

TOPEKA

MAY 2022

Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE

FREE
TAKE ONE!



9 DIETITIAN TIPS FOR WOMEN'S HEALTH

7 Things All Women Should Change for Better Health

How to Boost Your Health as a Woman Over 60



Connecting with Mental Health Resources

See page 3 for
information about
front page photo

Eye Drops to Improve Vision?
Healthy Recipes for the Springtime

Spiritual Wellness – How to Fall
Seasonal Allergies: Nip Them in the Bud

Helping Topekans Live Happier, Healthier Lives Since 2015!

MAY is

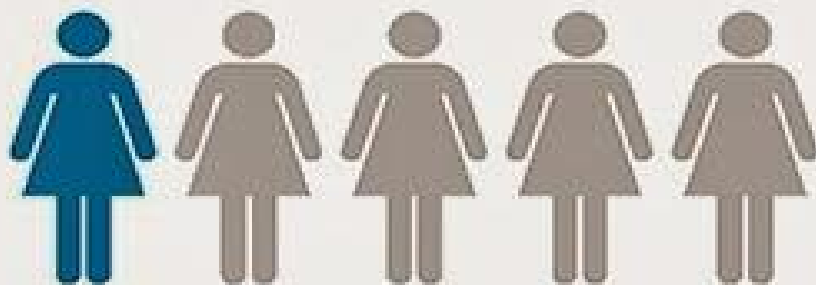
and



Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.¹

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.²

Women are more than **twice** as likely as men to develop **PTSD**.³





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 Sharon Palmer, author of the article on page 15, sharing some of her favorite foods on her bountiful picnic table in her garden. You will find many tips for staying healthy in 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.



May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY
232,000

NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE
UNITED STATES.¹



1 IN 8

U.S. WOMEN WILL GET
BREAST CANCER AT SOME
POINT IN THEIR LIVES.¹

INCREASES RISK DECREASES RISK



EXCESS BODY FAT

ALCOHOL

REGULAR PHYSICAL
ACTIVITY

BREASTFEEDING

AICR estimates that

38%

of U.S. breast cancer cases or about,

1 in 3



could be prevented by being at a healthy weight, being physically active,
avoiding alcohol and breastfeeding.²

That's over **89,000** cases each year that never have to happen.

**The Promise
of Survival**



There are now nearly **3 million**
breast cancer survivors in the U.S.,
who are living longer, healthier lives than
ever before.¹

1. National Cancer Institute website, 2021.

2. American Institute for Cancer Research, AICR/WCRF Continuous Update Project Report: Breast Cancer, 2020.

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

AMERICAN INSTITUTE FOR
CANCER RESEARCH

1109 P Street NW Washington DC
Phone: 202.328.7744 • Email: Communications@aicr.org • www.aicr.org





**BATH
FITTER®**

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

FITS YOUR standards

With quality you can trust and a lifetime guarantee, Bath Fitter doesn't just fit your bath, it fits your high standards. Why have over two million people brought Bath Fitter into their homes? *It Just Fits.*

OUR BENEFITS



Easy to Clean,
Virtually
Maintenance Free



Seamless
Wall



High-Gloss
Acrylic Maintains
Its Shine



LIFETIME
WARRANTY

Take advantage of our
SPECIAL OFFER
888-303-1078

It Just Fits™

*Registered trademark of Bath Fitter Franchising Inc. *Save 10% up to \$450. Special offer good on the purchase of a bathtub or shower, 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. Discount applies to same day purchases only. Previous orders and estimates excluded. Offer valid only at the above location. *Subject to certain limitations. Offer expires 2022-3-31.

**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



Celebration Walk
CELEBRATING THE DASH OF LIFE
26TH ANNUAL

MAY 13, 2022 | 6 p.m. - Dusk

WHAT IS THE CELEBRATION WALK?
Midland Care's Celebration Walk is held each year to honor loved ones who have died. The event is known for the thousands of luminaries lit at dusk across Midland Care's 22-acre campus. We invite you to join in and participate in person at our family friendly event. Your loved one does not have to have been on Midland Care services to be remembered.

EVENTS AT THE CELEBRATION WALK

- Luminaries
- Butterfly Release
- Children's Play Area
- Food court
- Balloons by Stacie
- Live music including:
Paradize Band, Antiques & Collectibles, Mike Eichten, Flamingos, Jeff and Deb with Bill, Santa Fe Band, and Bill Horn Band
- Reading of the Names



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

Connecting With Mental Health: Online Resources

By Theryn Spomer, LMSW
Valeo Behavioral Health Care

Trying to find useful online resources for your mental health needs can be overwhelming and confusing. With so much information to sort through, it can seem like one more stressful thing to add on. We are all challenged to find new ways to learn, stay healthy, and connect. This article identifies easy strategies for finding mental health resources, including tips on some options that consumers and staff here at Valeo BHC have particularly liked.



Theryn Spomer, LMSW

Online resources for mental health can take the form of apps, websites, podcasts, videos, social media, as well as remote meetings. All can be helpful, so you may want to test some of these out to find the ones that work best for you.

Many like using an online app to help manage symptoms or particular problems. To get started, you can do an app store search on your phone or internet device. Enter a specific topic in the “search” field, such as mindfulness or anxiety. Once some options come up, look for apps that have reviews with high ratings, along with noting how many reviews the app has had. You might also want to check for up-front, subscription, or other add-on costs that might affect your choice.

Another easy start is to do a google search titled “list of mental health apps.” The caution here is to be aware that sometimes these lists are actually paid advertisements for a specific product. You will know if the list is a product promotion if you will find the words “Advertisement” or “Sponsored” noted (often in small print) somewhere on the page. Free apps that have received good reviews from people we have worked with include MoodTools (which

has different versions for anxiety and depression), Woe-Bot, Vent and Virtual Hope Box.

There are also many good mindfulness and meditation apps available, such as Insight Timer and Smiling Mind. Mindfulness is a great addition to self-care and can be helpful in improving sleep, managing worry, and reducing tension and pain. When looking for a mindfulness app, be aware that many have limited free content or a limited number of days for free content. Then you need to subscribe to keep the content available. Some workplaces offer free subscriptions to these apps via their employee wellness programs, so that is something worth checking out.

Podcasts are another popular option for mental health information and coping skills. Some highly rated ones on the iTunes store are Mental Illness Happy Hour; Therapy for Black Girls; The Hilarious World of Depression; The Happiness Lab; and Nothing Much Happens (which is a bedtime story podcast). As an example, The Mental Illness Happy Hour podcast has over 5,000 ratings with an average score of 5 out of 5 stars. It includes interviews with mental health specialists, as well as people in recovery, and covers special topics like Coping in a Pandemic. Given the range of topics, odds are you will find a mental health podcast that appeals to you.

YouTube and Ted Talks are also a wonderful resource. Authors, researchers, therapists and many others offer mental health inspiration, and these are usually brief, lasting from 5-20 minutes, so they are easy on your schedule. Again, just look for the ones that have many positive reviews and check one out. Therapy in a Nutshell (YouTube) and anything by Brene Brown (Ted Talks) are excellent. Priya Parker; Guy Winch; and Sangu Delle are also notable presenters.

Video conferencing apps are also widely available and used. Many organizations are using video conferencing apps to connect on a wide variety of topics. Organizations

like AA.org, NA.org and NAMI.org all have lists of virtual support groups on their website, noting times and directions on how to connect. These are safe ways to access the same kind of critical support that live meetings have offered. Churches, book clubs, fitness instructors and families separated by social distancing and quarantines are also turning to online and video conferencing resources for social and supportive interactions. We are all finding creative ways to stay connected.

If you would like to reach out to a mental health professional, Valeo BHC is still available to help by contacting 785-234-3300 for service information or crisis service. You may also want to check on your personal health insurance company website or contact your employer’s Employee Assistance Program. At this time, there are many options for Telemedicine in all health professions, and for those struggling with suicidal feelings, 1-800-273- TALK (8255) is a ready resource.

These are all great resources for a wide variety of behavioral health concerns and it is our hope you will find something from the suggestions noted that speaks to you and helps you grow. In this time of social change and stress, connecting and keeping our minds alive will help us all get through.

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'S CRISIS CENTER IS ALWAYS OPEN FOR MENTAL HEALTH EMERGENCIES.

Valeo Behavioral Health Care

VALEO PROVIDES HOPE THROUGH RECOVERY!

Valeo provides essential mental health and substance use disorder services. We are proud to serve our community!

400 SW Oakley Ave • Topeka, KS • 66606
valeotopeka.org • 24-Hour Crisis Line 785-234-3300



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




MAY IS MENTAL HEALTH AWARENESS MONTH

330 SW Oakley
Topeka, Kansas, 66606

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

VISIT US AT:   or valeotopeka.org

CELEBRATING OVER 50 YEARS OF RECOVERY SERVICES

LET VALEO PROVIDE YOU WITH HOPE THROUGH RECOVERY.



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**



peggystaxs.com

How to Boost Your Health as a Woman Over 60

The importance of self-care increases as we age. While we cannot overcome natural physical and mental changes that come with growing old, maintaining a healthy lifestyle and an upbeat outlook on life can have a major positive impact on your standard of living. Let's explore three useful habits you can implement to make the most of your golden years.

Stay Physically Active

Engaging in regular exercise translates to better physical and mental health. Additionally, for women over 50, it provides an array of benefits such as:

- Reduces the risk of diseases by boosting immune function. Moreover, it contributes towards better cardiovascular health, helping individuals with heart diseases or diabetes to manage their symptoms better.
- Strengthening of bones and muscles leads to improved balance and decreasing risk of falls which is one of the prominent causes of injury among seniors.

According to Medicare.org, here's a list of exercises to include in your routine:

- Taking a brief walk around your neighborhood
- Climbing a flight of stairs once or twice a day
- Full-body stretching
- Simple bodyweight exercises such as wall-push-ups, chair squats, and more.

Focus on Your Nutrition Intake

While the logic of eating a balanced diet still holds true, here are some food choices you should consider to keep your body and mind healthy:

- Eat foods rich in Vitamin D such as eggs, meats, soy, milk, and fish. This will help maintain strong bones and good balance.



Photo by Mikhail Nilov via Pexels

- The foods mentioned above also serve as a good source of vitamin B-12, which plays an important role in producing red blood cells, improving brain function, and reducing the risk of diseases such as Parkinson's, osteoporosis, and more as reported by Snug Safety.
- If you consistently feel low on energy, increase your uptake of carbohydrates which can be derived from bread, pasta, rice, and cereals.

Take on New Challenges

Struggling to stay occupied post-retirement is a common issue faced by seniors. A sudden change from an active lifestyle to a passive one can lead to feelings of stress and dissatisfaction. One of the best ways to overcome this barrier is taking on new challenges, such as starting a business.

As a senior, you have two strong advantages over others:

1. You have years of experience at your disposal.
2. You have ample time and resources to fully be committed.

While starting a business may feel challenging, various online platforms make it easy to plan, fund, and launch your business, these include:

- SCORE: They have created a simple business plan template in line with industry expectations to help new entrepreneurs create strong foundations for their businesses.
- Registering your business as a Limited Liability Company is important to protect yourself from business-related liabilities, and this formation service helps you do this in Kansas in just a few clicks.
- SBA: The Small Business Association, provides a variety of funding options for entrepreneurs such as short and long-term loans, funds to meet business expenses, and special provisions for senior business owners.

The best way to ensure you remain fit and active is to take control of your health. While regular check-ups and medication will remain an important part of your routine, maintaining a healthy lifestyle will allow you to remain independent and continue to enjoy all the things you cherish in life.

FINANCIAL HEALTH & WELLNESS

If you missed the April 18 filing deadline, file now to limit penalties and interest

The Internal Revenue Service encourages taxpayers who missed Monday's April 18 tax-filing deadline to file as soon as possible. While taxpayers due a refund receive no penalty for filing late, those who owe and missed the deadline without requesting an extension should file quickly to limit penalties and interest.

Families who don't owe taxes to the IRS can still file their 2021 tax return and claim the Child Tax Credit for the 2021 tax year at any point until April 15, 2025, without any penalty. This year also marks the first time in history that many families with children in Puerto Rico will be eligible to claim the Child Tax Credit, which has been expanded to provide up to \$3,600 per child.

Some taxpayers automatically qualify for extra time to file and pay taxes due without penalties and interest, including:

- Members of the military who served or are currently serving in a combat zone. They may qualify for an additional extension of at least 180 days to file and pay taxes.
- Support personnel in combat zones or a contingency operation in support of the Armed Forces. They may also qualify for a filing and payment extension of at least 180 days.
- Taxpayers outside the United States. U.S. citizens and resident aliens who live and work outside the U.S. and Puerto Rico, including military members on duty who don't qualify for the combat zone extension, may qualify for a 2-month filing and payment extension.
- Some disaster victims. Those who qualify have more time to file and pay what they owe.

File without penalty to get a tax refund

Some people may choose not to file a tax return because they didn't earn enough money to be required to file. But they may miss out on receiving a refund. The only way to get a refund is to file a tax return. There's no penalty for

filing after the April 18 deadline if a refund is due. Taxpayers are encouraged to use electronic filing options including IRS Free File which is available on IRS.gov through October 17 to prepare and file 2021 tax returns electronically.

While most tax credits can be used to reduce the tax owed, there are a few credits that allow taxpayers to receive money beyond what they owe. The most common examples of these refundable credits are the Earned Income Tax Credit, Child and Dependent Care Credit and Child Tax Credit. Those who don't usually file and didn't qualify for a third-round Economic Impact Payment or got less than the full amount may be eligible to claim the 2021 Recovery Rebate Credit when they file their 2021 tax return. Taxpayers often fail to file a tax return and claim a refund for these credits and others for which they may be eligible.

Generally, the IRS issues nine out of 10 refunds in less than 21 days for taxpayers who e-file and choose direct deposit. However, it's possible a tax return may require additional review or take longer. The IRS processes paper tax returns in the order they are received.

Taxpayers can track their refund using the Where's My Refund? tool on IRS.gov, IRS2Go or by calling the automated refund hotline at 800-829-1954. Taxpayers need the primary Social Security number on the tax return, the filing status and the expected refund amount. The refund status information updates once daily, usually overnight, so there's no need to check more frequently.

File to reduce penalties and interest

Taxpayers should file their tax return and pay any taxes they owe as soon as possible to reduce penalties and interest. An extension to file is not an extension to pay. An extension to file provides an additional six months with a new filing deadline of October 17. Penalties and interest apply to taxes owed after April 18 and interest is charged

on tax and penalties until the balance is paid in full.

Filing and paying as much as possible is key because the late-filing penalty and late-payment penalty add up quickly.

Even if a taxpayer can't afford to immediately pay the full amount of taxes owed, they should still file a tax return to reduce possible delayed filing penalties. The IRS offers a variety of options for taxpayers who owe the IRS but cannot afford to pay.

Usually, the failure to file penalty is 5% of the tax owed for each month or part of a month that a tax return is late, up to five months, reduced by the failure to pay penalty amount for any month where both penalties apply. If a return is filed more than 60 days after the due date, the minimum penalty is either \$435 or 100% of the unpaid tax, whichever is less.

The failure to pay penalty rate is generally 0.5% of unpaid tax owed for each month or part of a month until the tax is fully paid or until 25% is reached. The rate is subject to change. For more information see the Penalties page on IRS.gov.

Taxpayers may qualify for penalty relief if they have filed and paid timely for the past three years and meet other important requirements, including paying or arranging to pay any tax due. For more information, see the first time penalty abatement page 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



Eating Healthy Food
Makes Sense

= 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)

Eye Drops to Improve Vision? Really?



(Ivanhoe Newswire) —

More than 128 million Americans deal with the hassle of reading glasses. But now, new FDA-approved eye drops may allow these people to get rid of their reading glasses for good.

A restaurant menu, the newspaper, even the instructions on your prescription bottle ... have the words been getting smaller or blurrier, or do you need reading glasses?

“Most patients tend to report between the ages of 40 and 45,” shared ophthalmologist Michael Manning, MD, FACS.

As we age, some people may develop presbyopia, or the gradual loss of the eyes’ ability to focus on nearby objects. Millions of people use over-the-counter reading glasses to treat their presbyopia, but now researchers say an eye drop called AGN-190584 may replace the need for these reading glasses. The eye drop treats the symptoms of the condition by targeting the eyes’ lens.

“The way they go about this is constricting or making our pupils smaller, which creates a depth of field effect to give enhanced near vision,” continued Dr. Manning.

In a trial, participants said the eye drop



worked as soon as 15 minutes after it was applied and reached its peak effectiveness in an hour. However, the eye drop is not a one-time treatment and will have to be applied daily as needed.

The eye drop was just FDA approved in October 2021. Side effects were rare, but included headaches, red eyes, blurred vision, and some eye pain.

New presbyopia-correcting drops may help treat the more than 128 million Americans with presbyopia.

George O. Waring, IV, MD, founder and medical director, Waring Vision Institute in South Carolina says, “We are on the doorstep now of having topical drops, of which there are multiple in the developmental pipeline with varying mechanisms of action [MOA], for the treatment of presbyopia.”

The two main MOAs being investigated are miotics, which leverage the pinhole effect to increase the depth of field, and lens softening, based on the assumption that lens stiffening and loss of flexibility are presbyopia’s main causes.

Other considerations include the time to onset of action, duration of effect and the use of preservatives.

Allergan submitted AGN-190584 to the FDA based on data from two Phase 3 studies evaluating efficacy, safety and tolerability of its proprietary formulation of pilocarpine 1.25%.

“The docket has been submitted, and, if approved, this would be the first to market topical therapy for the treatment of presbyopia in the United States,” Dr. Waring said in November.



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.

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.



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.

Seasonal Allergies: Nip Them in the Bud

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.



- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- Oral antihistamines. Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- Decongestants. Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- Nasal spray. Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- Combination medications. Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinse your sinuses

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store. Use water that's distilled, sterile, previously boiled and cooled, or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution. Also be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

Interested in alternative treatments?

A number of natural remedies have been used to treat hay fever symptoms. Treatments that may help include extracts of the shrub butterbur and spirulina (a type of dried algae). However, the benefits and safety aren't clear. Some people claim acupuncture can help with seasonal allergy symptoms. There's some evidence that acupuncture works, and there's little evidence of harm. Talk to your doctor before trying alternative treatments.

When home remedies aren't enough, see your doctor

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

—mayoclinic.org



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. Excludes labor. 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

9 Dietitian Tips for Women's Health

It's time to give a little support and care for all of the women in your life, who brought you life, love, and nourishment. One of the most important things women can do to live long, rich, vibrant lives is to eat healthfully and to include physical activity in their lifestyles. So, I asked some of my favorite dietitians to share some of their best advice on how women can maintain optimal health through lifestyle.

1. Go Red! “Have a red food on your plate for a strong heartbeat. These foods have potassium, an electrolyte that helps prevent the damaging effects of too much sodium, such as high blood pressure. Think of adding tomato sauce or purée, tomato paste, or dark red kidney beans in your meals,” says Tamar Rothenberg, RDN.

My recipe for Simmered Romano Beans with Tomatoes and Rosemary is rich with heart healthy tomatoes.



2. Don't Be Afraid to Enjoy Food. “It's okay to be a woman with an appetite who enjoys food. Use that enjoyment to plan regular, satisfying meals instead of grazing to get what you truly like. You will feel better and get better nutrition when you've had adequate meals than when you've nibbled your way through the day,” says Adina Pearson, RD.

3. Stay Active. “Find an activity you like to do and keep active daily; this can help with the weight gain through the aging process,” says Janet Brancato, MS, RD, of My Nutopia.

Pumpkin Spice Energy Bites are a great post-workout snack.



4. Power Up on Calcium. “Don't throw in the towel on calcium after you hit 30 just because peak bone mass has been reached by then. You can still slow down bone loss by staying focused on calcium, vitamin D, and weight-bearing and strengthening exercises,” says Sarah Curry, MS, RD, CDE, of Dishin It Out.

Scrambled Turmeric Tofu with Greens



5. Protein is Your Friend. “Get the protein you need at every meal every day to preserve muscle mass and maintain bone health to keep you as active and able to take care of yourself as possible. It doesn't matter if the protein comes from animal or plant sources, but you should aim for at least 20 grams at each meal, and I highly recommend including protein-rich foods for snacks since they typically contain many more nutrients than protein alone,” says Elizabeth Ward, MS, RD, of Better Is the New Perfect.

Savory Steel Cut Oats with Spinach, Mushrooms and Tofu make a great plant protein-powered breakfast.



6. Savor Each Bite. “Be a mindful eater. Eat nutritious foods that you love, slow down, and savor every bite. Cut back where you don't notice, so that you don't feel deprived,” says Sarah Remmer, RD.

Chunky Chocolate and Toasted Walnut Nice Cream



7. Don't Forget the Fat. “Make friends with fat, especially the fats found in foods like avocados, olive oil, fish, nuts, and seeds. Fat is a key nutrient your body needs to make hormones, absorb fat soluble vitamins, and keep you satiated. Most importantly, it makes food taste good!” says Kendra Tolbert MS, RDN, CDN, CLC, of Live Fertile.

Spicy Sorghum Avocado Salad is a great way to enjoy those healthy fats.



8. Resistance Training is Key. “Get those resistance exercises in to help promote bone health! While we can't stop bone loss after a certain age, we can certainly slow down the rate by incorporating weights, resistance bands, and body weight exercises into our regiment. Plus, think how great you'll look and feel from building some lean muscle!” says Mandy Enright, MS, RDN, RYT.

9. Prioritize Yourself. “Take the time to nourish yourself. Women notoriously prioritize everyone else before themselves. Yet, the secret to feeling better and living longer is to prioritize your own nutrition, so that you have the strength and energy to care for others. Take time to sit down and enjoy your meals, whether that means stepping away from your desk at lunchtime or sitting down to the table with your family at dinner,” says Denine Marie Stracker, MPH, RDN, of Health Out of Habit.

Vegetable Tofu Pho



7 Things Every Woman Should Change for Better Health

As the wellness editor for The Everygirl, I'm constantly on the hunt for the very best health tips to bring you, my dear readers, to help you live your best, healthiest, and happiest lives. As soon as I heard about Dr. Taz Bhatia and her mission to empower one million women to restore their health and well-being (we stan an ambitious woman!), I knew I had to ask her for all her best advice. Dr. Bhatia, MD, is board certified in integrative medicine, a certified nutrition specialist, and a bestselling author. She's made medical expert appearances on The Today Show and Good Morning America and calls herself "a champion of super women worldwide." In other words? She's a royal badass.

"I think we all have unique gifts and powers, but stress, circumstances, and responsibilities can erode our ability to see or feel them," she said. "When we are in our highest health, we attract abundance and uncover our superpowers." I love Dr. Bhatia because she preaches that there's a purpose to caring about your health beyond weight loss or because we're supposed to. Being our healthiest gives us access to our best lives and truest selves. Read on for seven things you can change about your health right now and uncover your superpowers.

1. Be in control, know your body, and educate yourself

PSA: You are the #1 person in charge of your own health. Even with a team of doctors and experts (more on that below!), you should be the biggest advocate for your own health, trust your instincts, and fight for what you know your body needs. Dr. Bhatia wants every woman to know that she is in control of her health and that her well-being can be determined by how she treats and knows her body. "Health is in your control," she said. "It's important to understand hormone levels, nutritional status, and long-term health risks." In other words, don't just rely on your doctor to keep an eye out for what's going on in your body. Educate yourself



on the body's basic functions and keep track of how certain foods make you feel. Most importantly? Trust your body. Your body knows what it needs, so if it's communicating to you (whether it's through symptoms, cravings, or emotions), listen.

2. Stop trying to "catch up" on sleep

If you're sleeping five hours a night on weekdays with the plans of sleeping in until noon on Saturday, it's not evening out like you hope. "There is no such thing as catching up on sleep," Dr. Bhatia said. "Instead, get into bed at a consistent time every night (ideally before 11 p.m.) and sleep until 6 to 7 a.m., which helps the hormone axis and keeps hormone levels balanced." Yes, getting enough Zzz's is crucial for your health, but you should be getting enough sleep every night instead of aiming for a certain number of hours per week thinking you can "catch up" from shorter nights. Instead of sleeping in on weekends and sleeping less during the weekdays, aim for a consistent bedtime, sleep for a solid seven to nine hours, and wake up around the same time every morning for

optimal health.

3. Rely on whole foods

We're all trying to improve our diets and eat healthier, but it's not always easy (or else we'd all be eating salads for every meal and never be tempted by a Krispy Kreme donut), so I asked Dr. Bhatia for her #1 tip when it comes to healthy eating: What's most important for our health and what changes will give us the biggest bang for our buck? Dr. Bhatia said that lowering sugar and processed foods is the first step. But it doesn't have to be as restrictive or as difficult as cutting out all the foods we love (which can actually lead to bingeing and an unhealthy relationship with food!). Instead, the key is focusing on eating more whole foods, which will subconsciously crowd out processed foods and give your body more of the nutrients it needs. "Learning to

rely on whole foods rather than foods in a box or a package can be a health game-changer," she said. Build meals around fruits, vegetables, clean proteins, and whole grains.



4. Vary your exercise

So you're a consistent runner or you love your daily barre class? Good for you for moving your body and prioritizing exercise, but if you're looking to kick your health game up a notch, consider switching up your exercise routine. "Using different muscles and challenging your body is important," Dr. Bhatia advised. "Sometimes, we focus just on cardio or muscle strength, but we have to take it all into consideration for balance." If you're a marathon runner and love a daily jog, consider taking a day off and adding some weight training into your routine. If you're a gym rat who spends



all your time in the weight room, consider throwing in some treadmill action from time to time. Working toward a goal and doing one type of workout is great, but we need a variety of exercise to stay challenged, work our muscles, and be our healthiest.

5. Get your supplement routine right

One of the most asked questions I get as both a wellness editor and a holistic health coach is, "What supplements should I be taking?" There's no doubt that the supplement world is confusing AF: Between probiotics, collagen, vitamins, and countless brands with pretty packaging, it seems like a new brand or supplement comes out every day that many of us feel like we need to achieve optimal health. Do we need shelves full of supplements and a budget for the latest trends? The answer: no. To simplify, Dr. Bhatia universally

recommended most women could benefit from taking a methylated B vitamin, omega-3 fatty acids, probiotics, and magnesium, as these each help women's health pathways, but since supplement needs vary based on body, diet, and health history, it's important to come up with a personalized plan with your doctor.

6. Build a medical team that works with you

Especially as women, many symptoms or issues go undiagnosed and untreated because of the fear that we're being "dramatic" or because of a doctor who doesn't take the time to listen. Dr. Bhatia stressed the importance of trying new doctors, nutritionists, specialists, and gynecologists until you form the care team that feels best for you. "If you're struggling to diagnosis or identify symptoms, don't give up," she said. "It's not in your head!" You deserve a care team that makes your well-being and feelings their #1 priority, so search around until you find a doctor who gets you, listens to you, and trusts your opinion. Finding a doctor really is like dating to find "The One!" Oh, and IDK who needs to hear this, but no, it's not just in your head. Yes, you do know what's best for your body, and you can find a treatment, plan, or fix to anything that doesn't feel right.

7. Craft a life and routine you feel good about

"Restoring your health means crafting a life and routine where your energy flows and your mood is consistent," Dr. Bhatia said. After all, your physical health is integrally related to your happiness. If you have a job that's unfulfilling, are in a relationship that doesn't make you happy, or live in a city you're dying to get out of, it'll show in your physical health. Know that self-confidence is just as important for your well-being as a nutritious diet and eight hours of sleep, and happiness is a key factor for optimal health. "Health starts with you," she advised. "How you feel about



yourself is the vibration or rhythm of your life, so make choices from a place of abundance instead of lack or fear, and then just go for it!" Now that's the kind of doctor advice I can get behind.

— Josie Santi



9 Reasons to Run

Let's look at our top 9 favorite reasons to run.

#1 It's True "Me Time"

Ever noticed how all those mindfulness gurus and women's magazines tell us to "carve out me-time in your day"? Easier said than done, isn't it? But when you're a runner, your me-time is built into your workout. Running can be as peaceful, as solitary, and as meditative as you want to make it. No phone, no email, and almost certainly no hangers on (apart from your running buddies, and that's OK because they understand the sanctity of a run!)

#2 A Ready-Made Community

It can be difficult to make new friends as you get older. We get set in our routine, and simply don't have much opportunity to make brand new groups of friends (unless we make the effort to take up an evening class or something). Running is amazing for connecting you to a ready-made network of like-minded people: in your local area, online, and around the world. Running bonds people like nothing else. Now you're a runner, you're part of something big.



#3 Enjoy Nature

Whether you live by the coast, in the countryside, or in town it can be so easy to ignore your local sights. Running reconnects you with your surroundings in a way most people never get to experience. As a runner, you'll see every day details of the seasons changing, you'll explore off-road paths, and you'll see local sights from a fresh new angle. We're lucky!

#6 Put Things In Perspective

Something about running allows us to put all worries, fears, and problems into perspective. Most things seem manageable after a good run, even if they felt crippling beforehand. Clearing your head with a run might actually make some of those worries go away completely. And the ones that are still there when you get home? You can cope.

#4 Feel Strong & Resilient

Let's face it, being a runner is awesome. You're fit, strong, and determined. You don't HAVE to run – you choose to. And you've run in wind, rain, hail, and after dark. Running gives you a sense of satisfaction and empowerment that nobody can ever take from you.

#7 Get It All Out

Running can be a kind of punchbag for your frustration, anger, and wound-up feelings. It's not healthy to keep it all inside. So get out for a run, run hard and fast, and even indulge yourself with a loud yell if you're somewhere rural!

#8 Food Tastes Better

Ever noticed how food tastes better when you've run that day? Running puts you in touch with your body's real signals – of hunger, of thirst, of appetites and satiety. People who run stay in touch with their bodies for much longer.

#5 You Can Disconnect

Running might be the only time that you disconnect. You can't be online, you can't check emails, and you can't "just look something up" for anyone. Even if you choose to listen to music through headphones, you're still offline.... it's just you, your breath, your heartbeat, and your surroundings. That's precious in this day and age!

#9 Appreciate Your Body

Life is so busy – we can go days or even weeks without really appreciating how incredible our bodies are for how they cope, what they do, and all the minuscule ways they are growing 24 hours a day. As a runner, you'll be directly connected with your body every time you run. It's a chance to feel breath going in and out of your lungs, your muscles working, your heart beating, your skin heating up and cooling down. Your body is incredible – and running helps you appreciate it.

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

Call for pricing today!

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



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.**

Contactless consultations, installations and delivery available!

Don't let the stairs limit your mobility.

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

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

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

Call now to save on a Rave 2 stair lift!

1-877-826-4638

AmeriGlide
ACCESSIBILITY SOLUTIONS

your guide to
THE WORLD

600+ Tours starting from \$1,200 pp

NATIONAL GEOGRAPHIC
TRAVELLER
READER AWARDS
2021
WINNER THE OPERATOR

Speak to an expert at:

855-403-4641

Hours: 9 am - 7 pm EST Monday - Friday



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

How to Fall

In everyone's life there are times when you're upside down and falling. When your life is up in the air nothing is certain – nothing is guaranteed. All the hard work, the investment and hope may still not land you the promotion, the finances, health, happiness or purpose – for you and those you love.

Ever wondered what's spinning around in the mind of an Olympic gymnast? Medalist and former member of Team USA, Jonathan Horton has a simple but powerful message to share with you. Here, you can read his conversation with Faith & Fitness Magazine. Feel the pain and know the glory when you let God show you – How To Fall.

HOW TO FALL PROPERLY

One of the first things we teach in gymnastics is how to fall properly. You teach that to little kids from day 1 because in a sport as precision based as [gymnastics] you're going to fall a lot in the process of learning and even in competition.

If you crash wrong you can definitely hurt yourself. That is why the mats and technology and everything we use is becoming better. Safety is a priority.

As the sport advances it is becoming more like the X-Games. It's a very extreme sport. People are doing crazy things that we hadn't seen 10 to 20 years ago.

HOW TO FALL IN LOVE WITH YOUR DESTINY

I was the first in my family [to be in gymnastics]. I was kind of a wild child. I had a ton of energy. I probably would have been diagnosed as having ADHD or something as a kid. I was bouncing off the walls.

When I was 4 years old the reason I got into gymnastics was because of an incident that happened in the middle of a Target department store. My mom took me shopping. She was looking at some clothes.

She turned around and I was gone. She started to panic and she's looking all over the store. 10 minutes goes by and she still can't find me and now the whole store is searching.

The manager spotted me and came up to my mom and said, "Mam I found your son. You can calm down." He pointed to the ceiling and said, "He's way up there!" There was a 25 foot [high] support beam in the middle of the store that I had wrapped my arms and legs around and climbed all the way up to the top.

She said it was one of the craziest days of her life seeing

me at the top and then sliding down like it was no big deal. She told my dad about it when he got home from work that night and my dad's exact words were, "Wow, our son's a freak! Maybe we should try gymnastics." They booked me into a gymnastics facility the very next day and the rest is history. They had no idea what they were getting into. They knew nothing about the sport. And – what do you know, 18 years later I'm competing in the Olympic games.

When I got into gymnastics at 4, I did fall in love with it. It was a perfect fit. But it took me a really long time to find my niche in the sport. I can think of so many competitions I left with nothing; no ribbons, no trophies, just tears in my eyes wondering, "Why am I in this sport?" I wasn't the most gifted and talented but I loved it too much to quit. The Word [of God] says that faith the size of a mustard seed can move mountains. I believe that talent the size of a mustard seed, when the work is put into it, can move mountains.

HOW TO FALL GRACIOUSLY

We weren't wealthy people. It [gymnastics] got expensive and became a sacrifice very early on for them [my parents]. My mom specifically had to sacrifice a lot to keep me in the sport. Every dollar she made as a teacher went to gymnastics. They saw that I loved it and they didn't want to keep me out of it. My mom worked so that we [my sister and I] could have this recreation. I'm so thankful for that.

I'd come home crying from a bad workout and they'd jokingly ask, "Soooo, do you want to find another sport?" I was like, "Nope! This is the one I want to do."

They'll tell you now it was worth every sacrifice and every penny. I had sponsors at the Olympics that paid my whole family's way to go to the Olympics and watch me compete. To them that was the greatest reward ever. My dad is not a big cryer. But, I saw my dad with tears in his eyes because of how proud he was. That's an amazing thing for me as his son.

I'm very fortunate to be from a family who is 'all in' for Jesus. Beyond church on Sunday we engulfed our lives in the Gospel and how to live for Christ. I talk about following Jesus – about Christ being our Lord and Savior. Everybody wants heaven someday but not everybody wants a Lord. That hit me. I knew Jesus died for me but I need Him to be Lord over my life. [That] took a lot of accountability.

My life has changed dramatically. I grew up as a believer but I found my faith by chasing God and Jesus. The last thing Christ told us to do was to go and make disciples of all nations. I feel so emboldened these



days in my life to share the Gospel with people.

HOW TO FALL INTENTIONALLY

I've been speaking for over 10 years. You never know who is battling in their faith, they hear your story and because of you they come to Christ. That's something I want to do in terms of ministry.

I was never afraid to share with people what I truly felt in my heart – knowing the truth of who Jesus is. I've never shied away from that. If I were to lose everything I have because of my faith, that's alright. We're told that we'll be persecuted for our faith. You don't have to look far to see the persecution that is going on in the world. People that speak up [for Christ] these days get 'canceled'. It's tough but [Christians] have to recognize that is part of it. That suffering is for the glory of God.

The thing that has happened almost every single time is I've had people I don't know say, "Thank you so much for standing up for the faith." People I didn't expect say, "We're with you." That opens up more doors and new conversations. It's amazing the way God works. There have been times in my life where I stood strong in my love for Jesus. It didn't go the way I wanted but something even better came from it.

It's not guaranteed, right?! It doesn't mean there's not going to be more challenges. We just have to grow in our faith and accept that God's plan is perfect and bigger than our plan.

No matter what it is in life: work, family, faith... sports, I don't want to have a single regret for the work I put in [to all of it]. We have our days we give it everything. Then there are other days we fall short. Sometimes I fall short. But when I use the gifts that the Lord gave me to the best of my ability — I don't think it's risky at all [to go big]. You're going to hit and hit it big. Someone will find God. It can be scary but we have to be willing to fall.

HERO®

Meet the new way to manage your meds

Sorts and Dispenses Your Meds

Alerts You At Dose Times

Delivers Refills To Your Door

Peace of Mind for the Whole Family



Starting at

\$24.99 / month*

~~+\$99.99~~ **\$0**

initiation fee

*12-month commitment

Call +1 (866) 850-7005

to learn about our **90-DAY RISK-FREE TRIAL!**

Itchy pet? See your vet.

Skin health starts with the right nutrition.

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





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 for the Springtime

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

Spring Risotto



A fabulous rice dish and a wonderful way to feature fresh spring herbs.

Ingredients

- 3 tablespoons butter
- 1 bulb fennel, diced
- 1 small red bell pepper, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 2 teaspoons grated lemon zest
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh rosemary
- ½ teaspoon ground coriander
- 1 ½ cups uncooked Arborio rice
- ½ cup dry white wine
- 3 ½ cups hot vegetable stock
- 1 tablespoon fresh lemon juice, or to taste
- ⅓ cup grated Parmesan cheese
- salt and pepper to taste

Directions

Heat oil and butter in a medium-size heavy saucepan over medium heat. Stir in fennel, red pepper, onion, and garlic. In a small bowl, mix together lemon zest, mint, parsley, and rosemary. Stir half of this herb mixture into saucepan, and set the rest aside. Saute vegetables until slightly softened, 3 to 4 minutes.

Stir in coriander and rice. Cook, stirring frequently, until rice grains are thoroughly coated with oil and butter. Stir in wine, then reduce heat to low. Stir in about 1 cup of vegetable broth. Continue to stir while ladling in more broth as needed; rice should have a thin veil of broth over it at all times. Cook for 20 to 25 minutes, until all broth is used and absorbed, and rice is tender.

Remove pan from heat and stir in remaining herb mixture, lemon juice and Parmesan cheese. Season to taste with salt and pepper. Cover pan loosely with waxed paper and allow to stand 8 to 10 minutes before serving.

Nutrition Information (Servings: 6)

Per serving: 395 calories; protein 7.2g; carbohydrates 55.6g; fat 14.3g; cholesterol 19.2mg; sodium 401mg.

Source: allrecipes.com

Thai Chicken Spring Rolls



This Vietnamese dish is adapted with Thai flavors. An excellent appetizer or light entree.

Ingredients

- 1 cup peanut sauce
- 1 (1 1/2 inch) piece fresh ginger root, minced
- 2 cloves garlic, minced
- 1 teaspoon soy sauce
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 teaspoon peanut oil
- 6 ounces fresh snow pea pods
- 12 ounces bean sprouts
- 4 green onion, chopped
- 1 pound watercress, chopped
- ¼ cup chopped fresh cilantro
- 2 large carrots, peeled
- 1 teaspoon peanut oil
- 1 teaspoon soy sauce
- 12 spring roll wrappers
- ½ cup peanut sauce

Directions

Combine 1 cup peanut sauce, ginger, garlic, and 1 teaspoon soy sauce in a bowl. Add the chicken and mix until the chicken is coated. Place in refrigerator to marinate for 30 minutes.

Heat 1 teaspoon peanut oil in a wok or skillet over medium heat. Cook the snow peas, bean sprouts and green onion in the oil until heated but still crisp, 3 to 4 minutes. Transfer to a large bowl. Mix in the watercress and cilantro. Use a vegetable peeler to have long slices of carrot into the watercress mixture. Drizzle 1 teaspoon soy sauce into the watercress mixture; toss to coat.

Heat 1 teaspoon of oil to the wok or skillet. Cook the marinated chicken until no longer pink inside, about 10 minutes.

Fill a large bowl with hot water. Dip wrappers one at a time into the water for about 2 seconds each. As wrappers are removed from the water, fill each with 2 large spoonfuls of the chicken and a small handful of the watercress mixture. Fold in two opposite ends of the wrapper to meet the filling. Then fold the bottom of the wrapper over the top of the filling and roll. Serve with 1/2 cup peanut sauce for dipping.

Nutrition Information (Servings: 4)

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

Source: allrecipes.com

Spring Vegetable Soup



It's so good on a chilly spring night and even better with a grilled sandwich for lunch the next day.

Ingredients

- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 medium potato, peeled and chopped
- ½ cup chopped broccoli
- ½ cup frozen corn
- ½ cup torn spinach
- ½ cup chopped fresh mushrooms
- ½ cup chopped carrots
- ¼ cup chopped cabbage
- 2 (32 fluid ounce) containers chicken broth
- 6 ounces egg noodles
- 1 cup canned white beans

Directions

Heat the oil in a large pot over medium heat, and cook the onion and garlic until tender. Mix in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low. Simmer 20 minutes, until potato is tender.

Stir egg noodles and white beans into the pot, and continue cooking 7 minutes, or until noodles are tender and beans are heated through.

Nutrition Information (Servings: 6)

246 calories; protein 9.8g; carbohydrates 41g; fat 4.9g; cholesterol 27.7mg; sodium 1452mg.

Source: allrecipes.com

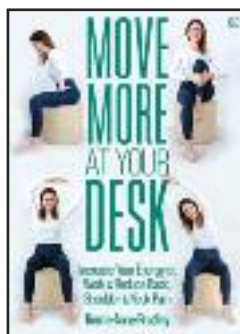
New Health & Wellness Info at the Library

By Kelly Barker

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

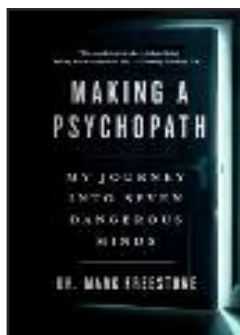
Move More at Your Desk: Increase Your Energy at Work & Reduce Back, Shoulder & Neck Pain New Health Books Media Center by Kerrie-Anne Bradley, New Health Books Media Center 617.56 BRA

Move More at Your Desk is a practical guide to show you small, simple, varied, and doable ways to move more so that your body is less stiff, stronger, more energized and feels good. It focuses on movements you can easily do throughout the day - whether in the office or at home.



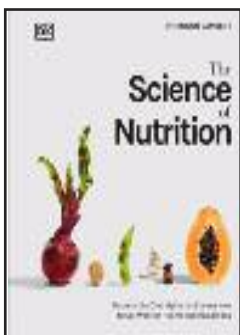
Making A Psychopath: My Journey into Seven Dangerous Minds by Mark Freestone, New Health Books Media Center 616.8914 FRE

Making a Psychopath explores the many factors that make a psychopath, the complexities and contradictions of their emotions and behavior, as well as an examination of how the lives of psychopaths develop inside and outside the institutions that are supposed to contain them.



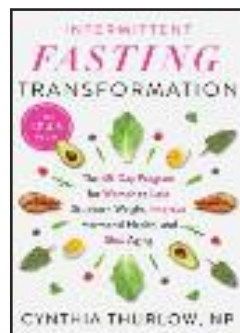
The Science of Nutrition by Rhiannon Lambert, New Health Books Media Center 613.2 LAN

The Science of Nutrition cuts through the noise of conflicting diet advice with clear answers backed up by the very latest research. Recognizing that there is no one-size-fits-all when it comes to nutrition, this ground-breaking book has the answers to all your food-related questions.



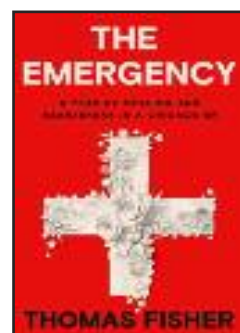
Intermittent Fasting Transformation: The 45-Day Program for Women to Lose Stubborn Weight, Improve Hormonal Health, and Slow Aging by Cynthia Thurlow, New Health Books Media Center 613.25 THU

Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, it is geared toward your hormonal needs at every stage in life.



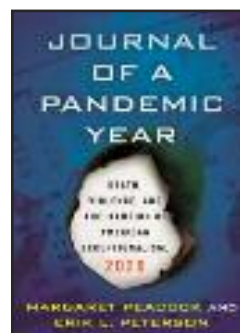
The Emergency: A Year of Healing and Heartbreak in A Chicago ER by Thomas Fisher (Board-Certified Emergency Medicine Physician), New Health Books Media Center 610.92 FIS

The Emergency is a riveting, pulse-pounding story of a year in the life of an emergency room doctor trying to steer his patients and colleagues through a crushing pandemic and a violent summer, amidst a health-care system that seems determined to leave them behind.



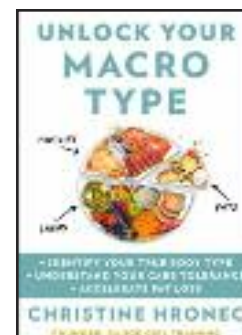
A Deeper Sickness: Journal of America in the Pandemic Year by Margaret Peacock, New Health Books Media Center 614.58 PEA

When we look back at the year 2020, how can we describe what really happened? In A Deeper Sickness, award-winning historians Margaret Peacock and Erik Peterson set out to preserve what they call the "focused confusion," and to probe deeper into what they consider the Four Pandemics that converged.



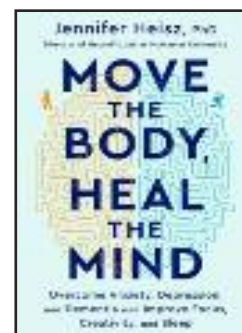
Unlock Your Macro Type: Identify Your True Body Type, Understand Your Carb Tolerance, Accelerate Fat Loss by Christine Hronec, New Health Books Media Center 613.25 HRO

In Unlock Your Macro Type, Biochemical Engineer, Christine Hronec, shares a customizable plan to lose weight and shed fat by eating according to your macro type, a profile based on your body type and personal carb tolerance. Unlock your macro type and end the battle with the scale--for good.



Move the Body, Heal the Mind: Overcome Anxiety, Depression, And Dementia and Improve Focus, Creativity, And Sleep by Jennifer Heisz, New Health Books Media Center 613.7 HEI

In Move the Body, Heal the Mind, the author shares paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, or even leisurely walks, help stop depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience.



The Perfect Other: A Memoir of My Sister by Kyleigh Leddy, New Health Books Media Center 616.8572 LED

The Perfect Other is the story of Kait, and author Kyleigh Leddy's relationship with Kait, her older sister. It tells the story of Kait's diagnosis of schizophrenia, institutionalization, and disappearance in January 2014. All leaving the author wondering: What could she have done differently?



Homecoming: Overcome Fear and Trauma to Reclaim Your Whole, Authentic Self by Thema Simone Bryant, New Health Books Media Center 616.8521 BRY

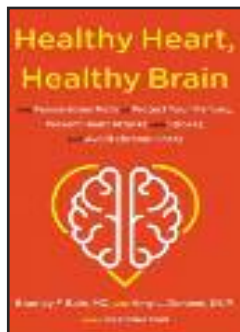
In the aftermath of stress, disappointment, and trauma, people often fall into survival mode, even while a part of



them longs for more. Juggling multiple demands and responsibilities keeps them busy, but not healed. In Homecoming, Dr. Thema shows you how to reconnect with your authentic self and reclaim your life.

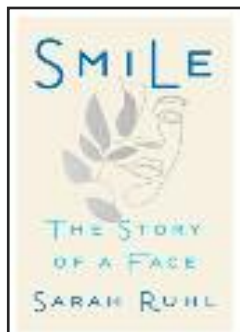
Healthy Heart, Healthy Brain: The Proven Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, And Avoid Chronic Illness by Bradley Bale, New Health Books Media Center 616.1 BAL

Did you know that every forty seconds, someone in the US suffers a heart attack or stroke? In Healthy Heart, Healthy Brain, cardiovascular specialists Bradley Bale, MD, and Amy Doneen, DNP, share their life-saving method to prevent these devastating events--and reverse the disease that causes them.



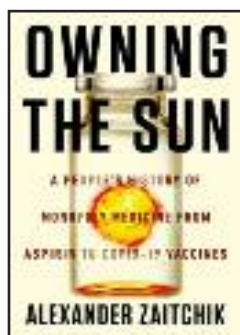
Smile: The Story of a Face by Sarah Ruhl, New Health Books Media Center 617.482 RUH

Sarah Ruhl has just survived a high-risk pregnancy; has a play opening on Broadway and has every reason to smile when she discovers she has Bell's palsy. In a series of piercing, profound, and lucid meditations, Ruhl chronicles her journey as a patient, wife, mother, and artist in her book Smile.

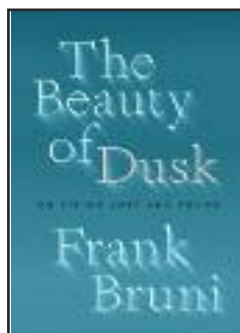


Owning The Sun: A People's History of Monopoly Medicine from Aspirin to COVID-19 Vaccines by Alexander Zaitchik, New Health Books Media Center 610.804 ZAI

Owning the Sun tells the story of one of the most contentious fights in human history: the legal right to produce lifesaving medicines and outlines how generations of public health and science advocates have attempted to hold the line against Big Pharma and their allies in government.



The Beauty of Dusk: On Vision Lost and Found by Frank Bruni, New Health Books Media Center 617.712 BRU



In late 2017, New York Times columnist Frank Bruni woke up with strangely blurred vision. Overnight, a rare stroke had cut off blood to one of his optic nerves, rendering him functionally blind in that eye--forever. In The Beauty of Dusk, Bruni hauntingly recounts his adjustment to this daunting reality.

This Is Assisted Dying: A Doctor's Story of Empowering Patients at the End of Life by Stefanie Green, New Health Books Media Center 610.875 GRE

A transformative and compassionate memoir by a leading pioneer in medically assisted dying who began her career in the maternity ward and now helps patients who are suffering explore and then fulfill their end-of-life choices.



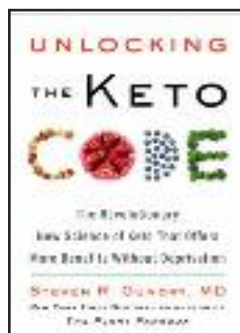
Pathological: The True Story of Six Misdiagnoses by Sarah Fay, New Health Books Media Center 616.89 FAY

Over a thirty-year span, doctors diagnosed Sarah Fay with six different mental illnesses. Pathological is the gripping story of what it was like to live with those diagnoses, and a rigorous investigation into the Diagnostic and Statistical Manual of Mental Disorders (DSM)--psychiatry's "bible".



Unlocking The Keto Code: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation by Steven R. Gundry, New Health Books Media Center 613.283 GUN

In Unlocking the Keto Code, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be in fact, the body cannot run on ketones and fats alone.



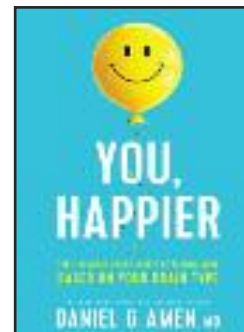
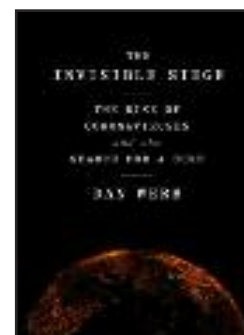
The Invisible Siege: The Rise of Coronaviruses and the Search for A Cure by Dan Werb, New Health Books Media Center 614.58 WER

In The Invisible Siege, Werb unpacks the history and

complexity of an organism that has wreaked cycles of havoc upon the world for millennia. Tracing decades of scientific investigation, Werb's book reveals how a team of scientists hatched a plan not merely to battle COVID-19 but to end pandemics forever.

You, Happier: The 7 Neuroscience Secrets of Feeling Good Based on Your Brain Type by Daniel G. Amen, New Health Books Media Center 612.82 AME

Author Dr. Daniel Amen reveals the seven neuroscience secrets to becoming more than 30 percent happier in just 30 days--regardless of your age, upbringing, genetics, or current situation. Happiness is a brain function. With a healthier brain always comes a happier life.



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 66600



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



Aldersgate VILLAGE
LIFE PLAN COMMUNITY

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

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



innov8tive NUTRITION

A whole new way to be your best!
Take dietary supplements by wearing one patch each day!

Call Cindy Durkin 785-224-1918
Find out more at 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

Degree of Reward for a job well done in sports, work, school or church with a Massage for Health by Anne Murphy.

Come to 3737 SW Churchill Rd., Topeka KS 66604, or buy a gift certificate in any amount. 8-5 Mon-Fri. 785-272-5755 or 785-925-7289 8-5 Mon-Fri. 785-272-5755. Swedish, Sports, Reflexology and Deep tissue massage available.

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



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

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

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

MAY. 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.

TOPEKA DINO DAYS – Through June 30. For tickets and more info: topekadinodays.com/ or (785) 246-6271

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

RED, WHITE & BLUE BBQ – April 29-30, Stormont Vail Events Center.

GRAND OPENING - BE FILLED OF SOUTH TOPEKA – Apr. 30, 12-3pm, 200 Airport Rd West, Bldg. 818S1 in Forbes Field. Ribbon cutting, free meal, bounce house,

and other activities. New food 6 clothing pantry serving Montara and surrounding areas. Also providing addiction recovery support groups and career readiness education.

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

BLINTZE BRUNCH – May 1, 9am - 2pm, Temple Beth Shalom, 4200 S.W. Munson. Delicious Jewish Foods plus Challah and online silent auction. Order food and bid on items at www.TBSGiving.com.

"THE MATTER OF LIFE" MOVIE SCREENING – May 3, 6:30pm, Christ Community Church, 1100 Kasold Drive, Lawrence. Free prescreening by Insight Women's Center of this powerful and timely documentary. It's more important than ever that Christians understand and be equipped to make the case for LIFE in our culture.

RED CROSS BLOOD DRIVE – May 3, 10am-3pm, 330 SW Oakley Ave., lower

level conference room. Contact Amy Copp-Hasty: 785-342-7232 or acoppahasty@valeotopeka.org or visit www.redcrossblood.org (use sponsor code Valeo). Bring photo ID, drink plenty of water before appt.

ULTIMATE BABY SHOWER PARTY – May 3, noon - 4pm, Checkers parking lot, 3001 Louisiana, Lawrence. Stop by the Mobile Medical Unit for a tour and enjoy the party - complete with music, prizes, & cupcakes! Insight Women's Center donation wish list includes: Diapers sizes 4,5,& 6, Pull-ups (boy 4T,5T), Pajamas (9-24 mo), Spring jackets (12 mo-4T), Dr. Brown bottles, baby wash, diaper bags, crib & pack n play sheets, and brand new car seats & strollers.

NATIONAL DAY OF PRAYER EVENT – May 5, 12:00 Noon, Capitol Rotunda. Entrance is on the north side at street level, 8th & Jackson St. For details contact Dave



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

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

Sole Reason
Sneakers and Smiles

Cypress Ridge
Golf Course

DePue at 785-249-7604

TOPEKA WOMEN'S CONNECTION DESSERT

GATHERING – May 5, 2-3:30pm, T&SC Public Library, 1515 SW 10th Ave. **SPEAKER:** Chef Alli is a food blogger who brings a distinctive flavor of charm, fun, and humor. **MUSIC:** Megan Nelson, graduate of Highland Park High School, has appeared in several Topeka Civic Theatre productions. Please make your reservation by May 1, by calling Ann at 785-554-3617 or Kim at 785-224-5268. Cost is \$8.00, no charge for program only. All women welcome.

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

WASHBURN TECH CAR SHOW – May 6, 9-2:30, 5724 SW Huntoon. 785-670-3364. lori.hutchinson@washburn.edu 785-670-2199

NOTO REDBUD FESTIVAL CHALK WALK WEEK-END – May 6-8, 10am, NOTO Arts District. Entertainment, art exhibits, vendors.

99.3 THE EAGLE CRUISE NIGHT CAR SHOW - May 7, Downtown Topeka. Info: amber.lee@cumulus.com

KANSAS FOOD TRUCK FESTIVAL – May 7, 4-10pm, Warehouse Arts District, Lawrence

STROLLIN' FOR THE COLON 5K RUN/WALK – May 7, MacLennan Park Trail - 6th Ave & Governors Lake Rd. Participants will begin and finish the race through a GIANT SUPER INFLATABLE COLON TUNNEL. The super colon is a giant, 10-feet wide by 13-feet tall by 20-feet long, inflatable tunnel that gives people an interactive look at the human colon. This event aims to raise awareness about colorectal cancer. For details and to register: www.kmcpa.com/5k.

JUMP MEETING – May 9, 7pm, Washburn University's Lee Arena, near S.W. 19th and Washburn. The Justice Unity and Ministry Project of Topeka will hold its annual Nehemiah Action meeting. Mental health services and affordable housing will be among the main topics. Topeka's JUMP organization is composed of 30 local congregations and approximately 16 corporate sponsors. For more information, visit www.topekajump.com.

C5Alive "POWER" LUNCHEON – May 12, 11:30-1 at NOTO Arts Center. Featured Speaker is Thomas Underwood, Executive Director. 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, Jun 19, 11:30-1.

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

toricvinewood.com. 785.260.6772

FRIDAY FLICKS – THE LION KING – May 13, 8pm at Every Plaza. Bring a blanket or lawn chair & get comfy. Food trucks on hand.

LADIES SPRING TEA AND SHOW - May 14, 2pm, Grace Cathedral. Topeka Acappella Unlimited Chorus show will feature music by the Chorus and quartets, comedy by Connie Hall and scrumptious desserts at lovely table settings. Tickets may be purchased for \$25 at www.acappellaunlimited.com. For more info contact Cindy Patton at 785-640-7403.

EVANS CARNIVAL – May 19-29, Stormont Vail Events Center. www.stormontvaileventscenter.com



**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.

**May 12, 11:30-1: "POWER" Luncheon
at NOTO Arts Center, 935 N. Kansas Ave.**

Featured Speaker: Thomas Underwood Ex. Dir.

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



Save the Dates!

- June 9: POWER Luncheon, 11:30-1
- July 14: POWER Luncheon, 11:30-1
- Aug. 11: POWER Luncheon, 11:30-1

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



CHARITY GOLF TOURNAMENT 2022



**June 3rd
Friday | 2022**

Shawnee Country Club
913 SE 29th | Topeka, KS 66605

REGISTRATION	7:00AM
SHOTGUN START	8:00AM
LUNCH BREAK	12:00PM
AWARDS	1:00PM

\$100 | **\$400**
One Player | Foursome

Total Cash Prizes over
\$3,000

\$5 Raffle
Silent Auction

50-50
RAFFLE TICKETS

Register at
TOPEKAYOUTHPROJECT.COM

RMHC CHARITY GOLF CLASSIC - May 20, Cypress Ridge Golf Course. Noon shotgun start, four person scramble. For details: 785-235-6852

THE WAFFLERS - May 20, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

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

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.

FOOD TRUCK PARTY VBS - June 5-8, 6:15-8pm, East Side Baptist Church, 4425 SE 29th St. Kids entering K-6th grade. 379-9933, esbcks.org

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

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

2nd ANNUAL 1TOPEKA 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.



VACATION BIBLE SCHOOL
FOOD TRUCK PARTY
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

ONGOING EVENTS:

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

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

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

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

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

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

TOPEKA LIONS CLUB - 2nd Mon. Noon at Big Biscuit. 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.

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

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

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

TOPEKA PUBLIC LIBRARY PLAY BUS - Every Tues-



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

DORRANCE
 PUBLISHING SINCE 1911

day, 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.

SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safestreets.org

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

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

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

TOPEKA AREA BRAIN INJURY SUPPORT GROUP - Third Thur. every month, 6-7:30pm, Kansas Rehabilita-

tion Hospital, 1504 SW 8th Ave., employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

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

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

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

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

NOTO MARKET & ART WALK ON FIRST FRIDAYS - NOTO arts district. Arts, antiques, crafts, 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, through Nov. 19, south end of West Ridge Mall.

SATURDAY FAIRLAWN STARTER BIKE RIDE - Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagle's. Great for beginners. director@cot-tonwood200.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. wesquredance.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 hhhstopek.org.

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

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

