

**TOPEKA**

**FEBRUARY 2022**

# Health & Wellness

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

**MAGAZINE**

**FREE  
TAKE ONE!**

## TIPS ON KEEPING YOUR HEART HEALTHY



*See page 3 for  
information about  
front page photo*

**Dealing with Loneliness and Mental Health**  
**Nutrition Guide for the Elderly with Arthritis**

**An Active Lifestyle Can help Enhance Romance**  
**Eating Disorders: Symptoms, Causes, Treatments**

**Helping Topekans Live Happier, Healthier Lives Since 2015!**





WORKING TOGETHER TO PREVENT  
**ONE MILLION**  
HEART ATTACKS AND STROKES

**1** of every **3**

deaths is caused by  
heart disease and stroke



Health care costs  
for heart attack  
and stroke:

**\$312.6**  
**BILLION**



Leading cause of  
**PREVENTABLE**  
**DEATH**

in people 40–65  
years of age



**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals  
and public health workers should do what we know works:

### FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

### USE HEALTH IT

Use **electronic** health  
records and other health  
IT to identify patients who  
need support to improve  
their ABCS and then track  
their progress over time.

### USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**



47% to **70%**  
increase in aspirin  
use for secondary  
prevention



46% to **70%**  
increase in blood  
pressure control



33% to **70%**  
increase in  
cholesterol  
management



23% to **70%**  
increase in help  
for those who want  
to quit smoking



**20%**  
reduction  
in sodium  
consumption



**50%**  
reduction  
in trans fat  
consumption

\* For more information on effectiveness of team-based care, visit:  
[www.thecommunityguide.org/cvd/teambasedcare.html](http://www.thecommunityguide.org/cvd/teambasedcare.html)  
[www.cdc.gov/media/dpk/2013/dpk\\_13\\_in\\_2013.html](http://www.cdc.gov/media/dpk/2013/dpk_13_in_2013.html)  
[www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention





A Free Monthly Magazine Promoting  
Healthy & Happy Living in the Capital City

**785-380-8848**

2611 SW 17th St., Topeka, KS 66604  
info@TopekaHealthandWellness.com

**www.TopekaHealthandWellness.com**

**PUBLISHER:** Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

**SALES & MARKETING:** 785-380-8848 or 785-554-5336

info@TopekaHealthandWellness.com

Topeka Health & Wellness is available at over 300 locations in the Greater Topeka area, including Hospitals, Medical Offices, Dental Offices, Spas, Fitness Centers, Restaurants, Coffeehouses, Groceries, Health Food Stores and other business & retail locations, including over 100 indoor & outdoor Display Racks.

Advertisers are offered exclusive rights to write articles in their area of expertise, by doctors and other experts within their companies. Therefore our readers are being educated and informed by local experts, and can easily reach out to them for more information.

*Written materials submitted become the property of Topeka Health & Wellness, and all content in print or online is for informational purposes only and is not intended as professional medical advice or treatment. The statements and opinions contained in the advertisements and articles are not necessarily the views of Topeka Health & Wellness. Any reproduction of our print or online content without prior written consent is prohibited.*

## ON THE COVER:

Our cover this month features a family out biking. Keeping active is an essential part of heart health. Other important aspects of heart health can be found throughout this issue.



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

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

We are also on Twitter at:  
[www.twitter.com/TopekaHealthMag](https://www.twitter.com/TopekaHealthMag)

You can also find us on Facebook at  
[www.facebook.com/TopekaHealthandWellnessMagazine](https://www.facebook.com/TopekaHealthandWellnessMagazine).



## FEBRUARY IS

# American Heart Month

### WELLNESS SMARTS AT A GLANCE

Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.

## 1 PROTECTING YOUR HEART

Don't smoke or use other tobacco products. Avoid secondhand smoke as well.

2 Aim for a healthy weight. Excess weight increases your chance of developing heart disease.

4 Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.

5 Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.

6 Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.

8 Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.

7 Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.

9 If you drink alcohol, do so only in moderation.

10 Learn the warning signs of a heart attack and heart disease, and don't ignore them.







**BUY 12 PIECES  
GET 12 MORE FREE**

**ONLY \$29.99\***  
Special limited time offer!

## Hale Honeybells

**The once a year citrus sensation!**

Sweet as honey, incredibly juicy, fiery orange and shaped like a bell. Rare Hale Honeybells are available in limited quantities for one month only. You'll receive 24 snack size Hale Honeybells. Our tangerine-grapefruit hybrid is hand clipped off the tree at its peak, hand packed, then rushed to you days off the tree in January. Treat yourself or give as gifts. Pre-order now to reserve your share of this year's crop with this introductory offer.

**Buy 12 get 12 more pieces FREE!**

**Call 1-833-498-1992 to Order Item 2693X  
or Visit HaleGroves.com/H2YW34**

Only \$29.99 plus \$5.99 shipping & processing. Satisfaction completely guaranteed.

**Hale GROVES** Since 1947.  
Hale Groves,  
Vero Beach, FL 32966

\*Plus \$5.99 shipping and processing. Ships in one carton to one address.  
Limited time offer good while supplies last. Not valid with any other offer.  
**IC: H2YW34**

## FREEDOM. TO BE YOU.

If you think oxygen therapy means slowing down, it's time for a welcome breath of fresh air.

Introducing the Inogen One family of portable oxygen systems. With no need for bulky tanks, each concentrator is designed to keep you active via Inogen's Intelligent Delivery Technology.® Hours of quiet and consistent oxygen flow on a long-lasting battery charge enabling freedom of movement, whether at home or on the road. Every Inogen One meets FAA requirements for travel ensuring the freedom to be you.




- No heavy oxygen tanks
- Ultra quiet operation
- Lightweight and easy to use
- Safe for car and air travel
- Full range of options and accessories
- FDA approved and clinically validated

**Call 1-888-920-4130**  
for a free consultation  
and info guide.



MKT-P0253



# We Want You!

Are you looking for a new career or part-time work? Midland Care is hiring for multiple positions. We offer competitive wages, benefits, and flexible hours.

**Open Positions Include:** Human Resources | Administrative Support | Social Work | Transportation - No CDL Required | CNA, HHA, CMA - All Programs | Companions - No License Needed | Registered Nurses

**APPLY ONLINE : [www.midlandcare.org/jobs](http://www.midlandcare.org/jobs)**



## PERSONALIZED SUPPORT ALL YEAR LONG

24 for Life is a Diabetes prevention program that focuses on lifestyle changes over time. The goal is to help you learn to eat healthy, be active and take care of your mental health. **Take the Diabetes Risk Test at [www.midlandcare.org/24forLife](http://www.midlandcare.org/24forLife).**




Donna Doel | Assistant Coordinator  
[ddoel@midlandcc.org](mailto:ddoel@midlandcc.org) | 785-250-5210

# Loneliness and Mental Health

By Michaela Butterworth  
Health Promotion Specialist

**W**hat do you do when you are feeling stressed out, sad, distressed, or anxious? If you answered 'turn to loved ones for support', you're not alone. Many of us have a social network we can turn to in times of need, friends and family who we can ask for a hug, a sympathetic ear, or for wise advice.

Humans are social creatures by nature and we generally gravitate towards connecting with others during times of stress. We find a great sense of value and comfort in our connections with others. Each of us has a specialized social brain network that manages our social relationships and interactions with others.



Michaela Butterworth

While it's highly likely that most of us feel loneliness from time to time, chronic loneliness can have serious negative impacts on both physical and mental health. Recent studies on mental health and social engagement show a distinct relationship between mental illness and loneliness. Additionally, there can be a self-perpetuating cycle of symptoms which limits connection and support which can lead to the loss of those supports as protective factors, which can increase mental health symptoms, and so on.

Feelings of loneliness may often be downplayed or dismissed, however studies of brain scans have shown that experiences such as being shunned or excluded by a community, or feeling isolated, activates the same areas in the brain that respond to physical pain. In

these cases, the brain enters into a hyper-alert state to prepare for danger (also known as hypervigilance), which can in turn lead to errors in social thinking (that may cause a misinterpretation of the situation or information). Therefore, when someone is experiencing chronic loneliness, they may misinterpret the intentions of others to be unethical, competitive, or threatening.

Having a strong social support network is associated with decreased mortality, a greater resilience to stress, lower levels of depression and anxiety, higher levels of self-esteem, and an enhanced ability to cope with life stressors such as illness, loss, and bereavement. Evidence supports social networks and a sense of connection as important protective factors in protecting and boosting our overall mental health.

Understandably, social interaction and quality social opportunities have been challenging to safely create and maintain during the COVID global pandemic, however it is possible to reduce any loneliness you may be experiencing by trying some of these options that feel safe for you:

- Donate your time towards community service or volunteering, either in-person (COVID safe) or virtually. Giving back to your community can help you feel a sense of purpose and value as well as adding meaning to your life. As a bonus, you may meet some like-minded people to connect and build friendships with.
- Focus on decreasing or alleviating the stress in your life. Loneliness causes our bodies to create more of the stress hormone, cortisol, which increases our feelings of stress. Small things can quickly seem like big things when you are under stress without strong social support. Some healthy stress reduction techniques to try are journaling (writing), making art, meditating,

physical exercise, listening to music, singing, or dancing.

- Change your outlook on life. Make the conscious choice to focus on the positives in your life and expect the best from the people you are connected with. Loneliness can alter our thoughts to focus on the negative rather than the positive. Keeping a daily gratitude journal can help reframe your thinking about all of the things, small and large, that you are grateful for. Just five minutes a day can make a huge difference.

- We are what we eat. A clean, healthy diet contributes towards a healthy body and brain. Maintaining healthy habits such as physical exercise, quality sleep or rest, and great electronic/media hygiene helps you feel and stay your best, and helps you keep focused on the positive things in your life.

- We are also what we do and who we spend time with. Focus your time and efforts on building a few strong, healthy, positive friendships with those you connect with. You'll find far more joy and benefit in a few strong relationships, than many shallow or superficial friendships.

**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



**Valeo**  
Behavioral Health Care

**I AM RECOVERING**

330 SW Oakley  
Topeka, Kansas, 66606

Phone:  
785.233.1730


24-Hour Crisis Line:  
785.234.3300

24-Hour Detox Number:  
785.234.3448

VISIT US AT:   or [valeotopeka.org](http://valeotopeka.org)

**CELEBRATING OVER 55 YEARS OF RECOVERY SERVICES**






**PHOENIX**  
HOME CARE & HOSPICE  
*New Beginnings and Dignity in Life's Journey...*

- Hospice •Home Health
- Privately Paid Services
- Comprehensive Disease Management

"When I thought I could not live *independently* in the comfort of my own home...  
*I did with Phoenix Home Care & Hospice!*"

**For more information call  
(785) 260-6444**

www.phoenixhomehc.com



LET VALEO PROVIDE YOU WITH HOPE THROUGH RECOVERY.

Valeo's Crisis Center is always open for mental health emergencies.




24-Hour Crisis Line: 785.234.3300  
24-Hour Detox Number: 785.234.3448  
Valeo's Crisis Center  
400 SW Oakley Topeka, KS 66606  
VISIT US AT:  or valeotopeka.org

CELEBRATING OVER 50 YEARS OF RECOVERY SERVICES



Find the right **senior living** option for your mom or dad with our **free personalized process**

Our service is at no cost to you, as we're paid by our participating communities and providers.

 **1-888-675-0810**  
**aPlaceforMom.**  
THE PLACE FOR SENIOR LIVING ADVICE



- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters

**Call Peggy at:  
785-286-7899**



peggystaxks.com



# Nutrition Guide for Elderly Relatives with Arthritis

**D**id you know that your diet can have just as much of an effect on your arthritis relief as medication, physical therapy, or other types of treatment for pain? In fact, research studies confirm that the Mediterranean diet, specifically, helps curb arthritis inflammation.

At Phoenix Home Care & Hospice, home health aides can help your elderly loved one grocery shop and prepare meals that support a healthy lifestyle. If your elderly relative needs to make some positive changes in their diet to help curb inflammation and pain, here are the foods that should be on their grocery list. As always, check with your doctor before making dietary changes.

## Healthy Fats

Healthy fats from sources like nuts, seeds, avocados, and olive oil are necessary for an arthritic diet. To start, nuts and seeds are packed with inflammation-fighting monounsaturated fat and they also promote weight loss because they are high in calories and satiating. About one ounce of nuts daily is recommended.

Similarly, olive oil is loaded with heart-healthy fats and oleocanthal, which has similar properties to NSAID drugs, which are frequently used to treat arthritis. As a result, optimal amounts of olive oil can reduce pain sensitivity. Although extra virgin olive oil is great, avocado, safflower, and walnut oil are also great healthy fats for an arthritic diet.

## Fish

The American Heart Association recommends three to four ounces of fish, twice a week, but arthritis experts say even more is better! Why? Certain types of fish are loaded with healthy omega-3 fatty acids that help reduce joint swelling and pain, the duration of morning stiffness, and disease activity among people who have rheumatoid arthritis. Coldwater fish like salmon and tuna



are best, but if your loved one doesn't prefer fish, fish oil supplements will provide the same benefits. Fish oil supplements also eliminate mercury from their products, whereas consuming fish on any level may mean increasing levels of mercury in your body.

## Fruits and Vegetables

A good variety of fruits and vegetables is ideal for arthritic individuals because they are packed with antioxidants. Veggies that are high in vitamin K like broccoli, spinach, lettuce, kale, and cabbage all help reduce inflammation. In addition, the right amount of daily vitamin C helps prevent inflammatory arthritis and helps maintain healthy joints. Citrus fruits are a great source of vitamin C.

## Beans

Beans contain fiber and phytonutrients, which fight inflammation, according to several studies. Beans are also an inexpensive source of protein and about one cup twice a week (or more) is a great amount.

## Whole Grains

Whole grains contain lots of healthy fiber, which studies show combats inflammation. Whole grains are ideal, but if your elderly relative has a

gluten intolerance or sensitivity, it's best to avoid certain grains.

## Phoenix Home Health & Hospice can help your loved one maintain a healthy diet

Our individualized home health services can include dietary planning, grocery shopping, and meal prepping to help your loved one better manage their arthritis symptoms. Again, we cannot stress the importance of checking with your primary care physician or professional care team before making dietary changes. These experts will assess your medications and symptoms to see if any foods may actually be detrimental to your health.

Contact us for more information about our services or to arrange in-home care for a loved one.



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](http://www.phoenixhomehc.com)

# FINANCIAL HEALTH & WELLNESS

## Reasons people who don't normally file should file a 2021 tax return

**W**ith tax filing season is just around the corner, this is a good time for those who don't normally file to consider the benefits of filing a 2021 tax return. Filing can help them claim a refundable tax credit or get an income tax refund.

**Here are some things taxpayers should consider when deciding whether to file a tax return:**

### Find out the general reasons to file

In most cases, income, filing status and age determine if a taxpayer must file a tax return. Other rules may apply if the taxpayer is self-employed or can be claimed as a dependent of someone else. There are other reasons when a taxpayer must file.

### Look at tax withheld or paid

Here are a few questions for taxpayers to ask themselves:

- Did the taxpayer's employer withhold federal income tax from their pay?
- Did the taxpayer make estimated tax payments during the tax year?
- Did they overpay last year on their taxes and have it applied to their 2021 tax?

If the answer is yes to any of these questions, they could be due a refund. They must file a 2021 tax return to get their money.

### Look into whether they can claim the earned income tax credit

A working taxpayer who earned \$57,414 or less last year could receive the EITC as a tax refund. For the 2021 tax



year, the tax return taxpayers file in 2022, the earned income credit ranges from \$1,502 to \$6,728 depending on their filing status and how many children they claim on their tax return. The law allows taxpayers to use either their 2020 income or 2021 income to calculate their EITC — taxpayers may choose whichever amount gives them a larger credit. Taxpayers need to file a tax return to claim the EITC. By law, the IRS cannot issue refunds to taxpayers claiming EITC until mid-February. The law changed to allow anyone age 19 and older and does not stop at age 65 to claim EITC.

### Child tax credit or credit for other dependents

Taxpayers can claim the child tax credit if they have a qualifying child under the age of 17 and meet other qualifications. Other taxpayers may be eligible for the credit for other dependents. This includes people who have:

- Dependent children who are age 17 or older at the end

of 2020

- Parents or other qualifying individuals they support

### Education credits

There are two higher education credits that reduce the amount of tax someone owes on their tax return. One is the American opportunity tax credit and the other is the lifetime learning credit. The taxpayer, their spouse or their dependent must have been a student enrolled at least half time for one academic period may qualify for the credit.

### Recovery rebate credit

Individuals who didn't qualify for a third Economic Impact Payment or got less than the full amount, may be eligible to claim the 2021 recovery rebate credit based on their 2021 tax year information. If they're eligible, they'll need to file a 2021 tax return even if they don't usually file a tax return. The credit will reduce any tax owed for 2021 or be included in the tax refund.

—Peggy Beasterfeld, EA



**Peggy's Tax & Accounting Svc LLC**

**300 SE 29th, Suite C**

**Topeka, Kansas 66605**

**Tel: 785-286-7899**

**Frontdesk@peggystaxks.com**





# Active Lifestyle Can Enhance Romance

BE  
HEALTHY

By Beth Shepard, M.S., ACE-CPT, ACSM-RCEP  
Wellcoaches Certified Wellness Coach

**N**eed another good reason to squeeze in a daily walk or sweat it out at the gym? Regular exercise bestows a wealth of benefits for the mind, body, and spirit — and along the way, it can perk up your love life.

## An Element of Excitement

Comfortable routines aren't all bad — but if the extent of your weekend fun is pizza and a DVD, re-ignite the flame by learning the two-step, going on a day hike, or enjoying a bike ride on a new trail.



Being active together through sports or fitness activities is a proven way to protect your relationship against boredom. One study found that married couples who experienced new and exciting activities together reported higher levels of relationship satisfaction compared with couples who shared only familiar or mundane activities.

Men tend to build bonds through shared activities rather than simply talking about their thoughts or feelings. Chances are that joining your guy for a run will bring you closer — and glean more conversation — than saying, “let’s talk.”

## Mood Matters

Does fatigue or the blues ever dampen your desire and interfere with fun together-time? Moderate exercise — like walking or biking — can boost mood for up to 12 hours. Even 10 minutes of exercise cultivates feelings of calmness, relaxation and well-being — and that bodes well for relationships and romance. Regular physical activity is often included in treatment plans for mild depression and

anxiety — because it promotes good brain health and elevates mood.

To brighten your mood all day — and into the evening — grab a jump rope and enjoy a quick workout. Or go for a walk during a work break. Small investments in fitness and mood enhancement can really pay off — for both you and your partner.

## Better Body Image

Exercise helps you feel better about your body, and that makes a big difference in the romance department. For college-age men and women, self-reported fitness levels significantly improve perception of desirability. A study of female



breast cancer survivors found those who exercised regularly reported significantly better body image and perceived attractiveness — along with markedly higher energy and less fatigue and depression than sedentary subjects.



Fitness may also help cultivate a more fulfilling romantic life in older adults — a survey of active members of a fitness association linked higher fitness levels with more frequent intimacy. Granted, the survey respondents self-selected and may have been healthier to begin with, but if there's a possibility that exercise could enhance intimacy, why not give it a try?



## Live Longer — Together

Sharing an active lifestyle with someone you love can be one of life's greatest pleasures. Raising children, maintaining a home, working, and travelling — everyday life pursuits — demand a significant amount of energy, strength, and endurance. When you're fit, you can do more with less effort, and enjoy many activities that sedentary people can't physically tolerate. Best of all, when you and your partner make regular exercise a priority, you reduce your health risks — and increase your odds of a long and healthy life together.

Source: [acefitness.org](http://acefitness.org)







# TAMBE Stops the Aorta's Silent Assassin



(Ivanhoe Newswire) —

**A**ortic aneurysms are often caused by hardened arteries and can develop slowly over time. In many cases, patients don't know they have them. The danger is the balloon-like bulge in the aorta can suddenly burst. Now, researchers are testing a device to fix some aneurysms, from inside the body, without requiring open surgery.

It's a life-threatening situation but many people with aortic aneurysms may have no symptoms.

"The problem with the bulging of the aorta is it doesn't have pain fibers. So, people don't know that they already have aneurysm, and they don't know that their life is in danger. So, it's really a silent assassin," Shahab Toursavadkahi, MD, a vascular surgeon at the University of Maryland Medical Center, told Ivanhoe.

Currently, the traditional fix is open surgery, a complicated procedure. But now, researchers are testing a repair system they refer to as thoracoabdominal branch endoprosthesis or TAMBE. It's designed for patients with aneurysms that extend from the chest to the abdomen. During the TAMBE procedure surgeons enter the body through a small incision in the groin, and with a catheter, snake small parts of the device inside.

Dr. Toursavadkahi explained, "It's like you're assembling a Lego house inside the body without opening the body. How you do it, you put small pieces inside and you do the assembly inside."

When the pieces are assembled, they prop open the



weakened arteries and the bulge deflates.

"It's like you're taking air out of a balloon that is under tension, and then balloon becomes soft and it collapses," Dr. Toursavadkahi stated.

Meaning the aneurysm is no longer a threat to the patient.

Researchers are enrolling a total of 102 patients in centers across the country who will be followed for five years after the TAMBE procedure. The University of Maryland School of Medicine surgeons have performed three TAMBE procedures, and say their patients are all doing well.

An abnormal bulge which occurs in the wall of the aorta that carries blood from the heart to the body is known as an aortic aneurysm. These aneurysms can occur anywhere in the aorta and may be tube-shaped or round. Aortic aneurysms include abdominal aortic aneurysms which occur along the part of the aorta that passes through the abdomen, and thoracic aortic aneurysms which occur along the part of the aorta that passes through the chest cavity.

An aortic aneurysm increases the risk of developing an

aortic dissection. This is when a tear develops in the inner layer of the wall of the aorta and causes one or more of the layers to separate, which weakens the wall of the aorta. Having an aortic aneurysm also increases your risk that the aneurysm can rupture.

Certain risk factors and lifestyle choices increase the risk of developing an aortic aneurysm. These include hypertension, age, gender, smoking, elevated cholesterol and triglycerides, inactive lifestyle, and obesity. There are specific factors that can increase the risk including a history of arterial aneurysms in other blood vessels, family history of aneurysms (especially in families that have a genetic predisposition), bicuspid aortic valve, or a history of chronic inflammatory disease.

For aneurysms that are small and slow growing, the risk remains low for rupture. However, for larger aneurysms, the risk becomes much higher. It's like when you first begin blowing up a balloon. The more you expand the balloon, the easier it becomes to make it larger. But, if you blow it up just a little too much, the wall becomes too thin, and it will eventually pop. Other risk factors that make rupture more likely include atherosclerosis, or the buildup of plaque on the artery walls. Of the lifestyle factors that increase the risk of rupture, smoking is the most dangerous.



# Shifting Wellness Attitudes Shape 2022 Fitness Trends

**I**n adjusting to the constraints of the pandemic, many Americans had to improvise where and how they work out. After months of adapting to a “gym anywhere” mentality and learning to accommodate more flexible workout schedules, this new fitness mindset is inspiring some larger trends for healthier living.

“We’ve learned that wellness is not one-size fits all, and that it’s achieved by small habits like regular hydration that can really impact how you feel throughout the day,” said celebrity fitness trainer Harley Pasternak, MsC. “Collectively, nourishing both body and mind together as one makes holistic health a sustainable lifestyle.”

Pasternak and the experts at Propel Fitness Water are forecasting five fitness and wellness trends to watch for in 2022:

## Accountability Buddies

When gym closures ran rampant, folks leaned on others for inspiration to get moving, so it’s no surprise working out in pairs (or more) is a continued way to focus on fitness. Feelings of burnout may be common heading into 2022, so having a partner who gives you a healthy sense of camaraderie and competition can help push you to show up on days when you’d rather rest and stay committed to your goals. It also provides a sounding board when you need suggestions for nutritious recipes or fresh at-home cardio ideas.

## Versatility in Gym Spaces and Schedules

When a large segment of the workforce started working from home, the rituals of before- and after-work gym visits fell by the wayside. People grew more accustomed to improvising where they work out, whether it was their neighbor’s garage, their living room or a running path in the city. As exercisers are less beholden to studio or gym schedules, the “gym anywhere” mentality is a level of flexibility



many are holding on to, even as they ease back into more normal work routines.

## Health in Small, Achievable Doses

This trend is all about recognizing health transformations don’t happen overnight, and even modest steps can make a big difference in how you feel throughout the day. One example is paying more attention to your hydration. If you aren’t properly hydrated, few other things tend to go right either. Small habits like throwing Propel Powder Packs into your gym, work or school bag can make a difference. Filled with enough electrolytes to replace what is lost in sweat, they are handy for on-the-go hydration and are easy to add to a water bottle.

## Wellness Goals vs. Fitness

Committing to overall wellness is more about lifestyle changes than numbers like weight loss or muscle mass. People embracing this trend are forgoing numeric goals based on performance in the gym or on the scale and instead

emphasizing outcomes that affect life, nourishing both body and mind together as one. Fitness goals are an essential component, but so is supporting your mental health as well as being cognizant of what you’re putting into your body. When each piece is well taken care of, your body is better able to work like a well-oiled machine.

## Low-Impact Workouts

This year, walking treadmill challenges gained virality on social media, marking the increasing popularity of workouts that are low impact yet effective. Getting moving is the key, even if it means taking your tempo down. You don’t need to do hours of HIIT every day to see results. In fact, less time- and energy-intensive workouts are easier to sustain and can often yield the same, or better, results.

Find more hydration options and wellness tips at [propelwater.com](https://propelwater.com).

—Family Features



# Eating Disorders: Symptoms, Causes, and Treatments

**E**ating disorders are serious mental health disorders. They involve severe problems with your thoughts about food and your eating behaviors. You may eat much less or much more than you need.

Eating disorders are medical conditions; they are not a lifestyle choice. They affect your body's ability to get proper nutrition. This can lead to health issues, such as heart and kidney problems, or sometimes even death. But there are treatments that can help.

## What are the types of eating disorders?

Common types of eating disorders include:

- **Binge-eating**, which is out-of-control eating. People with binge-eating disorder keep eating even after they are full. They often eat until they feel very uncomfortable. Afterward, they usually have feelings of guilt, shame, and distress. Eating too much too often can lead to weight gain and obesity. Binge-eating disorder is the most common eating disorder in the U.S.
- **Bulimia nervosa**. People with bulimia nervosa also have periods of binge-eating. But afterwards, they purge, by making themselves throw up or using laxatives. They may also over-exercise or fast. People with bulimia nervosa may be slightly underweight, normal weight, or overweight.
- **Anorexia nervosa**. People with anorexia nervosa avoid food, severely restrict food, or eat very small quantities of only certain foods. They may see themselves as overweight, even when they are dangerously underweight. Anorexia nervosa is the least common of the three eating disorders, but it is often the most serious. It has the highest death rate of any mental disorder.

## What causes eating disorders?

The exact cause of eating disorders is unknown. Researchers believe that eating disorders are caused by a complex interaction of factors. These include genetic, biological, behavioral, psychological, and social factors.

## Who is at risk for eating disorders?

Anyone can develop an eating disorder, but they are more common in women. Eating disorders frequently appear during the teen years or young adulthood. But people can also develop them during childhood or later in life.

## What are the symptoms of eating disorders?

The symptoms of eating disorders vary, depending on the disorder:

The symptoms of **binge-eating** include:

- Eating unusually large amounts of food in a specific



amount of time, such as a 2-hour period

- Eating even when you're full or not hungry
- Eating fast during binge episodes
- Eating until you're uncomfortably full
- Eating alone or in secret to avoid embarrassment
- Feeling distressed, ashamed, or guilty about your eating

The symptoms of **bulimia nervosa** include the same symptoms as binge-eating, plus trying to get rid of the food or weight after binging by:

- Purging, making yourself throw up or using laxatives or enemas to speed up movement of food through your body
- Doing intensive and excessive exercise
- Fasting

Over time, bulimia nervosa can cause health problems such as:

- Chronically inflamed and sore throat
- Swollen salivary glands in the neck and jaw area
- Worn tooth enamel and increasingly sensitive and decaying teeth caused by exposure to stomach acid
- GERD (acid reflux) and other gastrointestinal problems
- Severe dehydration from purging
- Electrolyte imbalance, which can lead to stroke or heart attack.

The symptoms of **anorexia nervosa** include:

- Eating very little, to the point of starving yourself
- Intensive and excessive exercise
- Extreme thinness
- Intense fear of gaining weight
- Distorted body image - seeing yourself as overweight even when you are severely underweight

Over time, anorexia nervosa can cause health problems such as:

- Thinning of the bones (osteopenia or osteoporosis)
- Mild anemia
- Muscle wasting and weakness
- Thin, brittle hair and nails

- Dry, blotchy, or yellowish skin
- Growth of fine hair all over the body
- Severe constipation
- Low blood pressure
- Slowed breathing and pulse
- Feeling cold all the time
- Feeling faint, dizzy, or weak, or tired all the time
- Infertility
- Damage to the structure and function of the heart
- Brain damage
- Multiorgan failure

Some people with eating disorders may also have other mental disorders (such as depression or anxiety) or problems with substance use.

## How are eating disorders diagnosed?

Because eating disorders can be so serious, it is important to seek help if you or a loved one thinks that you might have a problem. Your health care provider may use many tools to make a diagnosis:

- A medical history, including asking about symptoms.
- A physical exam
- Blood or urine tests to rule out other possible causes
- Other tests to see if you have any other health problems caused by the eating disorder. These can include kidney function tests and an electrocardiogram (EKG or ECG).

## What are the treatments for eating disorders?

Treatment plans for eating disorders are tailored to individual needs. You will likely have a team of providers helping you, including doctors, nutritionists, nurses, and therapists. The treatments may include:

- Individual, group, and/or family psychotherapy. Individual therapy may include cognitive behavioral approaches, which help you to identify and change negative and unhelpful thoughts. It also helps you build coping skills and change behavioral patterns.
- Medical care and monitoring, including care for the complications that eating disorders can cause
- Nutrition counseling. Doctors, nurses, and counselors will help you eat healthy to reach and maintain a healthy weight.
- Medicines, such as antidepressants, antipsychotics, or mood stabilizers, may help treat some eating disorders. The medicines can also help with the depression and anxiety symptoms that often go along with eating disorders.

Some people with serious eating disorders may need to be in a hospital or in a residential treatment program. Residential treatment programs combine housing and treatment services.

—NIH: National Institute of Mental Health



# Get Fresh WITH FRUITS & VEGETABLES

Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



**American  
Heart  
Association®**

life is why™

For more on healthy eating, go  
to [heart.org/simplecooking](http://heart.org/simplecooking)



THE AMERICAN  
HEART ASSOCIATION  
RECOMMENDS



4-5 SERVINGS  
of fruits and vegetables  
each per day.



Fridge temperature should  
be at 40° F or below.



Always refrigerate cut  
or peeled produce.

## PANTRY

Pack away in a cool, dark place like your pantry or cellar:

**ONIONS, GARLIC & SHALLOTS**  
**HARD SQUASH**

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES, POTATOES, & YAMS**  
**WATERMELON**

## COUNTERTOP

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

Store lemons, limes, oranges and  
grapefruit loose or in a mesh bag.  
Refrigerate for longer storage.

**STONE FRUIT**

Ripen avocados, apricots, nectarines, peaches  
and plums in a paper bag, then move to the  
fridge where they'll last a few more days.

**TOMATOES**

### KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

## REFRIGERATOR

Store in plastic bags with holes, in your produce  
drawer, unless noted:

**APPLES & PEARS**

Remove greens and keep  
loose in the crisper drawer.

**BERRIES, CHERRIES &  
GRAPES**

Keep dry in covered  
containers or plastic bags.

**BROCCOLI & CAULIFLOWER**

Remove greens.

**CELERY**

**CORN**

Store inside their husks.

**CUCUMBERS, EGGPLANT  
& PEPPERS**

Store on the upper shelf,  
which is the warmer part of  
the fridge.

**FRESH HERBS**

Except basil. Keep stems  
moist and wrap loosely in  
plastic.

**GREEN BEANS**

Wash, spin or pat dry, wrap  
loosely in a dishtowel or  
paper towels and place in a  
plastic bag in vegetable  
drawer. Keep stems moist.

**MELONS**

**MUSHROOMS**

Keep dry and unwashed in  
store container or paper bag.

**PEARS**

**ZUCCHINI & SUMMER/  
YELLOW SQUASH**





## February Is National Pet Dental Health Month

**D**on't turn your nose to Fido's or Fluffy's bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet's teeth and gums but its internal organs as well. The American Veterinary Medical Association sponsors National Pet Dental Health Month in February to address the significance of oral health care for pets.

According to the AVMA, "more than 85% of dogs and cats that are at least 4 years old have a condition in which bacteria attack the soft gum tissue. This condition is called periodon-



tal disease. Periodontal disease is the final stage in a process that begins with the development of plaque on your pet's teeth. Periodontal dis-

**Dog breath is nothing  
to smile about ...**



**... even for a cat.**

ease is the most common clinical condition in cats and dogs even though it's completely preventable.

Make it a point this month to learn more about pet dental health, including how to take care of your pet's teeth year-round, and why it



is important. Providing a high level of Oral Care can lengthen the life of your pet and reduce undue infections and pain.

Remember, while February is National Pet Dental Health Month, dental health should be a daily ritual for pet owners all year long.

## TOOTH *or* CONSEQUENCES

WHY YOUR PET NEEDS DENTAL CARE

BROUGHT TO YOU BY VPI® PET INSURANCE



Think your pet's  
teeth are fine?

Amount, in millions, spent by  
VPI® Pet Insurance policyholders  
on pet dental conditions:

### MERIDEN ANIMAL HOSPITAL

**Jeffrey F. Van Petten, DVM**

Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA



7146 K-4 Hwy, Meriden, Ks  
785-484-3358 • Phone answered 24 hours  
staff@Meriden-Animal.com



# Tips on Getting and Keeping Your Heart Healthy

**K**eeping your heart healthy is something you can work on every day. What you eat, how much you move, whether you smoke and controlling your cholesterol and blood pressure are five things that can have a big impact on your heart.

Find out why they're so important and get practical tips on living a heart healthy lifestyle.



## Tips for eating a heart healthy diet

Healthy eating for a healthy heart is a pattern. It doesn't focus on one type of food or nutrient, but rather on what you eat over days, weeks and months.

This style of eating is naturally low in saturated and trans fats, salt and added sugar. It's rich in wholegrains, fiber, antioxidants and unsaturated fats.

### Eat more fruit and vegetables

A diet full of a variety of fruit and vegetables is linked to healthier hearts and a lower risk of heart disease.

### Swap to wholegrain

Wholegrain cereals include more of the natural grain. This means they have more nutrients like dietary fiber, B vitamins, vitamin E, and healthy fats.

### Make healthy fat choices

The best fats to include in your diet are monounsaturated and polyunsaturated (omega-3 and omega-6) fats. You can find these healthier fats in avocados, nuts, fish and sunflower seeds.

### Use herbs and spices instead of salt

Eating too much salt is bad for your heart. The

sodium in salt can increase your risk of developing high blood pressure, a major risk factor for heart disease.



## Tips for being more active

Doing regular physical activity reduces your risk of having a heart attack or developing heart disease. Keeping active helps to control common heart disease risk factors, including:

- High blood pressure,
- High cholesterol, and
- Being overweight.

Regular physical activity can also help strengthen your bones and muscles. It can help you feel more energetic, happier and relaxed.

### Move more

Any physical activity is better than none. Set a timer to get up and move around every half-hour or so. Take the stairs instead of the elevator. Park farther from the store.

### Set realistic goals

Start with small, realistic goals and work your way up to the recommended 30-60 minutes of moderate-intensity physical activity (such as brisk walking) on most days of the week.

### Choose activities you enjoy

When you enjoy being active, you're more likely to do it more often.

### Get social

Stay motivated by doing physical activity together with a group of friends or family, or even with your dog.

### Sit less

Adults who sit less throughout the day have a lower risk of early death, particularly from heart disease.



## Tips to help you be smoke-free

The first step to quitting is understanding the risks associated with smoking.

Smoking damages the blood vessels leading to your heart, brain and other parts of your body. This makes you four times more likely to die of heart attack or stroke and three times more likely to die from sudden cardiac death.

### Keep trying

Quitting smoking isn't always easy. It can take persistence. You can do it with planning, practice, and help.

### Reach out for support

If you're finding it hard to quit, support is available. You can also talk to your doctor about options that might help you.

### Quit for loved ones

To protect the health of your family and friends, stop smoking inside your home, car and





other enclosed places.

### Do it now

When you quit smoking, your risk of heart attack and stroke decreases almost immediately.

There are lots of options available to help you quit smoking.



### Tips to help you control your cholesterol levels

Cholesterol is a fatty substance that moves around your body in the blood. Your body produces cholesterol naturally, and it is also found in some foods. Cholesterol is essential for the normal functioning of your body.

#### There are two main types of cholesterol:

1. High-Density Lipoprotein: HDL or 'good cholesterol'.
2. Low-Density Lipoprotein: LDL or 'bad cholesterol'.

'Bad cholesterol' can stick to the walls of your arteries, causing a build-up of cholesterol, known as plaques. This build-up can create blockages in your arteries and contribute to increasing your risk of a heart attack or stroke.

#### Get to know your dietary fats

Eating too much saturated and trans fat can elevate blood cholesterol levels. Saturated and trans fats can be found in foods like pizza, cakes, biscuits, pastries and deep-fried foods.

#### Eat a heart healthy diet

Fresh foods should make up the main part of your diet. Choose a wide variety of fruit and vegetables and a variety of healthy protein sources including fish and seafood, lean

meat, poultry, legumes, nuts and seeds.

### Get to know your levels

A key step in controlling your cholesterol is finding out what your blood cholesterol levels are. If you're 45 years or older you should see your doctor for a Heart Health Check.

#### If your doctor recommends medication, take as prescribed

The best way to reach your treatment goals and enjoy the benefits of better heart health is to follow the advice of your doctor or pharmacist and take medicines exactly as directed.



### Tips to help control your blood pressure

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It's a vital part of how your heart and circulation work.

Blood pressure that's high over a long time is one of the main risk factors for heart disease. As you get older, the chances of having ongoing high blood pressure increases.

#### Get active

Being regularly active helps to control high blood pressure and reduces your chances of having a heart attack or developing heart disease.

#### Minimize your salt intake

Eating a diet high in salt can lead to higher blood pressure. Having more than 5 grams of salt (a teaspoon) each day increases your risk of heart disease and stroke.

### Know your numbers

You can't feel high blood pressure. That's why it's important to get it checked and learn about how to manage it.



### See your doctor for a Heart Health Check



If you are 45 years or older, you should see your doctor for a Heart Health Check. Your doctor will assess your risk factors for heart disease, including you:

- Blood pressure
- Cholesterol
- Diet
- Physical activity levels
- Medical and family history.

Your doctor will then inform you whether you're at low, moderate or high risk of a heart attack or stroke in the next five years. The most important part of this check-up is working with your doctor to manage your risk factors to improve your heart health.

#### A Heart Health Check involves 3 key steps

1. Talk to your doctor: Your doctor will start your check by talking with you about your heart disease risk factors.
2. Learn about your risk: Once your doctor knows your risk factors, they will enter this information into a web-based calculator to understand your risk of having a heart attack or stroke in the next five years.
3. Manage your risk: Depending on your result, your doctor may encourage you to keep doing what you're doing, or give you advice, information and support to make heart-healthy changes

—www.heartfoundation.org



**IT'S THE LAW!**

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



**STROKE KILLS.**  
**BE FAST! Call 911.**

Know the Signs:

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

**During a stroke 32,000 brain cells die every second. BE FAST! Call 911.**

Contactless consultations, installations and delivery available!

## Don't let the stairs limit your mobility.

Discover the safe and affordable way to regain access to all of your home and allow you to use your stairs safely.

**The Rave 2 stair lift is the ideal solution for anyone:**

- ✓ Who struggles using the stairs
- ✓ That is worried about risking a fall on the stairs
- ✓ Who wants to access *all* of their home

**Call now to save on a Rave 2 stair lift!**

**1-877-826-4638**



**AmeriGlide**  
ACCESSIBILITY SOLUTIONS



**LeafGuard**



**CLOG-FREE GUARANTEED\***

**Call today for a free estimate! (888) 595-0490**



**Receive a \$50 restaurant gift card with in-home estimate & free gutter inspection!\*\***



**\$99**

**Installation on a Complete LeafGuard System!**

DOES NOT INCLUDE COST OF MATERIAL. EXPIRES 2/28/2022.

- Seamless, one-piece system, keeps out leaves, debris & more.
- Eliminates the risk of falling off a ladder to clean clogged gutters.
- Durable, all-weather tested system.



\* Guaranteed not to clog for as long as you own your home, or we will clean your gutters for free.

\*\*Consumer Disclosure/Award Rules: All participants who attend an estimated 60-90 minute in-home product consultation will receive a \$50 gift card. No purchase is necessary. Retail value is \$50. Offer sponsored by LeafGuard Holdings, Inc. Limit one gift card per household. LeafGuard procures, sells, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age. If married or have a life partner, both cohabitating persons must attend and complete presentation together. Participants must have a valid photo ID, understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of LeafGuard or affiliated companies or entities, their immediate family members, previous participants in a LeafGuard in-home consultation within the past 12 months and all current and former LeafGuard customers. Promotion may not be extended, transferred, or substituted except that LeafGuard may substitute a gift card of equal or greater value if it deems it necessary. Gift card and terms and conditions (<https://www.darden.com/gift-cards/terms-and-conditions>) of such gift card will be mailed to the participant via first class US Mail within 21 days of receipt of promotion form provided at consultation. Not valid in conjunction with any other promotion or discount of any kind. Offer not sponsored or promoted by Darden Restaurants and is subject to change without notice prior to reservation. Offer ends 2/28/2022.



# Top 5 Mind-Blowing Benefits of Running

**L**ace-up your shoes and hit the road. Running is the world's most popular fitness activity with millions of dedicated fanatics. What makes running so popular? Is it the fact that you can do it at any time of the day, or that you don't need to go to the gym to get a good workout?

Running is for anyone. It doesn't matter if you're young or old, male or female, you have two feet and a pair of legs. With a dash of ambition, you too could be a runner, all it takes is the first step.

Runners are passionate about their sport. Speak to any runner, and you'll find that they credit running for their health, wellness, and longevity. The science behind running shows that the sport has mind-blowing benefits for anyone that decides to hit the track or the road. Here are 20 reasons why you should give it a try.

## 1. Give Your Confidence a Boost

A sedentary lifestyle and poor diet choices damage your health and well-being. People that are unfit and out of shape tend to have low self-confidence. If you aren't happy with your physical and mental state, this will affect your entire persona, crippling your belief in yourself and what you can achieve in life.

People with low self-confidence generally submit to author-

ity figures and have a hard time standing up for themselves when questioned or ridiculed.

Gaining self-confidence isn't an easy task, but it's possible if you commit to improving yourself through physical activity such as running.

Running can help you gain confidence in yourself. Training for running requires goal-setting. How far will you run this week? What will you eat to fuel your training sessions? Write out a training and diet plan, complete with your goals for fitness and well-being. As you achieve each milestone, you will feel a sense of achievement that will boost your self-confidence.

## 2. Blast Away Body Fat

Hanging out on the couch eating chips and watching TV is a great way to relax from the stresses of the day. However, too much inactivity and a poor diet will eventually catch up with you. Excess caloric intake needs to be burned off by the body, or it turns into adipose body tissue, also known as body fat.

Carrying a spare tire around your waist will hurt your self-esteem and self-confidence. Along with the mental issues, people with high body fat levels will eventually experience the onset of chronic diseases such as diabetes, arterial sclerosis (hardening of the arteries around the heart), stroke and heart attack.

All it takes to improve your health is a few miles on the road or track each day. Step out for a run, or fire up the treadmill for a training session. Running is the fastest way to get your body weight and BMI body fat levels back under control and within the healthy range.

## 3. Relieve Tension and Stress

Stress is the silent killer of a modern lifestyle. If you have a high-stress job, with a boss that continually keeps pushing you to achieve more, your health could end up taking a nose-dive. Excessive stress levels create adverse health issues such as elevated blood pressure, which can develop a condition known as hypertension.

Individuals living with hypertension expose themselves to various cardiovascular diseases and health disorders. If left untreated, the effects of hypertension on the body could land you in the hospital.



Running four or five times a week for twenty or thirty minutes at a time will relieve your body of excess stress. When the human body exercises, it releases dopamine, and norepinephrine, two powerful biochemicals that give a mild sensation of euphoria to the runner. The hormonal cascade that comes as a result of exercise will melt away stress and stress-related disorders. Regular running can improve your headspace and potentially save your life, all you need to do is slip on your shoes and hit the road.

## 4. Prevent and Alleviate Depression

People living with the effects of depression experience a low quality of life. If depression is not nipped in the bud when it first appears, the condition could develop into severe mental disorders and disease. Bi-polar disease, low self-confidence, and a weak self-image are all examples of the psychological stresses placed on the mind as a result of depression.

Depression affects our motivation and drive. It's hard to feel good about life and optimistic about the future when you are feeling depressed. Changing your mindset require constant action towards pulling yourself out of a depressive state.

Running could be the answer to your problems. Committing to a running program will motivate you and inspire you to achieve your goals, on the road and in life. The feel-good hormones and biochemicals will lift your mood and cure your depression. Return your thoughts to a happy state and take back control of your life with a run.

## 5. Improve Your Vision

As we age, our eyes begin to lose their ability to hold focus. The ocular nerve may come under stress from viewing computer screens at work for extended periods or driving long distances regularly. Most eye conditions clear up within a few days, but you should see a doctor or ophthalmologist if you are concerned about deteriorating vision. However, not all eye conditions require a visit to a specialist; it's possible to cure these conditions yourself using the healing power of your own body.

—Veryhealthy.life







**I-Design**  
Graphic Services  
& Advertising Consultants  
Promotional Products  
& Apparel

Call for  
pricing today!

Call: 785-249-1913  
Email: irene@idesigngs.com  
Visit: www.idesigngs.com



# New Health & Wellness Info at the Library

By Kelly Barker

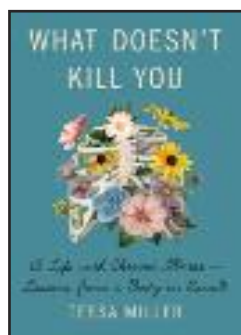
**F**ulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

**The Unseen Body:** A Doctor's Journey Through the Hidden Wonders of Human Anatomy by Jonathan Reisman, New Health Books Media Center 612 REI



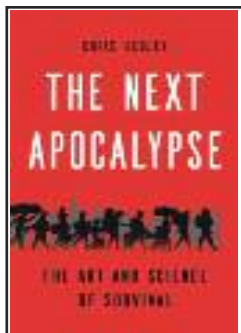
In the Unseen Body, Dr. Jonathan Reisman brings readers on an odyssey navigating our insides. With unique insight, he reveals how the body is made mostly of mucus, not water, how urine carries within it a tale of humanity's origins, and other new perspectives.

**What Doesn't Kill You:** A Life with Chronic Illness—Lessons from A Body in Revolt by Tessa Miller, New Health Books Media Center 616.344 MIL



Tessa Miller was an ambitious twentysomething writer in New York City when, on a random fall day, her stomach began to seize up. What Doesn't Kill You is the riveting account of the author's awakening to chronic illness, and her personal story of living with a lifelong ailment.

**The Next Apocalypse:** The Art and Science of Survival by Chris Begley, New Health Books Media Center 613.862 BEG

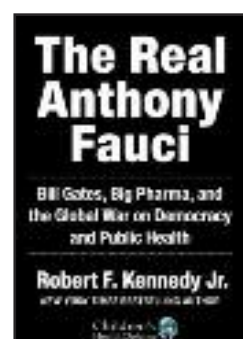


In the Next Apocalypse, archaeologist Chris Begley argues that we completely misunderstand how disaster works. Examining past collapses of civilizations, he argues that these breakdowns are less about cataclysmic destruction than they are about long processes of change.

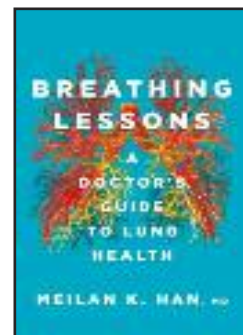
**The Real Anthony Fauci:** Bill Gates, Big Pharma, And the Global War on Democracy and Public Health by Robert

Francis Kennedy, New Health Books Media Center 614.58 KEN

The Real Anthony Fauci details how Fauci, Gates, and their cohorts use their control of media outlets, scientific journals, key government and quasi-governmental agencies, global intelligence agencies, and influential scientists and physicians to flood the public with fearful propaganda about COVID-19.

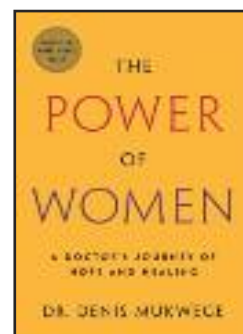


**Breathing Lessons:** A Doctor's Guide to Lung Health by Meilan K. Han, New Health Books Media Center 616.24 HAN



Most of us pay little attention to the workings of our lungs, but the COVID-19 pandemic has sparked interest in their functioning and fear about the risks they face. Dr. Meilan K. Han, a leading pulmonologist, takes readers on a fascinating tour of this most vital organ in Breathing Lessons.

**The Power of Women:** A Doctor's Journey of Hope and Healing by Denis Mukwege, New Health Books Media Center 613.861 MUK



The Power of Women illuminates the enduring strength of women in the face of violence and trauma and gives hope for the potential of individuals to turn the tide. At the heart of Dr. Mukwege's message will be the voices of the many women he has worked with over the years.

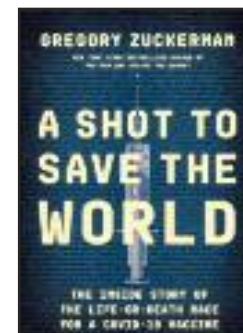
**Viral:** The Search for The Origin Of COVID-19 by Alina Chan, New Health Books Media Center 614.58 CHA



A new virus descended on the human species in 2019 wreaking unprecedented havoc. Finding out where it came from and how it first jumped into people is an urgent priority. In this uniquely

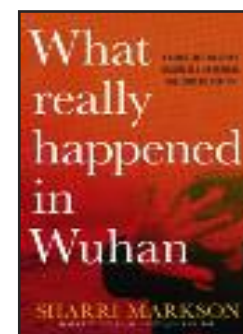
insightful book, a scientist and a writer join forces to attempt to get to the bottom of this issue.

**A Shot to Save The World:** The Inside Story of The Life-Or-Death Race for A Covid-19 Vaccine by Gregory Zuckerman, New Health Books Media Center 614.58 ZUC



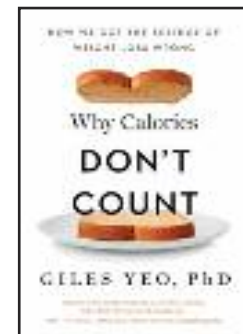
Few were ready when a mysterious respiratory illness emerged in Wuhan, China in January 2020. A Shot to Save the World is an authoritative account of the race to produce the vaccines for COVID-19. The author takes us inside the top-secret laboratories, corporate clashes, and high-stakes government negotiations that led to these effective shots.

**What Really Happened in Wuhan:** A Virus Like No Other, Countless Infections, Millions of Deaths by Shari Markson, New Health Books Media Center 614.58 MAR



Part-thriller, part-expose, What Really Happened in Wuhan is a ground-breaking investigation into the origins of Covid-19, the cover-ups, the conspiracies, and the classified research. It features never-before-seen primary documents, interviews with whistleblowers, and eyewitness accounts.

**Why Calories Don't Count:** How We Got the Science of Weight Loss Wrong by Giles Yeo, New Health Books Media Center 613.23 YEO



In Why Calories Don't Count, Dr. Giles Yeo, an obesity researcher at Cambridge University, challenges the conventional model and demonstrates that all calories are not created equal. He addresses why popular diets succeed, at least in the short term, and why they ultimately fail.

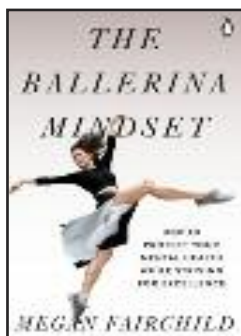
**Patient Zero:** A Curious History of The World's Worst Diseases by Lydia Kang, New Health Books Media Center 614.49 KAN



Patient Zero tells the fascinating history of disease outbreaks - how they start, how they spread, the science that lets us understand them, and how we race to destroy them before they destroy us. Included are medical stories about a particular disease or virus such as smallpox, polio, and HIV.

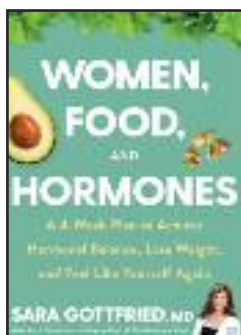


**The Ballerina Mindset:** How to Protect Your Mental Health While Striving for Excellence by Megan Fairchild, New Health Books Media Center 616.89 FAI



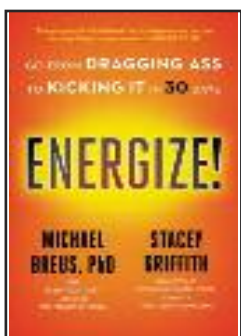
The Ballerina Mindset shares how to thrive in intense, competitive environments. The author, a principal ballerina with the New York City Ballet, shares her wisdom from her nearly two-decade career. It is the perfect how-to guide for dancers, athletes, artists, and anyone in a high-pressure environment.

**Women, Food, And Hormones:** A 4-Week Plan to Achieve Hormonal Balance, Lose Weight, And Feel Like Yourself Again by Sara Gottfried, New Health Books Media Center 613.0424 GOT



In Women, Food, and Hormones, Dr. Gottfried presents a groundbreaking new plan that helps women balance their hormones so they can lose excess weight and feel better. Featuring hormonal detoxification combined with a ketogenic diet that is tailor-made for women.

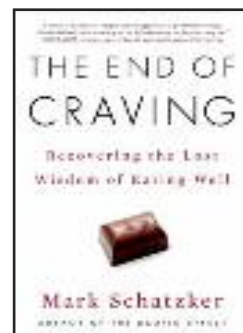
**Energize!** Go from Dragging Ass to Kicking It In 30 Days by Michael Breus and Stacey Griffith New Health Books Media Center 613 BRE



Are you desperately seeking more energy? The authors heard this every day from their clients, so they decided to do something about it. Using the scientifically proven core principles of chronobiology and your biological body type, they offer an easy-to-understand, personalized program.

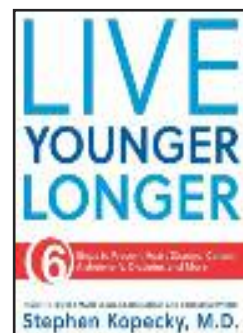
**The End of Craving:** Recovering the Lost Wisdom of Eat-

ing Well by Mark Schatzker, New Health Books Media Center 613.2 SCH



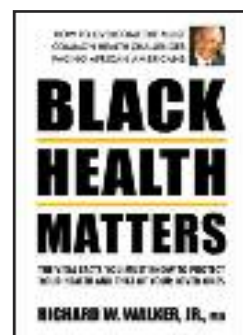
For the last fifty years, we have been fighting a losing war on food. The harder we try to control what we eat, the unhealthier we become. The author shares that only by restoring the relationship between nutrition and the essential joy of eating can we hope to lead longer and happier lives.

**Live Younger Longer:** 6 Steps to Prevent Heart Disease, Cancer, Alzheimer's And More by Stephen L. Kopecky, New Health Books Media Center 613.0438 KOP



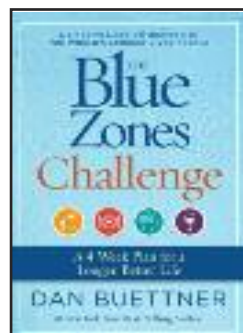
Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Stephen Kopecky offers a holistic, evidence-based approach to preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose.

**Black Health Matters:** The Vital Facts You Must Know to Protect Your Health and That of Your Loved Ones by Richard Walker Jr., New Health Books Media Center 613 WAL



It's no secret that the Black community tops the list of groups afflicted by hypertension, stroke, diabetes, heart disease, kidney failure, and cancer. In Black Health Matters, Dr. Walker offers several commonsense ways to prevent, manage, and possibly eliminate these illnesses.

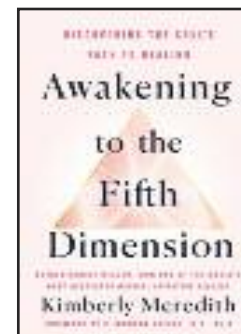
**The Blue Zones Challenge:** A 4-Week Plan for A Longer, Better Life by Dan Buettner, New Health Books Media Center 613.25 BUE



In this companion to The Blue Zones Kitchen, Dan Buettner offers a four-week guide and year-long sustainability program to jump-start your journey to better health, happiness, less stress, and a longer life. In this easy-to-implement guide, you will see results in your weight, well-being,

and health.

**Awakening to the fifth Dimension:** Discovering the Soul's Path to Healing by Kimberly Meredith, New Health Books Media Center 615.851 MER



In Awakening to the Fifth Dimension, author Kimberly Meredith offers readers the tools to implement healing in their own lives. Whether you are wrestling with chronic illness, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward.

*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

Check out our article "[Find Healthy Reading Options while you are Safer at Home](#)" at tscpl.org. Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)  
**Topeka & Shawnee County**  
**Public Library**  
**1515 SW 10th Ave.**  
**Topeka, KS 66604**  
**785-580-4400 • [www.tscpl.org](http://www.tscpl.org)**

# HERO

## Meet the new way to manage your meds

Sorts and Dispenses Your Meds

Alerts You At Dose Times

Delivers Refills To Your Door

Peace of Mind for the Whole Family



Starting at  
**\$24.99** / month\*  
~~+\$99.99~~ **\$0**  
initiation fee

\*12-month commitment

Call **+1 (866) 850-7005**  
to learn about our **90-DAY RISK-FREE TRIAL!**

## Itchy pet? See your vet.

Skin health starts with the right nutrition.

PROVEN INGREDIENTS TO ALLEVIATE ITCHING AND SOOTHEN SKIN





## Worried about managing your bill payments? Take the month off, on us.

SilverBills eliminates the stress and hassle of managing bills.

- Each client is paired with a dedicated, U.S.-based account manager who advocates for your household.
- All household bills are guaranteed to be paid on time.\*
- No computer needed to use our service.

Call today for a **free month trial** or custom quote:

**844-607-0010**



\* as long as appropriate funds are available

# DENTAL Insurance



If you've put off dental care, it's easy to get back on track. Call Physicians Mutual Insurance Company now for inexpensive dental insurance. Get help paying for the dental care you need. Don't wait.

**Getting back to the dentist couldn't be easier!**

**CALL TODAY**  
**1-844-904-0436**  
**Dental50Plus.com/kcmv**

Get your  
**FREE**  
Information Kit





Here's the information you requested on Dental Insurance

Product not available in all states. Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy PI50 (GA: PI50GA; NY: PI50NY; OK: PI50OK; TN: PI50TN). Rider kinds: B438, B439 (GA: B439B). 6208-0721



# Healthy Recipes for a Healthy Heart



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

## Lemon Chicken and Cinnamon Glazed Root Vegetables



This American Heart Association, Simple Cooking with Heart chicken dish is so, so easy to make!

### Ingredients

#### Lemon Chicken:

- non-stick cooking spray
- 4 boneless, skinless chicken breasts, all visible fat discarded
- 1 lemon
- 1/4 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano

#### Cinnamon Glazed Root Vegetables:

- 1 small raw sweet potato, cut into 1-inch cubes, peeled if desired
- 1/2 cup baby carrots, cut into 1-inch pieces
- 1 small turnip, cut into 1-inch cubes
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- 1/2 tsp. cinnamon
- 1 tsp. brown sugar

### Directions

#### Lemon Chicken:

Pound chicken to even thinness (about 1 inch). Spray a large skillet with non-stick cooking spray, place over medium heat.

Add chicken to skillet and squeeze juice of 1/2 the lemon over the chicken.

Sprinkle pepper, parsley and oregano over the chicken.

Cook for 5-10 minutes on each side

#### Cinnamon Glazed Root Vegetables:

Preheat oven to 400 degrees.

Combine vegetables in a medium mixing bowl and toss with olive oil to coat.

Spread vegetables on a baking sheet and bake for 20 minutes.

Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly browned.

Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar.

Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

### Nutrition Information (Servings: 4)

Per serving: Calories: 237 kcal; Total Fat: 7.5 g; Cholesterol: 73 mg; Carbohydrates: 16 g; Sodium: 202 mg; Protein: 25 g

Source: heart.org

## Apple Bread Pudding



With this American Heart Association heart-healthy recipe, whole grain bread, apples and cinnamon make a savory dessert that is healthy too!

### Ingredients

- Cooking spray
- 1 whole egg PLUS
- 1 egg white
- 1 cup skim milk
- 2 Tbsp. brown sugar blend
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored, cut into 1/2-inch cubes

### Directions

Pre-heat oven to 350.

Spray 9x9 baking dish with cooking spray.

In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.

Add bread and apple cubes. Add fruit or nuts

if desired. Mix well.

Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

### Nutrition Information (Servings: 4)

Per serving: Calories: 131 kcal; Fat: 1.2 g; Cholesterol: 32 mg; Sodium: 154 mg; Carbohydrates: 26 g; Protein: 5 g

Source: heart.org

## Blueberry Smoothie



This is a fantastic smoothie if you're searching for something that is heart-healthy and antioxidant-rich!

### Ingredients

- 1 cup blueberries
- 3/4 cup pomegranate juice
- 1/2 cup low-fat plain Greek-style yogurt
- 1/2 cup skim milk
- 1/2 cup rolled oats
- 1/4 cup granular sucralose sweetener (such as Splenda®)
- 1 teaspoon ground cinnamon

### Directions

Blend blueberries, pomegranate juice, yogurt, milk, oats, sweetener, and cinnamon together in a blender until smooth, about 2 minutes.

### Nutrition Information (Serves: 2)

Per serving: Calories: 252 kcal; Fat: 2.8 g; Carbohydrate: 53.3 g; Protein: 10.1 g; Cholesterol: 4 mg; Sodium: 50 mg

Source: allrecipes.com



# Health & Wellness Marketplace

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

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com) • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## 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](mailto:ddoel@midlandcc.org)

## PEDIATRIC DENTISTRY

**ADVENTURE DENTAL & VISION** - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

## PEDIATRIC VISION

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## HOSPICE

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691 [www.midlandcareconnection.org](http://www.midlandcareconnection.org)

## HOME CARE AND HOSPICE

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

## HEALTH ADVERTISING

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

## MEDICAL PRODUCTS



**CPAP**  
Supplies & Services LLC  
Specializing in all your CPAP needs  
785-289-3188 2905 SW Gage

## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).



**SMJ SHANE M. JONES & ASSOCIATES, P.A.**  
COUNSELING YOU CAN TRUST  
[www.shanemjones.com](http://www.shanemjones.com)  
2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732  
5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8838

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

## PEST CONTROL



**Bodine's Pest Control** Call 228-9962  
Free estimates!  
• Business & Residential  
• Honest & Reliable Service  
• Licensed and Highly Trained  
[bug-man@sbcglobal.net](mailto:bug-man@sbcglobal.net)  
Ask about our Total Home Care Package!  
GOD FIRST • VETERAN OWNED  
Mention this ad for 10% OFF!

## MENTAL HEALTH - ADDICTION

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

## EMERGENCY FOOD & SHELTER



**TRM MINISTRIES**  
TOPEKA RESCUE MISSION MINISTRIES  
FAITH WITH ITS SLEEVES ROLLED UP  
Main: 785.354.1744  
Donate: Text TRMgive to 77977  
Non-Cash Donations: 785.357.4285  
Volunteer Services: 785.354.1744 ext. 393  
[TRMonline.org](http://TRMonline.org)  
Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)



**K-12 Christian Education**  
A Christ-centered, quality education, plus:  
Activities: Volleyball, Soccer, Chess, Basketball, Baseball  
Fine Arts: Choir, Bands, Drama, Speech, Art  
Call 785-288-0427 today for a tour.

**Heritage Christian School**  
"Spiritually Grounded, Academically Excellent, Faithfully Serving"  
[HCSlopeka.org](http://HCSlopeka.org) | [info@HCSlopeka.org](mailto:info@HCSlopeka.org) | 2000 NW Clay, Topeka, KS 66608



**Grace Home Care**  
It's Good to Be Cared For.  
It's Great to Be Cared About!  
We are a caring and compassionate provider of in-home services, including:  
• Companion Care  
• Homemaker Services  
• Personal Care  
• Transportation  
785-286-2273 • [www.gracehomecare.com](http://www.gracehomecare.com)



**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)  
WHAT WE DO:  
1. Share Christ to offer hope and healing  
2. Provide a Christian family safe haven  
3. Help the kids get caught up in school  
HOW YOU CAN HELP:  
1. Pray  
2. Volunteer  
3. Refer Children in Need To Us  
4. Monetary & Food Donations  
Find out more by calling:  
785-597-5235  
Located East of Topeka  
15017 27th Street  
PO Box 727  
Perry, Kansas 66703



**DISABILITY**

**DISABLED? UNABLE TO WORK?** Win Social Security disability benefits. Expert help, application to hearing. No out-of-pocket fees.

**785-331-6452**

Email: montemace2000@yahoo.com

**RETIREMENT COMMUNITY**


**Aldersgate VILLAGE**  
LIFE PLAN COMMUNITY

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing Care
- Rehabilitation Services
- Sub-acute Program
- Transportation

Call (785) 478-9440 or visit [aldersgatevillage.org](http://aldersgatevillage.org)  
7220 SW Ashbury Drive | Topeka, KS 66614

**GRAPHIC DESIGN SERVICES**

**GRAPHIC DESIGN AND ADVERTISING CONSULTING** - Printing, Promotional Products, Social Media & Website design & tutoring services. **I-DESIGN GRAPHIC SERVICES**

**785-249-1913 • irene@idesigngs.com**

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

**BICYCLES**

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

**FLOAT THERAPY**

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

**COMMUNITY CARE LINE**

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

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • [www.joepatton.com](http://www.joepatton.com)

**NUTRITION / SUPPLEMENTS**


**innov8tive NUTRITION**  
A whole new way to be your best!  
Take dietary supplements by wearing one patch each day!  
Call Cindy Durkin 785-224-1918  
Find out more at [CindyLouWho.innov8tivenutrition.com](http://CindyLouWho.innov8tivenutrition.com)



**HEALTH ADVERTISING**

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**FINANCIAL WELLNESS**

**PEGGY'S TAX AND ACCOUNTING SERVICE** - 300 SE 29th St, Topeka, KS. 785-286-7899. [FrontDesk@peggstaxks.com](mailto:FrontDesk@peggstaxks.com)

**RECOVERY**

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

**FOR RENT**

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

**HEALTH INFORMATION**

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

**FINANCIAL HEALTH**

**PEGGY'S TAX & ACCOUNTING** - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. [www.peggstaxks.com](http://www.peggstaxks.com)

**SKIN CARE**

**KMC DERMATOLOGY & MED SPA** - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. [www.KMCPA.com](http://www.KMCPA.com)

**CBD PRODUCTS**


**David & Edith Gaines**  
Owners  
3308 SW 6th Ave  
Topeka, KS 66606  
785-380-1105 - Mobile  
[dewellness7@gmail.com](mailto:dewellness7@gmail.com)  
[dewellness7.com](http://dewellness7.com)

**MASSAGE / SPA**

**SERENITY THYME MASSAGE** - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • [www.massagebytammi.com](http://www.massagebytammi.com)

**SEEKING POSITION**

**SEEKING FOR FULL-TIME PASTORAL POSITION** - I am an ordained and experienced Full Gospel Minister with over thirty years in ministry. I am seeking the position of a full-time Pastor in the Topeka Kansas area. For information contact: 1 (515) 346-1785 or email, [wilsonadoh@gmail.com](mailto:wilsonadoh@gmail.com).

**PET CARE**

**Doggie daycare**, grooming, training and dog/cat boarding. Also pet food and supplies. THE DIRTY DOG, 3120 S. Kansas Ave. • 785-431-6694  
[www.thedirtydogtopeka.com](http://www.thedirtydogtopeka.com)

**MERIDEN ANIMAL HOSPITAL**

**Jeffrey F. Van Petten, DVM**  
Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA  
7146 K-4 Hwy, Meriden, Ks  
785-484-3358 • Phone answered 24 hours  
[staff@Meriden-Animal.com](mailto:staff@Meriden-Animal.com)


**DELI MEATS**

*Get Your Healthy Meat & Deli Items at*

**HERMAN'S BEEF & SAUSAGE HOUSE**

823 N.W. Gordon St. Topeka, KS 66608

**(785) 233-7328**

*We Specialize In Meat & Deli Items*





# Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

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

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

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

**BLEEDING KANSAS** - Sundays from Jan. 30-Mar. 6, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults. Children five & younger free.

**TOPEKA PUBLIC LIBRARY PLAY BUS** – Feb. 1, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Every Tuesday, enjoy story time, play opportunities, books

for check-out & take & make art. 785-266-3247.

**TOPEKA DINO DAYS** – Feb. 4 - June 30. SUE: The T. Rex Experience – Great Overland Station [Opens Feb. 4]. See this fearsome fossil all the way from Chicago's Field Museum. DINO DAYS BASE CAMP – Topeka Information Center, 715 S Kansas Ave. [Opens Feb. 24] See an Allosaurus and calf at no charge, grab some swag and find out where all of the dino hot spots are throughout town. DINOSAURS ALIVE! Created By Dino Don, Inc. – Topeka Zoo. [Opens March 3rd] Dinosaurs are back in a BIG way at the Topeka Zoo. Journey back to the age of dinosaurs in an immersive experience featuring life-size, animatronic prehistoric giants appearing throughout the zoo. TINY TITANS: Dinosaur Eggs And Babies – Children's Discovery Center. [Opens February 24th] Visitors will enjoy learning about dinosaur eggs, nests, and babies through colorful, hands-on, interactive experiences that

include a collection of real life dinosaur eggs. For tickets and more info: [topekadinodays.com/](http://topekadinodays.com/) or (785) 246-6271

**WOOD VALLEY PICKERS** – Feb. 4, 7:30pm, Classic Bean, Fairlawn Plaza. 785-271-5005

**SERRANO PEPPERS** - Feb. 5, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**ANNUAL CONVENTION: KANSAS MUZZLELOADING ASSOCIATION** – Feb. 4-6, Ramada Inn. Workshops, seminars and vendors. Bingo, trivia & other games. "Teddy Roosevelt" speaking Saturday morning in addition to other speakers & presenters. \$20.00 registration (\$10 for Vendor room only). Check facebook page for info, or call Rose: 620-724-3109

**MONSTER TRUCK NITRO TOUR** – Feb. 5, 1:30 & 7:30pm, Stormont Vail Events Ctr. [stormontvaileventscenter.com](http://stormontvaileventscenter.com) or 785-251-5552

**GRIEF SHARE SUPPORT GROUP** – Feb. 7-May 2, Mondays 6:30-8pm, Topeka Bible Church, Mulvane Building, 1101 SW Mulvane St. A 13-week seminar and

support group for people who are grieving the death of a person close to them. The video sessions feature biblical teaching and are designed to help you successfully travel the journey from mourning to joy. 785-234-5545

**"BOSS: THE BLACK EXPERIENCE IN BUSINESS" FILM & CONVERSATION** – Feb. 8, 6-8:30pm, Topeka Public Library. Watch the PBS special on early African American entrepreneurs who overcame tremendous odds to provide the backbone of the nation's economic and social growth. Join a moderated discussion after the film. Reserve your seat: <https://events.tscpl.org/event/5844896>.

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

SAVE THE DATE: C5 POWER Luncheon, Mar. 10, 11:30-1.

**THALEA STRING QUARTET** – Feb. 10, 7:30 pm, White Concert Hall. Live On Stage, Inc. and On Stage Live brings together violinists Christopher Whitley and Kumiko Sakamoto, violist Lauren Spalding, and cellist Titilayo Ayangade. Tickets: \$25, or \$60 season pass (three concerts) at <https://www.onstagelive.org/>.

**DUKE MASON W/COWBOY. INC.** - Feb 11, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**BILL ENGVALL** – Feb. 11, 7:30pm, TPAC. [topekaperformingarts.org](http://topekaperformingarts.org) or 785-234-2787

**"FOOLS" BY NEIL SIMON** – Feb. 11, 12, 13, 19, 20; 7-9:30pm (also 2pm on Sat. & Sun.), 6635 NW Church Ln, Elmont Opry Venue. ACT Theatre Co. production. Tickets \$15 at the door. 785-249-0908

**WINTER JAM TOUR** – Feb. 12, 2pm, T Mobile Center, KCMO. Skillet, Tauren Wells, KB, Colton Dixon & more! \$10 at the door. No tickets required. Jam Nation membership and more details at [www.jamtour.com](http://www.jamtour.com).

**BOP DADDIES** - Feb 12, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**KFL VALENTINE BANQUET WITH JIM CAVIEZEL** - Feb. 15, 6pm. Overland Park Convention Center, 6000 College Blvd, OPKS. For more information go to [kfl.org](http://kfl.org)

**KFL VALENTINE BANQUET WITH JIM CAVIEZEL** - Feb. 16, 6pm. Hartman Arena, Wichita. For more information go to [kfl.org](http://kfl.org)


## BLEEDING KANSAS

### PROGRAM SERIES 2022

CONSTITUTION HALL STATE HISTORIC SITE / HISTORIC LECOMPTON  
2 p.m. Sundays • Suggested donation \$3 adults

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and the nation, 1854-1865

JANUARY 30	"Kansas Day" Faces of the Free State House: The First General Assembly of the Territory of Kansas, Legally Elected by the People by author and educator Bill McFarland & educator Tim Nealeau <i>Special Unveiling of a Group Portrait Identifying Each Member of the 1857-1858 Kansas House of Representatives, the First-Free Antislavery Majority to Convene in Kansas at Lecompton in Convention Hall</i>
FEBRUARY 6	President John Calhoun: Chief Architect of the "Lecompton Swindle" by T. Kevin Griffin, Major (Retired) & MA
FEBRUARY 13	Smoky Hill Thompson: A Life Wild and Perilous by Donald Wade Davis, independent author and scholar
FEBRUARY 20	Civil War Order No. 11 – Desperate Days and Hard Travel: Recollections of Women by Peggy Buhr, Director, Bates County, Missouri Historical Society and Museum
FEBRUARY 27	The Life and Times of Ross Burns: Accidental Linn County Pioneer and Civil War Hero by Bryce Benedict, J.D., author and retired National Guardman historian.
MARCH 6	"The Trial of Jefferson Davis and the Issue of Secession" a first-person portrayal by reenactor Lane Smith.



LECOMPTON  
Civil War Birth Place Where Slavery Began to Die  
Kansas & National History Landmarks

Constitution Hall State Historic Site  
319 Elmore, Lecompton, KS • 785-887-6148 • [www.lecomptonkansan.com](http://www.lecomptonkansan.com)



**THIRD THURSDAYS: TOPCITY COMEDY AT THE FOUNDRY** – Feb. 17, 8pm, 400 SW 33rd St. Open mic after the show. (785) 633-1767. Price: \$10

**TOPEKA HOME SHOW** – Feb. 18-30, Stormont Vail Events Ctr. stormontvailventscenr.com or 785-251-5552

**THE PRINCESS BRIDE FILM SCREENING** – Feb. 19, 7:30pm, Jayhawk Theatre. Tickets \$10 and up in advance. \$15 at the door. princessbridejayhawktheatre.eventbrite.com

**PLATINUM EXPRESS** - Feb 19, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**ARAB SHRINE CIRCUS** – Feb. 25-27, Stormont Vail Events Ctr. stormontvailventscenr.com. 785-251-5552

**4 CLOSURE** - Feb 25, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**TROOP 59 ANNUAL PANCAKE FEED** – Feb. 26, 7am-12pm, Faith Lutheran Church. \$6 each, all you want pancakes, includes sausage & juice. Proceeds help get Scouts to summer camp.

**MIDWEST CHRISTIAN COLLEGE EXPO** – Feb. 26, 10am-12pm, Colonial Presbyterian Church, 9500 Wornall Rd. KC, MO. The largest Christian college fair in the region, with dozens of colleges from 15 states. Free seminars. facebook.com/events/200727412192560/ MetroVoiceNews.com

**VEIL EVENTS BRIDAL SHOW** – Feb. 27, 1-4pm, Town-site Avenue Ballroom, 534 S Kansas Ave. 50 Wedding Professional vendors. RSVP at veilevents.com/bridalshow

**OPEN HOUSE & RIBBON CUTTING** – Mar. 1, 3-6pm, 3418 SW 6th Ave. New location for The Entrepreneur Community and Kansas Business Solutions. TEC offers event venues, virtual offices, seminars and other opportunities for small businesses. KBS is offering a free webpage for all attendees.

**LEGACY FIVE CONCERT** – Mar. 3, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. www.facebook.com/events/442753234001223; wwoodsna@wnnaz.org

**CAPITAL CITY CARNAGE DEMOLITION DERBY** – Mar. 4-5, Stormont Vail Events Ctr. stormontvailventscenr.com or 785-251-5552

**60TH ANNUAL KANSAS PRAYER BREAKFAST** – Mar. 16, 7-8am, Fellowship Bible Church, 6800 SW 10th. Featured Speaker: Rod Handley. \$20/ticket. Sponsorships available. Call or text 785-554-6996 or email ksprayer-breakfast@gmail.com

**7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 16, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House and in the Gym, including vendor booths, children's games, food, facepainting, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

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

**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



*Developing and Uniting  
Christian Leadership*

• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!  
Luncheons & Tradeshows & other events open to the general public!

**C5Alive POWER Luncheons are held 2nd Thur. each mo.**

Feb. 10, 11:30-1: "Business Matchmaker"

Luncheon at Fairlawn Plaza Mall.

Featuring speed networking!

RSVP to info@C5Alive.org.

Open to the public.



Save the Dates!

• Mar. 10: **POWER** Luncheon

• Apr. 14: **POWER** Luncheon

• Apr. 16: **EASTERFEST**

For info: www.C5Alive.org or Facebook.com/C5Alive

## ONGOING EVENTS:

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

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

**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@rhcc.topeka.org

**SENIOR STRETCHING EXERCISES** -



TOPEKA  
Small  
Businesses:

Has your business been  
hurt by the pandemic?

WE WANT TO HELP!

We'll run your business  
card ad for 20 bucks!

It will be in thousands of printed copies  
of Topeka Metro Voice or  
Health & Wellness magazine  
around Topeka, and on social media.

Send your ad or information to  
Lee Hartman at: voice@cox.net

We'll make any changes you need & send you a proof.



**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 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.nara-nonmidwest.org

**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. talkherb-swithus@gmail.com

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

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

**SQUARE DANCING** – Shawnee Swingers has monthly

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

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

**CAREGIVER SUPPORT GROUPS** – Jayhawk Area

## FREE Vision ! Screening Service



## Now Scheduling

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

### Who can use this service?

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

### What equipment is used?

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

### Who does the screening?

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

### How do I get the Screener scheduled?

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

# GENERAC®

## Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!

**855-400-1401**

# FREE

7-Year Extended Warranty\*  
A \$695 Value!

Offer valid February 15 - June 6, 2021

**Special Financing Available**  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.





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

Send your event information to:  
[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

See complete updated calendar at  
[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)

Have you ever heard the phrase,  
"I will do that when I get  
around to it"?

WELL, HERE'S YOUR "ROUND TOIT":

## ESTATE PLANNING

You need a plan to set your mind at ease  
and ensure a strong future for your family.  
Contact Patton & Patton to get answers to:

- Where will my assets go?
- Do I need to designate a guardian?
- Will my loved ones be able to make healthcare decisions for me?
- Do I need a Will?

Scan the code to  
learn more!



SCAN ME

'ROUND  
TOIT

# PATTON & PATTON

(785) 246-9399 | [PattonAndPatton@gmail.com](mailto:PattonAndPatton@gmail.com)  
534 S. Kansas, Ste 1120, Topeka, Kansas 66603



# 23<sup>RD</sup> ANNUAL MIDWEST CHRISTIAN COLLEGE expo

10 A.M.  
TO NOON!

60  
COLLEGES  
FROM 17  
STATES

Saturday  
Feb. 26  
Kansas City  
Missouri

Colonial  
Presbyterian Church  
9500 Wornall Rd.  
Just east of  
Leawood, Kansas  
in suburban  
south  
Kansas City

FREE

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



# Spiritual Wellness

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

## HOW TO GO BIG

**W**hen it comes to writing great headlines experts say one of the best ways to grab attention is to use the “How to” technique. This is my ‘how to’ conversation with you. As you read it you’ll NOT find any magic keys that will give you the success you’ve always dreamed of, position you to be the highly sought after expert personality or give you more of the time you deserve to do the things you really want. But, by God, this will help you to GO BIG. What you WILL find is that others are doing it right now. We all can as we rely on God and have faith. The Bible is filled with examples and wisdom to teach us. The Spirit of God will guide you to discover your who, where and what.

When you go big in fitness you naturally expand your range of motion, your range of aerobic capacity and your range of potential. When you go big with God you expand your range of wisdom and faith, your range of influence and impact and your range of perspective. You can start to see further – a grand vision that others won’t see because they can’t. It’s the vision God gives you.

But, as big as that is, God let’s you start to see and value more closely the small things. It’s the work of being gracious and gently doing the things that are “no big deal”. It’s the long-suffering that nobody sees or celebrates. It’s doing the things YOU despise because it is what God expects. The smallest of things may be that faint knowing that God will somehow be true even in the face of your biggest failures.

How do you get started? How do you go big? Well, brace yourself. Begin by finding your righteous motive. That means digging beyond what you think is right and finding what God shows you is right. Digging? Yes! You’ve got a lot of questions (you should). Don’t be satisfied until you get the real clear answers. Reality check: our little meal time, bed time and church group prayers ain’t gonna cut it. How low can you go? Further than your ‘knees’ you need to get down on your ‘face’. You give your workout your blood, sweat and tears. Don’t give God any less.

### “IT’S COMPLICATED”? NOT WHEN YOU GO BIG

We grab hold of things easy enough: good ideas, positive potential, and opportunity for success. Then it gets complicated. The real God stuff happens in the release – the letting go of hurt, hopelessness, and self-will. There’s a GO BIG Bible story of a woman who had been treated by all kinds of doctors for years but was no better, and in fact worse. Amidst the big crowd of everyone else with one simple act of faith she let go of all that and touched Christ – the result was profound. She was restored better than before and the

people then (and us now) got an amazing up close look at just how simple God’s supernatural can be.

### “IT’S IMPOSSIBLE”? THAT’S EXACTLY WHAT YOU WANT WHEN YOU GO BIG

Making up your mind to go for it is a big choice. For the person who has never been physically active, making a commitment to exercise is a huge deal. For those who workout regularly, eat healthy and get plenty of rest, doing a competition or running an Ironman triathlon requires not only relentless hard work and boldness but an element of faith. For entrepreneurs, those in business and everyone who works daily, making the vocation part of your life resonate all-in commitment to a greater purpose can seem impossible. There’s another GO BIG Bible story that blazes past doubt and mediocrity. Elijah, at a mountain top retreat of sorts, did what God told him to do – challenge others to get off the fence. He brought together those most confident and they discovered just how incapable and desperate they were. Then in good turn the impossible underscored the big-as-God results.

### “IT’S OVER”? IT’S ONLY BEGUN WHEN YOU GO BIG

Don’t give up. Be like Jesus and have real clarity of purpose. With all the potential God sees in you, there really is no time to waste. You need to drive your life, through each day, with attention to how God can make a difference. That’s innovation that reflects not what you do but who God is. This GO BIG Bible story quite honestly is your ultimate calling. There’s likely no part of the Bible that is more familiar to people than this – Jesus birth, life and ministry, death and resurrection. When He said, “It is finished” it was just the beginning. His life isn’t just an unparalleled example or even God in the flesh with us. Christ is the ultimate ‘how to GO BIG’.

In all of these Bible examples we don’t see these people specifically asking WHO should I reach, WHERE are the best places to make a difference and WHAT is the best way to do it. They simply sought God, payed attention, did what they were supposed to do and anticipated BIG.

When we listen to God, He can lead us to do more than best practices and achieve proven results. He wants to lead us to GO BIG and help our members, clients, team and community OR our family, friends, co-workers and contacts grow spiritually beyond what they, you – any of us could imagine or hope for.



### OBEY YOUR THIRST FOR GOD

But to get to this, to DO God’s will, God requires that we humbly give our self-will to Him. God is looking for obedience in you. Not obedience out of fear or a relinquishing because you’ve tried other things so you might as well try obedience too. And, it’s certainly not an obedience because you’re looking for the spiritual equivalent of a strategic and powerful Google or Facebook algorithm.

It’s an obedience that is humble, that is confident in faith and listens persistently. It’s an obedience that is characterized by assurance and amazement. You have assurance in God and stand amazed by the evolution that God brings through the process. You’re like, “Oh! My God. Thank you.” Tears come to your eyes not because of the thrill or of doing fitness, or the velocity of doing business but because the BIG that God creates is always something fresh, new, full of life and truly the Spirit of God in our very presence.

Near the end of the song Privilege by the artist Young Bro, he has sampled a pastor preaching:

We don’t come to God on our terms. This is not some negotiating conference. This is not a God who says, “We’ll what would you like, here’s what I like, let’s talk about it.” He’s God! A holy righteous God. He’s given us the privilege of not just coming and singing about him but entering into His actual presence.

That’s a word that we all need to hear and understand. Pray that it will be your truth, the BIG place where you exist daily – in God’s presence. When you live like that then your faith in the midst others becomes more than just ‘singing about Him’ where they think, “there’s one of those nice Christians”. Instead, they too can enter into God’s presence, taste and see that He is good and gain more than strength. They gain wholeness and achieve a life transformation that goes way beyond the physical. When God works in you to GO BIG then others can go big.

So in the future, like this week, even today, actually right now – what will you choose? #IchooseBIG

—Brad Bloom / [faithandfitness.net](http://faithandfitness.net)



# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

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

### *Will you help us?*

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist  
Dentist • Massage therapist • Sports Medicine  
Fitness coaching • Pediatrician • Emergency Care • Nursing  
Health insurance provider • Ear, nose, and throat doctor • Pet care  
OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

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

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



THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

# 7TH ANNUAL TOPEKA EASTERFEST

## EASTER PARADE + FAMILY FUN FAIR!

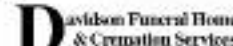
**It all takes place on N. Kansas Avenue and at Garfield Park!**

**Fun Fair** open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 10:45 am - 3:00 pm!  
**Parade** starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!  
**Easter Egg Hunt** following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!  
 Dance, gymnastics & health product demonstrations & info at the **Health Fair** 10am-3pm! Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, carnival games & kid's activities! **Bingo** at the Vendor Market! • **Win Cupcakes** at the Cake Walk!

**Volunteers needed! Contact:**  
 info@C5Alive.org or 785-640-6399

**For booth, sponsor & parade entry information:**  
 info@C5Alive.org or 785-640-6399  
 Sponsors needed for: • Vendor Market • Food Court  
 • Entertainment Stage • Health Fair

### SPONSORS:



**SATURDAY, APRIL 16, 2022 • 10 AM - 3 PM**

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair