to be a foster parent?

All kinds of people can qualify to foster a child. Whether you are single or married, own or rent your home, have children already or don't, work full-time or stay home, you may be eligible.

How will I handle saying goodbye to the child if and when it's safe for them to go home?

This is no doubt difficult, but any sadness is outweighed by the safety and love you will give to a child during a time of crisis. Plus, you're encouraged to maintain life-long connections with the child and family. Thousands of children are in need of caring foster families. If not you, then who?

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See us at the Health Fair!

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Donna Doel of Midland Care will give information on their 24 For Life program to deal with diabetes, during Health & Wellness Fair 2021.

Other major sponsors include Integrity Insurance, Peggy Beasterfeld Tax & Accounting, The Pad Restaurant, Golden Eagle Casino, ServPro, Terminix, College HUNKS, Midwest Barter, Capital City Flooring, Davidson's Funeral Home and more.

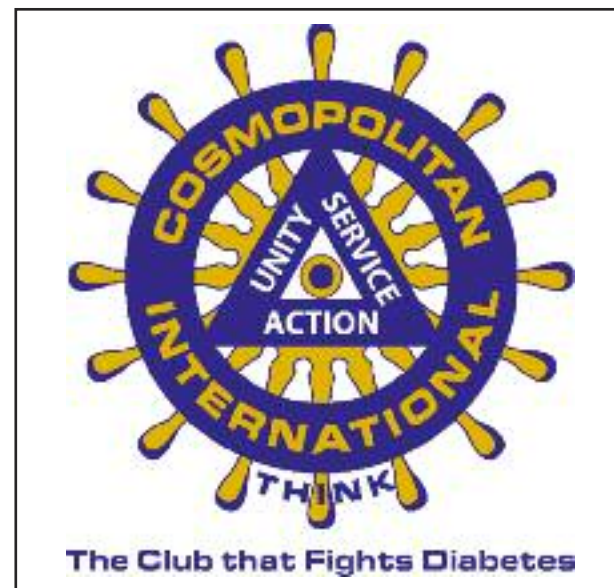
There is still room for more sponsors and participants for the Vendor Market, Food Court and Health Fair. For more information, visit Topeka Fall Fest on Facebook, email info@C5Alive.org or call 785-640-6399.

Two to three thousand people are expected to attend the event, and funds raised will be shared with

Operation Food Secure and Operation Backpack for kids. Admission to the event is free.

What is the Cosmo Club?

The Emerald City Cosmopolitan Club of Topeka, Kansas was chartered in 2009. The Club is affiliated with Cosmopolitan International and is known as "the club that fights diabetes." Emerald City Cosmo club members meet for monthly dinner and business meetings, participate in community events and



fundraising efforts that support local diabetes-related projects in addition to assisting various other community needs.

Club members also enjoy club sponsored social events that help develop new and lasting

friendships among members.

The Emerald City Cosmopolitan club is dedicated to raising money to aid in the fight against diabetes as well as assisting local charities via fundraising.

The mission of every Cosmopolitan member is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to both prevent and find a cure for diabetes.

For more information about Emerald City Cosmopolitan Club, visit the website at www.emeraldcitycosmos.org, or email emeraldcitycosmos@gmail.com.



Emerald City Cosmopolitans help various local organizations raise funds, including Sole Reason, which furnishes new shoes for kids that need them.



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Is walking the new “superfood” to reversing aging?

While the benefits of walking are well known – from reducing blood pressure to lessening the risk of chronic diseases such as diabetes – new scientific findings say walking is a powerful tool capable of slowing the aging process and even reversing it.

Data published by the Mayo Clinic in the medical journal *Cell Metabolism* showed that aerobic exercise that included brief sprints (aka high-intensity interval training) can reverse age-related impairment of the mitochondria – important cell structures that provide 90 percent of the energy needed to sustain life and organ function.

Among study participants aged 65 to 80, mitochondrial function improved by a whopping 70 percent. Lead author of the study, Sreekumaran Nair, said, “Based on everything we know, there’s no substitute for these exercise programs when it comes to delaying the aging process. These things we are seeing cannot be done by any medicine.”

“Earth shattering” was the term used to describe the results. You might want to forget about your kale salads and pomegranate juice; the new superfood just may be walking. Along with its cell reparation abilities, walking is an ideal antidote to a major health hazard afflicting many aging adults – sitting,

which increases the risk of everything from high blood pressure and cholesterol levels to death. In fact, physical inactivity is the fourth leading risk factor for global mortality.

Regular walking leads to enhanced mood and reduced anxiety and depression, while helping to offset fatigue and, to some degree, even symptoms of pain. No gym membership required! The newest way to supersize its benefits is to make walking a total body workout: You can add hand weights to build muscle strength, which is lost through aging, or use walking poles, boosting the number of calories burned and improving the tone of the body’s core.

“Walking is the most common form of physical activity with many obvious, and not so obvious, health benefits,” says Dr. Agnes Coutinho, a registered kinesiologist and acting head of the kinesiology program at University of Guelph–Humber, Toronto. “The benefits of walking complement all spectrums of health including physical, psychological and social well-being.”

Some of the benefits are immediate (lowered blood sugar, for example), while others are more long term and can fend off common age-related illnesses, such as obesity, high cholesterol, vascular stiffness, joint pain, inflammation and mental stress. That’s plenty of incentive to start putting “take a walk” on your to-do list now.

But how much do you need to walk in order to reap health benefits? It all depends on your personal goal. The Canadian Society for Exercise Physiology says that adults of all ages should accumulate a minimum of 150 minutes of aerobic physical activity per week. “This activity should be moderate to vigorous intensity (causing you to breathe harder and sweat a little), and can be performed in bouts of 10 minutes or more,” says Dr. Coutinho.

Based on this recommendation, a goal to maintain good health could include 30-minute walks at least five days per week.

Setting the right pace

Although the Canadian Physical Activity Guidelines (PDF) recommend moderate to vigorous intensity, such as brisk walking, again, it all depends on personal goals. Everyone should do what they can regardless of their current level of fitness.



Pole to pole for an extra fitness boost

For those with arthritis in the knee or hip, one option is to try ACTIVATOR™ poles, designed by an occupational therapist for patient rehabilitation in long-term conditions such as multiple sclerosis, spinal ailments and Parkinson’s, as well as recovery after hip or knee surgery. “Urban poling” has been shown to reduce impact on knee and hip joints, improve walking speed and increase muscle strength, which can prevent falls.

Walking devotee Bob Ferguson, discovered first-hand the benefits of using poles. “In the past I had difficulty walking to the park just half a block away. But with these poles I walked five times farther,” he says.

To maximize the health benefits of walking, the key is to do it regularly, according to Dr. Coutinho. Also consider incorporating walking poles to engage the upper body.

“When we walk we use only the lower part of our body. When we add poles we engage our abdomen, back, shoulders and arm muscles – burning more calories and creating a resistance workout for the muscles in both the upper and lower body, with every step,” she says. “Adding poles provides a better cardio-respiratory workout, activates core muscles and has a greater effect on lowering blood sugar.”

The key to long-term success is setting your own pace – literally! For those with arthritis or other conditions that may limit the ability to walk, taking it slower is definitely better, because a slower pace may reduce stress on the joints. “Everyone should do what they can; anything is better than nothing, but all within personal limits,” says Dr. Coutinho. “A brisk walk for 60 minutes will burn a similar amount of calories to jogging for 30 minutes. The goal is to keep moving.”

If you need a bit more motivation, consider this: Walking may add as much as seven years to your life, according to the European Society of Cardiology, based on evidence of study participants who walked for 20 minutes daily for six months.

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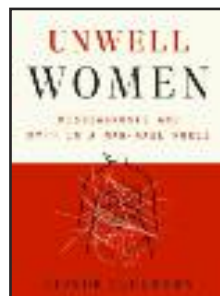
New Health & Wellness Info at the Library

By Kelly Barker

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

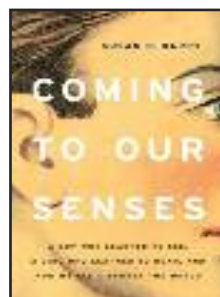
Unwell Women: Misdiagnosis and Myth in A Man-Made World by Elinor Cleghorn, New Health Books Media Center 613.0424 CLE

Elinor Cleghorn was diagnosed with an autoimmune disease after being told her symptoms were anything from psychosomatic to a possible pregnancy. In *Unwell Women*, she traces the almost unbelievable history of how medicine has failed women. But the time for real change is long overdue.



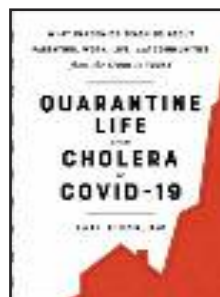
Coming to Our Senses: A Boy Who Learned to See, A Girl Who Learned to Hear, And How We All Discover the World by Susan Barry, New Health Books Media Center 617.484 BAR

Doctors have been able to cure some forms of congenital blindness and deafness for decades. But this has created another problem: most people end up hating their new senses. The question at the heart of *Coming to Our Senses* is: why?



Quarantine Life from Cholera To COVID-19: What Pandemics Teach Us About Parenting, Work, Life, And Communities from the 1700s To Today by Kari Nixon, New Health Books Media Center 614.4 NIX

Throughout history, there have been numerous epidemics that have threatened mankind with destruction. *Quarantine Life from Cholera To COVID-19* tracks different diseases and outlines their trajectory, what they meant for society, and societal questions each disease brought up.



Life on The Line: Young Doctors Come of Age in A Pandemic by Emma Goldberg, (Journalist), New Health

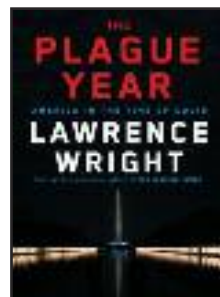
Books Media Center 614.58 GOL

Life on The Line is the gripping account of six young doctors enlisted to fight COVID-19. In March 2020, these New York City medical students were nervously awaiting their residencies. One week later, they learned that they would be sent to the front lines of the desperate battle to save lives.



The Plague Year: America in the Time of COVID by Lawrence Wright, New Health Books Media Center 614.58 WRI

From the fateful first moments of the outbreak in China, to the storming of the U.S. Capitol, to the extraordinary vaccine rollout, the author tells the story of Covid-19 in authoritative, galvanizing detail and with the full drama of events on both a global and intimate scale.



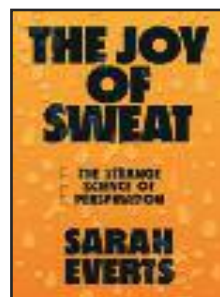
Phosphorescence: A Memoir of Finding Joy When the World Goes Dark by Julia Baird, New Health Books Media Center 616.99465 BAI

After surviving a difficult heart-break and battle with cancer, acclaimed author Julia Baird began thinking deeply about how we, as people, persevere through the most challenging circumstances. In this stunning book, she reflects on the things that lit her way through the darkness.



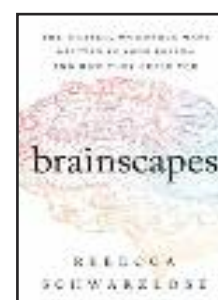
The Joy of Sweat: The Strange Science of Perspiration by Sarah Everts, New Health Books Media Center 612 EVE

Sweating may be one of our weirdest biological functions, but it's also one of our most vital and least understood. In *The Joy of Sweat*, Sarah Everts delves into its role in the body, and human history. Deeply researched and written with great zest, it is a fresh take on an engrossing fact of human life.



Brainscapes: The Warped, Wondrous Maps Written in Your Brain-And How They Guide You by Rebecca Schwarzlose, New Health Books Media Center 612.82 SCH

Your brain is a collection of maps: detailed representations, scrawled across your brain's surfaces, of the sights, sounds, and actions that hold the key to your survival. *Brainscapes* is a journey into the brain, showing how perception, thought, and action are products of maps etched into your gray matter--and how technology can use them to read your mind.



Preventable: The Inside Story of How Leadership Failures, Politics, And Selfishness Doomed the U.S. Coronavirus Response by Andy Slavitt, New Health Books Media Center 614.58 SLA

From former Biden Senior Advisor Andy Slavitt, *Preventable* is the definitive inside account of the United States' failed response to the Coronavirus pandemic. Slavitt chronicles what he saw and how much could have been prevented -- an unflinching investigation of the drivers that led to unnecessary loss of life.



The Safety Trap: A Security Expert's Secrets for Staying Safe in A Dangerous World by Spencer Coursen, New Health Books Media Center 613.86 COU

Threat management expert Spencer Coursen offers proactive strategies to protect yourself and your loved ones in the event of hostile encounters and emergency. In *The Safety Trap*, he provides a simple formula of Awareness + Preparation, and real-world examples of managing threats.



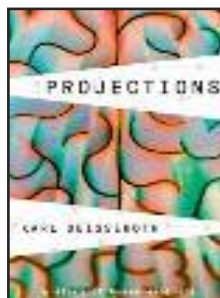
T: The Story of Testosterone, The Hormone That Dominates and Divides Us by Carole Hooven, New Health Books Media Center 613.0423 HOO

Through riveting personal stories



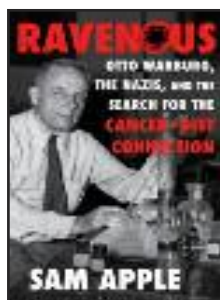
and the latest research, Harvard evolutionary biologist Carole Hooven shows how testosterone drives the behavior of the sexes apart and how understanding the science behind this hormone is empowering for all.

Projections: A Story of Human Emotions by Karl Deisseroth, New Health Books Media Center 616.8914 DEI



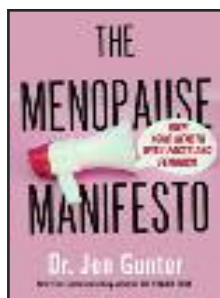
Karl Deisseroth has spent his life pursuing truths about the human mind, both as a clinical psychiatrist and as a researcher creating and developing the revolutionary field of optogenetics. Projections transforms our understanding not only of the brain but of ourselves as social beings.

Ravenous: Otto Warburg, The Nazis, And the Search for The Cancer-Diet Connection by Sam Apple, New Health Books Media Center 616.994 APP



Ravenous is the extraordinary story of the Nazi-era scientific genius who discovered how cancer cells eat--and what it means for how we should. The author reclaims Otto Warburg as a forgotten, morally compromised genius who pursued cancer single-mindedly even as Europe disintegrated around him.

The Menopause Manifesto: Own Your Health with Facts and Feminism by Jen Gunter, New Health Books Media Center 618.175 GUN



Dr. Jen Gunter, the internet's most fearless advocate for women's health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice.

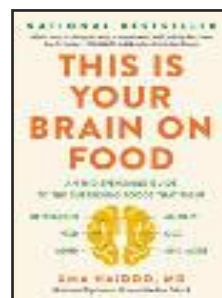
Hello I Want to Die Please Fix Me: Depression in The First Person by Anna Mehler Paperny, New Health Books Media Center 616.8527 PAP



Hello I Want to Die Please Fix Me tracks the author's quest for knowledge and her desire to get well. Impeccably reported, it is a compelling story about the human spirit and the myriad ways we treat (and fail to treat) the disease that accounts

for more years swallowed up by disability than any other.

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



Did you know that blueberries can help you cope with the aftereffects of trauma? In This Is Your Brain on Food, the author draws on cutting-edge research to explain the many ways in which food contributes to our mental health and shows how a sound diet can help treat and prevent a wide range of issues.

What Fresh Hell Is This?: Perimenopause, Menopause, Other Indignities, And You by Heather Corinna, New Health Books Media Center 618.175 COR



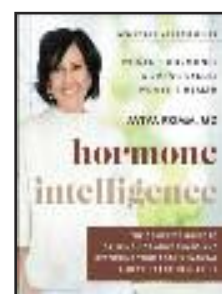
Perimenopause and menopause experiences are as unique as all of us who move through them. While there's no one-size-fits-all, the author tells you what can happen and what you can do to take care of yourself, all the while busting myths, and offering real self-care tips--the kind that won't break the bank.

The Gut-Immune Connection: How Understanding the Connection Between Food and Immunity Can Help Us Regain Our Health by Emeran Mayer, New Health Books Media Center 614.44 MAY



Combining clinical experience with up-to-the-minute science, The Gut-Immune Connection offers a comprehensive look at the link between alterations to the gut microbiome and the development chronic diseases like diabetes, heart disease, and cancer, as well as susceptibility to infectious diseases.

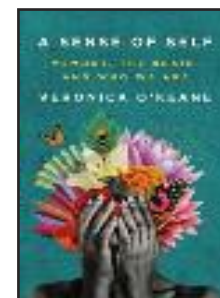
Hormone Intelligence: The Complete Guide to Calming the Chaos and Restoring Your Body's Natural Blueprint for Well-Being by Aviva Jill Romm, New Health Books Media Center 618.175 ROM



Hormonal. We all know what it means when we hear it - and feel it. There is a solution. In Hormone In-

telligence, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program.

A Sense of Self: Memory, The Brain, And Who We Are by Veronica O'Keane, New Health Books Media Center 612.82 O'KE



Psychiatrist Veronica O'Keane has spent many years observing how memory and experience are interwoven. Drawing on the latest neuroscientific research, O'Keane reframes our understanding of the extraordinary puzzle that is the human brain and how it changes from birth to old age.

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Healthy Family Recipes for the Fall

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

Healthy White Chicken Chili



This healthy chili is cooked in the crockpot for an easy dinner that is gluten and dairy free!

Ingredients

- 3 Cups Reduced sodium chicken broth
- 1 Cup Frozen corn kernels
- 1 Can Cannellini beans, drained and rinsed
- 1/2 Large onion, diced
- 1 Jalapeno (not seeded), diced
- 4 tsp Cumin
- 1 Tbsp Garlic, minced
- 3 tsp Ground coriander
- 2 tsp Chili powder
- 1 tsp Salt
- 1 Lb Boneless skinless chicken thighs
- 1/2 Cup Cilantro, chopped

Directions

Place all the ingredient, except the chicken and cilantro into a large 7 quart slow cooker and mix well.

Add the chicken into the slow cooker and cook on low for 6-8 hours or high for 3-4 hours.

Once cooked, remove the chicken from the slow cooker and shred it. Don't mix it back in just yet.

Remove 2 cups of the soup from the slow cooker and pour into a blender. Blend until smooth and creamy and then pour back into the slow cooker, stirring to combine. Then, stir in the shredded chicken and cilantro.

Nutrition Information (Servings: 4)

Calories: 224.9kcal (11%) Carbohydrates: 17.4g (6%) Protein: 23g (46%) Fat: 7.5g (12%) Polyunsaturated Fat: 1.5g Monounsaturated Fat: 3g Cholesterol: 90mg (30%) Sodium: 891.1mg (39%) Fiber: 4.8g (20%) Sugar: 5g (6%) Vitamin C: 3.5mg (4%) Calcium: 5.9mg (1%) Iron: 10mg (56%)

Source: foodfaithfitness.com

Crispy Air Fryer Chicken Breast



Perfect for busy weeknights! So tasty, crunchy, and healthy! Easily made gluten free!

Ingredients

- 1 Lb Chicken breast
- 2 tsp Olive oil
- Salt
- 1/2 Cup Panko (GF if needed)
- 2 tsp Seasoning salt
- 2 tsp Paprika
- 2 tsp Ground mustard powder
- 2 tsp Garlic powder
- 2 tsp Onion powder

Directions

Preheat your air fryer to 400 degrees.

Place the chicken breast between two layers of parchment paper. Use a rolling pin or meat mallet to gently press the chicken so it's an even width throughout. Dry the chicken breasts off with paper towel.

Pour the oil onto the chicken (I do this right on the parchment) and rub all over, coating it equally. Sprinkle with a pinch of salt.

Combine the rest of the ingredients in a small bowl, shaking together. Pour onto a large rimmed plate.

Cover each of the chicken breasts well with the panko mixture, and then place onto the mesh basket of your air fryer, making sure to leave room between the breasts – they would not be touching.

Spray the tops of the chicken with cooking spray and cook 8 minutes. Gently flip and cook another 6-8 minutes until the chicken is crispy and golden and an instant read thermometer reads 165 degrees Fahrenheit inserted into the chicken

Nutrition Information (Servings: 4)

Calories: 167kcal (8%) Carbohydrates: 6g (2%) Protein: 29g (58%) Fat: 2.4g (4%) Saturated Fat: 0.3g (2%) Polyunsaturated Fat: 0.2g Monounsaturated Fat: 1.7g Sodium: 48mg (2%) Fiber: 0.3g (1%) Sugar: 0.5g (1%) Iron: 0.5mg (3%)

Source: foodfaithfitness.com

Creamy Vegan Sweet Potato Soup



Made in the slow cooker for an easy dinner!

Ingredients

- 2 Medium Sweet potatoes, peeled and roughly chopped (700g)
- 2 Large Fuji apples, seeded and roughly chopped (300g)
- 1 1/2 Cups low-sodium vegetable broth
- 3 Tbsp Natural creamy almond butter
- 1 tsp Ground cinnamon
- 1 tsp Fresh ginger, minced
- 1 tsp Ground cumin
- 1 tsp Sea salt
- 1 Cup Light coconut milk
- 2 Tbsp Maple syrup

For Garnish:

- 1/2 Cup Almonds
- 1/2 tsp Olive oil
- 1/2 tsp Ground cumin
- 3 Large Fuji apples, spiralized with blade D
- Fresh cilantro, minced

Directions

Stir all the ingredients up to the coconut milk (not including the milk) In the bottom of your slow cooker (mine is 7 quarts.) Cover and cook until the potatoes and apples are soft and tender, about 3 hours on high or 5-6 hours on low.

While the soup cooks, heat your oven to 375 degrees. In a small bowl, toss the almonds with the oil and ground cumin, sprinkling with salt. Spread onto a small pan and bake until golden brown and toasted, about 10-11 minutes. Roughly chop and set aside.

Once the soup is cooked, transfer to a large blender, along with the coconut milk and maple syrup. Blend until smooth and creamy, adjusting the salt if necessary.

Transfer into bowls and divide the apple noodles, almonds and some fresh cilantro on top of each bowl.

Nutrition Information (Servings: 6 cups)

Calories: 278kcal (14%) Carbohydrates: 49.2g (16%) Protein: 4.4g (9%) Fat: 8.8g (14%) Saturated Fat: 2.6g (16%) Polyunsaturated Fat: 1.5g Monounsaturated Fat: 3.6g Sodium: 560mg (24%) Potassium: 618mg (18%) Fiber: 7.6g (32%) Sugar: 22.9g (25%) Calcium: 40mg (4%) Iron: 0.9mg

Source: foodfaithfitness.com

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GUN & KNIFE SHOW – Sep. 4, Stormont Vail Events Ctr

WILDLY CREATIVE AT THE ZOO – Sep. 4, 9am-noon, Topeka Zoo. Celebrate the arts with Ballet Midwest, partnering with local talent to provide you with arts, crafts, magic, dancing, and music! All for the price of zoo admission. Activities geared towards children ages 3-12, but fun for the whole family

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C5Alive "POWER" LUNCHEON – Sep. 9, 11:30-1, at Thornton Place. Jeanne Gawdun of Kansans For Life will be the featured speaker.

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- \$15 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public

SAVE THE DATE: C5 POWER Luncheon, Oct. 14, 11:30-1, C5Alive POWER Luncheon. State Senator Kristen O'Shea will be the featured speaker.

NOTO LIVE FESTIVAL – Sep. 11, 11:30am-8pm, NOTO Arts and Entertainment District. A day-long celebration of performance art, live music, busking, and talent of all kinds, special acts at Redbud Park and Compass Point, and a grand finale by Last Carnival Act to end the evening. <https://explore-noto.org/product/noto-live-vip-ticket/>

TOUCH A TRUCK – Sep. 11, 9:30am-1:30pm, Every Plaza, Downtown Topeka. Providing children hands-on learning opportunities!

OUTDOOR KANSAS FOR KIDS DAY – Sep. 11, 9am-noon Shawnee North Community Center Trails, 300 NE 43rd. Youths will hike the Shawnee North Nature Trail, study aquatic life in the creek, learn about Kansas animals, do nature mural painting, archery, animal track casting and finish with a camp site making S'mores. Free. 785-251-6800

THUNDERBIRD SQUARE BLOCK PARTY – Sep. 11, 10am-1pm, 29th & Croco. Lawn games, free hot dogs, ice cream, wine tastings, fun for all. Music by DJ Wiseguy.

HOE-DOWN – Sep. 11, 4-6:30pm, Kansas Ave UMC, 1029 N Kansas Ave. Bring your lawn chairs - Entertainment: "The Heartstrings," Joe Kampsen- keyboard; Infinity Dancers; Children's Activities; Door Prizes, Free hot dogs, chips, soda, cookies, & popcorn.

HOLY SMOKIN JAMBOREE – Sep. 11 & 12, Mother Teresa Catholic Church, 2014 NW 46th St. Outdoor family event with food, drinks, bingo, cake walk, car show, crafts, raffles, and live music featuring the band Departure on Saturday night. Outdoor Mass and live auction on Sunday. \$2 wristband for all-day kids' games, inflatables, and activities! Register for the 5K, Car Show, & Poker Run <https://mtcctopeka.org/news/492-join-us-for-the-jamboree>

PLAY DAY/FAMILY FUN DAY – Sep. 11, Crossroads Cowboy Church, 1255 Oak St., Perry. 5 Divisions: Pee Wee



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GREATLIGHT AGLOW TOPEKA: Ana Werner – Sep. 16, SpringHill Suites by Marriott Topeka Southwest, 2745 Southwest Fairlawn. Ana Werner: Assessing The Greater Glory. Ana moves in the prophetic and healing gifts. She is a Seer and teaches on seeing in the Supernatural with Jesus in churches and arenas around the world. Ana is an inspiring author and speaker. Her transparency as she shares on the realities and experiences she has in heaven, always bring Holy Spirit and the power of God into the room when she speaks. Healing, signs and wonders follow her ministry. She has appeared on Sid Roth's, It's Supernatural and many other programs. Register at: greatlight-september2021.eventbrite.com.

KVC GOLF TOURNAMENT – Sep. 17, 1pm, Shawnee Country Club. Benefits kids in Shawnee County. To register, sponsor, donate or for more info: Lance Wilson at lanwilson@kvc.org, or events@greatlife.com

MOVIE ON THE LAWN – E.T. – Sep. 17, 7-10pm, State Capitol grounds. Movie starts at 7:45pm. Bring chairs & blankets.

BLARNEY BREAKFAST – Sep. 18, 7-10am, Blind Tiger. All-you-can-eat. Visit www.capper.org/events for details.

KANSAS BOOK FESTIVAL - Sept. 18, 9-4pm. Washburn University Mabee Library. Free presentations by 50 authors, as well as outdoor performances, a book-art exhibit, food vendors and exhibitor tents with publishers from around Kansas. Children's activities, and local entertainment. <http://www.kansasbookfestival.com/>

LADIES DAY OUT – Sep. 18, 10am-3pm, Ag Hall. A day of shopping and pampering! 75 booths for snacks, beauty, health, home goods, decor, gifts, local businesses, clothing, jewelry, and more! Many free samples or pampering services. Adm is \$2 donation for Sole Reason. First 100 women receive a goodie bag loaded with coupons, samples from vendors.

HILLSBORO ARTS & CRAFTS FAIR – Sep. 18, 9am-4pm. 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. Hillsboroartsandcraftsfair.org.

HALFWAY TO ST. PATRICK'S DAY IRISHFEST – Sep. 18, 10-6, 8th & Jackson. Fun run – 2.5 K – at 10 a.m.; Irish Food, a beer garden, whiskey tasting, adult and children's games, live bands and Irish dancing. St. Patrick's Day Parade starts at noon. Register at www.TopekaIrishFest.com.

GARY'S PUMPKIN PATCH & FALL FESTIVAL – Sep. 18-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8-Acre Corn Maize, Pig Races, Corn Pit, Jumping Pillows, Giant Slides, Animals. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and new attractions this year!. garysberries.com, garysfarmfest.com

GATHER TOPEKA - Sep 19, Every Plaza. What used to be Meet Me at the Park is now GATHER TOPEKA @Every Plaza. Join us for a fun, family-centered worship service. First Southern Baptist Church, (785) 272-0443

TOPEKA TEC MEET-UP – Sep. 21, 12-1pm, at Historic Harley-Davidson. The Topeka Entrepreneur Community meeting for income-producing ideas & info. Check facebook.com/TopEntrepreneurCommunity for details.

CHRISTIAN SINGLES MIX & MINGLE – Sep. 23, Milk & Honey Coffee Co., 2200 SE 29th St. A casual mixer for single Christians. Baked goods, coffee & other drinks available. 785-250-3684

TUMI COMMENCEMENT – Sep. 23, 6pm, New Beginning Baptist Church, 1329 SW 37th St. Urban Ministry Institute of Topeka Class of 2021. TUMI serves the church by training theologically sound leaders. Classes for the community as well as prisoners. Reception following.

SILENT AUCTION AND BAKE SALE - Sep. 24, 4-7pm, CrossRoads Wesleyan Church, 41st and California

ROME SWEET ROME ITALIAN FESTIVAL – Sep. 25, 4:30-11pm, Christ the King Catholic Church, 25th & Wanamaker. Outdoor Mass at 4:30pm. 5:30pm - Italian Dinner in the gym and food trucks outside. Bbeer and wine garden, live music, activities for the kids, bingo and fireworks display at dusk. Sweepstakes tickets and raffle tickets are available

WALK TO END ALZHEIMER'S - Sept. 25, 8am opening. Lake Shawnee, Shelter House 1 and 2, 3400 SE Leisure Ln. Register at alzwalkneks.org. For info: 913-948-8654 or

lbclatter@alz.org

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

FREE BREAKFAST LAST SUNDAY EACH MONTH – Sep. 26, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations accepted and go to helping vets in the Topeka area. vfw1650seniorvice@gmail.com; 785-383-2997

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 27, 9AM reg.; 10AM shotgun start, Lake Shawnee. Several sponsorship levels available. 232-8296 or topekayfc.org

PEPPA PIG'S ADVENTURE – Sep. 30, 6pm, TPAC

VINEWOOD MARKET – 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

CASTING CROWNS – Oct. 3, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: castingcrowns.com. For free tickets, advertise in Metro Voice, or make a donation.


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 info, email info@C5Alive.org.

HEALTH & WELLNESS FAIR – Oct. 9, 10am-3pm, at the Vinewood, 2848 SE 29th St. Hosted by the Emerald City Cosmopolitan Club. Free screenings, demonstrations, vendors and speakers. Get the information you need about diabetes and other health topics For questions: Lindsay Ransom-Engelken at 785-438-0552 or lindsayengelken@yahoo.com.

TEACHERS MIX & MINGLE – Oct. 14, Milk & Honey Coffee Co., 2200 SE 29th St. Casual mixer for teachers. Baked goods, coffee, other drinks available. 785-250-3684

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.



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620-947-3506
director@hillsboroartsandcraftsfair.org
www.hillsboroartsandcraftsfair.org

The Hillsboro community not only welcomes the visiting shoppers and artisans, but their generous, volunteer

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

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

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

0601 or office@rhctoepka.org

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

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

TOPEKA TWILIGHT LIONS BRANCH CLUB - 4th Mondays at 5:30pm, Norsemen Brewing Co., Visitors welcome.

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FRIDAY SEPT 17TH 100PM

HOLE SPONSORSHIP \$150

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TOP FLITE SPONSORSHIP \$400

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- Company Name on event web page and Facebook event page
- Promotional material placed in swag bag
- Complimentary Foursome in tournament

SILVER SPONSORSHIP \$750

- Logo on 18" X 24" sign
- Company Name on event web page and Facebook event page
- Promotional material placed in swag bag
- Complimentary Foursome in tournament
- Large company banner at event

GOLD SPONSORSHIP \$1000

- Logo on 18" X 24" sign
- Company Name on event web page and Facebook event page
- Promotional material placed in swag bag
- TWD Complimentary Foursomes in tournament
- Large company banner at event

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

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

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

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

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

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

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

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

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

LADIES' EXERCISE – Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm,

2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

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

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

CIDER DAYS

FALL FAMILY MARKET

Sep. 25-26

Stormont Vail Events Center

Tickets \$6 in advance \$8 at the door 13 and under are FREE!

CiderDays.com

6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

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 Pizagles. Great for beginners. director@cottonwood200.org

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

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

HERBTalk - Topeka herbs study group meets Third Saturdays for fun and interactive group learning and sharing about herbs/medicine plants. 7321 SE 45th, Prairie Meadow Greenhouse.

RSVP Amy
785-379-8848. \$5.00

cash only charge; Free beverages and herb snack samples. Lunch option \$6.00. talkherbswithus@gmail.com

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

MOVIES AT EVERGY PLAZA - Second Fridays til fall

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

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

SQUARE DANCING - Shawnee Swingers has monthly dances and lessons in the Fall. 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.

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Spiritual Wellness

How To Keep Muscles And Faith Strong With Age

Use it or lose it, something we have all heard at one time or another. We know that things left unto themselves with no outside input will breakdown. Well that includes our bodies and even our spiritual walk. In this article we will look at the impact of aging and neglect on our physical muscles and strength along with our faith.

Like myself, if you have lived long enough you notice changes in your body from when we were in our 30's, heck even our 20's. We may feel the same in our heads, but some definite changes have taken place.

In fact, muscle strength peaks for most in their mid-20's and can be relatively maintained into our 60's. However even with our best efforts by the time we reach our 80's our strength is half that of a younger adult.

This age-related process of muscle atrophy is called Sarcopenia which literally means "lack of flesh"

Well this loss is important because our muscles do so many amazing things besides letting us open that pickle jar in the fridge.

Muscle is incredibly important:

- To Joint health, they take stress off the joints.
- To Posture and body symmetry. Placing less stress on our connective tissue.
- On our ability to perform activities of daily living and maintain our independence.
- For diabetes management, prevention, and insulin sensitivity.
- It helps with fat loss and metabolism. Like upgrading your engine.
- Makes movement less fatiguing and more enjoyable.
- Give us confidence to move safely.
- Improves fall prevention, overall balance and fall resilience if suffering a fall.

Natural Aging Process, Injury and Illness

Not all muscle loss is from simply growing older. Often a prolonged illness or an injury that reduces our ability to exercise and move can have a significant impact on our muscles atrophying or wasting away. The key here is to have a healthy reserve of strength and muscle from your past efforts. That is one of the great takeaways of physical activity. You are more likely to literally survive an illness or injury because you came into it healthier and stronger instead of weak and frail.

Actually, loss of muscle mass and strength has been shown to be the single biggest predictor of loss of quality of life and mortality. It robs us of the things we love to do and increases many other health risks.

Can I Slow or Reverse This Process?

The great news is that this state can be reversed, quite impressively



so. Research has shown that a two to three fold increase in strength can be accomplished in as little as 3-4 months.

The key? As you may have already guessed is resistance training. Not only will it improve muscle strength and muscle mass it can:

- Reduce depression, anxiety, stress and improve mood.
- With a single bout, increase insulin sensitivity for 16-24hrs helping blood sugar regulation and diabetes prevention.
- Lower blood pressure and improve cholesterol numbers.
- Delay and/or prevent the onset and severity of osteoporosis*4
- Help preserve our ability to perform activities of daily living, thus maintaining independence.
- Extend how long and how enjoyable our hobbies, sports and lives are in later years.

Especially in times of lockdowns, gym shutdowns and isolation it's imperative now more than ever to make a concerted effort against this from occurring. So how?

Atrophy In Our Spiritual Lives

Just as in our physical walk, there is a spiritual parallel to this. I offer to you that comfort, apathy and isolation are the enemy. Muscles as well as our faith are strengthened under repetitive use along with adverse circumstances and struggles.

We were not created for a life of ease and entertaining ourselves into boredom and apathy. We were made with gifts and talents for a purpose with a desire and drive for significance, impact and meaning.

It's not productive to rest on past things God has done in our lives. We need continual and purposeful action to maintain a healthy walk and relationship with God. Do this and our relationships with others will be positively impacted as well as our mental sanity. We have an assurance that no matter what is going on in this world our eternal destiny is secure and a bright, a wonderful and glorious adventure awaits us. No matter what happens we are going to be all right.

So how do we combat this atrophy or wasting away? Here are a

few ways to keep your faith strong as you age:

- By being others centric and shift our focus from being on ourselves only.
- Having an eternal mindset. Do not let the temporary challenges take our eyes off our true destiny and citizenship.
- Focusing on Jesus, the only One who can satisfy our soul and fill that God shaped hole in our hearts instead of trying to use things or people to do so.
- Daily exposure to God's word [the Bible] no matter how small, especially in the beginning. The habit and daily communication are more important than the duration.
- Bring someone else into your world; we were not called to walk this spiritual walk alone, even if during a pandemic it's watching a church service on YouTube and getting connected with an online group.

Take the Same Approach to Fighting Atrophy and Wasting Away Physically

- Same, be others centric. This is not just about losing weight but about having the strength, energy, and less stressed condition to be there for your family and accomplish your calling. To live out the second half of our lives with as much dignity, independence, and vitality as possible that depends on us.
- Focus on large muscle groups, especially if you do not have the time or are not particularly "into this" at first. If you're just doing 10 minutes – work your larger legs and back muscles over doing arm curls for example. Challenge more muscles at once.
- Daily exposure again no matter how small. Short 10-minute increments add up. An example looks like this:

DAY 1 might be a wall sit at home while watching a show for 30-60 seconds. Buying a pair of exercise bands and doing those back rows.

DAY 2 do a brisk 5-10 minute walk down the driveway and back multiple times, etc... You get the idea; it doesn't have to be a 45 minute-1 hour intense event. When you are just beginning you reap benefits of even the smallest efforts. You'll feel better and over time you can increase your intensity and exposure. Remember consistency always beats out intensity.

- Get someone else to meet you for your walk, even if over the phone and chat. Set up challenges and check in with each other whether they did their exercises for the day. You come up with one workout to do and they put together the next. Make it something fun, it's your personal time with a friend or in communication with God.

Pandemic Lesson

The 2020 pandemic really solidified the once theoretical concept for many that we are not meant to be isolated. Flip the mindset and instead of thinking of why you don't have someone in your life, consider how you can be that person for another. Don't wait for it to magically happen but pray about it and make an effort to reach out to another person. Remember, left alone and to ourselves with no engagement all parts of our lives waste away. Make the effort today you really can do it!

—Dino Nowak / faithandfitness.net

TOPEKA Health & Wellness MAGAZINE

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**C5ALIVE, METRO VOICE NEWS, TOPEKA HEALTH & WELLNESS MAGAZINE
AND EMERALD CITY COSMOPOLITAN CLUB PRESENT**

THE INAUGURAL TOPEKA **Fall Fest** HOSTED AT THE VINEWOOD

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- Live music
- Craft & vendor fair
- Food trucks
- Kids games & activities
- Inflatables

- Petting zoo
- Face painting
- Gifts & Décor
- Clothing & accessories
- Non-profit information

- Pet care services
- Win a bike at the Ball Toss
- Cake Walk for kids
- Trunk or Treat
- Pumpkin Decorating

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- Health screenings
- Safety instructions & education
- Health & Wellness products & samples
- Health information & education

- Fitness information & demonstrations
- Gymnastics & Exercise demonstrations
- Personal Safety Items & Education
- Emotional & Mental Health Information

SPONSORS NEEDED FOR FOOD COURT, VENDOR MARKET, ENTERTAINMENT STAGE & KIDS GAMES

Funds raised will be shared with Operation Food Secure and Operation Backpack For Kids

FIND US ON FACEBOOK
FOR MORE DETAILS!



VOLUNTEERS ALSO NEEDED! CONTACT:

info@C5Alive.org or 785-640-6399

FREE ADMISSION!



SATURDAY, OCTOBER 9, 2021 • 10 AM - 3 PM

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