

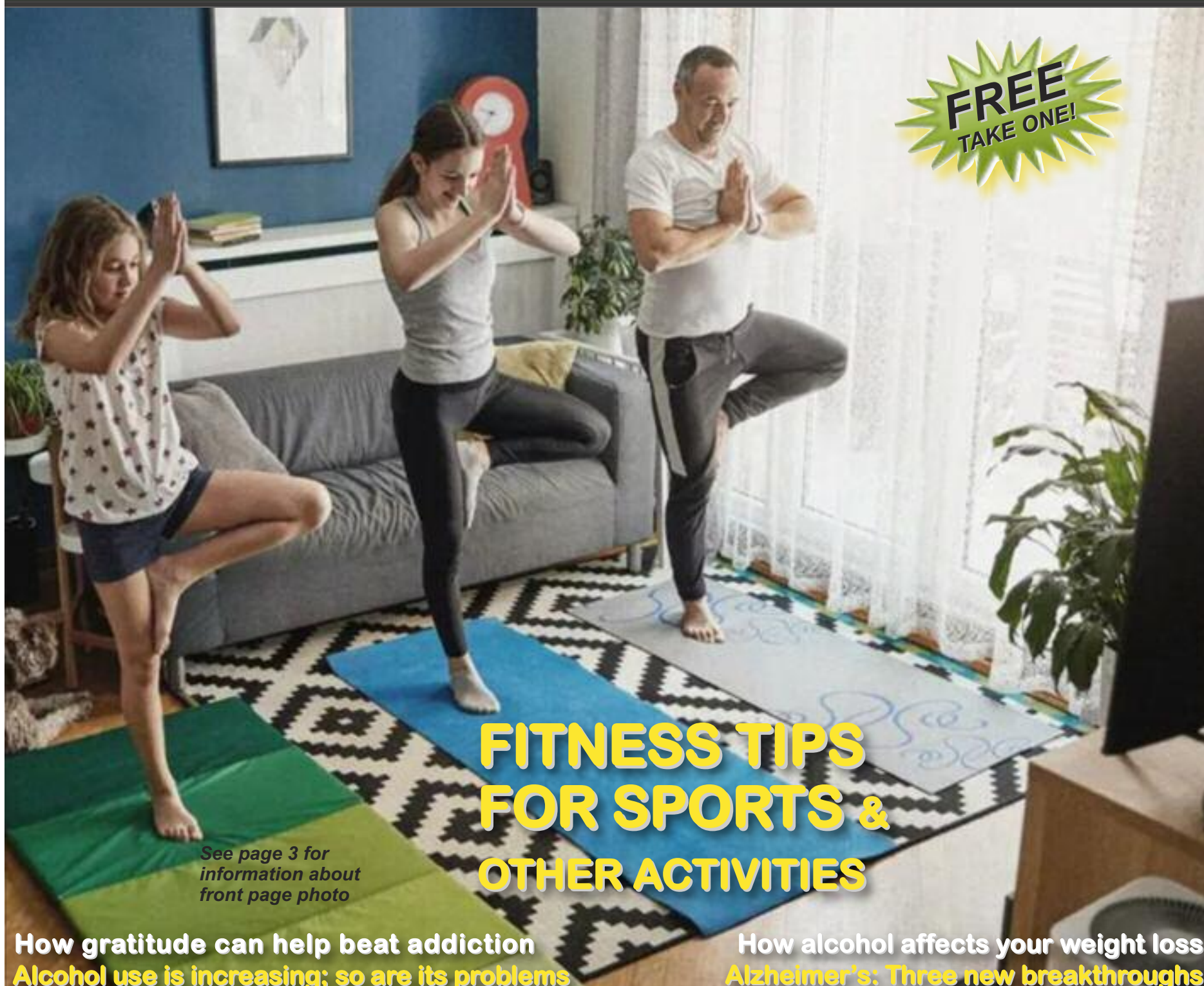
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APRIL 2022

Health & Wellness

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*See page 3 for
information about
front page photo*

How gratitude can help beat addiction
Alcohol use is increasing; so are its problems

How alcohol affects your weight loss
Alzheimer's: Three new breakthroughs

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APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol **#responsibility**.

AGES
6-11

Mom, can I have some?



- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

#TALKEARLY
...about alcohol.

@TalkEarly

AGES
10-13

Just because you drink doesn't mean you're drunk, right?



Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer, wine, or liquor.



@AskListenLearn

Underage drinking among 8-12 graders is down 39%. **↓39%**

Hey dad, can I borrow the car?

Of course but pay attention, pay attention, pay attention.



AGES
15-18

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Parents are the most important driving instructors for teens. Visit for tips on how to make sure your teen "knows everything."

AGES
18-22

I'm having fun at college.



64% of college students do not binge drink.

How are you spending your down time?

Now that you're away from home, I want to make sure you know the difference between low-risk and high-risk drinking.

Parents,
You're Not Done Yet.

AGES
21+

I'm not sure how I'm getting home yet.



If you're headed out and plan to drink alcohol, enjoy yourself and be smart. Designate a non-drinking driver or take a taxi.

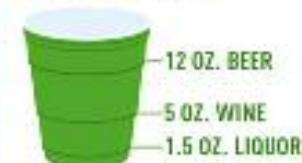
You should also know how alcohol affects your BAC.

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Learn the facts about how alcohol affects your BAC

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drink.org

These different amounts of alcohol have roughly the same effect on you.



69% of American adults say they are extremely confident they drink responsibly.

74% think ongoing conversations about responsible consumption are very important.

54% believe the problems associated with the harmful consumption of alcohol lies with oneself (i.e., personal responsibility).

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ON THE COVER:

Our cover this month features a family working out together. You will find many tips for staying fit throughout this issue.



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This Quiz Could Save Your Life



1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False



Answers on page 12



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Compass Center | 2134 SW Westport Drive Topeka, KS 66614
Please RSVP to Monica Gottschamer
785-232-2044 | mgottschamer@midlandcc.org



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www.midlandcare.org/22walk | 785-232-2044

Alcohol consumption is increasing; so are its problems

By Cathy Walker

Alcohol consumption in America has been increasing for decades. Alcohol related deaths more than doubled from 1997 to 2017, according to the National Institute on Alcohol Abuse and Alcoholism. So, it is especially troubling that alcohol consumption rates have increased significantly since the beginning of the COVID pandemic. Though drinking seems to have increased overall, rates have risen considerably more for women, and especially for women with small children. According to a study by RAND Corporation, alcohol consumption during the pandemic rose by 14% for adults over 30 with heavy drinking in women increasing by 41%. Another study, conducted by Ria Health to assess drinking changes over the pandemic, found that drinking rates doubled or tripled for women with children under the age of 5 who were at home.



Cathy Walker

The increase in alcohol consumption of women with small children was predominately affected from stress during the pandemic by shouldering parenting, schooling, working from home, and taking care of the home at the same time. Working from home also blurred the lines between work and home allowing for drinking earlier in the day, and often alone. Drinking alone makes it easier to hide drinking and less likely that others will notice that there is a problem and intervene. With the popularity of wine mom culture, alcohol use to cope with the stress of being a parent, wife, and/or working woman has become normalized and at times, even celebrated.

These rising levels of drinking can lead to a host of health consequences. Alcohol is the leading risk factor for pre-

mature death among individuals aged 15 to 49, resulting in 10% of all deaths. It increases the risk of liver disease, cancer, hypertension, stroke, depression, anxiety and suicidal ideation. 22% of suicide victims are legally intoxicated at the time of death. Alcohol use is associated with mental health issues even in individuals without prior mental health diagnoses or problems.

The amount of alcohol that is considered too much may be less than you think. The Department of Health and Human Services set the recommendations for alcohol consumption at two or fewer drinks per day for men and one or fewer per day for women. You may think that you are drinking moderately by sticking to one or two glasses but you may be over pouring without realizing it. One drink is defined as 12 ounces of beer, 5 ounces of wine, or one and half ounces of liquor.

It can be difficult to acknowledge that alcohol has become a problem. But, there are signs to look for to help you determine that you have a problem. They include hiding or lying about your drinking habits, feeling guilty about alcohol use, drinking first thing in the morning, or feeling irritated by criticism of your drinking. Other symptoms of alcohol use disorder include:

- Drinking or recovering from drinking interfering with family, work, or other obligations
- Prioritizing drinking over other pleasurable or important activities
- Drinking more or longer than intended
- Inability to reduce or stop drinking
- Building up a tolerance to alcohol and drinking more to achieve the same effects
- Getting into dangerous situations while drinking, like driving or unsafe sex
- Continuing to drink even though it is leading to or worsening depression, anxiety, or other mental or physical health problems
- Experiencing withdrawal symptoms such as shakiness,

nausea, sweating, or trouble sleeping

If you feel alcohol is causing problems in your life it may be time to seek professional treatment. There are many treatment options available and recovery may involve a combination of them.

Treatment can help increase healthy coping skills for stress, replace harmful behaviors with healthier alternatives, and help treat underlying mental health conditions. Treatment can include detox, inpatient and outpatient, that all start with talking to a professional and getting an evaluation. There are other community based options that include peer support groups such as Alcoholics Anonymous, sponsorship, and spiritual based meetings.

If you feel that you need treatment for alcohol use, there are services available. Valeo Recovery Center (VRC) has a social detox that is available to all Kansas residents on a first come, first serve basis and can be reached by calling Valeo's 24-Hour Detox Line (785) 234-3448 at which time a brief assessment is completed.

For evaluation, residential and outpatient treatment options, you can contact VRC at (785) 233-1730 extension 6380, located at 330 SW Oakley Avenue. VRC specializes in serving the uninsured, under-insured, the indigent, Medicaid and homeless populations in our residential treatment program.

For evaluation and outpatient services, most insurances as well as all above are accepted. We are dedicated to helping you and will steer you in the right direction, you just need to make the call.

Valeo Behavioral Health Care (Adults)

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400 SW Oakley
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24 Hour Crisis Line
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National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

325 SW Frazier
Topeka, KS 66606
24 Hour Crisis Number
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Sandy Reams – Group Facilitator
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What is an Advanced Directive? And Why Should I Have One?

It's no secret, the healthcare field can be tricky to navigate.

There are so many different things that encompass the different routes and roads that you have to take to make sure you or your loved one is taken care of. If the healthcare field were a map- one of the main roads would be an Advanced Directive.

Advanced Directives are legal documents that allow you to plan and make your own wishes known, in the event that you are unable to communicate. Advanced Directives are basically broken into two parts- a living will and medical or healthcare power of attorney.

A living will describes your wishes in regards to the medical care you'll receive.

The medical or healthcare power of attorney, allows you to appoint a person to make healthcare decisions for- just in case you are unable to speak for yourself. You may hear this as the term DPOA, or "durable power of attorney," or even "healthcare proxy." These are all interchangeable terms, but they carry the same weight.

This document goes into effect when your physician declares that you are unable to make your own medical decisions. With that being said, you should select someone you trust. Such as a close family member, or a best friend that understands your wishes. Make sure the person that you pick is confident about the medical care that you wish to receive.

Having an Advanced Directive on file with your primary care physician ensures that you are treated the way you want to be treated. It can be broken down into three main things:

- How decisions about treatment are made
- Who speaks for the patient when the patient cannot



speak for themselves

- What treatments the person would want or not want

"So often we are forced to be reactive, instead of proactive, when dealing with these situations. If someone gets sick, or an accident happens, you are going to want your doctors to know what you would like them to do. You also are going to want to have someone you can trust be able to speak for you. In my opinion, everyone over the age of 21-years-old should have an Advanced Directive on file. It's an unfortunate reality that at some point we are going to end up at the hospital in our lifetime. I want to make sure my ducks are in a row before I get there," says Nick Carroll. Nick is the Post-Acute Patient Consultant for Phoenix Home Care & Hospice.

"So often we run into people that don't have these documents completed, and it's such an easy process," Carroll says. "If you come up to Stormont Vail Hospital April 9th were going to help everyone get this document setup and finished."

"I have had one (an Advanced Directive) since I was 25." Says Morgan Bell the Palliative Medicine Social Worker at Stormont Vail Hospital. "This isn't just for people that are sick, it's for everyone. It's the best gift you can give to your loved ones. It helps take the burden off of them, and instead, lets them use the road map that you have laid out for them."

If you would like to learn more about Advanced Directives, contact the friendly folks at Phoenix Home Care & Hospice..



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FINANCIAL HEALTH & WELLNESS

Get an automatic six more months to file; all taxpayers can request extension

The Internal Revenue Service reminds taxpayers that if they're unable to file their tax return by this year's April 18 deadline, there's an easy, online option to get more time to complete their return.

Taxpayers who need more time to complete their return can request an automatic six-month extension to file. An extension allows for extra time to gather, prepare and file paperwork with the IRS; however, taxpayers should be aware that:

- An extension to file their return doesn't grant them an extension to pay their taxes,
- They should estimate and pay any owed taxes by their regular deadline to help avoid possible penalties and
- They must file their extension no later than the regular due date of their return.

E-file an extension form for free

Individual tax filers, regardless of income, can use IRS Free File to electronically request an automatic tax-filing extension. The fastest and easiest way to get an extension is through IRS Free File on IRS.gov. Taxpayers can electronically request an extension on Form 4868 PDF. Filing this form gives taxpayers until October 17 to file their tax return. To get the extension, taxpayers must estimate their tax liability on this form and should timely pay any amount due.

Get an extension when making a payment

Other fast, free and easy ways to get an extension in-

clude using IRS Direct Pay, the Electronic Federal Tax Payment System or by paying with a credit or debit card or digital wallet. There's no need to file a separate Form 4868 extension request when making an electronic payment and indicating it's for an extension. The IRS will automatically count it as an extension.

Important reminders on extensions

The IRS reminds taxpayers that a request for an extension provides extra time to file a tax return, but not extra time to pay any taxes owed. Payments are still due by the original deadline. Taxpayers should file even if they can't pay the full amount. By filing either a return on time or requesting an extension by the April 18 filing deadline, they'll avoid the late-filing penalty, which can be 10 times as costly as the penalty for not paying.

Taxpayers who pay as much as they can by the due date, reduce the overall amount subject to penalty and interest charges. The interest rate is currently four percent per year, compounded daily. The late-filing penalty is generally five percent per month and the late-payment penalty is normally 0.5 percent per month.

The IRS will work with taxpayers who cannot pay the full amount of tax they owe. Other options to pay, such as getting a loan or paying by credit card, may help resolve a tax debt. Most people can set up a payment plan on IRS.gov to pay off their balance over time.

Other automatic extensions

Certain eligible taxpayers get more time to file without having to ask for extensions. These include:

- U.S. citizens and resident aliens who live and work outside of the United States and Puerto Rico get an automatic 2-month extension to file their tax returns. They have until June 15 to file. However, tax payments are still due April 18 or interest will be charged.
- Members of the military on duty outside the United States and Puerto Rico also receive an automatic two-month extension to file. Those serving in combat zones have up to 180 days after they leave the combat zone to file returns and pay any taxes due. Details are available in Publication 3, Armed Forces' Tax Guide PDF.
- When the President makes a disaster area declaration, the IRS can postpone certain taxpayer deadlines for residents and businesses in the affected area. People can find information on the most recent tax relief for disaster situations on the IRS website.

The deadline to submit 2021 tax returns or an extension to file and pay tax owed this year falls on April 18, instead of April 15, because of the Emancipation Day holiday in the District of Columbia. Taxpayers in Maine or Massachusetts have until April 19, 2022, to file their returns due to the Patriots' Day holiday in those states.

—Peggy Beasterfeld, EA



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How alcohol affects your weight loss

Drinking alcohol is a favorite pastime for humans, both socially and culturally. Some studies suggest that alcohol can have health benefits. For example, red wine may lower your risk for heart disease.

However, alcohol also plays a large role in weight management. Anyone looking to drop those final stubborn pounds may want to consider skipping their evening glass of wine. Here are eight ways alcohol can impede your weight loss and what you should drink instead

1. Alcohol is often “empty” calories

Alcoholic drinks are often referred to as “empty” calories. This means that they provide your body with calories but contain very little nutrients. There are almost 155 calories in one 12-ounce can of beer, and 125 calories in a 5-ounce glass of red wine. By comparison, a recommended afternoon snack should have between 150 and 200 calories. A night out with several drinks can lead to consuming a few hundred extra calories. Drinks that have mixers, such as fruit juice or soda, contain even more calories.

2. Alcohol is used as a primary source of fuel

There are also other elements that can cause weight gain outside of calorie content. When alcohol is consumed, it's burned first as a fuel source before your body uses anything else. This includes glucose from carbohydrates or lipids from fats. When your body is using alcohol as a primary source of energy, the excess glucose and lipids end up, unfortunately for us, as adipose tissue, or fat.

3. Alcohol can affect your organs

The primary role of your liver is to act as the “filter” for any foreign substances that enter your body, such as drugs and alcohol. The liver also plays a role in the metabolism of fats, carbohydrates, and proteins. Excess alcohol consumption can lead to what is known as alcoholic fatty liver. This condition can damage your liver, affecting the way your body metabolizes and stores carbohydrates and fats. Changes in the way your body stores energy from food can make it very difficult to lose weight.

4. Alcohol can contribute to excess belly fat

The “beer gut” isn't just a myth. Foods high in simple sugars, such as those found in candy, soda, and even beer, are also high in calories. Extra calories end up stored as fat in the body. Consuming foods and drinks high in sugar can quickly lead to weight gain. We can't choose where all that extra weight ends up. But the body tends to accumulate fat in the abdominal area.

5. Alcohol affects judgment calls... especially with food

Even the most die-hard diet fan will have a hard time



fighting the urge to dig in when intoxicated. Alcohol lowers inhibitions and can lead to poor decision-making in the heat of the moment — especially when it comes to food choices. However, the effects of alcohol surpass even social drinking etiquette. A recent animal study Trusted Source found that mice given ethanol over a period of three days demonstrated a significant increase in food intake. This study suggests that alcohol can actually trigger hunger signals in the brain, leading to an increased urge to eat more food.

6. Alcohol and sex hormones

It's long been known that alcohol intake can affect levels of hormones in the body, especially testosterone Trusted Source. Testosterone is a sex hormone that plays a role in many metabolic processes, including muscle formation and fat burning capabilities. One study found that low testosterone levels may predict the prevalence of metabolic syndrome in men. Metabolic syndrome is characterized by:

- high cholesterol
- high blood pressure
- high blood sugar levels
- high body mass index

Plus, lower testosterone levels may affect quality of sleep, especially in older men.

7. Alcohol can negatively affect your sleep

A nightcap before bed may sound like a ticket to a good night's rest but you may want to reconsider. Research Trusted Source suggests that alcohol can lead to increased periods of wakefulness during sleep cycles. Sleep deprivation, whether from lack of sleep or impaired sleep, can lead to an imbalance in the hormones related to hunger, satiety, and energy storage.

8. Alcohol affects digestion and nutrient uptake

Your social anxiety isn't the only thing that alcohol inhibits. Intake of alcoholic beverages can also inhibit proper digestive function. Alcohol can cause stress on the

stomach and the intestines. This leads to decreased Trusted Source digestive secretions and movement of food through the tract. Digestive secretions are an essential element of healthy digestion. They break down food into the basic macro- and micronutrients that are absorbed and used by the body. Alcohol intake of all levels can lead to impaired digestion and absorption of these nutrients. This can greatly affect the metabolism of organs that play a role in weight management.

Best alcoholic drinks for weight loss

This may all sound as if alcohol is ruining your chances of that beach body. But fear not — watching your weight doesn't necessarily mean having to cut alcohol entirely out of your diet. Rather than reaching for drinks high in sugar or calories, enjoy some of these 100-calorie options instead:

1. Vodka

• **Calories:** 100 calories in 1.5 ounces of distilled 80-proof vodka

Alternative cocktail: Choose low-calories mixers such as club soda and avoid overly sugary juices.

2. Whiskey

Calories: 100 calories in 1.5 ounces of 86-proof whiskey
Alternative cocktail: Ditch the cola and take your whiskey on the rocks for a low-calorie alternative.

3. Gin

Calories: 115 calories in 1.5 ounces of 90-proof gin
Alternative cocktail: Aim for something simple, such as a martini — and don't skip the olives, they contain beneficial antioxidants such as vitamin E.

4. Tequila

Calories: 100 calories in 1.5 ounces of tequila
Alternative cocktail: The best part about tequila is that the customary tequila “shot” is just salt, tequila, and lime.

5. Brandy

Calories: 100 calories in 1.5 ounces of brandy
Alternative cocktail: This drink is best served as an after-dinner digestif and a good brandy should be enjoyed slowly to savor the subtle fruity sweetness.

While cutting alcohol completely out of your diet isn't necessarily the only way to lose weight, there are many improvements that can be made in your health journey by simply cutting back on the booze. You can enjoy a healthier body, improved sleep, better digestion, and fewer of those excess “empty” calories. And if you do plan to drink, enjoy a vodka or whiskey on the rocks — and skip the soda!

—healthline.com

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Alzheimer's: Three New Breakthroughs



(Ivanhoe Newswire) —

Alzheimer's: it seems every day we are learning more about this debilitating disease. Right now, more than six million Americans are living with Alzheimer's disease and researchers are working hard to find out why some people get it, some people don't and how to stop it. Three breakthroughs could end up saving millions of lives.

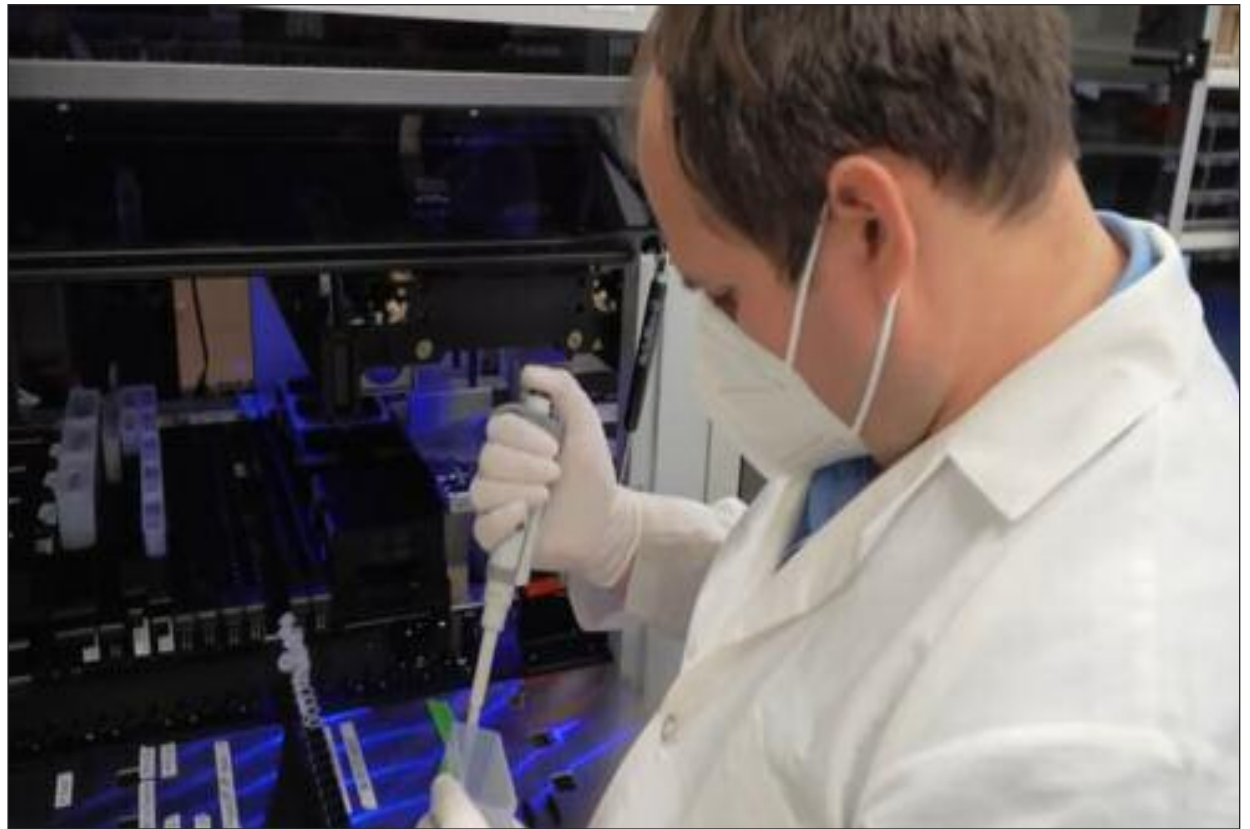
Every 60 seconds someone in the United States develops Alzheimer's disease.

"There is a huge need for new Alzheimer's disease treatments," said Jason Ulrich, PhD, Research Professor at Washington University.

One major breakthrough in the lab, a blood test that predicts the onset of Alzheimer's 20 years before symptoms occur. It works by detecting the buildup of microscopic clumps of amyloid plaques in the brain.

"These clumps kind of break up the communication between our neurons that are needed for us to think and remember and do things that we normally do," shared Randall Bateman, MD, Professor of Neurology with Washington University School of Medicine.

Researchers from Washington University School of Medicine report that when the amyloid levels are combined with age and a gene variant, brain changes can be identified with 94% accuracy. But that's not all. Now they are working to create



a blood test to determine the presence of tangles that occur after Alzheimer's symptoms appear.

"So, when people do have subtle memory problems, we can tell whether, is it really due to Alzheimer's disease, or is it likely due to some other cause?" explained Dr. Bateman.

These simple blood tests could be available during a regular doctors visit within two years, bypassing the need for expensive tests and procedures.

"We can send as many people as we want to get a blood test and they can get it that day," stated Suzanne Schindler, MD, PhD, Neurologist at Washington University.

Another breakthrough uses antibodies to alert the immune system to the presence of plaques and directs immune cells to remove them.

"When we administer it to mouse models that develop this disease, it removes these plaques from the brain and from the blood vessels," said Ulrich.

These are three ways researchers are working to save our memories before it's too late.

In June of last year, the FDA approved the first new drug for Alzheimer's disease in 18 years. Aduhelm targets the amyloid plaques in the brain, while also possibly slowing cognitive decline. In November, the drug maker reported aduhelm brought in \$300,000 in revenue from July to September, which fell short of Wall Street's expectations.

Experts say that more than 6 million Americans aged 65 and older may have Alzheimer's. Memory problems are usually one of the first signs, although initial symptoms may vary from person to person. A decline in vision/spatial issues, and impaired reasoning or judgment, may also signal early stages of Alzheimer's disease. Mild cognitive impairment (MCI) is a condition that can be an early sign, but not everyone with MCI will develop the disease. The time from diagnosis to death varies as little as three or four years if a person is older than 80 when diagnosed, to as long as 10 or more years if a person is younger.

Answers to Quiz from page 3

1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

A Toss a coin to decide whether to stop or go.

B Stop. Let the train pass.

STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

A The train is closer and faster than you think.

B A train striking a car is like your car crushing a soda can.

YES, both statements are true. If it's a tie at the crossing you lose.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

A Slow down and prepare to stop if a train is coming.

B Restrooms and recreation are ahead.

SLOW DOWN. Look and listen for a train. Stop if a train is coming.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

A Yes

B No

NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

A True

B False

Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.



6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

A True

B False

TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.



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5 Ways to Reduce Everyday Stress

Deadlines, responsibilities, bills -- there are so many causes of stress in our lives. Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long. Indeed, common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is Stress Awareness Month, consider these strategies for relieving stress.

- **Aromatherapy:** Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors:** Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports. Support your adventures with water-resistant wearable tech, like the WSD-F20 ProTrek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten



path and better appreciate your surroundings.

- **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

- **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the

sounds of acoustic instruments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX SoundSource, reproduces subtle nuances and gestures specific to each sound.

- **Keep a journal:** Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This Stress Awareness Month and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

Source: StatePoint



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How Gratitude Can Help Beat Addiction

Will House had a good upbringing, education and dream job in tech. But that did not stop alcohol from taking everything he valued in life. By his mid-thirties, he had destroyed his reputation, finances, relationships and was facing yet another job termination, on the verge of homelessness, separated from his family and drinking himself to death.

Says Will, “After living in this cycle of burning down my life, rebuilding it and trying all sorts of recovery programs, I finally figured out how to stay sober, healthy and consistent with habits. I learned how to live a life of acceptance and gratitude.”

In late 2020, Will began a gratitude journey by tracking 6 daily habits: Intentions, Sleep, Exercise, Diet, Household Priorities and Sober Days. He then wrote out each day on paper five things he was grateful for, positive affirmations, and priorities for the day. He would then read a motivational quote and finish with breath-work to affirm his mindful intentions for the day ahead.

“What I found was that I started to feel better, clearer in thoughts, calmer and more focussed. Each week offers an opportunity to reflect on

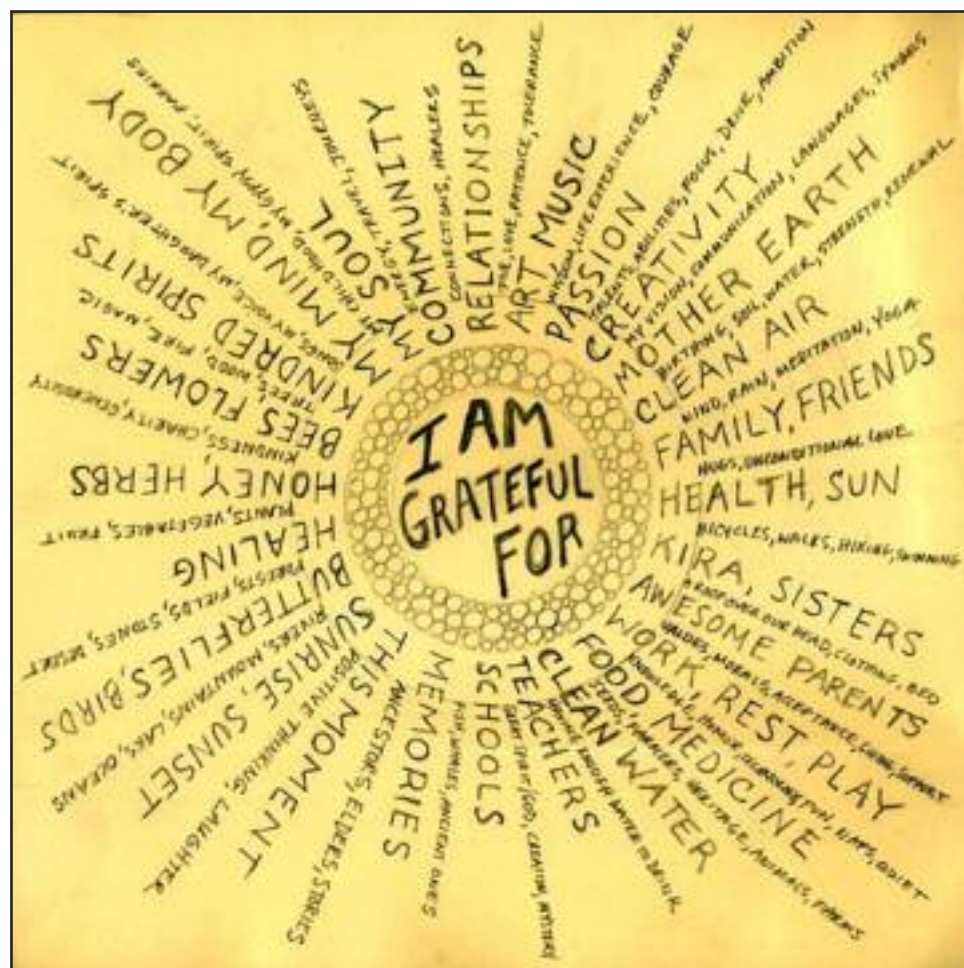
progress, identify areas for improvement and things to be proud of, and set priorities for the week ahead," he told me.

“I now have a life beyond anything I ever could have imagined when I hit my bottom in 2020.”

In January 2021, Will started working on an app to put his approach to recovery into a digital experience to incentivize healthy habits. The app would use gratitude and affirmations and is called Oberit. Will said: “At the time, I had no money, just a huge vision for the future and determination to make a difference in the world.”

In April 2021, a long-time friend in recovery became an angel investor and by November the app went live. In March of this year, Will's company received a second round of funding from a venture capital firm that specializes in health-tech with a focus on purposeful investments that make a positive impact on the world. The app now hosts a fast-growing community of users who are building consistent healthy habits and eliminating destructive behaviors.

As we've found in our work around our book "Anxiety at Work," cultivating gratitude is a vital part of recovery from addiction. Gratitude is one of the core virtues in creating happiness. If people are grateful to be on the



journey to recovery, then they are less likely to relapse. Why? Because with gratitude in their hearts, they can face the challenges before them. And when problems do arise—as they always do—those people can view them as chances to grow versus obstacles. This positive thinking helps them to their goal of recovery.

Will says he's grateful to have been put on the path that he's on. His goal today is to improve and save other's lives. The app is free to download AND he's offering readers of The Gratitude Journal two weeks of the Oberit Premium experience at no cost with 50 reward coins to get started in the marketplace.

I'm grateful for the power of gratitude for those suffering from substance abuse or addiction, and for everyone in good times and tough times.

– Chester Elton / The Gratitude Journal

20 Fitness Tips for Sports and Other Activities

There is no shortcut to a healthy state, no magic fruit that lets you hit your five-a-day target and no single exercise that gives you a shredded physique in minutes. It takes time and effort to get in shape and stay in shape. But if you follow these tips you'll be able to reap the benefits (for they are legion) with a little less struggle.

1. Prep For Success

The fast track to a better diet is found by using your weekends wisely. Use the extra time you have on Saturday and Sunday to meal prep, making large batches of healthy meals that you can portion up to cover at least a couple of midweek lunches and dinners, avoiding the dietary perils of take-aways and meal deals.

2. Mix Up Your Exercise

Variety is – cliché alert! – the spice of life, and many sports and activities support each other in ways you won't realize until you try it. For example, strength training for your legs and core will make you a better runner, while those addicted to dumbbells will find Pilates works muscles they'd never even considered.

3. Adjust Targets On Trackers

If you invest in a fitness tracker, don't just sit back and assume that following the preset targets will lead you to glory. Adjust the steps, active minutes and calorie targets regularly to build on your progress, or make them more realistic if you never get close and have started to ignore them. If you don't engage with your fit-



ness tech, you'll quickly discard it.

4. Add In Short Bursts Of Activity

It's the oldest quick fitness fix in the book: take the stairs not the escalator, or get off the bus a stop early and walk. Any activity is good activity, and will only encourage you to do more. And if you really want to up the ante, try sprinting up the stairs (safely now) each time you take them – a recent study found that short bursts of high-intensity stair-climbing can make a significant difference to your cardiorespiratory fitness.

5. Keep Tabs On Your Visceral Fat

You can be skinny on the outside (at least your arms and legs), but fat on the inside. Visceral fat is the type that builds up around your organs and often results in a pot belly. It's linked with heart disease, several cancers and type 2 diabetes. Check your waist-to-height ratio (WtHR) to see if you're at risk. Grab a piece of string and use it to measure your height, then halve it. If it doesn't fit around your waist, get exercising – visceral fat is the first type to go when you start working out.

6. Value Your Rest Days

When you start on a fitness kick, it's tempting to exercise every day while motivation is high. This is a bad move, and one that will see your enthusiasm burn out within weeks, because you're always knackered and won't see the massive improvements you expect for your Herculean efforts. Why? You're not giving your muscles the time they need to recover and grow.

7. Up The Intensity If You're Short On Time

Official NHS guidelines still promote the 150 minutes of moderate activity a week minimum, but now offer an alternative option of 75 minutes of vigorous activity a week. That's running or singles tennis, for example, rather than cycling or walking, which count as moderate. You can also mix the two, so 60 minutes of vigorous cardio plus 30 of moderate will see you home. Bear in mind the guidelines also demand strength exercises on two or more days a week alongside your aerobic activity.

8. Take Your Concerns Seriously

Nothing derails a health kick as quickly as injury, and many serious knocks will start out as mild concerns you think it's OK to push through. Easing back for a few days is better than being laid up for a few months. If you have an urgent desire to hit the gym, target a different part of the body



from the one that's bothering you.

9. Mix Up Your Fruit And Veg

Eating at least five portions of fruit and veg a day should be at the cornerstone of your healthy diet plan. What's not wise is getting in a rut and eating the same five every day, because different types of fruit and veg contain different vitamins and minerals. A good way to vary your five-a-day is to eat different colors, as the hue is a decent indication of the nutrients they contain.



10. Don't Undervalue Your Sleep

There is tendency for people who sleep very little to brag about it, as if it's an indication of their commitment to life. However, getting the full seven to eight hours is vital to a healthy lifestyle, as it provides the energy for your exercise and even influences dietary choices – a 2016 study found that in the day following a night of limited sleep, people ate an extra 385 calories on average. You don't snooze, you lose.

11. Make It Social

However you're planning on getting fitter, whether it's taking up a new sport, hitting the gym or making your diet healthier, try to enlist a friend to do it with you. You'll push each other to stay on track and have someone who'll sympathize when the going gets tough. If no-one springs to mind, then join a local club or online community and you'll make a whole bunch of new friends that share your interest.

12. Sign Up For An Event

Nothing focuses the mind as effectively as the prospect of a big event. It gives a clear target to your workouts and if it's a running, cycling or swimming event, there will be lots of free training plans available online for you to follow. One top tip, however, is to not go straight to a marathon or a 100-mile cycle straight off the bat. There are lots

of highly rewarding shorter events to try first, and there's a good chance you'll hate it if you bite off more than you can chew first time round.

13. Vary Your Intensity

Whatever type of exercise you do, make sure you're not going hell for leather every time you do it. There are lots of physical and mental benefits to doing easy exercise, and you'll probably find that you enjoy a sport like running or cycling much more if most of your workouts are at a low intensity. However, don't stick entirely to easy training, because HIIT and other high-intensity sessions will help you get fitter and trigger satisfying endorphin rushes that remind you why you love exercise.

14. Don't Neglect Mobility Work

Whether you fully embrace yoga or Pilates or just make time for some short stretching sessions every few days, mobility work is a vital part of maintaining your long-term health. It will help you perform better and avoid injuries in your main activity, as well as combating the posture issues that can arise from long days spent sitting at a desk.

15. Consider The Mental Benefits Of Exercise

The physical benefits of being active are obvious, but it's only once you start exercising regularly that it also becomes clear how much of a boost it can provide to your mental health. Try to disconnect from the stresses you might have in your work and home life, and pay attention to your workout rather than let your mind flit to the past or future. If you're not sure how to get started with this, Headspace have partnered with the Nike+ Run Club app to offer free guided running and mindfulness sessions, which are certainly worth a try.

16. Increase Your Cadence On Your Runs

If you are consistently picking up injuries when running, one change it's definitely worth trying is to up your rate of strides per minute (your cadence). If you overstrike, thus taking fewer steps, you put extra pressure on your knee and hip joints. Try and take more steps, which means your feet will land more beneath your body, reducing the impact on your joints.

17. Try Sports Three Times Before Abandoning Them

The first time you try an exercise it's very hard, but at least quite novel. The second time the

novelty is gone, and it's still hard, leading to the temptation to quit. Try it at least once more, as the third time is often the charm – when a sport or workout starts to become as enjoyable as it is tough.

18. Count Reps Backwards

This is a simple mental trick that might make resistance workouts – weights or bodyweight – a little easier. Counting down the reps means by the time it's really hurting you're at the 3,2,1 stage, which feels closer to the end than 8,9,10 or whatever target you're going for. It won't work for everyone, but it's worth a try.

19. Make Full Use Of Your Street Furniture

Exercising outdoors is a great way to ensure you get your hit of vitamin D (if it's sunny) as well as a good workout, and it doesn't have to be all cardio. As well as the exercise machines that litter many parks, you can nearly always find a bar or ledge for pull-ups, or a bench or wall to do dips on. Rarer treats can even include chains to use as ersatz TRX ropes.



20. Record Your Stats

Nothing builds motivation as efficiently as seeing signs of improvement, so make sure you keep some kind of record of your activity. It can be as simple as noting your record five-rep max or fastest 5K time, using either one of the many excellent fitness apps available or old-fashioned pen and paper.

How To Set Ambitious (But Realistic) Running Goals

We've seen that most beginners flounder with incomplete, haphazard training plans.

With no flexibility or extra guidance about what to do if things get tricky, I'm not surprised that many new runners end up quitting, getting hurt, or never even glimpse their potential.

There are only a few really important aspects of training to focus on – especially as a relative beginner.

And if you get those few fundamental things right, everything else will just fall in place.

Because once the foundation is in place, you have more freedom to chase after your goals:

- Injuries are far less common.
- Motivation is through the roof.
- You're not distracted by "sexy" training ideas that don't have a firm footing in the fundamentals.

The Ladder Technique to Goal-Setting

You need a progressive approach if you want to be a consistent, successful runner.

I call this approach The Ladder Technique – it helps you tackle a huge goal (like "run my first marathon") in a smart, incremental way.

I've tested this strategy with countless runners – and the results have been profound:

"I don't just feel better; I feel transformed. I've never run like this – with strength and without aches and pains. Thank you. . . once again I'm excited to run and discover what improvements I can make." – Rebecca

"Once again I owe it all to you Jason. Tonight was my 5K race and I put all the pieces together. It worked PERFECTLY! I was pooped but felt great. For a 47 year old guy who was 300 pounds just over a year ago, it's pretty big. I'll also add, a guy who's been running injury free since starting." – Mike

And today, I want to share this approach with you.

Instead of an unsystematic way of thinking about goals, this is very specific. You won't be left saying, "I'd love to be able to run my first 5k without walking" but then wonder how you're going to do that. . .

A few minutes of planning will help get your running on track:

cross off a bucket list goal like Qualify for the Boston Marathon:

1. Make running a regular, consistent habit.
2. Run your first 5k without walking.
3. Improve upon your 5k time and get faster!
4. Run your first 10k and then half marathon.
5. Run a faster half marathon.
6. Run your first marathon.
7. Run a faster marathon.
8. Run a BQ Marathon.
9. Run the Boston Marathon!

This process isn't always linear but this approach gradually gets you from consistent running to crossing the finish line on Boylston Street.

Like climbing a ladder, each "rung" is closer to your final destination.

The Next Step

Of course, knowing what your goals are and how to get there are two very different things.

There are other questions to answer:

- What motivation, discipline, and accountability tactics can I use to stay consistent?
- How do I actually train to accomplish my first 5k without walking?
- What if I get stuck along the way and have questions? Should I resort to googling every random question I have?!

If you're a beginner or just getting back into running after a long layoff, then fill out a Goal Setting Worksheet. Put those ideas on paper. Make them tangible. Commit to them. And get ready to improve faster than you thought possible.

You've seen how powerful it can be to focus on the fundamentals. To get your foundation set as you begin your journey as a runner.

It's transformative – and has the potential to change your life.

Here are a few ideas if you'd like to









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–Jason Fitzgerald



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- 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.



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Eyes	sudden change in vision
Face	sudden weakness of the face
Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

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Tips for Eating Healthy

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If we fail to plan, we plan to fail. We MUST get back into the kitchen, as a family! Spending time, energy and money on food is critical to our health and the health of future generations.

- Don't be hard on yourself. We're not perfect. You will probably mess up at some point, we all do, but that's not the point. This is not a diet of legalism. God designed us to live in freedom. So when you mess up don't give up, get back on your feet and try again.

- It is crucial not to over-eat. Practice fruits of the spirit, such as self-control. Eat until satisfied, not stuffed. Try to eat three meals daily, but if you need more frequent meals, that is ok.

- Keep it simple when you have a busy day ahead of you. A simple salad with olive oil and vinegar or your favorite clean salad dressing topped with chicken, eggs, or tuna might sound boring but it will keep you on track and you can get fancy on another day.

- Do not to eat late at night. This is one thing that sabotages almost any healthy eating plan. It is best to eat dinner by 6pm or 7pm at the very latest. If you are starving into the evening, eat plain fruit only.

- Stay hydrated, snacking often is curbed by drinking water. If you have a difficult time drinking plain water, add a slice of lemon or lime.

- Make batches of soup and freeze half for days you don't have time to cook.

- Make enough food at dinner to have lunch leftovers the next day. Pack a lunch for the next day before you go to bed.

- Get some recipe ideas and print them out.

- Plan out an entire week of meals for the family.

- Make a shopping list.

- Don't go shopping when you're hungry.

- Keep a list of your favorite recipes in the kitchen. When you start to feel uninspired, pull out your recipes and see which ones you haven't made in a while.

- Buy as much local and/or organic as possible. Check out the dirty dozen list below to find out which fruits and vegetables are critical to buy organic.

• 12 Most Contaminated

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes

• 12 Least Contaminated

Onions
Avocado
Sweet Corn (Frozen)
Pineapples



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



Mango
Asparagus
Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Papaya

- Make a salad bar in your refrigerator.

- Decide what you can prepare in larger batches and save for later (leftovers).

- Involve the entire family, especially the children to make it fun.

- If you find yourself mingling in the kitchen thinking about what you might want to eat, take a brisk walk outdoors and do something in the fresh air. Sometimes eating is out of habit and boredom and not hunger. Let the great outdoors be a source of inspiration and entertainment.

• Helpful equipment:

Blender
Food Processor
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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

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Your odds of having a dental problem only go up as you age.²

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Simply put – without dental insurance, there may be an **important gap in your healthcare coverage.**

¹ "Medicare & You," Centers for Medicare & Medicaid Services, 2021. ² "How might my oral and dental health change as I age?," www.usnews.com, 11/30/2018. ³ American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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Healthy Recipes for the Springtime

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

Easy Spring Rolls



Easily customizable, spring rolls are a refreshing healthy snack or starter. Each variation below layers lean proteins, fiber-rich veggies, flavorful sauces, and fresh herbs. Serve spring rolls with lime or lemon wedges

Ingredients

- 4 (8-inch) round rice papers
- ¾ cup cooked rice vermicelli
- 4 ounces shredded cooked chicken
- 1 cup thinly sliced English cucumber
- ¼ cup chopped fresh mint
- 2 tablespoons tzatziki sauce

Directions

Fill a 9-inch pie plate with warm water; dip 1 rice paper into the water. Transfer to a work surface and let stand for a few seconds to soften.

Snip cooked rice noodles. Arrange 3 tablespoons noodles across the lower 1/3 of the softened rice paper. Top with 1 ounce chicken, 1/4 cup cucumber, 1 tablespoon mint, and 1/2 tablespoon sauce. Fold and lightly press bottom edge of rice paper over filling, tucking it underneath as you roll away from you. Fold in sides and continue to roll up tightly. Repeat with remaining ingredients.

Nutrition Information (Servings: 4)

Per serving: 158 calories; protein 11.4g; carbohydrates 20.4g; fat 8.7g; cholesterol 21mg; sodium 25.4mg.

Source: allrecipes.com

Smoked Turkey and Spring Pea Fettuccine



It's special the way the creamy, slightly sweet, aromatic sauce pairs with the smoky meat.

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon minced shallot
- 6 ounces smoked turkey, cut into strips
- 1 ¾ cups heavy whipping cream
- salt and freshly ground black pepper to taste
- 1 pinch cayenne pepper, or to taste
- 8 ounces fettuccine
- ½ cup green peas
- 2 tablespoons chopped fresh tarragon leaves
- 1 teaspoon lemon zest
- 1 tablespoon freshly grated Parmigiano-Reggiano cheese, or to taste - divided

Directions

Set a heavy skillet over medium heat and pour olive oil into the skillet. Cook and stir garlic and shallot in the hot oil until fragrant, about 30 seconds. Add smoked turkey to skillet; cook and stir until heated, about 1 minute.

Pour heavy cream into the skillet and raise heat to medium-high; bring sauce to a boil. Season with salt, black pepper, and cayenne pepper. Reduce heat to medium-low and simmer until sauce has thickened slightly, about 5 minutes.

Fill a large pot with lightly salted water and bring to a rolling boil. Stir in the fettuccine, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, 7 to 8 minutes. Drain.

Turn heat under cream sauce to low and stir in peas; toss fettuccine with sauce until coated. Mix in tarragon and lemon zest and cook until flavors have blended, about 1 minute. Adjust seasonings if desired. Serve in bowls and sprinkle each serving with about 3/4 teaspoon Parmigiano-Reggiano cheese for garnish.

Nutrition Information (Servings: 4)

Per serving: 661 calories; protein 18.9g; carbohydrates 49.2g; fat 44.4g; cholesterol 158.6mg; sodium 475.8mg.

Source: allrecipes.com

Spring Spinach Salad



Topped with crisp bacon, hard-boiled eggs, and fresh radishes and tossed in a honey vinaigrette.

Ingredients

Dressing:

- ½ cup vegetable oil
- 3 tablespoons ketchup
- 2 tablespoons cider vinegar
- 2 tablespoons honey
- 2 teaspoons Worcestershire sauce
- ½ teaspoon ground black pepper
- ¼ teaspoon salt

Salad:

- 1 (5 ounce) package fresh spinach
- 5 slices cooked bacon, chopped (Optional)
- 2 large hard-boiled eggs, peeled & chopped
- ¾ cup sliced radishes
- ½ cup finely chopped green onion

Directions

Whisk together oil, ketchup, cider vinegar, honey, Worcestershire, pepper, and salt for dressing in a large measuring cup until well combined.

Add spinach to a large serving bowl. Add 1/2 of the bacon, 1/2 of the eggs, 1/2 of the radishes, and 1/2 of the green onion. Pour in about 1/4 cup dressing and toss to combine. Top with remaining bacon, eggs, radishes, and green onion.

Serve with remaining 3/4 cup dressing for drizzling.

Nutrition Information (Servings: 3)

Per serving: 304 calories; fat 27.5g; sodium 314.2mg; carbohydrates 15.3g; protein 1.7g

Source: allrecipes.com

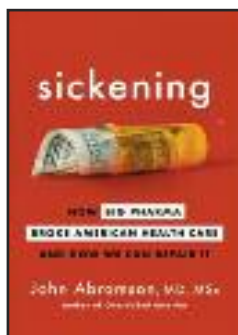
New Health & Wellness Info at the Library

By Kelly Barker

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

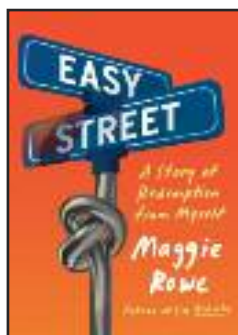
Sickening: How Big Pharma Broke American Health Care and How We Can Repair It by John Abramson, New Health Books Media Center 610.804 ABR

The U.S. spends an excess \$1.5 trillion annually on health care compared to other wealthy countries--yet the amount of time that Americans live in good health ranks a lowly 68th in the world. Sickening shines a light on the dark underbelly of American health care--and presents a path toward genuine reform.



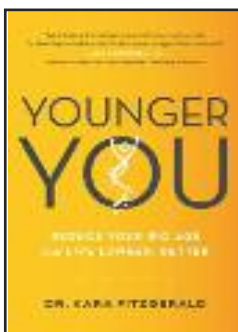
Easy Street: A Story of Redemption from Myself by Maggie Rowe, New Health Books Media Center 616.89 ROW

To most, Maggie Rowe appears to live on Easy Street with her stylish home in a fashionable Los Angeles neighborhood. Easy Street explores this agreeable, confident persona she presents to the world despite her long grapple with mental illness and feelings of inadequacy.



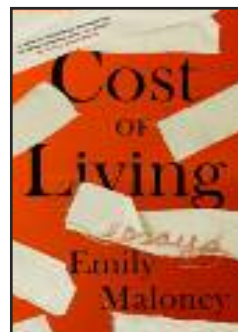
Younger You: Reduce Your Bio Age and Live Longer Better by Kara N. Fitzgerald, New Health Books Media Center 613.0438 FIT

Exciting new research shows that your bio age can move in reverse. Based on the groundbreaking study that shaved three years off a subjects' age in just eight weeks, Younger will help you discover a proven, accessible plan to prevent diseases and reduce your biological age.



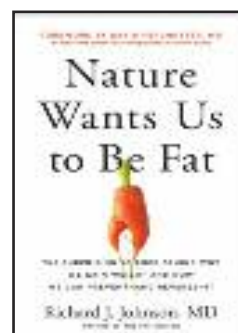
Cost Of Living: Essays by Emily Maloney, New Health Books Media Center 616.044 MAL

When we fall ill, our lives are itemized on a spreadsheet. Cost of Living is a brilliant examination of just what exactly our troubled healthcare system asks us to pay, as well as a look at what goes on behind the scenes at our hospitals and in the minds of caregivers.



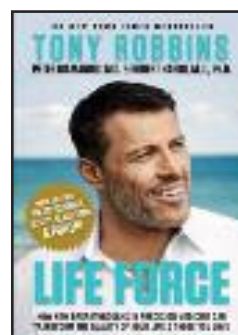
Nature Wants Us to Be Fat: The Surprising Science Behind Why We Gain Weight and How We Can Prevent--And Reverse--It by Richard J. Johnson, New Health Books Media Center 616.398 JOH

Nature puts a "survival switch" in our bodies to protect us from starvation. Stuck in the "on" position, it's the hidden source of weight gain, and many other common health struggles. But you can turn it off. In Nature Wants Us to Be Fat, the author shares a science-based plan to help readers fight back.



Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love by Anthony Robbins, New Health Books Media Center 613.0438 ROB

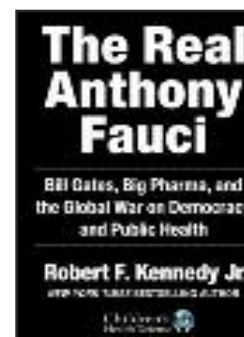
Transform your life or the life of someone you love with Life Force --the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span--from Tony Robbins, author of the #1 New York Times bestseller Money: Master the Game.



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

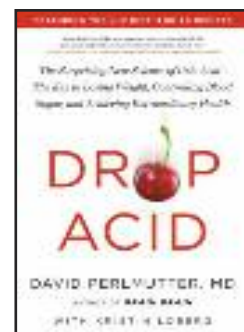
Health by Robert Francis Kennedy, New Health Books Media Center 14.58 KEN

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.



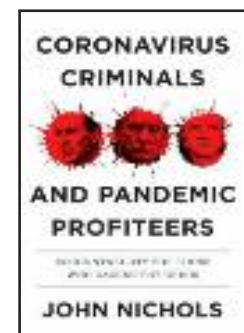
Drop Acid: The Surprising New Science of Uric Acid--The Key to Losing Weight, Controlling Blood Sugar, And Achieving Extraordinary Health by David Perlmutter, New Health Books Media Center 613.22 PER

What do obesity, insulin resistance, diabetes, fatty liver disease, hypertension, cardiovascular disease, stroke, and premature death have in common? All can be stoked by high uric acid levels. Drop Acid helps the reader unlock the secret to extraordinary health by reducing high uric acid levels.



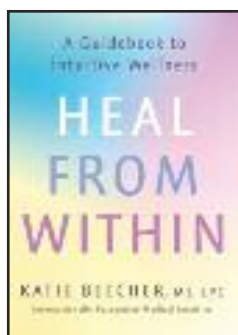
Coronavirus Criminals and Pandemic Profiteers: Accountability for Those Who Caused the Crisis by John Nichols, New Health Books Media Center 614.58 NIC

As revealed by author John Nichols, hundreds of thousands of coronavirus deaths were caused not by the vicissitudes of nature but by the callous and opportunistic decisions of powerful people. It has been estimated that if certain steps had been taken, 40 percent fewer Americans would have died.



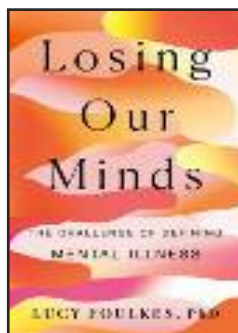
Heal From Within: A Guidebook to Intuitive Wellness by Katie Beecher, New Health Books Media Center 615.851 BEE

Let your intuition guide you to true, holistic healing. Each body is different and oftentimes our physical ailments are connected to emotional and spiritual traumas. In *Heal from Within*, readers will learn to be led by their own intuition as they move towards healing that encompasses body, mind, and soul.



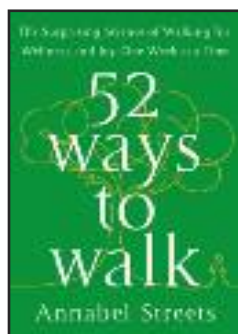
Losing Our Minds: The Challenge of Defining Mental Illness by Lucy Foulkes, New Health Books Media Center 616.89 FOU

The real question in need of answering is: how should we distinguish between 'normal' suffering and actual mental illness? *Losing our minds* is a compelling and incisive book that questions the overuse of mental health terms to describe universal human emotions.



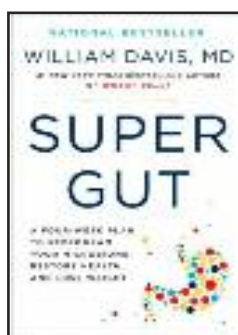
52 Ways to Walk: The Surprising Science of Walking for Wellness and Joy, One Week at A Time by Annabel Streets, New Health Books Media Center 613.7176 STR

52 Ways to Walk is a short, user-friendly guide to attaining the full range of benefits that walking has to offer--physical, spiritual, and emotional--backed by the latest scientific research to inspire readers to develop a fulfilling walking lifestyle.



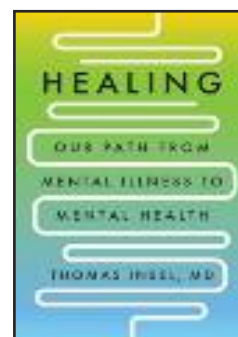
Super Gut: A Four-Week Plan to Reprogram Your Microbiome, Restore Health, And Lose Weight by William Davis, New Health Books Media Center 616.3 DAV

Super Gut shows readers how to eliminate bad bacteria and bring back the missing "good" bacteria with a four-week plan to reprogram your microbiome based on research and techniques that not only get to the root of many diseases but improve levels of oxytocin (the bonding/happy hormone).



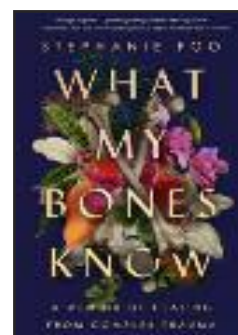
Healing: Our Path from Mental Illness to Mental Health by Thomas R. Insel, New Health Books Media Center 616.89 INS

In the United States, our system fails at every stage to deliver mental health care well. Even before COVID, mental illness was claiming a life every eleven minutes by suicide. Dr. Insel explains that mental illnesses are medical problems, but that the cures for the crisis are not just medical, but social.



What My Bones Know: A Memoir of Healing from Complex Trauma by Stephanie Foo, New Health Books Media Center 616.8521 FOO

By age thirty, Stephanie Foo was successful on paper, but behind her office door, she was having panic attacks and sobbing at her desk every morning. Her book is a memoir of reckoning and healing as she investigates the little-understood science behind complex PTSD and how it has shaped her life.



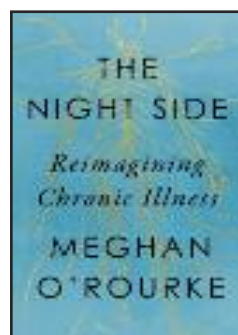
Gut Renovation: Unlock the Age-Defying Power of The Microbiome to Remodel Your Health from The Inside Out by Roshini Raj, New Health Books Media Center 616.3 RAJ

Combining the latest developments and research discoveries, board-certified gastroenterologist, Dr. Roshini Raj shows the ways in which the microbiome impacts overall well-being, and helps readers reset their biological clocks by improving their gut health.



The Invisible Kingdom: Reimagining Chronic Illness by Meghan O'Rourke, New Health Books Media Center 616.044 O'RO

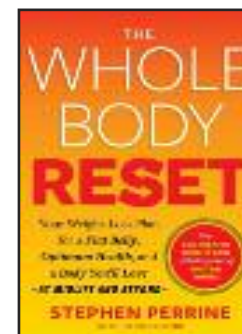
A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood and can go undiagnosed. *The Invisible Kingdom* is a landmark exploration of the rise of chronic



illness and autoimmune diseases

The Whole Body Reset: Your Weight-Loss Plan for A Flat Belly, Optimum Health and A Body You'll Love - At Midlife and Beyond by Stephen Perrine, New Health Books Media 613.25 PER

You don't have to gain weight as you age. That's the simple yet revolutionary promise of *The Whole Body Reset*, which uncovers why standard diet and exercise advice stops working for us as we approach midlife--and reveals how simple changes can reverse, age-related weight gain and muscle loss.



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Healthy Event Calendar for Greater Topeka

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

TERRITORIAL CAPITAL MUSEUM – Now Open, 640 E Woodson, Lecompton. (785) 887-6148 www.lecomptonkansas.com historiclecompton@gmail.com

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

APR. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskcmo.com

TOPEKA PUBLIC LIBRARY PLAY BUS – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

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

OPEN INDOOR COURT PICKLEBALL – Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

DOWNTOWN TOPEKA FARMERS MARKET – Saturday's April 2 to Nov. 6, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP – Mondays 6:30-7:30pm,

at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

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/ or (785) 246-6271

STEVE KILE BAND - Apr. 1, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SWITCH IN TIME - Apr. 2, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772



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Sole Reason's 4th Annual Sneakers and Smiles Golf Tournament

Benefiting Local Kids In Need

4 Person Scramble Tournament
Saturday, June 25th, 2022

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614

We need sponsors! Starting at only \$100!
Shotgun Start: 9:00 AM

Entry Fee: \$360 per team or \$90 per person
Includes Green Fees, Cart, Drinks, Breakfast and Lunch (provided by Bobby Food Co.)

For More Information or to register, go to www.solereason.net or contact Jerry at (785) 338-2965 or e-mail sole_reason@yahoo.com



Sole Reason
anthonysmiles

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



Cypress Ridge
golf course

NOTO REDBUD FESTIVAL - Apr 1-May 7. Experience the beauty of NOTO in bloom! Music and performances at the new Redbud Park. Visit the various murals and outdoor public art installations, shopping, dining, and more. NOTO First Friday Artwalk Apr.1 & May 5, 10am-9pm (music 6-9pm). NOTO Saturday Markets, 10am-3pm: Held at Redbud Park and NOTO Teeter Courtyard, this eclectic market offers artists and others a chance to sell their wares at select market areas. Visit businesses, see the vendors, and explore the area while enjoying live music.

FOOD TRUCK NIGHT - Apr. 2, 4-8pm, HHHS, 5720 SW 29. Also on May 6, June 4, Sep. 3 & Oct. 1. Featuring music and food trucks. Helps homeless animals.

TOP CITY DAY OUT - Apr. 2, 10-3, Stormont Vail Events Center. 75 vendor booths

JURASSIC PARK FILM SCREENING - Apr. 2, 11am, Jayhawk theatre. Popcorn and drinks will be available for purchase. Doors open 30 minutes prior to showtime. Admission: \$1 or 1 canned food item to benefit VIDA Ministry/Salvation Arm

BINDING THE BROKEN HEART - April 5. An 11-week Post Abortion Bible Study. Email Shelly: shelly.b@healinghearts.org.

GARY HOBBS WITH MARIA THE MEXICAN - Apr. 8, 7:30pm, TPAC. A free concert Celebrating the Hispanic Community of Topeka. Tickets can be picked up at the TPAC box office

WILDER HORSES - Apr. 9, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

TOPEKA SYMPHONY CONCERT - Apr. 9, 7:30pm, White Concert Hall. This concert features the Young Artist award winner along with Mahler's First Symphony. Get tickets at: TSO Tickets

SMOKE IN THE SPRING - Apr. 8-9, Osage City. Taste of Osage City BBQ and fun.

EGG HUNT AT KANSAS CAPITOL - Apr. 9, 10-12. Children of all ages

C5Alive "POWER" LUNCHEON - Apr. 14, 11:30-1 at The Peak, 1930 SW Gage. Featured Speaker is Huston Thompson. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
• \$15 for non-members & repeat guests.
• Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public - Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!
SAVE THE DATE: C5 POWER Luncheon, May 12, 11:30-1, at NOTO Arts Center. Speaker is Ex. Dir. Thomas Underwood.

TRAVIS TRITT - April 14, 7:30pm, TPAC

REDBUD BLUES CONCERT - Apr. 15, 6:30-9pm. Free concert, bring a lawn chair

THE COOTS - Apr. 16, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

NOTO In Bloom - Apr. 23, 6-9:30pm. Unique event celebrates the best of NOTO!

GRAND OPENING - BE FILLED OF SOUTH TOPEKA - Apr. 30, 12-2pm, 200 Airport Rd, Bldg. 818

Suite 1, at Forbes Field. Ribbon cutting for community closet & food pantry. Bounce house, DJ, food, prizes.

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, pony rides, 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.

RED, WHITE & BLUE BBQ - April 29-

30, Stormont Vail Events Center.

STEVE KILE BAND - Apr. 29, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SPRING MARKET - Apr. 30, 9am-3pm, Dover Community Center. A marketplace for vendors, crafter, artisans, farmers, etc. Food and other activities as well. Proceeds benefit the Center at 5930 SW Douglas Road. For info: dcspringmarket@gmail.com.

BREAKTHROUGH HOUSE GOLF TOURNEY - May 2, Cypress Ridge. 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-232-6807 or mbolling@breakthroughhouse.org

CRUISE NIGHT CAR SHOW - May 7, Downtown Topeka. Info: rachel.punches@cumulus.com.

SOUTH BOUND - May 13, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

CAMP INVENTION - June 13-17, Topeka Lutheran School. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

SOLE REASON GOLF TOURNAMENT - June 25, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Sole_reason@yahoo.com or 785-338-2965 Benefits children that need sneakers. Lots of prizes and silent auction items.



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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.

Apr. 14, 11:30-1: "POWER" Luncheon
at The Peak, 1930 SW Gage.

Featured Speaker: Huston Thompson!

RSVP to info@C5Alive.org.
Open to the public.



Save the Dates!

- Apr. 16: **EASTERFEST**
- May. 12: **POWER** Luncheon: NOTO Arts Center, Thomas Underwood, Ex. Dir.

For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)



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Has your business been
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WE WANT TO HELP!

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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.

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@rhctoepka.org

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

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

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.

#sleevesrolledup

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MINISTRIES

To donate: text **TRMgive** to **77977**

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

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

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

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

STROKE SUPPORT GROUP – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

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

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

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

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

www.naranonmidwest.org

SATURDAY FAIRLAWN STARTER BIKE RIDE – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizaggle's. Great for beginners. director@cottonwood200.org

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

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

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

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 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

See complete updated calendar at
TopekaHealthandWellness.com

Register NOW for Breakthrough House's 8th Annual Golf Tournament

**Let's Play Golf! Pay it forward
while helping support Mental
Health Recovery**

Please join us for our 8th Annual Breakthrough House Golf Tournament benefitting our programs that enrich the lives of our mental health community.

Where...

Cypress Ridge Golf Course
2533 SW Urish Rd.
Topeka, KS 66614
785-251-6870



When...

Monday, May 2, 2022
11:00 - Registration Opens
11:30 - Best Putt Competition
12:00 - Lunch and Live Auction
12:30 - Shotgun Start - Four Person Scramble

Several Sponsorship levels available!

Or just enter a team - \$125/person

Call Laura or Mary at 785-232-6807

or email mbolling@breakthroughhouse.org

or visit www.breakthroughhouse.org



**Shawnee County
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Feeling worried, lonely or isolated?
Call to request regular check-in phone calls,
or call when you want to talk!

We are here to listen and to provide
helpful community resources!

Monday - Friday from 10 am - 2 pm.

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, health & vision screenings, & info at the **Health Fair**
 10am-3pm! Craft stations, Facepainting, Easter Bunny photos, Petting zoo, Inflatables, carnival games
 & kid's activities! • **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



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

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