

TOPEKA

JUNE 2022

Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE



**6 TIPS FOR MEN TO
STAY ON TOP OF
THEIR HEALTH**



**Tanner McCrary awarded
#RiseAboveForExcellence**



*See page 3 for
information about
front page photo*

**How healthy are those sports drinks, juice drinks?,
LGBTQ community faces mental health challenges**

**Top 10 exercises to strengthen your brain
GLYNAC: A pill to cure the effects of aging?**

Helping Topekans Live Happier, Healthier Lives Since 2015!

Men's Health Month

JUNE

Leading Causes of Death Among Men:

AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

AGES 35 - 44

AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

AGES 65+

TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011





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 Tanner McCrary and his colleagues from Phoenix Home Care and Hospice in Topeka. He is the recent winner of the RAFE award: #RiseAboveForExcellence. You will find many tips from Phoenix and others on staying healthy in the pages of 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 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

You can also find us on Facebook at
www.facebook.com/TopekaHealthandWellnessMagazine.



Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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



**BATH
FITTER**

**LIFETIME
WARRANTY**

SAVE
UP TO
\$450*
on a complete Bath Fitter system

Take advantage of our
SPECIAL OFFER
888-303-1078

FITS YOUR style

OUR BENEFITS

**One Day
Installations†**

**Easy to Clean,
Virtually
Maintenance Free**

**No Demolition**

It Just Fits™
Registered trademark of Bath Fitter Franchising Inc. *Save 10% up to \$450. Special offer good on the purchase of a bathtub, wall and faucet kit. One offer per customer. May not be combined with any other offer. Offer must be presented at the time of estimate. Previous orders and estimates excluded. Offer valid only at the above location. †Subject to certain limitations. Offer expires 03-31-2023. ‡Most Bath Fitter tub installations are completed in one day. Some exceptions apply. See location for full details.


**CELEBRATING 40 YEARS
OF EXCELLENCE**



PATTON & PATTON
ATTORNEYS AT LAW (785) 246-9399

**PERSONAL INJURY
LAWYERS** **CAR ACCIDENT
CLAIMS**

**LONG-TERM DISABILITY
INSURANCE CLAIMS**

**MIDLAND CARE**

CARE YOU CAN COUNT ON

Program of All-Inclusive Care for the Elderly (PACE)

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) helps aging seniors safely stay in their homes for as long as possible. This innovative program offers comprehensive medical services using home care and adult day care settings.

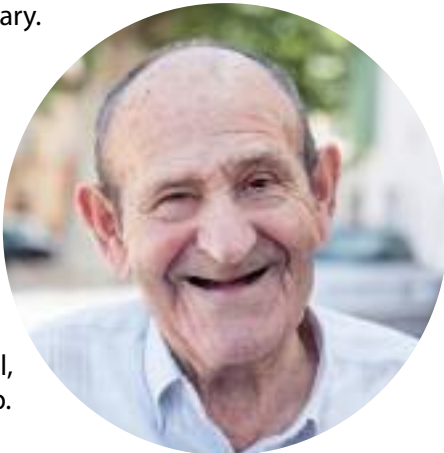
Macrina Anders was the primary caregiver for her family when she found PACE. "I had to take care of my Mom, Dad, and husband all at once," said Anders. Looking for solutions to help ensure quality of care, PACE was able to provide extra support for Anders in caring for her parents.

"We'd get their medication delivered to their door. They helped clean the bathrooms and brought the medical equipment we needed to us," said Anders. "I could also contact their on-call nurse, day or night."

PACE includes an experienced team of doctors, nurses, and other healthcare professionals that work with participants to aid in achieving health goals and simplify access to healthcare. Through Midland Care PACE, participants access their primary care physician, nurses, physical, occupational, speech and nutritional therapy services and social activities at one convenient location with transportation provided if necessary.

"PACE is a really good program. When they said they would be there, we could always count on them," said Anders.

If you or someone you know could benefit from PACE, contact Midland Care for a free informational. The sooner you call, the sooner Midland Care can help.



785-232-2044
www.midlandcare.org/PACE

LGBTQ+ Community Faces Mental Health Challenges

By Courtney Rooks
Valeo Behavioral Health Care

As Pride Month, this is the time to support, advocate for, and celebrate members of the LGBTQ+ community. One way to offer support is by learning about the specific issues facing this community. Being LGBTQ+ is not a mental illness, but many LGBTQ+ people experience mental health issues. Many members of this community face stigma, discrimination, isolation, harassment, violence, and family rejection.



Courtney Rooks

These challenges take a toll on well-being and result in an increased risk for mental health challenges. The National Alliance on Mental Illness (NAMI) reports that LGB adults are more than twice as likely to experience a mental health condition as heterosexual adults and transgender individuals are nearly four times more likely to experience a mental health condition than cisgender individuals. 40% of transgender adults have attempted suicide in their lifetimes.

The risk of mental health challenges is especially pronounced for LGBTQ+ youth. A 2021 survey of LGBT youth (ages 13-24) conducted by The Trevor Project revealed some startling statistics.

The survey found that 42% of LGBTQ seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth. 72% of LGBTQ youth reported symptoms of generalized anxiety disorder and 62% reported symptoms of major depressive disorder in the past two weeks. 14% of LGBTQ youth attempted suicide last year.

In addition to these challenges, the LGBTQ+ community also faces an increased rate of substance use and homelessness. Frequently used as a coping mechanism, LGB adults are nearly twice as likely to experience a substance use disorder and transgender individuals are nearly four times as likely to experience a substance use disorder as the general population. As a result of family rejection or discrimination, LGBTQ+ youth have a 120% higher risk of experiencing homelessness. These individuals may also struggle to find homeless shelters that will accept them and they are more likely to experience harassment or abuse while there.

Opportunities for inclusion, connection, and belonging can help to support members of this community and provide protective mental health factors. For example, the 2021 survey by The Trevor Foundation found that LGBTQ youth who had access to spaces that confirmed their sexual orientation and gender identity reported lower rates of attempting suicide. It also found that transgender and nonbinary youth who reported having their pronouns respected

by all the people they lived with attempted suicide at half the rate of those who did not have their pronouns respected by any of the people they lived with. A separate study from 2019 reported that LGBTQ+ individuals who experienced greater connectedness with the LGBTQ+ community were less likely to report suicidal behavior.

Getting professional mental health care is imperative to anyone experiencing these mental health challenges. LGBTQ+ affirming and culturally competent care is available.

If you are experiencing suicidal thoughts call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the 24-hour Valeo Crisis Line at 785-234-3300 to get immediate help. You can also walk in to the Valeo Crisis Center located at 400 SW Oakley. It is open 24 hours every day and no appointment is necessary.

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

4.5% OF THE U.S. POPULATION IDENTIFIES AS LESBIAN, GAY, OR BISEXUAL

OF THOSE, 39% REPORTED HAVING A MENTAL ILLNESS IN THE LAST YEAR.

330 SW Oakley, Topeka, Kansas, 66606

Phone: 785.233.1730
24-Hour Crisis Line: 785.234.3300
24-Hour Detox Number: 785.234.3448

GET HELP, FIND HOPE




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


**BEING LGBTQ+ IS NOT
A MENTAL ILLNESS, BUT
MANY LGBTQ+ PEOPLE
EXPERIENCE MENTAL
HEALTH ISSUES.**

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:   www.valeotopka.org

**CELEBRATING OVER 55
YEARS OF RECOVERY
SERVICES**



GET HELP, FIND HOPE



EMPIRE TODAY®
CARPET & FLOORING

We Make Getting Beautiful New Floors Easy

**SHOP-AT-HOME CONVENIENCE
QUALITY PRODUCTS
PROFESSIONAL INSTALLATION,
EVEN NEXT DAY***

Schedule a FREE In-Home Estimate!
Call **1-844-758-2116**

Carpet • Hardwood • Laminate • Vinyl • Tile

*On in-stock carpet and flooring styles only in select areas. Excludes floor prep.
Sales (except CA, MA, UT) and installation are provided by independent contractors.
Licensure at EmpireToday.com. CSLB 1047108 © 2022 Empire Today, LLC



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

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



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

peggystaxs.com

What Are the Advantages of Private Nursing?

Do you have questions about how you can receive care at home from a medical professional? One way involves private duty care from a nurse.

What is private nursing?

This service, sometimes called private duty nursing, occurs when a registered nurse, who is a licensed medical professional, comes to someone's home to deliver long-term care to someone who requires care in a familiar setting. A private duty nurse takes care of a patient's regular needs on a frequent basis, either daily, weekly, or in some timely manner, to help with chronic health problems or healing after a hospital stay.

Who pays for private nursing?

Medicaid is the most common way people pay. Other payment methods include private health insurance, managed care organizations, or private pay. For services paid through Medicaid, your doctor must prescribe in-home care for you. Then you have a choice of which home care agency you can go with.

What are the advantages of private nursing?

Private duty nursing has several advantages with the overall goal of healing at home.

1. Healing at home has the possibility of better healing outcomes compared to extended hospital stays or residing in a long-term care facility.
2. Cheaper than a long-term care facility.
3. No limits on visiting hours from family and loved ones.
4. Healing in familiar surroundings.
5. Patient has full control over the level of care.

What is the role of a private nurse?

A private nurse is a licensed medical professional who oversees and manages someone's healing at home. Ordinarily, a private nurse already has experience in the field. This medical professional handles several aspects of someone's healing at home.

1. Assessing someone's current medical condition by taking vital signs, recording information, and more.
2. Managing chronic illness and conditions in a patient.
3. Noting any changes in the patient's condition.
4. Managing medications prescribed by patient's doctor.
5. Creating a treatment plan for patients.
6. Helping someone with daily living activities.
7. Making, maintaining, and monitoring a diet plan for patients to ensure the best nutrition.
8. Giving injections and intravenous medications.
9. Providing wound and dressing changes and care.
10. Occupational therapy to help with mobility.
11. Hospice care, if the patient is near the end of life.



12. Pain and symptom management to make sure a patient lives as comfortably as possible.
13. Assessing ongoing needs of the patient.
14. Educating the patient's family on the best ways to care for a loved one at home.
15. Suggesting other treatments based on the assessment.
16. Transporting a patient to appointments or to the hospital, if warranted.
17. Regularly checking on a patient to receive the best care available.
18. Performing medical procedures.
19. Tracking medical monitors and technology, including wearable devices and connected devices that display data on a patient's medical condition.

The difference between private nursing and skilled nursing

Skilled nursing involves a medical professional caring for a patient, while private duty nursing brings a skilled professional, who is licensed to practice medicine, into someone's home to receive care in familiar surroundings.

Private duty nurses are licensed medical professionals:

- Registered Nurses (RNs)
- Licensed Practical Nurses (LPNs)
- Home Care Registered Nurse
- Nursing Manager

What is the difference between private nursing and in-home care or a private caregiver?

In-home care does not require a licensed medical professional to make decisions on someone's health status. Private nursing upgrades the level of care if someone requires regular monitoring of a medical condition.

A private caregiver offers personal care services rather than medical services.

How do I get a private nurse for myself or a loved one?

Typically, this process starts with a doctor's prescription. Then you contact a home health agency of your choosing that handles Medicaid payments. Once you reach out, the

home health agency assesses the needs of your patient. During the conversation, the company will talk to you, your loved one, your family, and the loved one's care team. At Phoenix Home Care & Hospice, we will conduct an assessment before signing a contract because this type of decision is very important. Before we begin any care, we will send someone into your loved one's home to take stock of the living environment as well as develop a plan for medical care.

Phoenix believes in developing relationships with families to foster the best kind of care for your loved one. The nurse assigned to you will be very friendly, caring, and compassionate during the time we care for your family.

How much does private nursing cost?

Medicaid and health insurance will take care of the costs of private duty nursing. The average cost is about \$275 per day. Some agencies have a minimum visit time of two to four hours. Costs may increase or decrease depending on the time a private duty nurse spends with you.

How do I begin private nursing care for a loved one?

Contact Phoenix Home Care at 855-881-7442. We'll have an honest discussion about your needs or the needs of your loved one while healing at home under the care of a private nurse.



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

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

Phil Melugin, President/CEO

Nick Carroll, Topeka Regional Manager

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

785-260-6444

www.phoenixhomehc.com

FINANCIAL HEALTH & WELLNESS

New Tax Benefits: Enhanced Deduction for Business Meals, Home Office & More

The Internal Revenue Service today urged business taxpayers to begin planning now to take advantage of the enhanced 100% deduction for business meals and other tax benefits available to them when they file their 2022 federal income tax return.

With next year's filing deadline nearly a year away, any entrepreneur still has time to identify possible tax benefits, take action to qualify for them and then claim them when they file in 2023.

Enhanced business meal deduction

For 2021 and 2022 only, businesses can generally deduct the full cost of business-related food and beverages purchased from a restaurant. Otherwise, the limit is usually 50% of the cost of the meal.

To qualify for the higher limit, the business owner or an employee of the business must be present when food or beverages are provided. Moreover, the expense cannot be lavish or extravagant. Restaurants include businesses that prepare and sell food or beverages to retail customers for immediate on-premises or off-premises consumption.

For this purpose, grocery stores, convenience stores and other businesses that primarily sell pre-packaged goods not for immediate consumption, do not qualify as restaurants. Additionally, an employer may not treat certain employer-operated eating facilities as restaurants, even if they are operated under contract by a third party.

For more information about this provision, as well as details on the special recordkeeping rules that apply to business meals, see IRS Publication 463, Travel, Gift, and Car Expenses.

Home office deduction

With a growing number of business owners now working from home, many may qualify for the home office deduction, also known as the deduction for business use of a home.

Usually, a business owner must use a room or other identifiable portion of the home exclusively for business on a regular basis. Exceptions to the exclusive-use standard apply to home-based daycare facilities and to portions of the home used for business storage, where the home is the only fixed location for that business.

Those eligible can figure the deduction using either the regular method or the simplified method.

To choose the regular method, fill out and attach Form 8829, Expenses for Business Use of Your Home. In general, this form divides the expenses of operating the home between personal and business use. Direct business expenses are fully deductible. On the other hand, the business portion of indirect expenses, such as real estate taxes, mortgage interest, rent, casualty losses, utilities, insurance, depreciation, maintenance and repairs, is figured on this form, based on the percentage of the home used for business.

Alternatively, instead of filling out the 44-line Form 8829, business owners can choose the simplified method, based on a 6-line worksheet found in the instructions to Schedule C, the tax form for sole proprietors. This method has a prescribed rate of \$5 a square foot for business use of the home. The maximum deduction is \$1,500, based on business use of at least 300 square feet.

Though homeowners choosing the simplified option cannot depreciate the portion of their home used for business, they can still claim allowable home mortgage interest, real estate taxes and casualty losses as itemized deductions on Schedule A. These deductions need not be allocated between personal and business use, as is required under the

regular method. Business expenses unrelated to the home, such as advertising, supplies and wages paid to employees, are still fully deductible.

Under both the regular and simplified methods, business expenses in excess of the gross income limitation are not deductible. For more information about this limit along with other details on the home office deduction and both methods for figuring it, see Publication 587, Business Use of Your Home.

Other tax benefits

From business start-up expenses to the qualified business income deduction to the health-insurance deduction for self-employed individuals, there are a variety of other tax benefits that are often available to entrepreneurs and other business owners.

For details on these and other tax benefits, see Publication 535, Business Expenses. Details on another major expense for most businesses, depreciation of buildings, equipment and other assets, can be found in Publication 946, How to Depreciate Property. Yet another worthwhile resource for any small business is the agency's Tax Guide for Small Business, Publication 334. All these publications are available on IRS.gov.

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC

300 SE 29th, Suite C

Topeka, Kansas 66605

Tel: 785-286-7899

Frontdesk@peggystaxks.com

Shawnee County Farmers Markets



Downtown Farmers Market

- Open April 2 - October 29
- Every Saturday from 7:30am - Noon
- SW 12th and Harrison St, Topeka, KS

Breadbasket Farmers Market

- Open April 2 - November 19
- Every Saturday from 7:30am - 1:00pm
- 1901 SW Wanamaker Rd, Topeka, KS
 - Parking lot of West Ridge Mall, SE of Furniture Mall of Kansas

Monday Farmers Market

- Open May 9 - October 3
- Every Monday from 7:30 am-11:30 am
- Topeka Public Library
 - 1515 SW 10th Ave, Topeka, KS

Silver Lake Farmers Market

- Open June 7 - September 13
- Every Tuesday from 6:00 pm-8:00 pm
- Silver Lake Public Library
 - 203 Railroad St, Silver Lake, KS



= Double Up
Kansas eligible



= SFMNP
Benefits
eligible



Putting Healthy Food
On Your Table

= SNAP Benefits
eligible

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

2ND ANNUAL TOPEKA

Fall Fest

HOSTED AT

THE VINEWOOD

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- | | | |
|---------------------------|--------------------------|----------------------|
| • Live music | • Petting zoo | • Pet care services |
| • Craft & vendor fair | • Face painting | • Carnival Games |
| • Food trucks | • Gifts & Décor | • Cake Walk for kids |
| • Kids games & activities | • Clothing & accessories | • Trunk or Treat |
| • Inflatables | • Non-profit information | • Pumpkin decorating |

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- | | |
|--|---|
| • Health screenings | • Fitness information & demonstrations |
| • Safety instructions & education | • Gymnastics & Exercise demonstrations |
| • Health & Wellness products & samples | • Personal Safety Items & Education |
| • Health information & education | • Emotional & Mental Health Information |

100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!

Funds raised will be shared with a local non-profit organization.

FOR MORE INFORMATION, PLEASE SEND EMAIL TO: INFO@C5ALIVE.ORG

Vendors: FIND US ON FACEBOOK FOR MORE DETAILS!



VOLUNTEERS ALSO NEEDED! CONTACT:
info@C5Alive.org or 785-640-6399



SATURDAY, OCTOBER 8, 2022 • 10 AM - 3 PM

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

GLYNAC: A Pill to Cure the Effects of Aging?



(Ivanhoe Newswire) —

According to research from Duke, your strength, balance, and endurance starts to decline in your 50's. Cognitive decline can start as early as 45. Even though these are normal signs of aging, is there a way you can prevent these side effects from happening? One researcher believes a missing supplement may be the key to healthy aging. Ivanhoe has the details on glynac.

Exercise ... eating healthy ... even lotions and potions. There are several things people do to stay young. But as much as we try, the clock keeps ticking away.

“The way you could walk and run when you were 20 years old is not what you’re doing when you’re 75 years old,” said Rajagopal Sekhar, MD, Associate Professor at Baylor College of Medicine.

That’s because as we get older, our bodies start to experience mitochondrial dysfunction.

“Mitochondria are tiny engines that supply the cell with energy. Mitochondrial dysfunction is linked to heart disease, to Alzheimer’s disease, to cognitive impairments, to almost every condition possible,” continued Dr. Sekhar.

Dr. Sekhar studies normal aging and says supplying the mitochondria with fuel may be the key to



reversing some of the negative side effects of aging. That fuel is glynac, or a combination of glycine and n-acetylcysteine, components of a natural antioxidant glutathione. When older adults took the supplement for 12 weeks, muscle strength, gait speed, exercise capacity, and cognitive function all improved.

“And at 24 weeks, they were even better,” stated Dr. Sekhar.

After the participants in the trial stopped taking glynac, their improvements diminished. Dr. Sekhar is conducting two additional studies to test whether glynac could improve defects linked to cognitive decline in Alzheimer’s disease and in MCI.

“The overall findings of the current study are highly encouraging,” said endocrinologist Dr. Rajagopal Sekhar, associate professor of medicine in the Section of Endocrinology, Diabetes and Me-

tabolism at Baylor. “They suggest that GlyNAC supplementation could be a simple and viable method to promote and improve healthy aging in older adults.”

Mitochondrial dysfunction happens when the mitochondria don’t work as they should due to another disease or condition. Mitochondria are the “energy factory” of the body. There are several thousand mitochondria in nearly every cell in the body whose job is to process oxygen and convert substances from the foods we eat into energy. They produce 90 percent of the energy our body needs to function. There are several conditions that can lead to secondary mitochondrial dysfunction and affect other diseases, including Alzheimer’s disease, muscular dystrophy, Lou Gehrig’s disease, diabetes, and cancer. Individuals with secondary mitochondrial dysfunction don’t have primary genetic mitochondrial disease and don’t need to be concerned about the ongoing development or worsening of symptoms.

THE SMART ROUTE



TO BICYCLE SAFETY



Shawnee County Health Agency
1615 SW 8th Ave.
Topeka, KS 66606
(785) 368-2000



NATIONAL CRIME PREVENTION COUNCIL

CRIME PREVENTION TIPS FROM

National Crime Prevention Council
1000 Connecticut Avenue, NW
15th Floor
Washington, DC 20036
www.ncpc.org

The National Crime Prevention Campaign sponsored by the Crime Prevention Office of America, is a subsidiary of the Bureau of Justice Statistics' Official Justice Programs, U.S. Department of Justice.



Disclaimers: ADT is not a law firm. ADT Security Services, LLC, is a registered security provider.

What Can You Do

- Tell children to wear helmets. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that show they are recommended by either the American National Standards Institute, www.ansi.org, or the Snell Memorial Foundation, www.smf.org.
- Make sure children wear proper clothing. Clothing should be light in color and close fitting to avoid being caught in the bicycle's moving parts. Also, be sure books and other loose items are carried in a backpack.
- Teach children to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach children to ride on the right side of the street in single file and to use proper hand signals. Tell children never to hitch rides by grabbing onto moving cars or trucks.
- Teach children that before entering a street or intersection to check for traffic and always look left-right-left. Walk the bike across busy streets at corners or crosswalks.
- Children's bikes should display both front and rear reflectors. They should ride only in familiar areas and only during the day-light hours.
- Make sure children's bikes are adjusted properly. Check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily. The wheels should be straight and secure. Check tires for pressure, bulges, and cracks.
- Teach children to always lock up their bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Help children practice locking up their bike.
- Be sure children do not show off on their bikes. Hands should be kept on the handlebars, only one person should be on the bike at a time, and jumping curbs should not be allowed.
- Record the serial numbers of your children's bikes and keep them with the sales receipt and a photograph of the bike. Check with local police or the National Bike Registry (NBR) at 800-848BIKE about bike registration programs. NBR recently partnered with NCPC to help return stolen bikes to their rightful owners.
- Mark children's bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.

TRUGREEN



Save now with

50% OFF*

Your First Application

TRUGREEN
GUARANTEE

AMERICA'S #1
LAWN CARE COMPANY

Get the most out of your lawn this spring.

SCHEDULE YOUR APPOINTMENT TODAY!

1-844-755-0917

*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or PrePay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Purchase of annual lawn plan required for Healthy Lawn Analysis, which is performed at the first visit. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.



**TOPEKA
COMMUNITY
CYCLE
PROJECT**

open shop and more



Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

Oakland Community Center, 801 NE Poplar St
Mailing Address: P.O. Box 504, Topeka, KS 66601
topeka@cycleproject.org • (785) 380-9827

Top 10 Exercises to Strengthen Your Brain

Ways to exercise your brain for better health

To maintain a nimble, healthy physique, you have to exercise. Whether you have a regular cardio routine, like to take long walks, run regularly or lift weights at the gym, you know your muscles will get stronger by doing physical exercise. But how do you strengthen the most important muscle in your body: your brain?

Get physical

Exercising regularly will improve not only your physical health, strength and endurance, it will also strengthen your mind.

“Research shows that physical exercise enhances cognitive function,” explains Eva Selhub, M.D., on Mind-BodyGreen.com. “One reason might be because it increases levels of brain-derived neurotrophic factor (BDNF), a protein that improves learning, memory and higher thinking by stimulating growth of new neurons and helping existing neurons stay alive.”

Selhub notes that brain-beneficial activities include yoga, tai chi, aerobic exercise and walking outside on balance-challenging terrain.

Think for yourself

Smartphones, computers and other devices can deliver answers in mere seconds. This means that a lot of the work your brain used to do, like math calculations, has disappeared, according to HuffingtonPost.com contributor Shawn Clark. In order to exercise your brain, he recommends taking advantage of your old-school skills more in everyday tasks.

Alter your habits

You’ve probably got your morning routine down so well that you can go through the motions without even thinking. This may be good for getting out the door on time, but it’s not good for your brain. According to “Keep Your Brain Alive” authors Lawrence C. Katz, Ph.D., and Manning Rubin on ReadersDigest.com, brain activity dwindles when routines become automatic.

In order to reawaken your brain, they suggest mixing up your morning habits: “Get dressed



after breakfast, walk the dog on a new route or change your TV or news station.”

Target train your brain

Cognitive training exercises such as juggling or playing board games, puzzles or chess will keep your brain nimble, according to Selhub.

“You can even do something simple like learn a new direction to drive to work, type or scroll with the opposite hand, or combine your senses by eating while listening to music with your eyes closed,” she writes.

Expand your horizon

To keep your brain firing on all cylinders, learn something new.

“Learn a craft, a new language or take up a new hobby,” Clark writes. “Learning to do new things will keep your mind active and stimulate areas of your mental functioning that may have been neglected. And keep in mind that variation is key.”

Put yourself out there

Connecting with others, making new friends and belonging to a community is good for your spirit and can also help strengthen your brain, explain Katz and Rubin. Not being social can harm your “overall cognitive abilities.”

Pick the right fuel

Certain foods — namely sugar — have extremely negative effects on the body and the brain. To protect your brain’s health, Selhub strongly recommends avoiding the sweet stuff. Katz and Rubin suggest incorporating foods that you don’t normally consume into your diet as a way to wake up your senses.

“There’s a direct link to the emotional center of your brain, so new odors may evoke unexpected feelings and associations,” they explain.

By incorporating these exercises and activities into your life, you’ll help keep your cognitive abilities sharp and your memory strong.



WINDOW NATION

EXCLUSIVE MONEY SAVING OFFER

0

DOWN

0

PAYMENTS

0%

INTEREST

FOR 2 YEARS

AND

BUY 2 WINDOWS

GET 2 FREE!

SERVICE

99.5%

of our windows are installed right the first time, requiring no follow-up service.

SATISFACTION

97%

customer satisfaction with thousands of positive reviews.

SELECTION

1500+

locally-made, custom styles and options to choose from.

Call (855) 403-2264

*Offer valid on Potomac and ComfortSmart Models. 4 Window Minimum. Cannot be combined with any other offer. Calculator based on 10 Georgetown model. Double hung side windows with standard installation. Subject to Credit Approval.




The Bath or Shower You've Always Wanted IN AS LITTLE AS 1 DAY




- Tub-to-Shower Conversions
- Replacement Tubs
- Replacement Showers
- Walk-in Tubs
- Low-Barrier Showers
- Soaker Tubs
- Accessories and more!

\$500 OFF*

OR

No Payments & No Interest For 18 Months**

OFFER EXPIRES 6.30.2022

Military & Senior Discounts Available

CALL NOW!

(844) 759-1202

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 6/30/22. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2022 BCI Acrylic, Inc.

DON'T JUST KINDA TV **DIRECTV**

CHOICE™ PACKAGE
185+ Channels

\$79^{99*}
MO.
For 12 mos. +
taxes and fees.

W/ 24-mo. agmt. Prices higher in 2nd year. Regional
Sports Fee up to \$11.99/mo. is extra & applies.

• **ACCESS 70,000+ SHOWS AND MOVIES ON DEMAND.**

Requires subscriptions to top-tier PREMIER programming. Other packages will have fewer shows and movies.

• **DOWNLOAD YOUR DVR RECORDINGS** to your devices
at home and watch offline anywhere.**

• **THE MOST LIVE SPORTS IN 4K HDR.**

Limited 4K HDR programming available. CHOICE Pkg or higher required for most 4K HDR live sports. 4K HDR compatible equipment, minimum programming, 4K account authorization and professional installation required. If 4K TV does not support HDR, content will be viewable in standard 4K. Other conditions apply.

***\$19.95 ACTIVATION, EARLY TERMINATION FEE OF \$20/MO. FOR EACH MONTH REMAINING ON AGMT., EQUIPMENT NON-RETURN & ADD'L FEES APPLY.** Advanced Receiver Fee (\$15/mo.) req'd for HD DVRs. \$7/mo. for each receiver and/or Genie Mini/DIRECTV Ready TV/Device on your account. New approved residential customers only (equipment lease req'd). Credit card req'd (except MA & PA). Rest'r's apply.

Contact your local DIRECTV dealer!

IV Support Holdings

866.590.5859

1.YR.BASIS PACKAGE. Ends 6/30/22. Available only in the U.S. (excludes Puerto Rico and U.S.V.I.). Pricing: \$79.99 for first 12 mos. only. After 12 mos. or loss of eligibility, then prevailing rate applies (currently \$84.99/mo. for ENTERTAINMENT; \$106.99/mo. for CHOICE; \$136.99/mo. for ULTIMATE; \$191.99/mo. for PREMIER) unless cancelled or changed prior to end of the promo period. Pricing subject to change. Title service fee (\$5/mo.) req'd for Title HD DVR from DIRECTV. Additional Fees & Taxes: Price excludes Regional Sports Fee of up to \$11.99/mo. (which is extra & applies to CHOICE and/or M. S. ULTRA and higher Pkgs.). Applicable use tax expense surcharge on retail value of installation, custom installation, equipment upgrades/add-ons, and certain other add'l fees & chrgs. See directv.com/directv-fees for additional information. Different offers may apply for eligible multi-dwelling unit and telco customers. DIRECTV SVLT TERMS: Subject to Equipment Lease & Customer Agreements. All offers, programming, promotions, pricing, terms, restrictions & conditions subject to change & may be modified, discontinued, or terminated at any time without notice. Some offers may not be available through all channels and in select areas. Visit directv.com/legal/ or call for details. Offers may not be combined with other promotional offers on the same services and may be modified or discontinued at any time without notice. Other conditions apply to all offers. 2022 DIRECTV. DIRECTV and all other DIRECTV marks are trademarks of DIRECTV, LLC. All other marks are the property of their respective owners.



metro
voice
NEWS

785-235-3340

Voice@cox.net

www.MetroVoiceNews.com

facebook.com/TopekaMetroVoice

Topeka, KS

Our 15th Year Providing

- Local, Regional & National News
 - Free Local Event Calendar
- Service to 20,000 readers monthly
 - Family-friendly content
- Distribution to 500 Topeka outlets
 - Low ad rates & free design
- Print & Online News & Advertising
 - Serving non-profits
 - Helping small businesses

How healthy are those sports drinks, fruit/veggie juice drinks, etc.?

By Al Sears, MD, CNS

The next time you go to the grocery store, I advise you to cross some of those so-called "healthy drinks" off your shopping list. I've been fighting the greedy interests of Big Pharma and Big Agra on behalf of my patients ever since I graduated from medical school more than three decades ago.

And I have dedicated much my professional life to protecting my patients from the food industry's chemicals, additives, dyes, and its excess of processed sugars and salts.

So today, I'm asking you to think twice before buying Big Agra's processed and pasteurized fruit and vegetable juices, as well as those that blend the two together.

And I'm asking you to give up sports drinks, too.

In return, I'm going to share my favorite recipe for a truly healthy, easy-to-make, smoothie.

I call it simply the "Green Drink."

Fruit juices tend to have way too much sugar. They also score very high on the glycemic index. And they're often strained of pulp and pasteurized, which destroys any remaining nutrients.

The human body didn't evolve to drink pure fruit juice.

In nature's plan, you are supposed to consume the juice with the fruit's pulp or meat. The combination prevents your body from absorbing too much sugar too fast.

And vegetable juices tend to have too much processed salt. And the way Big Agra extracts the juice has destroyed the plants' cellular matter, which is vital to your health. This cellulose can't be digested. So it speeds digestion and prevents constipation. It also reduces the chances that your intestines will develop weak pockets that can bleed or harbor infections.

Sports drinks have been marketed as general thirst-quenchers. These lab-created beverages contain incredible amounts of sugar. Just look at the labels... sucrose, dextrose, fructose and others. And the drinks come in eerie colors found nowhere in nature.

But if you're not a serious athlete, sports drinks are not for you. They may be suitable for high school football players training for four hours in the hot sun.



Or college basketball players gunning for the Final Four. Or for Ironman triathletes and pro soccer players.

Even then, all those dyes and additives are best avoided.

And for the average thirsty person, these drinks are loaded with too much sugar – about 18 grams in 16 ounces.

They're also loaded with minerals called electrolytes, which keep muscles working properly under strain – but this has no meaning to someone who simply wants to quench his thirst.

All that extra sugar leads the average person to pack on extra pounds. And all those extra electrolytes can



A typical 20-ounce sport drink contains 270 mg. of sodium and 75 mg. of potassium. But if you drink any of these salt-heavy sports drinks, you'll actually become more thirsty. A single glass of V8 contains 480mg of sodium. That's more than a medium order of McDonald's French Fries!

lead to potentially fatal biochemical imbalances. The symptoms of hyper-electrolyte imbalances can range from confusion, irritability and headaches to cramps, vomiting and convulsions.

All these concoctions are examples of why I developed "ortho-nutrition" as the second element of my Hierarchy of Nutrition. The first element is "primal nutrition," which returns us to the healthy sustenance that our primal ancestors used to eat.

Ortho-nutrition takes its name from the Greek "ortho," which means "to straighten" or "to correct." The nutrients in this element are intended to correct the abuses and toxins we face in our current environment.

Next comes "ultra-nutrition," the nutrients to make you better than nature intended. At the top of the Hierarchy of Nutrition comes "telo-nutrition," these foods and supplements support living a longer, healthier life.

Ortho-nutrition usually means using supplements, but it can include cleansing, detoxes and purifying foods.

The Green Drink combines both ortho foods and supplements. So here's how I make it...

I gather whatever raw vegetables appeal to me, along with an occasional fruit. Then I blend them with ice into a large smoothie, which still contains all the vital cellulose. Then I enjoy it at my leisure throughout the day.

And here's one of my favorite recipes:

- ¼-cup radicchio
- 1 purple carrot
- 1 cucumber
- 1 lime
- ¼-cup up parsley
- ½-cup Swiss chard
- 1-cup spinach
- ½-cup filtered water
- ½-cup ice.

You don't have to follow this recipe to the letter. You can make it to your taste. You can replace the spinach with mixed greens or kale. You can trade out a lemon for the lime.

But remember, you don't want to spike your blood-sugar, which will end up stored as fat. So choose ingredients that will keep the mix low on the glycemic index.

6 Tips for Men to Stay on Top of Their Health

Life is busy. From the 9 to 5 grind to spending time with family to putting work into the house to the occasional time to relax, men have a lot on their plates. As you navigate the chaos of it all, it's important not to forget one critical factor — your health.

Most men need to pay more attention to their health. Not only are men more likely to engage in unhealthy behaviors, like drinking too much alcohol and smoking, they're also at risk of certain health conditions, like prostate cancer and low testosterone.

Unfortunately, many men don't take advantage of one of the most effective health resources out there — their primary care provider.

Preventative care, like annual check-ups, routine screenings, and making healthy lifestyle choices, is crucial to living a long and healthy life.

June is Men's Health Month, a month to spread awareness about men's health and preventable health problems. It's also a time to remember that your well-being isn't just about you — it impacts your loved ones, too.

Men — here are 6 ways to stay on top of your health this Men's Health Month (and every month).

1. Make an Appointment with Your Primary Care Provider — and Actually Go.

Just like your car needs tune-ups or your HVAC needs regular maintenance, your body needs to be cared for, too. This starts with your primary care provider (PCP).

Your primary care provider is a one-stop-shop for:

- Preventative care, including determining when you're due for routine screenings.
- Identifying and treating common medical conditions, like high blood pressure or diabetes.
- Determining the urgency of medical problems



— and directing you to the best place for care, if needed.

- Learning about healthy lifestyle choices.

What's more, your PCP can also help you identify individual risk factors based on things like family history or lifestyle choices.

Unfortunately, many men don't take advantage of this important resource. In fact, more than 40% of men in the US admit to only seeing their health-care provider if they think they have a serious medical condition. And by then, certain health conditions may have progressed much further than they should have.

Your primary care provider is one of your most helpful health resources, but they can't do anything unless you walk through their door. Make an appointment for your annual check-up, and actually go.

2. Schedule Routine Screening Tests.

There's a common misconception that you'll know if you have a health problem. Unfortunately, not only is this not true, it's a dangerous mindset.

Routine screening tests help find diseases early — when they are much easier to treat. They can also identify problems when you aren't experiencing any symptoms whatsoever, so your provider can begin treating them sooner.

Men need routine screening tests, such as:

- Cholesterol screening (every 5 years or more frequently, depending on risk).
- Blood pressure screening (every 1 to 2 years).
- Colorectal cancer screening, such as a screening colonoscopy every 10 years or an immunochemical fecal occult blood test annually, starting at age 45.
- Diabetes risk assessment, (every 3 years for men over 50 with risk factors or men with a body mass index over 30). Use resources like 24 For Life (midlandcareconnection.org/24forlife/) to see if you are pre-diabetic.
- HIV screening (one time, with follow-up tests depending on risk).

Other screening tests may be necessary based on your lifestyle choices, too. For instance, men who smoke may require lung cancer screening.

These routine tests are crucial to monitor and maintain good health. This Men's Health Month, push past the excuses ("I don't have time" or "Men don't complain about medical problems") and get your body the care it needs and deserves.

3. Make Small (but Impactful) Changes to Improve Your Health.

Living a healthy lifestyle isn't complicated. Minor changes can have major impacts, and it's time to start incorporating some of them into your life.

Ways you can put your health first include:

- Eating healthy. For instance, swap a beef burger for a lean turkey burger or chips for an apple.
- Exercising. Commit to taking a 30-minute brisk walk each day or doing 30 minutes of bodyweight exercises at home. Even a little physical activity is better than none.
- Limiting alcohol. If you do drink, keep it to 2 drinks or less each day. Keep in mind — not all drinks are created equal. One 12-ounce beer (5%



ABV) is equal to 5 ounces of wine (12% ABV) and 1.5 ounces of whiskey (40% ABV).

- Quitting smoking. Use resources like the Centers for Disease Control and Prevention for extra support.

You don't need to make all of these changes right away. Instead, focus on one per week or per month. Then, take note of how good you feel after each change, and keep the momentum going.

4. Prioritize your mental health.

Taking care of your health means focusing on your mental health, too. Unfortunately, men are less likely than women to get help for conditions like depression, substance abuse, and stressful life events due to factors like social norms, downplaying symptoms, and being reluctant to talk.

Major mental health conditions that impact men include:

- Depression
- Anxiety
- Bipolar disorder
- Psychosis and schizophrenia
- Eating disorders



What's more, more than four times as many men die by suicide compared to women. This may be due to risk factors like social isolation, substance abuse, genetic predisposition and military-related trauma.

Your mental health is critical. You might start by taking an online screening. Then, talk to your healthcare provider, who is trained to support you both mentally and physically. They can di-

rect you to useful resources and help you navigate any mental health concerns.

You can also implement small ways to boost your mental health, like taking a small vacation, taking a walk in nature, committing to technology-free time each day or watching a funny television show.

5. Talk to At Least One Other Man in Your Life About Their Health.

Men — it's time to ditch the stigma around talking about your health and start supporting one another. This Men's Health Month, talk to your brother, father, uncle, son or friend about staying on top of their health.

Tell them that you just had your annual blood pressure screening (and how easy it was), go on a 30-minute walk around the neighborhood together, or simply ask them how they are doing. Whatever you do, let them know that you care about their well-being, and you're there to support them as they take a proactive ap-

proach to health.

6. Spirituality and Connections

Spirituality is defined as being concerned with the human spirit or soul instead of material or physical things. When we are caught up in 'keeping up with the Jones' or getting to the top, we may miss some of life's greatest blessings.

Having faith in something bigger and more powerful than one's self is key to overall good health and wellbeing. Believing that the universe is inherently good and others in the world are also good is important for mental health and persevering during difficult times.

Whether you like organized religions or nature is your church, connecting with a power greater than yourself is key to a happy, fulfilled, and healthy life. In addition to spirituality, it's important to form connections with others. Whether it's family or friends, being connected and doing things you enjoy—on a regular basis—are vital to good overall health.



Plenty of men's health conditions are preventable — but it takes some time and dedication. Staying on top of healthcare appointments, living a healthy lifestyle, and joining together with other men to prioritize health are all effective ways to live a long, healthy and happy life.

—chestercountyhospital.org and
futurerecoveryhealthcare.com

What Over-50 Runners Need to Know Before They Start

If you're interested in how to start running at 50 (or older), it's not the craziest idea. Even if the last time you were regularly active was in high school or college—be it playing sports or just going to a gym a little more regularly—there's no need to be at a loss to start on your running journey.

As a coach with a history of working with runners at varying starting points, I know it is never too late to get started on improving your health and fitness. While, in general, all the basic training principles apply to everyone, your age and current health status are important considerations when you are looking to start running past 50. Here are my suggestions:

Have a complete physical

Schedule an appointment with your health-care professional before you begin training. Discuss your plans to start a running program and ask if there are any health concerns to be aware of, like signs of heart disease, diabetes, or orthopedic limitations.

A complete physical will provide you and your physician with important health information like weight, blood pressure, heart rate, cholesterol, BMI, and a lot more.



Knowing these numbers at the start will help you track your progress over time and note improvements.

Invest in the right equipment

In this case, equipment means shoes. Find a specialty running store and obtain a professional shoe fit to determine the right pair for you based on your biomechanics. If you need a primer on the best way to discover your perfect fit, see the article *How to Buy the Right Running Shoes* at runner-world.com. It gives you some insight on what to look for when trying to find the perfect pair for you, and we have a few of our favorites listed below.

ID tag

Have your name and contact information along with pertinent health information on you while running. A simple way to do this is to purchase an ID tag to wear as a bracelet (like RoadID) or on your running shoe, so this information is available at all times.

If you need help finding places to

run, using online tools like Google Maps or MapMyRun can help you create a running route near you. You can also find a local group run that welcomes all paces so you have some company as you start your running. When you have a trusted group with you, there's peace of mind that there's always somebody around should you need help with anything.

Select an appropriate training plan

Your training plan should start at your current fitness level. I suggest you consider starting a walking program first. This is a great way for anyone to begin training, but it can be especially effective for older runners or those who have been sedentary for long periods of time.

Walking starts the basic conditioning process needed for running, but in a gentler manner. The same muscles, joints, tendons, ligaments, connective tissue, and bones used for walking do similar movements on runs. As you become conditioned, you can gradually ease into running by mixing short run intervals into your walking. Older runners need a longer warmup period, so be sure to include this phase before moving into the actual exercise.

Older runners also need more recovery time between workouts, so start by exercising two or three days a week. You can increase the frequency as your fitness level and conditioning improve. But keep in mind that all increases in frequency, duration, or intensity of exercise should be small and gradual incremental steps.

Add cross-training

Older runners can benefit from cross-training, specifically strength and flexibility training. Strength training twice a week can help counter muscle loss and bone loss that comes with aging. Work on your flexibility with stretching after your runs/walks or try a yoga class two days a week to help maintain joint range of motion and help your balance. If you want to add additional cardio exercise, choose a non-impact exercise like swimming or spinning to supplement your running or walking.

With walking/running three days a week, strength training, and stretching, it will lead to a very busy (but healthy) lifestyle. Along with exercise, nutrition is equally as important to improving health and fitness, so take a look at your diet and make healthy choices to fuel your new activity level.

—Susan Paul



3 Feet to Pass

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:

Balance	sudden loss of balance or coordination
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

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

your guide to

THE WORLD

600+ Tours starting from \$1,200 pp



READER AWARDS

2021

WINNER THE OPERATOR



Speak to an expert at:

855-403-4641

Hours: 9 am - 7 pm EST Monday - Friday





Foundation issues?

Sinking concrete?

WE CAN FIX IT!

INCREDIBLE SAVINGS!

\$250 OFF ANY PROJECT*

Mention Promo Code 'GET250'

- ★ Foundation Repair
- ★ Basement Waterproofing
- ★ Nasty Crawl Spaces
- ★ Sinking Concrete

* Cannot be combined with any other offer. For a limited time only.

SCHEDULE YOUR FREE INSPECTION

CALL NOW 866-571-8749

THRASHER® FOUNDATION REPAIR

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 Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.

Spiritual Wellness

The Sun is Our Friend

Genesis 1:16 tells us “God made two great lights – the greater light to govern the day and the lesser light to govern the night.”

The sun is a reflection of the eternal essence of God. We need the sun, and must learn to embrace it, not fear it.

God designed us to absorb light. The absorption of sunlight triggers a cascade of events in the body critical to our health, including the regulation of sleep hormones, liver detoxification and the well known production of vitamin D.

“Just as God made plants, animals and us; He also made the sun to be our life-force that governs our planet and brings life to His creations. After all, “God is Light.” -1 John 1:5

Vitamin D is a hot topic for good reason. The “sunshine vitamin” is known to reduce the risk of all major diseases, including cancer. Vitamin D is especially crucial for bone development. Without sunshine, children are at risk for developing rickets, a bone malformation disease.

So, why all the confusion? Is the sun friend or foe? Why have people lived in the sun for thousands of years without astronomical rates of skin cancer that we see today? Why are we using more sunscreen than ever and yet we still see increasing rates of skin cancer? God called His creation “good” and so it is imperative that we trust His Word and His design and look deeper at what is really going on.

Two major factors to consider:

1. To absorb sunlight in a healthy way, we must have a healthy body.

When we eat man-made junk food, sugar, and

synthetics found in processed foods, your body becomes burdened with toxins. The body will eliminate these toxins in every way it can,

one of them being the largest organ of your body, the skin. Unhealthy skin is not able to properly absorb the sun and leads to sunburn. Lathering up with synthetic sunscreen can be dangerous, as most sunscreens are filled with toxic man-made chemicals and the sun will bake these chemicals into your skin.

If we eat God-created healthy foods, loaded with leafy greens, healthy fats and rich in antioxidants, you will absorb light, strengthen the immune system, cleanse your blood, heal your liver, strengthen your bones and absorb light the way God intended from the beginning!

2. We must honor the power of God’s design. The sun is very powerful, so use caution and avoid over-exposure especially if your skin is weak from a diet high in processed foods. Morning sun is best, between sunrise and 11 am. Start with 10-15 minutes of sunshine at first, and increase each day until you get at least an hour. Wear light colored clothing and wide-brimmed hats for protection. Other options to



VAUGHN LAWRENCE

Owner,
Spiritual Health

Designed for Health

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



assist the skin are natural sunscreens that are coconut oil based and supplementing with Astaxanthin, a powerful antioxidant found in algae.

Ideally we should use the summer months to build our body’s supply of vitamin D to last us through the winter. In the winter supplement with cod liver oil, one of the few food sources of vitamin D. Vitamin D3 is another natural source from cholecalciferol, a pale yellow oil found in sheep’s wool, however the best sources have always been the sun and cod liver oil. It is important to avoid Vitamin D2, the synthetic version found in most “fortified foods”.

God gave us the sun to be life-giving. Using sunscreens and sunglasses block the essence of God from entering our body and doing what it was designed to do. So, throw away the chemical sunscreens, eat healthy foods and absorb sunlight the way God designed you! Your rewards will be happiness, a stronger immune system and long-term disease prevention.

Thank you God for the sun...”Light is sweet, and it pleases the eyes to see the sun.” Ecclesiastes 11:7



—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: “We Love God. We Love People. We Love Health.” www.spiritofhealthkc.com

BATH
REMODEL

FOR A LIMITED TIME
50% OFF + **NO INTEREST
NO PAYMENTS**
FOR 12 MONTHS*



CALL NOW
866.931.0591
**Visit EZShowers.com for complete terms and conditions.

Itchy pet? See your vet.

Skin health starts with the right nutrition.

 DUST & HOUSE MITES	 POPLAR	 POLLENS	 MOULDS	 SUNFLOWERS	 PERFUME	 PINE	 MAPLE
 HICKORY	 HAZELNUTS	 DANDER	 OAK	 CLEANING PRODUCTS	 FLEAS	 RAGWEED	 ASH



★ Trustpilot
★★★★★

AARP
Community Connections

BBB
ACCREDITED
BUSINESS

DO YOU FEEL OVERWHELMED MANAGING BILLS?

TAKE THE MONTH OFF, ON US.

SILVERBILLS ELIMINATES THE STRESS AND HASSLE OF MANAGING BILLS.

- Our dedicated, U.S.-based account managers manage, scrutinize and pay bills on your behalf.
- All household bills are guaranteed to be paid on time.*
- No computer is needed to use our service.

PROFESSIONAL SERVICE FOR AN AFFORDABLE MONTHLY FEE.

CALL TODAY FOR A **FREE MONTH** TRIAL OR CUSTOM QUOTE:

**844-607-0010**

* as long as appropriate funds are available





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.

Early detection can prevent small problems from becoming expensive ones.
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills, like \$189 for a filling, or \$1,219 for a crown³ can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

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.

DENTAL Insurance

from Physicians Mutual Insurance Company

Call for a **FREE** Information Kit!

1-866-936-0929

Dental50Plus.health/Kcmv



Includes the Participating (GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. 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, LA, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438, B439 (GA: B439B). 6247-0121

Healthy Recipes to Make You a BBQ Hero

Summer is all about enjoying the warm weather with family and friends! Make the most of it with these recipes!

Grilled Chicken & Pineapple Skewers with Lemon-Cucumber Salsa



(Family Features) A fresh and easy recipe to try this summer!

Ingredients

- 8 skewers
- 1 pineapple
- 2 tablespoons Carlini Vegetable Oil
- 1/2 teaspoon Stonemill Iodized Salt
- 1 teaspoon Stonemill Ground Black Pepper
- 1 3/4 pounds Fresh Boneless Skinless Chicken Breasts, diced into 1-inch pieces

Lemon-Cucumber Salsa:

- 1 lemon, supremed
- 1 cucumber, diced
- 1/2 red onion, diced
- 1 tablespoon Organic Wildflower Honey
- 1 teaspoon Stonemill Ground Black Pepper

Directions

Soak wooden skewers for 15 minutes prior to grilling.

Heat grill to medium-high heat.

Remove rind from pineapple and dice into 1-inch pieces.

In small bowl, combine oil, salt and pepper. Add chicken and pineapple; toss to coat.

Alternating chicken and pineapple, pierce onto skewers.

Grill skewers 8 minutes each side, or until chicken is cooked thoroughly.

To make Lemon-Cucumber Salsa: In medium bowl, combine lemon, cucumber, onion, honey & pepper. Serve salsa over cooked chicken skewers.

Nutrition Information (Servings: 4)

Per serving: Calories: 410 kcal; Total Fat: 12 g; Carbohydrates: 40 g; Protein: 40 g; Cholesterol: 115 mg; Sodium: 780 mg

Tip: Supreme citrus fruit by cutting off top and bottom of fruit then cut away peel and pith, leaving no white on outside of fruit. Slice each segment into wedges by cutting toward center of fruit along membrane.

Recipe courtesy of Chef Alyssa, ALDI Test Kitchen; aldi.us

Super Summer Grilled Bluefish



A super citrus marinade gives this grilled bluefish a bright and delicious flavor.

Ingredients

- 4 pounds bluefish fillets
- 1 cup orange juice
- 1/4 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 1 tablespoon dry white wine
- kosher salt & ground black pepper to taste
- 1/4 cup citrus flavored seafood rub

Directions

Place the fish fillets into a large bowl. Pour in the orange juice, lime juice, lemon juice, olive oil and white wine. Season with salt, pepper and seafood rub. Stir to blend and coat fish. Leave the squeezed lemon and lime halves in the bowl too. Marinate for at least 30 minutes.

Preheat a grill for high heat. When the grill is hot, oil the grate.

Place fish fillets on the grill, and discard the marinade. Cook for 4 minutes on each side, or until fish flakes with a fork. Transfer to a serving platter, and remove the dark blue part of the fish before serving.

Nutrition Information (Servings: 4)

Per Serving: 722 calories; 32.9 g fat; 9.2 g carbohydrates; 91.6 g protein; 269 mg cho-

lesterol; 1884 mg sodium.

Source: allrecipes.com

California Grilled Veggie Sandwich



Even your meat-lover friends will like it!

Ingredients

- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/8 cup olive oil
- 1 cup sliced red bell peppers
- 1 small zucchini, sliced
- 1 red onion, sliced
- 1 small yellow squash, sliced
- 2 (4-x6-inch) focaccia bread pieces, split horizontally
- 1/2 cup crumbled feta cheese

Directions

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.

Preheat the grill for high heat.

Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.

Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

Nutrition Information (Servings: 4)

Per serving: Calories: 393 kcal; Total Fat: 23.8 g; Carbohydrates: 36.5 g; Protein: 9.2 g; Cholesterol: 22 mg; Sodium: 623 mg

Source: allrecipes.com

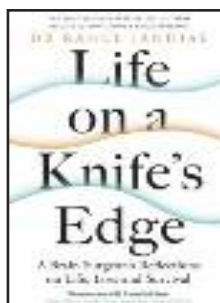
New Health & Wellness Info at the Library

By Kelly Barker

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

Life On a Knife's Edge: A Brain Surgeon's Reflections on Life, Loss and Survival by Rahul Jandial, New Health Books Media Center 617.481 JAN

As one of the world's leading brain surgeons, Dr Jandial is the last hope for many patients who have extreme forms of cancer. Life on a Knife's Edge is his account of the resilience, courage, and belief he has witnessed in his patients, and the lessons he has learned from them.



Move, Connect, Play: The Art and Science of AcroYoga by Jason Nemer, New Health Books Media Center 613.7046 NEM

Get ready to learn how to fly. Move, Connect, Play is a book detailing the core principles of AcroYoga, a practice that melds the spectacle of circus arts with the healing power of massage and the breathwork of yoga.



21-Day Keto Magic: Eat Healthy, Burn Fat, Lose Weight, And Keep It Off by Michael Mosley, New Health Books Media Center 613.283 MOS

21-Day Keto Magic offers a detailed, step-by-step program, along with simple tips and clear advice on which foods support ketosis and which ones stop it, how to tell if you are producing ketones, and how to ensure that you are following the diet safely. There are also 50 delicious recipes.



It Was Vulgar & It Was Beautiful: How AIDS Activists Used Art to Fight a Pandemic by Jack Lowery, New Health Books Media Center 616.9792 LOW

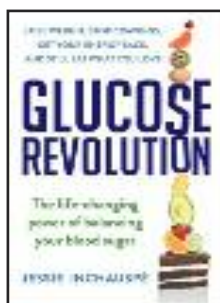
In the late 1980s, disinformation about AIDS ran rampant.

Out of the activist group ACT UP (AIDS Coalition to Unleash Power), an art collective that called itself Gran Fury formed. In his book, the author Jack Lowery offers a complex, moving portrait of its members and Gran Fury.



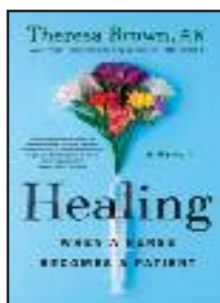
Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar by Jesse Inchauspé, New Health Books Media Center 616.462 INC

Drawing on cutting-edge science and her own pioneering research, author and biochemist Jessie Inchauspé offers ten simple, surprising hacks to help you balance your glucose levels and reverse your symptoms--without going on a diet or giving up the foods you love.



Healing: When A Nurse Becomes a Patient by Theresa Brown, New Health Books Media Center 616.99449 BRO

From the mammogram that would change her life through her treatment, and recovery, author Theresa Brown, RN, tells a powerful story about having breast cancer. Her experience shows us how our for-profit health care industry "cures" us but at the same time leaves us feeling uncared for.



The Mom Friend Guide to Everyday Safety and Security: Tips from The Practical One in Your Squad by Cathy Pedrayes, New Health Books Media Center 613.86 PED

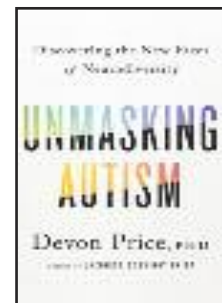
Do you need some tips on how to feel safer and more prepared in today's digital world? Well, Tik Tok's Mom Friend, Cathy Pedrayes has you covered. Prepare yourself for whatever life throws your way with these essential safety and security hacks you need to know to keep you and your family safe.



Unmasking Autism: Discovering the New Faces of Neu-

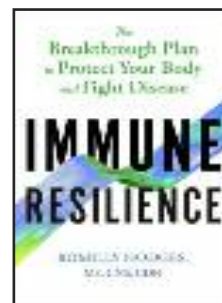
rodiversity by Devon Price, New Health Books Media Center 616.85882 PRI

For every visibly Autistic person you meet, there are countless "masked" Autistic people who pass as neurotypical. Masking is a common coping mechanism in which Autistic people hide their identifiably Autistic traits. In Unmasking Autism, Dr. Devon Price shares his experience with masking.



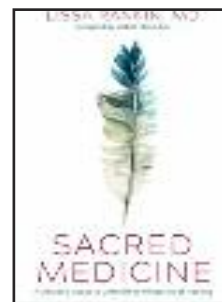
Immune Resilience: The Breakthrough Plan to Protect Your Body and Fight Disease by Romilly Hodges, New Health Books Media Center 616.978 HOD

In Immune Resilience, Clinical nutritionist Romilly Hodges reveals that our immune system is intricate and impacted by what we eat and lifestyle routines. The book explains the incredible ways our bodies protect us against disease, with assessments throughout to help readers identify their weak areas.



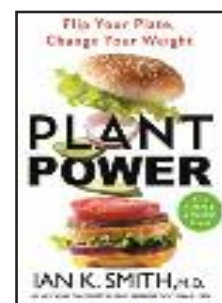
Sacred Medicine: A Doctor's Quest to Unravel the Mysteries of Healing by Lissa Rankin, New Health Books Media Center 615.851 RAN

In Sacred Medicine, you will follow Dr. Rankin around the world to meet healers, gifted and flawed, investigate the science of healing, and learn how to stay safe when seeking a healer. You will receive the wisdom offered by Indigenous cultures, and dive deep into cutting-edge trauma research.



Plant Power: Flip Your Plate, Change Your Weight by Ian Smith, New Health Books Media Center 613.2 SMI

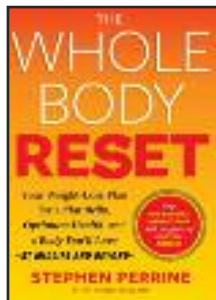
For dieters who want to utilize the benefits of fruits, vegetables, and complex carbs--without eliminating the meat, dairy, fish, and fats they love--Dr. Ian K. Smith's new book Plant Power delivers the most flavorful and favorable plant-based foods to their plates.



The Whole-Body Reset: Your Weight-Loss Plan for A Flat

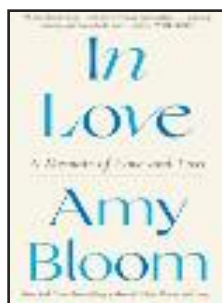
Belly, Optimum Health and A Body You'll Love - At Midlife and Beyond by Stephen Perrine, New Health Books Media Center 613.25 PER

You do not have to gain weight as you age. That is 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 to the way we eat can halt weight gain and muscle loss.



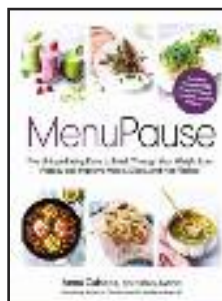
In Love: A Memoir of Love and Loss by Amy Bloom, New Health Books Media Center 616.831 BLO

Amy Bloom began noticing changes in her husband, Brian. Their world was altered forever when an MRI confirmed what they could no longer ignore: Brian had Alzheimer's disease. In this heartbreaking memoir, Bloom sheds light on a part of life we so often shy away from discussing--its ending.



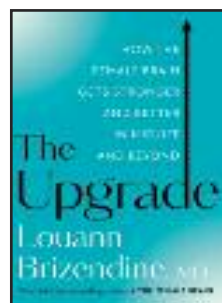
Menopause: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, And Hot Flashes by Anna Cabeca, New Health Books Media Center 618.175 CAB

With more than 125 delicious recipes-many of which fit more than just one eating plan-Menopause is your guide to a more comfortable menopausal transition and ensures you will not go hungry in the process!



The Upgrade: How the Female Brain Gets Stronger and Better in Midlife and Beyond by Louann Brizendine, New Health Books Media Center 612.82 BRI

Dr. Brizendine was among the first to explain why women think, communicate, and feel differently than men. Now, she has a message in the time of life known as menopause, when women's brains are reshaped, for the better, in a way that creates new power, and a laser-like sense of purpose.



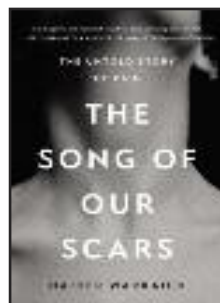
The 14-Day New Keto Cleanse: Lose Up To 15 Pounds In 2 Weeks with Delicious Meals and Low-Sugar Smoothies by J.J. Smith, New Health Books Media Center.283 SMI
The 14 Day New Keto Cleanse combines the health ben-

efits of green smoothies with the fat-burning benefits of keto for maximum weight loss. The green smoothies that the author is famous for get a low-sugar revamp, with new recipes featuring 15g or fewer net carbs and tasty ingredients.



The Song of Our Scars: The Untold Story of Pain by Haider Warraich, New Health Books Media Center 616.0472 WAR

In The Song of Our Scars, Dr. Haider Warraich offers a bold re-examination of the nature of pain, not as a simple physical sensation, but as a cultural experience. The Song of Our Scars is an indictment of a broken system and a plea for a more holistic understanding of the human body.



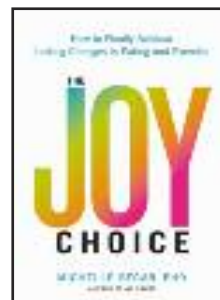
A Thousand Ways to Pay Attention: A Memoir of Coming Home to My Neurodivergent Mind by Rebecca Schiller, 616.8589 SCH

It should have been Rebecca Schiller's dream come true: moving her young family to the English countryside to raise goats and coax their own fruit and vegetables from the land. But her health began to crumble. A Thousand Ways to Pay Attention is her story of being diagnosed with severe ADHD.



The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise by Michelle Segar, New Health Books Media Center 613 SEG

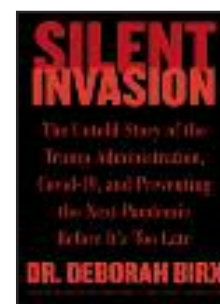
The Joy Choice offers a fresh, brain-based solution that turns the old behavior-change paradigm on its head. This groundbreaking book liberates you from the self-defeating obligations and rigid requirements of past diet and workout regimens and reveals what emerging research suggests.



Silent Invasion: The Untold Story of The Trump Administration, Covid-19, And Preventing the Next Pandemic Before It's Too Late by Deborah Birk, New Health Books Media Center 614.58 BIR

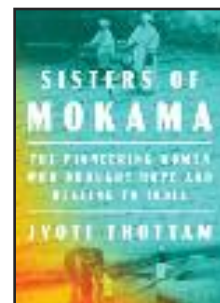
In late February 2020, Dr. Deborah Birk--a lifelong federal health official was asked to join the Trump White House

Coronavirus Task Force and assist the already faltering federal response to the Covid-19 pandemic. Silent Invasion is the story of what she witnessed and examines the forces that crippled efforts to control the virus and explores why these blunders continue to haunt us today.



Sisters Of Mokama: The Pioneering Women Who Brought Hope and Healing to India by Jyoti Thottam, New Health Books Media Center 610.9 THO

The never-before-told story of six intrepid Kentucky nuns, their journey to build a hospital in the poorest state in India, and the Indian nurses whose lives would never be the same.



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 or tscpl.org/downloads/ebooks.



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

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.

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. KMCPA.com • 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

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

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.

HEALTH ADVERTISING

PLACE YOUR AD HERE! Prices start at \$25 per month! Call us at 380-8848 or email us at 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.



SMJ SHANE M. JONES
A ASSOCIATES, P.A.
COUNSELING YOU CAN TRUST
www.shanemjones.com
2704 N. Topeka Blvd., Suite D
Topeka 785-266-7732
5040 Bob Billings Parkway, Suite B
Lawrence 785-832-8638
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@shcglobal.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

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



K-12 Christian Education
A Christ-centered, quality education, plus:
Athletics, Volleyball, Soccer, Chess, Baseball, Basketball,
Fine Arts, Choir, Band, Drama, Speech, Art.
Call 785-286-0427 today for a tour.
Heritage Christian School
"Spiritually Grounded, Academically Excellent, Faithfully Serving"
HCSlopeks.org | info@HCSlopeks.org | 2000 NW Clay, Topeka, KS 66604



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



Alpha Christian Children's Home & School
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 66073

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


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

Call (785) 478-9440 or visit aldersgatevillage.org
7220 SW Asbury 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

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

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 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

NUTRITION / SUPPLEMENTS


IPA Innov8tive PATCH Application

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 CindyDurkin.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

FINANCIAL WELLNESS

PEGGY'S TAX AND ACCOUNTING SERVICE - 300 SE 29th St, Topeka, KS. Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-286-7899.
FrontDesk@peggystaxks.com
www.peggystaxks.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

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

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

SKIN CARE

KMC DERMATOLOGY & MED SPA - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. www.KMCPA.com

MASSAGE

Boat and parachute the blues
Swim in Roman Candle the stress
Cycle Spin and Fountain the blahs
Come out a fisherman and sparkle with a **Massage for Health by Anne Murphy: Reflexology and Deep Tissue therapeutic, Swedish, Sports training massage. 8-5 Mon-Fri. 785-272-5755 or 785-925-7289**

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

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

FARM & HOME SUPPLIES

PHONE: (785) 286-2390 FAX: (785) 286-2393
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBILE: (785) 224-4298

TARWATER FARM & HOME SUPPLY

RICH TARWATER
OWNER

4187 N TOPEKA AVE
TOPEKA, KS 66617

BECAUSE OF THE CUSTOMER... WE EXIST!

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

JUN. CYCLING EVENTS— Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com

JUN. OUTDOOR ACTIVITIES— Outdoor events and activities. www.getoutdoorsk.com

SATURDAY NIGHT CRUISES— 1st Sat. — Spangles, 29th & Topeka Blvd.; 2nd Sat. — Fairlawn Plaza; 3rd Sat. — The Dugout, 17th & Fairlawn; 4th Sat. — The Pad; 5th Sat. — The Dugout.

KNG MUSEUM CAR & TRUCK SHOW - May 28, Museum of the Kansas National Guard, Forbes Field. 785-862-1020

PLATINUM EXPRESS— May 28, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

HOYT CITY-WIDE GARAGE SALES— Jun 2-4, Hoyt.

GOLD CITY IN CONCERT— Jun. 3, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. Gospel artists, free will offering, doors open at 6pm. 785-273-2248, wwoodsnaz@wnnaz.org

STEVE KILE BAND— Jun. 3, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

KAW VALLEY BANK NOTO PARTY - June 3, 3pm - 10pm, 1110 N Kansas & 1110 NE Quincy. Block party with live music.

GIGANTIC GARAGE SALE— Jun. 3, 8-4 & Jun. 4, 8-noon, Perry United Methodist Church Activity Center,

219 Oak St. 1/2 price sale Noon-2pm Sat.: \$1.00 bag sale. Homemade biscuits and gravy served both mornings. A homemade sloppy joe meal deal served both days for lunch. All proceeds go to the Blessing Box Ministry.

TOPEKA YOUTH PROJECT GOLF CLASSIC— Jun. 3, Shawnee Country Club Golf Course. 8am shotgun. 7am registration. Lunch follows tourney. Over \$3000 in cash prizes! Register at www.topekayouthproject.com.

LECOMPTON FLEA MARKET— Jun. 4, 8am-4pm, Elmore St.

DOGGIE DATE NITE— Jun. 4, 5-7pm at Every Plaza. Enjoy a night out with your pup!

MISS JUNETEENTH SCHOLARSHIP PAGEANT— Jun. 4, The Beacon, 420 SW 9th St. 785-409-6715

MULVANE ART FAIR— June 4-5, Washburn University

FOOD TRUCK NIGHT AT HHHS— June 4, 4pm. Live music.

GERMANFEST— June 4-5, 312 NE Freeman, Sacred Heart-St. Joseph Parish

C5Alive "POWER" LUNCHEON— June 9, 11:30-1 at NOTO. 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, July 14, 11:30-1.

GOOD OL BOYS & A GAL— Jun. 10, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SHOW ME SNAKES— June 11, Stormont Vail Event Ctr. Ag Hall

HEARTLAND MILITARY DAY— Jun. 11, 7am - 4pm,



LOCAL FAMILY OWNED
Call to reserve your appointment today!

HOME RUN
TERMITE AND PEST SERVICES LLC
785-224-5906



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
Sneakers and Smiles

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

Cypress Ridge
Golf Course

Museum of the Kansas National Guard, 125 SE Airport E. Dr. Free day of Military Equipment Exhibits, WW II Battle Reenactments, Civil War Artillery Drills, Band Concerts, Vietnam War Exhibits, Pancake Feed (7 to 10; Donations), Cookout Meal (11 to 2; Donations), and free admission to all Museum exhibits, inside and out. of-fice@kngmuseum.org. 785-862-1020

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.

STONE & STORY MOVIE NIGHT – Jun. 14, 8pm at Every Plaza. Bring a blanket or lawn chair & get comfy. Food trucks on hand.

SUMMERTIME BLUES CONCERT SERIES – Jun. 15, 7-9pm, Gage Park Amphitheater. Josh Vowell Band. Sponsored by Topeka Blues Society

COMMUNITY WALK/PASSPORT TO HEALTH - June 18, 8am, Gage Park Corral #2 Shelter. Free event with information provided by local health organizations, plus chances to win prizes when you complete the walk and have your passport stamped! Hosted by the Topeka Lions Club/Twilight Branch and 24 for Life by Midland Care. Register to get your free event passport at the event or earn extra chances for the prize drawings when you register online and complete the Risk Test for pre-diabetes from 24 for life. Both links are at topekalions.org/community-walk

THE BASH – Jun. 17, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SUNFLOWER MUSIC FESTIVAL 2022: "THE AFRICAN-AMERICAN EXPERIENCE" – Jun. 17-25, White Concert Hall, 1700 SW College Ave, 785-670-1396

REWIND BAND – Jun. 18, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

ARAB SHRINE FEZTIVAL – June 18, 11-5, Every Plaza.

KANSAS ELECTION INTEGRITY FORUM – June 20, 8am-5pm, Embassy Suites KC/Olathe, 10401 S. Ridgeview Rd. Olathe. Speakers include Lara Logan, Patrick Byrne, Joe Flynn, Tina Peters, Mark Finchem, Kansas Senators Mark Steffen & Mike Thompson and KS Sec. of State Mike Brown. <https://addfei.org/eventskansas-01>

JURASSIC QUEST - June 24-26. Stormont Vail Events Ctr. Stormont Vail Event Ctr. America's biggest and most popular dinosaur event

STEEL SCARECROW – Jun. 24, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

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.

SHAWNEE COUNTY FAIR - July 21 - 24, Stormont Vail Event Center. Thursday thru Saturday at 8:00am – 10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at www.shawneecountyfair.org

FIRST TEE ANNUAL GOLF TOURNAMENT – Sep. 16, Shawnee Country Club. Reg. 11am, noon shotgun start. For info email marcus@firstteetopeka.org or visit firstteetopeka.org

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 26, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

2nd ANNUAL TOPEKA FALL FEST – Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such

as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5Alive.org.

ONGOING EVENTS:

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

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

C5 Alive *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.

June 9, 11:30-1: "POWER" Luncheon
at Airsoft Zone, 3029-B, Hwy 24, in Am.
Legion building. Featured: Airsoft Zone owners.

RSVP to info@C5Alive.org. **AIRSOFT ZONE**
Open to the public.

Save the Dates!

- July 14: POWER Luncheon, 11:30-1
- Aug. 11: POWER Luncheon, 11:30-1
- Sep. 8: POWER Luncheon, 11:30-1
- Oct. 8: FALL FEST at Vinewood, 10am-3pm

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

FIRST TEE - GREATER TOPEKA

2ND ANNUAL GOLF TOURNAMENT

SEPTEMBER 16, 2022

Registration at 11:00 AM
Shotgun at 12:00 PM

Shawnee Country Club
913 SE 29th St.
Topeka, KS

first tee™
greater topeka

For more information or to register, email marcus@firstteetopeka.org, or go to firstteetopeka.org

SENIOR STRETCHING EXERCISES - 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 6:30pm, Norsemen Brewing Co., Visitors welcome. Topekaliions.org

TOPEKA LIONS CLUB – 2nd Mon. Noon at Wings, Etc Come at 11:30 to order food. Guests welcome

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd

Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, May 9 to Oct. 3, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

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

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

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

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

SILVER LAKE FARMERS MARKET – Tuesdays 6-8pm, June 7-Sep. 13, Silver Lake Library, 203 Railroad St.

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.

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

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.

FREE MOBILE FOOD DISTRIBUTION – 4th Tue. through Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items to families in need. 785-234-1111 www.RandelMinistries.com

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 Dilon'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.



VACATION BIBLE SCHOOL
JUNE 5-8 — 6:15-8:00 PM
(Sunday-Wednesday)

*Register kids entering K-6th grade online at esbcks.org

"The goal of Food Truck Party is to help children build on the practice of using daily prayer to turn to God for their needs—and also to serve as the hands of God in ensuring that the needs of others are met."



East Side Baptist Church 4425 SE 29th St.—Topeka, KS
- giving direction for life - 785-379-9933—esbcks.org

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

Become a Published Author with Dorrance. We want to read your book!

Trusted by authors for nearly 100 years, Dorrance has made countless authors' dreams come true.

Our staff is made up of writers, just like you. We are dedicated to making publishing dreams come true.

Complete Book Publishing Services

FIVE EASY STEPS TO PUBLICATION:

1. Consultation
2. Book Production
3. Promotion
4. Distribution
5. Merchandising and Fulfillment

Call now to receive your **FREE**
Author's Guide

877-447-1035

or www.dorranceinfo.com/kcmetro



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, flea market.

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

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

DOWNTOWN FARMERS MARKET - Saturday's thru Oct. 29, 7:30am-noon, 12th & Harrison.

BREAD BASKET FARMERS MARKET - Saturday's, 7:30am-1pm, thru Nov. 19, south end of West Ridge Mall.

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.

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

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. wesquairedance.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 topekaanon.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 hhhstopeka.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



Community Walk

Passport to Health

Hosted by Topeka Lions Club/Twilight Branch and Midland Care/24 for Life

June 18, 2022 - 8 am to 10 am

Gage Park, Corral #2, 4330 SW Conservatory Drive, Topeka KS

- Free Screening for risk factors for diabetes
- Free registration and passport to health • Free Health Information
 - Complete your passport for a chance to win prizes
 - Water in coolers provided - Bring your own water bottle
 - Bring your used eyeglasses to be recycled by the Lions Club

No Entry Fee - Come out and take a walk in the park.

Plus, Screen for pre-diabetes risk factors.

Kid friendly, strollers welcome, dogs on leashes. Water for dogs onsite.

Walk & collect stamps on your passport for a chance to win!

Free Registration: Visit TopekaLions.org/community-walk



KANSAS ELECTION INTEGRITY FORUM

JUNE 20, 2022 MONDAY, 8 AM - 5 PM

PANELISTS

SENATOR MARK STEFFEN, Kansas
SENATOR MIKE THOMPSON, Kansas
MIKE BROWN Kansas Secretary of State Candidate
MARK COOK Conservatives for Election Integrity

SPECIAL GUEST SPEAKERS

CALVIN HAYDEN Johnson County Sheriff
LT. COL. GREG SHUEY USAF (Ret) Liberty Lions League
THAD SNIDER, VICKI KLINE, and more...

EMBASSY SUITES KANSAS CITY / OLATHE HOTEL
 1310 S Ridgeway Rd. Olathe, KS 66061

SCHEDULE

8:00-12:00 Local Content
12:00-1:00 Lunch (not provided)
1:00-5:00 VIP Speakers*
*Subject to change

SPONSORED BY
CONSERVATIVES FOR ELECTION INTEGRITY PAC

DAILY 302
 Liberty Lions League

\$25
 MEMBERSHIP

SCAN CODE OR REGISTER ONLINE AT FBIKANSASCONFERENCES.COM

GreatPLAY

FUN FOR THE ENTIRE FAMILY

- Trampoline Park
- Laser Tag
- Indoor Swimming
- Arcade
- Indoor Playground
- Paintball

AVAILABLE FOR EVENTS,
BIRTHDAY PARTIES, & TEAM
BUILDING



**VISIT [GREATPLAYTOPEKA.COM/PAINTBALL](https://greatplaytopeka.com/paintball)
TO RESERVE YOUR PAINTBALL GAME!
10 PEOPLE FOR \$100**

GOOD FOR TWO HOURS OF PAINTBALL OR 150 PAINTBALLS FOR 10 PLAYERS. SATURDAYS 11AM - 5PM

Expires: 7.31.2022. No cash value. Up to 10 people for one visit. Reserve your time through GreatPLAY tee sheet is REQUIRED. NO WALK-INS.

785.233.9815 | membership@greatlifegolf.com | 1936 NW Tyler St., Topeka, KS 66608

