

TOPEKA

OCTOBER 2021

Health & Wellness

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MAGAZINE

**FREE
TAKE ONE!**



**EMOTIONAL
WELLNESS
MONTH**

*See page 3 for
information about
front page photo*

8 Ways to Improve Your Emotional Health
Physical Therapy Can Improve Your Quality of Life

Health & Wellness Fair Oct. 9
Golden Rule for a Healthy Life

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WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



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



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ON THE COVER:

Our cover this month features Katz, a therapy pup being used by the staff at Midland Care for emotional support in the PACE program for seniors.



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- Step 2** Use appropriate guards, screens and other safety devices.
- Step 3** Choose the proper eye protection for the job.
- Step 4** Replace worn or damaged equipment.
- Step 5** Avoid prolonged periods of looking at computer or other screens.

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LEAVE NO ONE BEHIND

EQUITY IN ACCESS TO PALLIATIVE CARE

World Hospice and Palliative Care Day | **9 OCTOBER 2021**

www.thewhpc.org/world-hospice-and-palliative-care-day

October 9th marks World Hospice and Palliative Care Day 2021. The day serves to celebrate, support, and speak up about the importance of equity in access to hospice and palliative care.

“Palliative care is not part of universal health coverage in many countries across the world and for years palliative care has not been adequately funded by governments. Through World Hospice and Palliative Care Day organizations are shining a light on the inequity in access to palliative care across the globe,” Dr. Stephen Connor, Executive Director of the Worldwide Hospice and Palliative Care Alliance.

Palliative Care is specialized medical care for people with serious illnesses or health problems. This type of care helps people of all ages by relieving pain and other symptoms like breathing problems, nausea, depression, anxiety, trouble sleeping, exhaustion, loss of appetite, or spiritual or emotional concerns. Hospice is only for people with a life expectancy of six months or less and no longer choose to seek curative treatments. Both hospice and palliative care help manage difficult symptoms with a focus on the quality of life.

Worldwide, more than 25.5 million people die every year with serious health suffering. It is found that less than 10% of the overall need for palliative care is being met globally.

Additionally, where palliative care is part of the universal health coverage, it misses out on the equitable palliative care provision including:

- LGBTQ+
- Prison inmates
- Those living with physical and mental impairment
- The elderly
- The homeless
- Children and young people

Midland Care offers both Palliative Care and Hospice. We believe that patients with advanced illness and their families have a need for palliative care and hospice services. **Here is how Midland Care can help:**

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- Provides you with 24/7 support

If you have questions about palliative care or hospice, call Midland Care at 785-232-2044 or 800-491-3691. A doctor's referral is not required to begin the conversation about palliative care or hospice services.

www.midlandcare.org • 1-800-491-3691



Surge capacity and how to overcome it

By Michaela Butterworth,
Health Promotion Specialist



Michaela Butterworth

Ever heard of surge capacity? Neither had I, until a dear friend posted an article that captured my interest and really hit home for me. ‘Surge capacity’ is a term coined by Dr. Ann Masten, PhD from the University of Minnesota. “Surge capacity is a collection of adaptive systems — mental and physical — that humans draw on for short-term survival in acutely stressful situations, such as natural disasters which occur over a short period of time, even if recovery is long.”

Pandemics are different. As we are all experiencing, a pandemic is not a short term period. A pandemic stretches out indefinitely. “This pandemic has demonstrated both what we can do with surge capacity and the limits of surge capacity,” says Masten.

My logical mind argues, ‘but shouldn’t I be used to this by now?’ Yet the rest of me clearly does not agree. To quote Masten in the article written by Tara Haelle, “Why do you think you should be used to this by now? We’re all beginners at this. This is a once in a lifetime experience. It’s expecting a lot to think we’d be managing this really well.” Yet how do we each adjust daily to an ever-changing, seemingly endless situation? “It’s important to recognize that it’s normal in a situation of great uncertainty and chronic stress to get exhausted and to feel ups and downs, to feel like you’re depleted or experience periods of burnout.” The answer, Masten says, “is that we have to adopt a different style of coping.”

As it turns out, our popular societal concept of solution-based thinking is not the answer, in fact it’s quite the opposite. What we are dealing with right now is something called ‘ambiguous loss,’ which is any loss that is unclear and lacks a resolution either physically or psychologically. This pandemic has brought about ambiguous loss in our way of life and living. It has manifested itself in many different ways, impacting the things we love and the things we love to do,

most likely in ways we would never have imagined would affect us previously.

Ambiguous loss elicits the same experiences of grief as a more tangible loss — denial, anger, bargaining, depression, and acceptance — but managing it often requires a bit of flexibility and creativity.

What is the best way to adapt and overcome?

- 1. Radical Acceptance.** Accept that life is different right now, and that it is the way it is. Accept your emotions, whatever they may be. Know that it’s OK to feel your feelings, and to ask for help when you need it.
- 2. Don’t give up,** fight your feelings, or spend your energy on resisting reality. Focus on the constructive things that you are able to do. Expect less of yourself and others. Give yourself permission to expect less of yourself and to spend more down time replenishing yourself.
- 3. Use this time as a period of self-discovery** to figure out where you get your energy from. Experiment and learn what kind of down time you need. Reflect on what rhythms of life and balance work best for you at this time.
- 4. Recognize** that you (and everyone around you) are managing multiple ambiguous losses, overwhelm, the impact of trauma, uncertainty, and continual change. What’s more, we’re all experiencing all of this, and all at the same time. Extend grace and compassion to yourself and to others. Practice forgiveness of yourself and others. Remember, we are each doing the best we can under the circumstances.
- 5. Understand that we are all experiencing grief from ambiguous loss,** and that it affects each one of us differently. Know that the stages of grief express themselves in waves of emotions such up as denial, anger, bargaining, lethargy, difficulty focusing, depression, malaise, and acceptance.
- 6. Give yourself permission** not to do anything, to embrace the losses and sadness you feel, and to just be. When the feelings dissipate, do something, even something small and simple, that feels like an achievement. This will help you to continue to move forward and prevent you from getting stuck.
- 7. Get creative with self-care.** Reassess your options and broaden your experiences. Schedule experiences (yes, even

the ones at home) that contain hands-on activities, and make this time a priority. Focus on what is meaningful to you, feels good, and replenishes your joy. Start really small and gradually build up regular life practices that promote resilience and coping techniques. If you miss a day, be gentle with yourself and begin again.

Don’t know where to start? Try exploring these areas: Sleep, nutrition, exercise, meditation, self-compassion, gratitude, connection, and saying no.

8. Foster and build connection. Maintain and strengthen existing relationships. Build new friendships. Help and volunteer with others in ways that feel safe and important to you, it’s a win-win situation!

Cognitively recognizing and accepting the fact that we are living our way through a global pandemic and emotionally incorporating that reality into everyday life are not the same thing. Our new normal consistently seems to be feeling a little off balance and never knowing when it will all be over, if it ever will. Yet, we humans are resilient, and like anything else in life, we can get better at anything with practice. The power lies within us, all we have to do is take the first step.

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

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group

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

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How Physical Therapy Can Improve Your Quality of Life

Physical therapy (PT) is one type of medical treatment provided through a home health care service. Licensed physical therapists are experienced healthcare professionals that know how to identify and treat movement problems to help you recover from an injury or improve your overall mobility and physical function.

If you're not familiar with home health care that involves physical therapy, there are several ways it can improve your quality of life at home. According to the American Physical Therapy Association, here are some of the primary ways PT helps you live a better life.

It will help you maintain your independence.

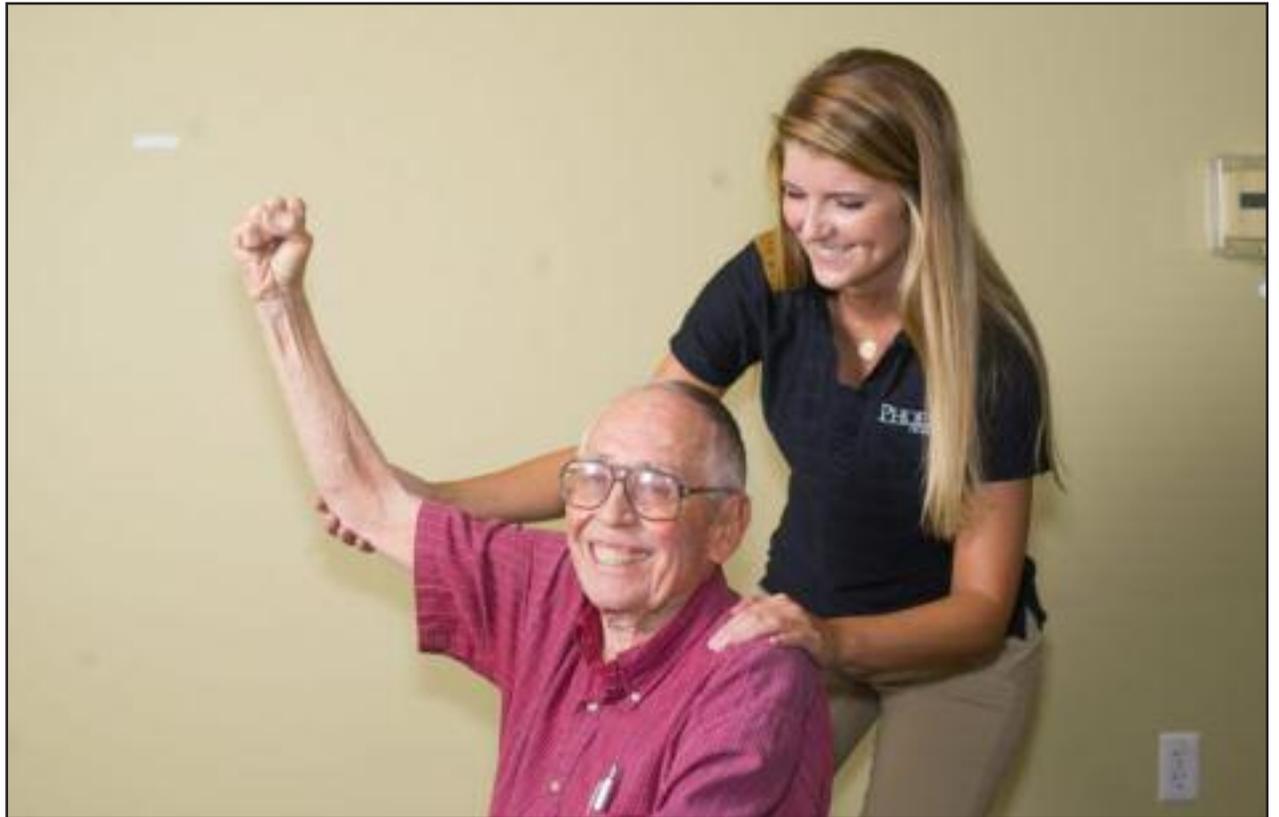
Physical therapists help people improve and restore their physical function to the fullest extent possible. Having the ability to move and function physically gives you the ability to live independently at home because you'll be better able to do things like get dressed, bathe yourself, and maintain your house or yard.

A career as a therapist will better equip you to earn a living and manage your health and fitness goals with regular exercise.

It may help you avoid surgery.

Physical therapy can help reduce many chronic diseases and medical conditions and prevent them from getting worse. In turn, this can also help you avoid invasive surgeries that require lengthy recovery times (sometimes much of that time must be spent in a hospital or clinic environment instead of at home).

Before you have surgery, PT may be a better alternative that allows you to continue living comfortably at home. At the same time, you work to improve your health and your medical condition.



It's convenient.

Physical therapists can see patients anywhere, including at work, outpatient clinics, nursing homes, private practices, or even at your home! So, if it's more convenient or desirable for you not to travel, you can complete your PT treatment in the comfort of your own home.

Get More Details About Home Care Services Like Physical Therapy

At Phoenix Home Care and Hospice, we provide a variety of home care services, including PT. We recognize all the great benefits home care has to offer, and we want to make sure that you and your loved ones have the best chance at healing. If you're interested in learning more about our in-home PT services, please call us today for more information, or visit our website.



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

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

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

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

785-260-6444

www.phoenixhomehc.com

FINANCIAL HEALTH & WELLNESS

IRS tax refund delays are so bad that not even taxpayer advocates can keep up

You know things are dire when even your tax helpers are overtaxed.

In a rare display of transparency this week, the Taxpayer Advocate Service (TAS) outlined various logistical problems that have caused substantial delays for its team of advocates, who are tasked with helping taxpayers resolve issues with the Internal Revenue Service. Just as the IRS has been buried under an extreme backlog of unprocessed tax returns—leaving millions of Americans without their refunds and no word on the they'll receive them—the TAS has been suffocating under the flood of taxpayers who have turned to the service for help.

“Our advocates have been handling unusually high levels of inventory for the last year,” writes Erin Collins, the national taxpayer advocate, in a blog post. “The past two filing seasons have been particularly difficult. On top of dealing with personal, medical, and financial challenges brought on by COVID-19, taxpayers have struggled to get advice and answers from the IRS, and millions of refunds are still pending.”

The office of the National Taxpayer Advocate serves as a kind of ombudsman, operating independently within the IRS and advocating for solutions to specific problems. In addition to fielding complaints about delayed refunds, the service also helps with identity verification, processing amended returns, or any number of issues that taxpayers may face.



But the TAS can't actually “fix” problems itself, Collins writes. Rather, it can only work with IRS business units to advocate for certain solutions. In other words, the TAS can't do its job if the IRS doesn't do its job. And right now, both entities are too understaffed and overworked to do their jobs efficiently. According to Collins, taxpayers wait an average of 80 minutes when they call the TAS for help, and many encounter what she described as “courtesy disconnects,” meaning they get hung up on.

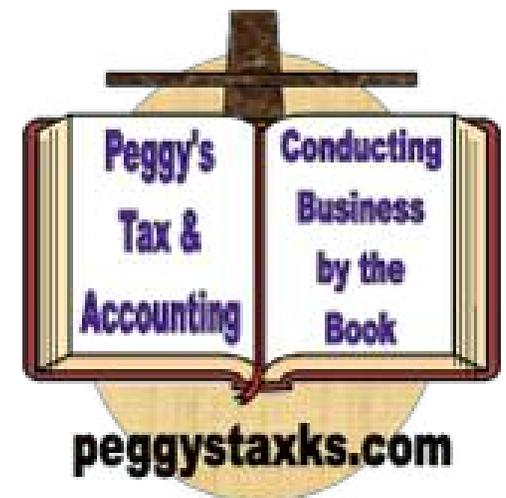
“Due to the high volume of calls and cases we have been receiving, we have struggled to meet our own deadlines and expectations,” Collins writes. “Our 79 local office telephone lines are receiving over 20,000 calls each week.”

The post goes on to list three main sources of the TAS's problems:

- **Increased workload:** The office is expecting 253,000 cases this year, up from only 167,000 in 2017.
- **Not enough money:** Adjusted for inflation, the budget to operate the TAS has fallen by 10% since 2017, the post estimates. As a result, staff levels have dropped by about the same amount, despite the increased workload.
- **IRS logjams:** Put simply, because the IRS is taking longer to fix things, TAS advocates are having to spend more time on each case. Multiply that by 253,000, and you see the problem.

Not surprisingly, Collins recommends that Congress provide better funding to the IRS, which would both improve the agency's efficiency and allow for adequate staffing levels at the TAS, all for the sake of helping taxpayers who “face immediate financial hardship or fall through the cracks of IRS bureaucracy.”

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC
300 SE 29th, Suite C
Topeka, Kansas 66605
Tel: 785-286-7899
Frontdesk@peggystaxks.com



Golden Rule to Live By for a Healthy Lifestyle

Your health isn't something you can just prioritize when you need to shed a few pounds. Your wellness should matter every day. And, thankfully, there are plenty of ways to work wellness into your routine that won't require a ton of effort.

Here are a few rules to live by if you want to be your healthiest best.

Eat breakfast every day.

Topeka Health & Wellness Magazine has promoted the idea of eating a healthy breakfast before. This is because breakfast is the way you fuel your body after a night of fasting. By filling your morning plate with nutrients, including protein and complex carbohydrates, you'll start your day with the energy you need to make it a good one.

Keep a clean house.

When your home is clean, you (and your entire family) are likely to be less stressed. Make a point to get up each morning and tackle one area that usually goes untouched. Wipe down the bathroom counters, dust the guest room, or clean the television and computer screens. Not only will this reduce the time you spend cleaning on the weekends, but small steps, like decluttering and opening the windows, can turn a negative space into a place of positivity.

Turn off the TV at night.

Your TV, telephone, and tablet might be your greatest allies during the day, but they're your worst enemies at night. As Fox2 Detroit explains, the artificial light emanating from your screens may actually increase the numbers on



correctly all the time will lessen muscle strain, reduce your chances of suffering from headaches, and may even improve your digestion.

And if you are one of the millions of Americans that recently began working from home, you'll benefit from investing in an ergonomic chair; NBC News recommends several desk chairs that range in price from affordable to extravagant.

the scale. Bluelight is also associated with sleeplessness since it mimics the sun. Turn off all of your devices 30 minutes to an hour before bed.

Create a bedtime routine.

It is not enough to simply turn the TV off. For the best night's sleep, establish a bedtime routine. This might include a healthy snack followed by a warm bath and a quick snuggle with the kids. Do whatever relaxes you the most and helps you purge negative thoughts so that you can settle under the covers ready for sleep with a clear mind.

Spend time with family.

Being around people you love decreases stress and promotes feelings of happiness, belonging, and peace. The bonds you create with your family and closest friends can boost your mental health and work to ensure that you won't suffer the ill effects of loneliness.

Watch your posture.

Posture is the way you hold your body when you move or are at rest. Sitting and standing

Exercise.

There are obvious benefits to exercise for your entire family. According to the American Physical Therapy Association, these include an increased lifespan, better sleep, lower blood pressure, and protection against chronic diseases. If you've never been an exerciser before, don't worry about counting minutes. Make small choices each day that boost your active time, including parking further when you go shopping, playing with the kids, or doing yoga.

Keep a journal.

Of all the reasons to keep a journal, staving off depression may be the most compelling. PositivePsychology.com contributor Courtney E. Ackerman, MSc asserts that private self-expression can help you overcome trauma and work through day-to-day problems.

There are so many small things you can do each day that will push your health in a positive direction. The tips above are easy to incorporate and will help you take control of your mind and body from sun up to sun down. You don't have to adopt a number of changes at once. A new healthy habit each week will put you on a fast-track to a better life.

Toptracer makes your practice fun and informative

An exciting new center for family fun opened in Topeka this summer. GreatLIFE North, located at 350 US-24, now offers visitors Toptracer, a division of Topgolf.

Toptracer is “Changing golf. One shot at a time.” It is the technology that tells players the real-time flight of their ball after it has been hit. This allows golfers to view the statistics of their game such as ball speed, spin, and more. It also shows the path of the ball from the moment it was hit to the place where it lands, and how close it landed to the target. The provision of these numbers and a visual of the ball’s trajectory helps players better critique their game and understand the mechanics of their play. Knowledge of these things will improve a golfer’s skill level tremendously.

Not only does Toptracer display a player’s statistics, ball path, and landing location of the ball, but it allows golfers to play numerous games — like Angry Birds, for example — on the driving range as well as play on virtual courses all over the world. Toptracer is compatible with an app that lets golfers create their own profile where they can keep record of their statistics and other important data. It also offers players the opportunity to challenge and com-

pete against one another. The app, Toptracer Range, can be found in any app store and is free to download.

Rick Farrant, the owner of Topeka’s GreatLIFE North, decided to bring Toptracer to the capital of Kansas after visiting a Toptracer driving range in Springfield, Missouri. He and his family recently took a trip to the area where they were able to experience the joy Toptracer has to offer. Shortly after having a memorable time at the driving range in Springfield,

Farrant realized that this was the kind of golf everyone would enjoy despite their age and skill level. He knew instantly that he wanted to add this feature to GreatLIFE North. Farrant is the first to bring Toptracer to Kansas. He owns many facilities through-



out the state, but he chose to install this new technology at GreatLIFE North because Topeka is where he grew up. He wanted to provide his local community with the inspiring and sensational experience he knew Toptracer would bring to his hometown.

In addition to adding the Toptracer technology to his driving range in northern Topeka, Farrant executed the instillation of a food and bar area that offers an ample menu containing everything from exquisite beverages to simple, delicious meals. A section of the outdoor area nearby is in the process of being designed into an entertainment zone that will host a variety of games. 30 golf bays — most covered and some made of turf — have also been constructed at the facility.

Toptracer at GreatLIFE North allows guests of any level of ability to have more fun practicing the game of golf. GreatLIFE North is open from 7 a.m. to 9 p.m. Sunday through Thursday and 7 a.m. to 11 p.m. Friday and Saturday. All activities are discounted if a customer has a GreatLIFE membership, although Toptracer players will have to pay an extra fee.

Through Rick Farrant’s efforts and vision, GreatLIFE North has been turned into one of Topeka’s most unique attractions for family fun.

—Sydney Hanna



Spinal Stimulator: A New Way to Treat Depression



(Ivanhoe Newswire) —

As many as 30 percent of Americans who have major depression may try medication after medication, and not find anything that works. Scientists are now studying a new method that could help relieve symptoms, spinal stimulator.

Seven percent of all American adults have at least one episode of major depression each year— depression that lasts two weeks or longer. Treatments include counseling, medications, or transcranial magnetic stimulation, TMS, to stimulate the mood-regulating parts of the brain.

Francisco Romo-Nava MD, PhD, a physician scientist and assistant professor in the department of psychiatry and behavioral neuroscience at the University of Cincinnati College of Medicine and associate chief research officer at the Lindner Center of HOPE, explained

“Not all patients respond to the medication or to the neuromodulation.”

Dr. Romo-Nava and colleagues are studying a new way to treat mental health disorders. The neuroscientists are testing a device that delivers stimulation to a patient’s spine. Dr. Romo-Nava says the stimulation will improve the feedback in the central nervous system that is



sometimes disrupted when a person has a psychiatric disorder. For now, patients undergo spinal stimulation for 20 minutes, three times a week, for eight weeks.

“The kind of stimulation that we use is very well tolerated. The most frequent description is like a tingling sensation,” shared Dr. Romo-Nava.

Researchers say this stimulation therapy could be the first step to developing better treatment for some patients.

Dr. Romo-Nava was recently granted a U.S. patent for the stimulation method that utilizes transcutaneous spinal cord stimulation for the treatment of psychiatric disorders. He says his research team is trying to determine how often, and how long, patients should undergo the stimulation for the best results.

Depression is a common, but treatable, medical illness that negatively affects how you feel, the way you think, and how you act. It can

cause feelings of sadness and/or a loss of interest in activities, and lead to a variety of emotional and physical problems which can decrease your ability to function at work and at home. Depression affects an estimated one in 15 adults in any given year, and one in six people will experience depression at some time in their life. Symptoms must last at least two weeks and represent a change in previous levels of functioning for a diagnosis. Medical conditions such as thyroid problems, a brain tumor, or vitamin deficiency can mimic symptoms of depression, so it is important to rule out general medical causes.

Electroconvulsive Therapy (ECT) is a medical treatment that has been mostly reserved for patients with severe major depression who have not responded to other treatments. It involves a brief electrical stimulation of the brain while the patient is under anesthesia. A patient may receive ECT two to three times a week for a total of six to 12 treatments and is usually managed by a team of trained medical professionals.

Farmers Markets winding down

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.

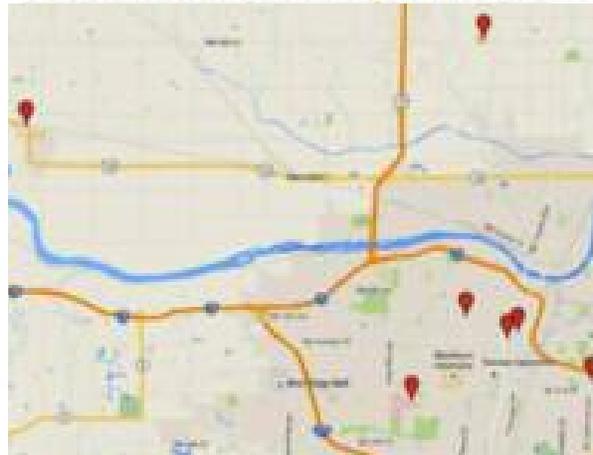
Many locals find it to be a fun and enjoyable time to pick up healthy food items, as well as visit with friends and merchants. There is also a variety of crafts and household merchandise for sale.



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@tscal.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.



TOTAL DIET APPROACH TO HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines "total diet" as everything a person eats averaged out over time - it's the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do **not** meet the DGA recommendations.

- 82%** DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier
- 68%** DON'T EAT FRUITS OR VEGETABLES at least twice per day
- 62%** HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier
- 60%** JUGGLE BOTH WORK & FAMILY, PREFER to prep meals in 15 min.
- 36%** HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

DASH

- Dietary Approaches to Stop Hypertension (DASH)
- Eating plan consists of healthful food choices over time
- Endorsed by U.S. Department of Health and Human Services

USDA

- The U.S. Department of Agriculture (USDA)
- MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity

LET'S MOVE

- Campaign launched by the White House
- Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity

These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

Food Availability

AARP FOUNDATION

A recent AARP Foundation survey of 1,000 low-income adults age 50+ reveals that, in the past 12 months, two in five had to cut down/skip meals and/or couldn't buy nutritious foods because of lack of money.

Where the 50+ shop for food

- 87% Large Supermarkets
- 42% Bodega
- 40% Drug Store
- 31% Farmer's Market

Bodega = small food store

Drug store food shoppers by area of residence*

Area of Residence	Percentage
Urban	48%
Small Town	38%
Suburban	37%
Rural	32%

*Self-reported area of residence

Top 3 factors influencing where the low-income 50+ buy food

Age Group	Cost	Location	Availability of healthier foods
50 to 59	42%	28%	11%
60 to 64	45%	21%	17%
65+	32%	33%	15%

Making it easier for the 50+ to eat more nutritious foods

- 56% Help find information on fruits & vegetables
- 44% Recipe ideas
- 40% More time to cook
- 39% Transportation

"Well I'm on a fixed income, and have to pay a driver if I run out of nutritious foods."

Source: AARP Foundation: Food Insecurity Research, September 2014
 Contact: Alexandra Lewin-Lewalding, AARP Foundation, Hunger Impact (alewinlewding@aarp.org)
 Created by: Cheryl L. Lampkin, PhD., AARP Research

Health & Wellness Fair to feature 30+ vendors, presentations

Emerald City Cosmopolitan Club will present Health & Wellness Fair 2021 on October 9 as part of the 2021 Topeka Fall Fest to be held at the Historic Vinewood Venue, 2848 SE 29th St.

The event will take place from 10:00 a.m. to 3:00 p.m. inside the Vinewood building, as live music and a craft & vendor fair are taking place outside. Lots of activities for kids will also be part of the festivities.

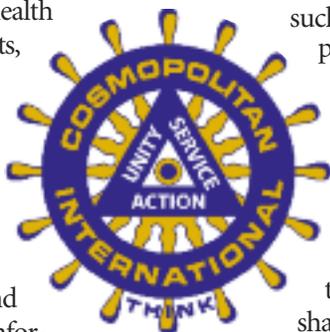
Health & Wellness Fair 2021 will feature various health screenings and presentations on various health topics, including diabetes, exercise, treatments, supplements and other health products.

Various local businesses and non-profits will present education and information on healthy eating, mental health, fitness, personal safety, skin care, sanitation, life coaching 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



Donna Doel of Midland Care will give information on their 24 For Life program to deal with diabetes.



will include Midland Care, Rebound Physical Therapy, Thornton Place, Innov8tive Nutrition, NAMI Kansas, Perfectly Posh, GraceMed, St. Croix Hospice, SoulFire Nutrition, Emerald City Cosmos, Valeo, Pruvit Ketones, Rasmussen University and more.

More activities for the family

In addition to the Health Fair, Topeka Fall Fest will feature live music on an outdoor stage, over 60 outdoor vendors & food trucks, and kids activities such as inflatables, ball toss, cake walk, pumpkin decorating and face painting. Many of the vendors will have healthy activities and other options for kids, including Bonkers, House of Bounce, MyGym, Kokoro Kids Yoga and more.

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.

This new annual event is coordinated by C5Alive, Metro Voice Newspaper, Health & Wellness magazine and Emerald City Cosmopolitan Club.

Major sponsors include Golden Eagle Casino, Integrity Insurance, Rasmussen University, Peggy Beasterfeld Tax & Accounting, The Pad Restaurant, ServPro, Reser's Fine Foods, Shannon Nichol REALTOR, SoulFire Nutrition, College HUNKS, Rebound Physical Therapy, Capital City Flooring, Kansas Fencing, Big Phil's Auto Plaza, Davidson's Funeral Home and more. Media Sponsors include WIBW, Cumulus, AlphaMedia, WREN Digital, TV25 and others.

For more information, visit Topeka Fall Fest on Facebook, email info@C5Alive.org or call 785-640-6399.



The Lion's Club Mobile Vision Screening Unit will be at Health & Wellness Fair 2021 at The Vinewood.



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See us at the Health Fair!

Healthy Kansas Kids

What is emotional well-being?

8 ways to improve your emotional health

Emotional well-being is an important part of holistic wellness, as it can impact your outlook on life, your relationships, and your health. This post will share a definition of emotional well-being, why it's important, and practical ways to achieve it.

Taking care of your emotional well-being matters. When you're emotionally healthy you manage the various elements of your life and work with a range of emotions, without losing control. You bounce back.

We're all more aware of it right now, coming off of a year that triggered more intense emotions for many people. But attending to your emotional well-being is always a good investment, in good times or bad.

Life presents events that challenge you, but when you know how to face these obstacles with a resilient mindset, your confidence in your ability to get through any circumstance is strengthened.

What is emotional well-being?

Emotional well-being is the ability to produce positive emotions, moods, thoughts, and feelings, and adapt when confronted with adversity and stressful situations.

One of its foundations is resilience, which allows you to navigate challenging life events. Think of resilience like a muscle. It flexes and develops the more you use it. Resilience impacts how you face challenges and how you think about the challenges you face.

For example, when you're passed up for a promotion at work, do you feel motivated to jump into a new professional development program, or do you feel resentful? Are you optimistic that another strong opportunity will come along when the time is right, or do you feel overwhelming disappointment that you missed this particular opportunity?

Emotional well-being allows you to focus on the positive, and manage the negative emotions and feelings you may have in a given situation. This can help you forge stronger relationships with those around you. For instance, the person promoted into the role you had wanted, or the company leader who may have inadvertently overlooked you.

According to the Mental Health Foundation and the CDC:

"A positive sense of well-being...enables an individual to be able to function in society and meet the demands of everyday life. Well-being generally includes global judgments of



life satisfaction and feelings ranging from depression to joy."

How you deal with your range of emotions is critical.

Why is emotional well-being important?

Your resilience grows when you recognize the emotions that trigger you and express them in a constructive manner to yourself and others.

"If we do not transform our pain, we will most assuredly transmit it — usually to those closest to us: our family, our neighbors, our co-workers, and invariably, the most vulnerable, our children." - Fr. Richard Rohr

To transform that adversity, begin by observing and managing your thoughts, feelings, and behaviors. That helps determine the actions you take and completely changes the way you handle stressful situations and make decisions.

As you place more emphasis on your emotional well-being, you're able to:

- Receive and offer feedback with a healthy perspective.
- Have discussions and difficult conversations with anyone.
- Establish stronger relationships.

That's because your level of understanding, empathy, humor, and compassion increases. You view yourself and others with less judgment.

What's the relationship between emotional well-being and health?

Everything in your life — emotional, social, spiritual, physical, and intellectual — connects in a state of well-being. For example, walking just 10-15 minutes a day gives your brain a boost. That means more energy, awareness, and a healthier outlook on life. Because exercise of any sort balances your dopamine and serotonin levels, it also improves your sleep and reduces stress and anxiety. All of this can make you better equipped to manage your feelings and emotions.

Each area of your well-being has the potential to impact other areas. Many research studies focus on how poor mental well-being negatively impacts physical health — leading to an increased risk in cancer, heart disease, and respiratory disease. And there is an emerging set of data that is focusing on the effects of positive well-being.

For example, in a PhD project involving mental health and life stories, Rikke Jensen found a compelling connection between what you say about yourself and your experience of well-being. She asked 259 adults to describe up to ten specific memories in their life stories and answer questions about whether the events were related to positive or negative aspects of who they were. She found that life stories dominated by positive events and connections were related to higher subjective well-being, while life stories dominated by negative events and connections were related to lower subjective well-being.

It makes sense that your stories reflect what you're feeling about yourself, your health, and how you relate to others. Consider that the next time you share what happened in your day. Take control of your emotional well-being by focusing on the positive emotions you felt, and processing and learning from any negative experiences.

What are some emotional well-being examples?

Strong emotional well-being means you're prepared to face events that may or may not be in your control. When faced with a challenging situation, you might use one of these strategies to bring yourself into a frame of mind that allows you to manage your emotions.

You breathe, ground yourself, and pause

In a stressful situation, this simple three-step process can help you better control your emotions.

1. Breathe. When you breathe deeply, you send a message to your brain that helps you calm down and relax.
2. Ground yourself. Hold a pen. Grab the edge of a desk. Feel the floor under your feet. You return to the present moment and away from your challenging thoughts.
3. Pause. Wait. Now consider, "What do I really want to say?" When you know the words that will express what you need to communicate, you are in a state of emotional well-being.

You respond instead of react

To respond is to exercise emotional intelligence. To react is to be emotional. So how do you consistently respond instead of react? Begin by slowing down the process.

Responding means you think through what you want to have happen in an interaction or conflict. You are measured, thoughtful, and allow creative ideas to enter the process.



Reacting, on the other hand, is typically immediate, without thought, and often results in a negative outcome.

You question your thoughts

The latest scientific research finds that the average person has more than six-thousand thoughts every day. The next time a thought challenges your emotional well-being, follow a pattern by self-inquiry teacher Byron Katie and ask yourself these four questions:

1. Is it true? Consider whether the thought reflects how you really feel. For example, if you think, "My life is a disaster right now," consider whether you truly feel that way.
2. Is it absolutely true? Go deeper, open your mind, and question what you think you know. If, after the first question, you thought, "Yes, my life is truly a disaster," consider why you think that. Are there perhaps just a few things you could change, and can you find some things are going well?
3. How do I feel when I think that thought? Consider the emotions and feelings that come along with a negative thought. For example, when you think your life is a disaster, you might feel hopeless, anxious, or melancholy.
4. Who would I be without that thought? Now, imagine your life without that negative thought. For example, you might be happier, more motivated, and more focused if you thought your life was wonderful. Consider which thoughts and feelings you prefer and make a conscious decision to focus on that.

To wrap up this practice, use the final step of turning around the initial thought that challenged your well-being. Come up with three reasons why your new thought might be true. The practice of question-

ing and then turning your thoughts around offers you a concrete way to return to a state of emotional well-being.

How can you improve your emotional well-being? Here are 8 tips:

Your range of emotions—and how you manage them—influences your emotional health. Here are eight ways you can control your emotions and feelings, and stay resilient:

1. Move your body. Do some sort of physical activity every 90 minutes. Exercise. Dance. Fold laundry. Weather permitting, get outside. Walk around the block. Run. Visit a park.
2. Establish a routine. Create a schedule that balances the work you do with the life you want. Set time for your meetings. Block space to set goals. Create room to read. Cook a new dish. Listen to music.
3. Connect with others. Love on your family. Check in with those who support you. Ask for help. Learn something out of your comfort zone. Spend time with someone who you respect.
4. Forgive. Forgive others and forgive yourself. Forgiveness frees you to keep your power. Forgiveness opens the path to live in the moment. Forgiveness allows for growth and happiness.
5. Do something for others. Offer to do something for someone you know or don't know, for which you cannot be repaid. Pick up groceries for a neighbor. Volunteer online. Send a thank you note.
6. Sleep. Healthy sleep gives your body the chance to repair itself. Sleep refreshes your brain to manage your memories and process information. You wake up in a better mood.
7. Be kind to yourself. What gives you joy? Where are you most at peace? When do you have space to be you? As you are kind to yourself, you will want to extend that kindness beyond yourself.
8. Be self-aware. Notice the thoughts, actions, habits, and character traits that serve you well. And when you spot what needs to change, you'll be ready. You will simply know.

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." - Lao Tzu

You become more resilient as you encounter and master any situation. Whenever you have doubts, and you will, remember that you have everything you need to take care of your emotional well-being. You will bounce back.

-Lois Melkonian, *Better Up Fellow Coach* (betterup.com)



IT'S THE LAW!

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

SMART TIPS FOR YOUR DOG

Dogs may find these tasty, but they can make them ill, many are toxic



Alcohol



Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



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10 Mental Health Benefits of Running

If you're feeling stressed out, lace up those running shoes and take them for a spin." So goes the accumulated wisdom of studies on how running can reduce stress. But the other mental health benefits of this ancient sport may be less familiar – and potentially even stronger motivation to break in those running shoes.

Decreases symptoms of depression

Multiple studies have concluded that regular aerobic exercise – and primarily jogging or brisk walking – reduces the symptoms of clinical depression. Strikingly, in one study, running was found to be as effective as an intervention for depression as psychotherapy. When study participants were assigned to one of three groups – a running group, cognitive behavioral therapy (CBT) group, and a group that received both interventions – all three of the groups experienced a similarly significant decline in depressive symptoms, with little difference in outcome between the running and CBT groups.

Improves your learning abilities

Both high-intensity running, in the form of anaerobic sprints, and low-impact aerobic running can improve your capacity to learn and retain new information and vocabulary, according to findings in 2007, published in the journal, Neu-



robiology of Learning and Memory. These benefits seemed to be more pronounced in the case of high-intensity running. However, both forms of running boosted levels of the protein BDNF (or brain-derived neurotrophic factor), and the neurotransmitter catecholamine, which are heavily associated with the brain's cognitive (and learning) functions.

Sharpens your memory

The mental health benefits of running also include a sharper memory. When researchers in Brazil subjected sedentary, elderly rats to just five minutes of treadmill running several times a week over the course of only five weeks, the memory center

in the rats' brains reportedly experienced a surge in production of BDNF, which led to results on rodent memory tests that were akin to those for younger rats.

Protects the brain from aging

Running is a buffer against the effects of aging on the brain, according to research in Time magazine. Scientists set out to learn which was better for the aging brain, physical exercise or brain games. They found that physical exercise (in the form of running and other aerobic activities) won the day, on the basis of brain scans showing a lower rate of brain shrinkage and cognitive decline in elderly test subjects who were physically active.

Alleviates anxiety

Running and other vigorous forms of exercise can reduce anxiety symptoms and help you relax, according to studies cited by the Anxiety and Depression Association of America. In some studies, in fact, running may work as well as medication to relieve anxiety.

Helps you sleep better

These evidenced benefits to sleep, summed up in an article in Psychology Today, include regulated circadian rhythms, heightened daytime alertness, quicker onset of sleep, deeper sleep, and the reduction of symptoms in those with insomnia and obstructive sleep apnea.

Boosts self-esteem

Running is linked with greater self-esteem – or so went the findings of a study of adolescent girls who were asked to run laps between markers and evaluated according to a tool known as the "Progressive Aerobic Cardiovascular Endurance Run (PACER)." Those who achieved higher PACER scores, by running more laps at a faster pace, reportedly exhibited higher levels of self-esteem, in addition to better physical fitness. In other findings, overweight kids who participated in vigorous aerobic exercise like running experienced a lift in self-esteem levels.

Increases your creativity

Intriguingly, running increased the creative thinking scores of participants in a study in the British Journal of Sports Medicine. That finding apparently joins others that evidence a link between running and higher levels of creativity, as a 2016 article in Business Insider reported.

Decreases cravings for unhealthy foods and substances

That finding seems to hold true whether your cravings are for junk food or for drugs and alcohol. After one hour of fast running, study participants were more likely to opt for healthy dietary choices that included fruit and vegetables over junk food. Results were similar when marijuana, not junk food, was the substance of choice. Heavy marijuana users experienced a marked decline in both cravings and daily use after just a few sessions of running on a treadmill, according to research at Vanderbilt University. And it turns out that running also reduces cravings for other drugs, whether it's cocaine, meth, nicotine or alcohol, according to a 2011 analysis of the research appearing in Frontiers of Psychiatry.

Helps the brain heal from substance abuse

This holds true even when the drug in question is as potent a substance as meth, according to 2012 findings in the journal, Synapse. Meth decreases the brain's production of dopamine and serotonin and burns out their receptors. Running, on the other hand, helps to re-normalize the function of these two, key "feel good" neurotransmitters, and boosts their production.

–Candice Rasa, LCSW, is Clinical Director of Beach House Center for Recovery, a drug and alcohol addiction rehabilitation center in Juno Beach, Florida. She has more than 10 years' experience in the mental health and substance-abuse arena and supports healing in the clients she serves from a solution focused, strengths-based client care.










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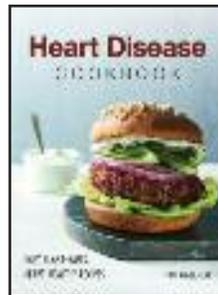
New Health & Wellness Info at the Library

By Kelly Barker

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

Heart Disease Cookbook: Easy Plant-based, Heart-healthy Recipes by Katie Reines, New Health Cookbooks Media Center 641.5636 REI

Filled with expert guidance for making real, lasting changes to the way you eat, the Heart Disease Cookbook is the place to start for anyone interested in counteracting heart disease. Find out how easy a plant-forward approach is with dozens of fresh, flavorful, and convenient recipes.



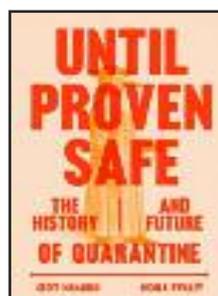
Committed: Dispatches from A Psychiatrist in Training by Adam Stern, New Health Books Media Center 616.89 STE

In his memoir, Adam Stern pulls back the curtain on the intense and emotionally challenging lessons he and his fellow doctors learned while studying the human condition, and ultimately, the value of connection. Rich with drama, insight, and emotion, he shares stories of life on the psychiatric wards.



Until Proven Safe: The History and Future of Quarantine by Geoff Manaugh, New Health Books Media Center 614.58 MAN

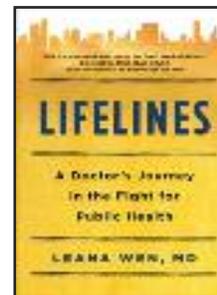
Until Proven Safe tracks the history and future of quarantine around the globe, chasing the story of emergency isolation through time and space. It helps us make sense of our



new reality through a thought-provoking exploration of the meaning of freedom, governance, and mutual responsibility.

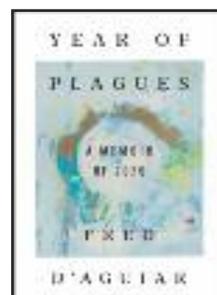
Lifelines: A Doctor's Journey in The Fight for Public Health by Leana Wen, New Health Books Media Center 610.8 WEN

From medical expert Leana Wen, MD, Lifelines is an insider's account of public health and its crucial role--from opioid addiction to global pandemic--and an inspiring story of her journey from struggling immigrant to being one of Time's 100 Most Influential People.



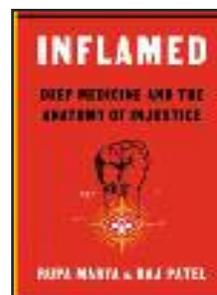
Year of Plagues: A Memoir Of 2020 by Fred D'Aguiar, New Health Books Media Center 614.58 D'AG

For acclaimed writer Fred D'Aguiar, 2020 was a year of personal and global crisis. His book, Year of Plagues, is an intimate, multifaceted exploration of these seismic events. In this piercing and unforgettable memoir, the award-winning poet reflects on a year of turbulence, fear, and hope.



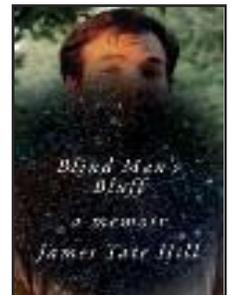
Inflamed: Deep Medicine and The Anatomy of Injustice by Rupa Marya, New Health Books Media Center 610.8 MAR

Boldly original, inflamed takes us on a medical tour through the human body. Unlike a traditional anatomy book, this groundbreaking work reveals the links between health and structural injustices--and to offer a new deep medicine that can heal our bodies and our world.



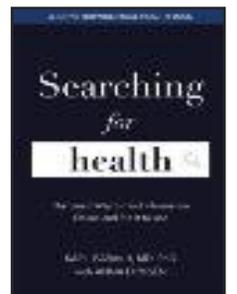
Blind Man's Bluff: A Memoir by James Tate Hill, New Health Books Media Center 617.712 HIL

Blind Man's Bluff is the writer's humorous and often-heartbreaking tale of losing his sight--and how he hid it from the world. In this unfailingly candid memoir, Hill discloses the tricks he employed to pass for sighted. At age thirty, faced with a crumbling marriage, he began to wonder if there was a better way.



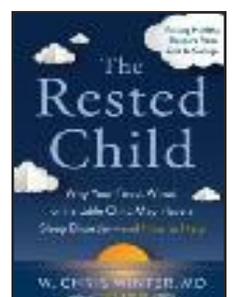
Searching for Health: The Smart Way to Find Information Online and Put It to Use by Kapil Parakh, New Health Books Media Center 610.43 PAR

Searching for Health is an insider's guide to searching online, communicating with your physician, and maximizing your health from a doctor who works at Google. It helps readers avoid common pitfalls, get the information they need, and partner effectively with their health team.



The Rested Child: Why Your Tired, Wired, Or Irritable Child May Have a Sleep Disorder--And how to Help by Chris Winter, New Health Books Media Center 618.92 WIN

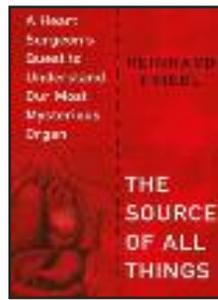
In this groundbreaking guide, neurologist and sleep expert Dr. Chris Winter identifies the signs and symptoms of the most common sleep disorders affecting children today, and he empowers parents and caregivers to understand the steps necessary to address and treat their children's sleep problems.



The Source of All Things: A Heart Surgeon's Quest to Understand Our Most Mysterious

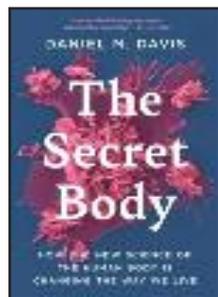
Organ by Reinhard Friedl, New Health Books Media Center 616.1 FRI

What if the heart could answer questions neurosciences can't begin to? Having witnessed the extraordinary complexity and unpredictability of human hearts in the operating theatre, heart surgeon, Reinhard Friedl, looks at this "primitive pump" in his book, *The Source of All Things*.



The Secret Body: How the New Science of The Human Body Is Changing the Way We Live by Daniel M. Davis, New Health Books Media Center 610.724 DAV

Imagine knowing years in advance whether you are likely to get cancer. *The Secret Body* reveals how this, and other stunning breakthroughs and technologies are transforming our understanding of how the human body works, how to protect it from disease, and how we might manipulate it in the future.



Fitness For Every Body: Strong, Confident, And Empowered at Any Size by Meg Boggs, New Health Books Media Center 613.7 BOG

In *Fitness for Every Body*, Meg shares her personal story and inspires you to celebrate your own body for all its capabilities. Featuring a dozen step-by-step, full-body workouts, this book is more than a workout guide or a training manual. It's a reminder that you're more than just your weight.



Nightmare Scenario: Inside the Trump Administration's Response to The Pandemic That Changed History by Yasmeen Aboutaleb, New Health Books Media Center 614.58 ABU

Nightmare Scenario is the definitive account of the Trump administration's tragic mismanage-

ment of the COVID-19 pandemic, and the chaos, incompetence, and craven politicization that has led to more than a half million American deaths and counting.

Every Minute Is a Day: A Doctor, An Emergency Room, And A City Under Siege by Robert Meyer, New Health Books Media Center 614.58 MEY

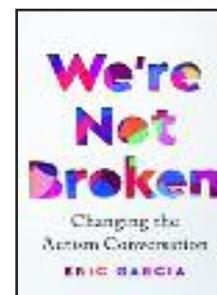
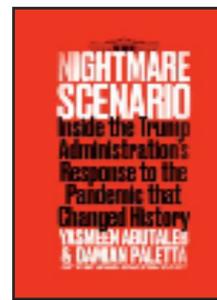
Every Minute Is a Day is an urgent, on-the-scene account of chaos and compassion on the front lines of ground zero for Covid-19, from the senior doctor at New York City's busiest emergency room. It takes us into a hospital ravaged by Covid-19 and is filled with the stories of life-or-death choices for patients.

We're Not Broken: Changing the Autism Conversation by Eric Garcia, New Health Books Media Center 616.85882 GAR

Eric Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, and the narrow portrayals of autistic people. He realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity; they don't need to be fixed.

Sugar Free Kids: Over 150 Fun and Easy Recipes to Keep the Whole Family Happy and Healthy by Maria Emmerich, New Cookbooks Media Center 654.562 EMM

Sugar-Free Kids arms busy parents with a wide array of sugar-free recipes that children will love. The author keeps kids' picky palates in mind and focuses on familiar flavors and dishes. The 150 recipes in this cookbook use



readily available ingredients and are easy to prepare.

Ladyparts: A Memoir by Deborah Copaken, New Health Books Media Center 613.0424 COP

Ladyparts is an irreverent inventory of both the female body and the body politic of womanhood in America, the story of one woman brought to her knees by divorce, solo motherhood, healthcare, unaffordable childcare, corporate indifference, ageism, sexism, serious illnesses, and bad luck. It is an era-defining memoir for our time.

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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!

Homemade Healthy Hamburger Helper



A remake of the boxed version that is naturally gluten free and protein packed!

Ingredients

- 1 Lb 85% Lean Ground Beef
- 2 tsp Cornstarch
- 2 tsp Onion powder
- 2 tsp Garlic powder
- 2 tsp Paprika
- 3/4 tsp Salt
- 2 Cups Hot Unsweetened Almond Milk*
- 1 Cup Hot Reduced sodium chicken or beef broth *
- 1 Cup Hot Canned tomato sauce*
- 4 oz Chickpea elbow macaroni noodles
- 1/2 Cup Cheddar cheese, grated (optional)

Directions

Heat a large, high-sided skillet to medium heat and cook the beef until browned, about 5-6 minutes. Discard the extra fat.

Sprinkle the cornstarch, spices and salt all over the beef. Then, pour in the milk, broth and tomato sauce (make sure they are hot!) and stir until well combined. Bring to a boil.

Once boiling, stir in the chickpea pasta. Boil for 1 minute, stirring frequently.

Then, reduce the heat to medium-low, cover the pan and simmer for 10 minutes, stirring every 3 minutes or so.

After 10 minutes, remove the lid and cook until

thick and reduced, about another 5-7 minutes, stirring occasionally.

Stir in the cheese, if using and DEVOUR!

Nutrition Information (Servings: 4)

Calories: 440kcal (22%) Carbohydrates: 23.7g (8%) Protein: 34.6g (69%) Fat: 24.8g (38%) Saturated Fat: 10g (63%) Polyunsaturated Fat: 0.5g Monounsaturated Fat: 2.1g Cholesterol: 85mg (28%) Sodium: 1164mg (51%) Potassium: 296mg (8%) Fiber: 5.4g (23%) Sugar: 5g (6%) Vitamin A: 12IU Vitamin C: 7mg (8%) Calcium: 36mg (4%) Iron: 32mg (178%)

Source: foodfaithfitness.com

Healthy White Chicken Chili



Cooked in the crockpot for an easy, weeknight 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

Air Fryer Salmon



an easy, 2 ingredient weeknight dinner that is naturally low carb, paleo, gluten free and keto friendly!

Ingredients

- 8 Oz Wild caught salmon (2 4oz fillets)
- 1 tsp Olive oil
- Sea salt

Directions

Rub the salmon with the olive oil and sprinkle with sea salt.

Place into the mesh basket of your air fryer and cook at 400 degrees until an instant read thermometer inserted in the center reads 120 degrees F, about 6-8 minutes, depending on the thickness of the salmon.

Cover and let rest for 10 minutes.

Nutrition Information (Servings: 2)

Calories: 183.2kcal (9%) Protein: 20g (40%) Fat: 11.6g (18%) Saturated Fat: 1.6g (10%) Polyunsaturated Fat: 0.2g Monounsaturated Fat: 1.7g Cholesterol: 46.7mg (16%) Sodium: 257.5mg (11%) Sugar: 0.7g (1%) Vitamin A: 4IU Iron: 0.1mg (1%)

Source: foodfaithfitness.com

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

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DIABETES PROGRAM

24 For Life - Program offered by Midland Care to prevent or delay Type 2 Diabetes. For information, contact Donna Doel at 785-250-5210 or ddoel@midlandcc.org

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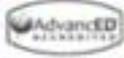
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HEALTH INFORMATION

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

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

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

OCT. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskc.com

KANSAS CITY RENAISSANCE FESTIVAL – Sep. 4 - Oct. 17, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 11. 628 N 126th St., Bonner Springs, KS.

www.KCRenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

GARY'S PUMPKIN PATCH & FALL FESTIVAL – Sept. 18-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and new attractions this year!. garysberries.com, garysfarm-fest.com

AXETOBERFEST – Oct. 2, 7pm, Axe & Ale 115 SE 6th. Food Trucks, Music, Axe throwing, \$10 cover.

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.

4TH ANNUAL NEIGHBOR HELPING NEIGHBOR WALK/5K FUN RUN – Oct. 3, 2pm, Lake Shawnee Shelter House 1 & 2, West Edge Rd. Go to www.DoorstepTopeka.org (under the Events Tab) to register online or for registration/sponsor forms.

NATIONAL LIFE CHAIN – Oct. 3, 2-3:30pm, 21st & Wanamaker (in front of Target, Pier One, Fidelity Bank and Chili's and also 29th & California (SE corner). Signs available at both locations. Water, lawn chairs, umbrellas & strollers are welcome. For info: Bibi @ 785.969.2706 for Wanamaker or Sue @ 785-640-5185 for California. Take a stand for our preborn citizens. More info at lifechain.net

GIRLS IN AVIATION DAY – Oct. 9, 11am. Combat Air Museum, 7016 SE Forbes Ave. Forbes Field.

HAUNTED WOODS – Oct. 8, 9, 15, 16, 22, 23, 29 & 30, 8-11pm. Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zombie Laser Tag!! 234-8024 Topeka-HauntedWoods.com

TOPEKA FALL FEST – Oct. 9, 10am-3pm, at the Vinewood, 2848 SE 29th St. Come out and enjoy the live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Fun for the whole family, and admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Photo Booth, Inflatables, Petting Zoo, Pony Rides, Ball Toss, Cake Walk, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Health & Wellness Magazine, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For

more information, email info@C5Alive.org.

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.

TOPEKA GEM AND MINERAL SHOW – Oct. 9-10, Ag Hall at Expocentre. Featuring dealers from around the world, demonstrations, kid's activities, jewelry, cut & polished stones and more.

OKTOBERFEST – Oct. 9, 11-3, Prince of Peace Church on Wanamaker. Food trucks, vendor booths, flea market, Crafts, free kids' games, bounce houses, Drawings worth up to \$250. And ball drop worth \$300.00, cake walks and



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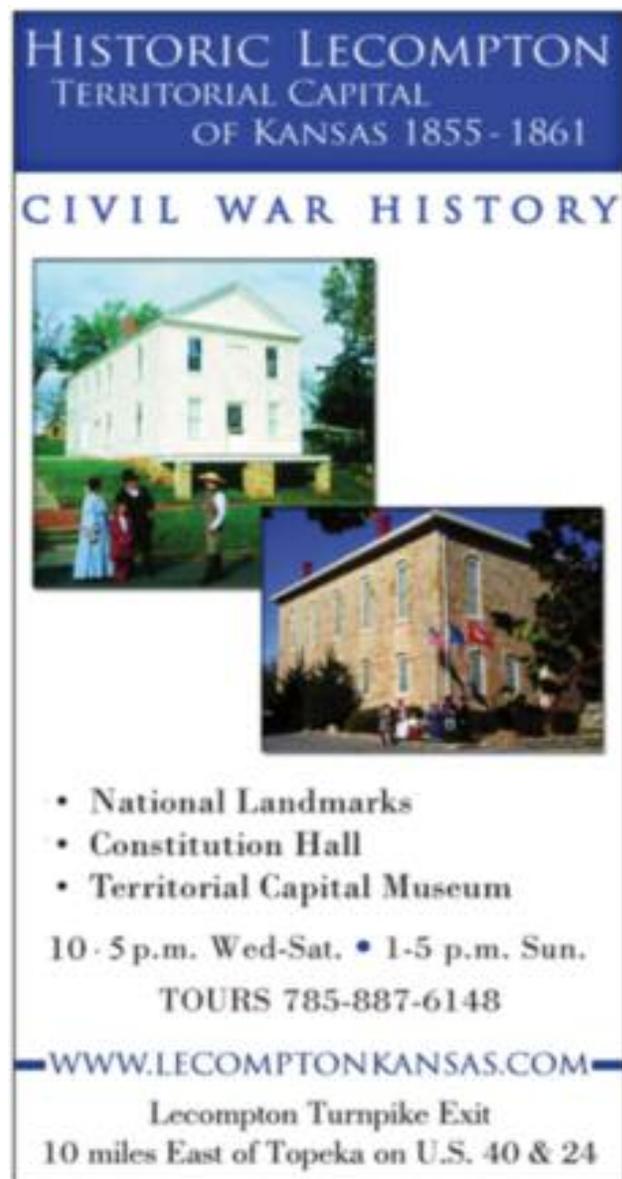
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FALL FESTIVAL – Oct. 9, 11am – 1:30pm, Highland Heights Christian Church, 29th & Tecumseh. Games Food & Fun! 785-379-5642. Free event.

RIBBON CUTTING – Oct. 13, 9-11am. Open house at Amanda's Bakery Creations, on the corner inside Fairlawn Plaza Mall.

C5Alive "POWER" LUNCHEON – Oct. 14, 11:30-1. State Senator Kristen O'Shea will be the featured speaker.

• Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: C5 POWER Luncheon, Nov. 11, 11:30-1, C5Alive POWER Luncheon, celebrating Veterans Day at National Guard Museum at Forbes Field.

BONE APPETIT – Oct. 16, 5-9pm. Prairie Band Casino. Hosted by Helping Hands Humane Society. Live, silent, and wine auctions, as well as the opportunity to meet adoptable pets. Lots of fun. Tickets: www.hhhstopeka.org/events/bone-appetit

THE BUDDY HOLLY STORY – Oct. 22, 7:30pm, TPAC

MUSIC OF BILLY JOEL & ELTON JOHN – Oct. 23, 7:30pm, TPAC

TOPEKA JAZZ CONCERT SERIES – Oct. 24, 3pm, TPAC

FALL IN LOVE WITH OVERBROOK - FALL FESTIVAL – Oct. 23, 10-4, Overbrook. A pumpkin patch, food and craft, vendors, a petting zoo, food trucks, fun activities

BOO AT THE ZOO – Oct. 23, 9-3pm, Topeka Zoo. Adults: \$7.75 Seniors 65+: \$6.75 Children 3 to 12: \$6.25 Children 2 & under: Free

TRUNK OR TREAT – Oct. 27, 5-7pm, 419 SW 29th. KVC Community event with candy, kids activities. 785-207-3403

TRUNK OR TREAT – Oct. 29, 6-9pm, Stormont Vail Event Ctr.

FREE BREAKFAST LAST SUNDAY EACH MONTH – Oct. 31, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all that come through the door. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations are accepted and will go to helping vets in the Topeka area.

vfw1650seniorvice@gmail.com; 785-383-2997

THE MASK-ERADE BALL – Oct. 30, 7pm, TPAC. Chilling stories, food & drinks, dance moves, bid on pumpkin décor and more.

DRIVE-THRU TRUNK OR TREAT – Oct. 30, 1-3pm, Christ Lutheran Church.

TRUNK OR TREAT – Oct. 31, 3-5pm, Topeka Baptist Church.

MERCY ME IN CONCERT – Oct. 30, 7pm, Cable Dahmer Arena, Independence, Mo. Get Your tickets with 10% Discount! Use promo T4C10 during checkout: https://zhetix.fun/cities/Independence

BOOTH BROTHERS CONCERT – Nov. 5, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. wwnaz.org E-mail wwoodsna@wwnaz.org

ONGOING EVENTS:

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are re-

quired 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

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

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

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

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

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

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



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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.topekaswingdance.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 MEET-

ING – First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safeststreets.org

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

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

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

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

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

SHEPHERDS CENTER 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 Pizagle's. Great for beginners. director@cottonwood200.org

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

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

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

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

MOVIES AT EVERGY PLAZA - Second Fridays til fall

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

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

SQUARE DANCING - Shawnee Swingers has monthly dances and 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.

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

ALZHEIMER'S SUPPORT GROUPS - Monthly support group meetings for caregivers of individuals with

Alzheimer's disease or a related dementia. All of our pro-

grams have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

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

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at
TopekaHealthandWellness.com

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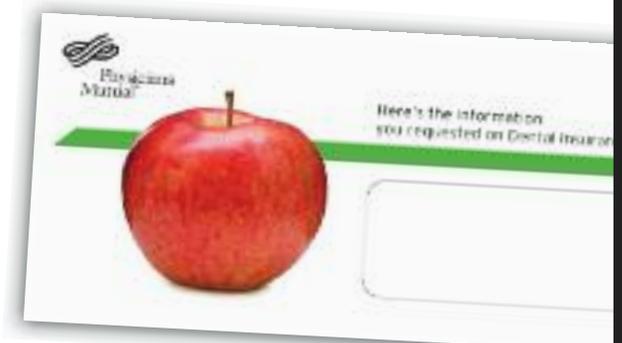
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3 Most Neglected Areas of Self-Care During Trauma, Stress, and Loss

When thrust into survival mode, self-preservation dominates all we think and do. The mandate is to simply do whatever it takes to survive!

Self-care, on the other hand, is considered just a luxury, a thing of the past. Or could it potentially be even more crucial in the long run than basic self-preservation?

I have a master's degree in counseling, but I too have personally experienced grief, loss, and trauma. I am also the wife of a combat veteran who battles PTSD, and I suspect that many people around the world are feeling as if they are suddenly thrust into a similar fight, flight, or freeze survival mode. Posttraumatic stress disorder can result from exposure to a traumatic or life-threatening experience, and when the whole person gets permanently programmed into emergency survival mode, it affects them and their loved ones for the rest of their lives. (Find more information and resources at www.LoveOurVets.org).

Self-preservation is an instinct granted by God to much of His creation. But is there more? Are we destined to be consumed with the challenges of merely surviving, or can this fundamental self-preservation be enhanced and enriched?

Some found the recent shortage of bathroom tissue amusing. When in all of history has bathroom tissue become the iconic symbol of survival?!? This phenomenon is evidence that, when we are in basic survival mode, we may not be making the most rational choices.

The good news is that our Creator has gifted us with the privilege of making choices. Beyond mere instinct lies the rich realm of self-care. Not a luxury, but perhaps of greater long-term value than simply surviving. We have the option of thriving! And emerging on the other side of this devastating sea-



son with far more than we had when we entered it.

My wake-up call came one morning in the kitchen after a restless night where my mind was preoccupied with how to effectively kill germs and shrewdly get food (and of course, TP). I was tired, depressed, and felt like I was shriveling up inside. Then looking out the window at the rising sun, budding trees, and blooming tulips, it was as if they said, "You too can come alive in this season!"

That was the moment I chose to not just survive, but to thrive!

So, I put on a Christmas CD, and before I knew it I was singing and dancing in the kitchen! I had begun to reclaim my joy and peace.

It took a conscious effort to activate the self-care I desperately needed. But the payoff has been so rewarding! The following are three areas, with some specific suggestions for starters, that many of us tend to neglect when we are in survival mode. As you survey your own life, I encourage you to choose to implement what may be lacking.

1. Emotional Care

- Process your feelings in a healthy way (journaling, talking, crying...)
- Set boundaries when needed
- Stay connected to good people
- Take a break from negative social media and news
- Keep your sense of humor

2. Spiritual Care

- Soak up Scripture
- Fill your mind with other uplifting truth
- Pour out your heart to God in prayer
- Be still... and listen
- Thank the Lord for the blessings you do have

3. Physical Care

- Nurture yourself via all five senses
- Allow yourself plenty of sleep and rest
- Continue necessary medical care
- Focus on quality nutrition
- Get regular exercise and fresh air

These steps will not only prove to be a lifeline in times of crisis, but valuable habits to incorporate in everyday life. When we intentionally cultivate our relationship with the Lord, and take care of ourselves in many other ways, we actually grow. We learn. We benefit. And we emerge stronger and more resilient than we would have if we just picked up where we left off.

The best news of all is that when we choose to trust our Creator and Savior by receiving His gift of salvation and eternal life, He will preserve us and care for us forever. When the current crisis is behind us, I think there will be a marked difference between those who merely survived instinctively, and those who chose to thrive intentionally.

—Welby O'Brien | cbn.com

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