

**TOPEKA**

**AUGUST 2022**

# Health & Wellness

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

**MAGAZINE**



## BACK TO SCHOOL

**Back to School  
Tips to Make  
Life Easier**

**National Night Out  
Activities Help Keep  
Neighborhoods Safe**



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**Risk of Sudden Cardiac Arrest in Student Athletes**

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# Don't Ignore Signs of Stroke

With hospitals around the country reporting a recent drop in the number of stroke cases arriving in their emergency rooms, some health experts suspect that fear of COVID-19 may be causing people to avoid going to the hospital and calling 911 for non-COVID related medical emergencies, like stroke.

“During this pandemic, emergency care professionals like myself are working to provide care for those who need it. So much of what we do is time sensitive. We are particularly aware of the ‘Big Four,’ trauma, sepsis, stroke and heart attack, so it’s important to remember, when it comes to stroke or any medical emergency — call 911 and get to a hospital immediately. Hospitals and urgent care facilities across the nation are open and ready to help,” says Dr. Ben Usatch, medical director at UCHealth Highlands Ranch Hospital emergency department and assistant professor of Emergency Medicine at the University of Colorado School of Medicine.

Here are a few important things to keep in mind about stroke to protect your health and the health of others:

- **Emergency preparedness:** Not only are emergency healthcare providers working tirelessly to provide care for those who need it, including those showing signs of stroke, they are also taking all necessary steps to help prevent the spread of COVID-19 and are trained to treat patients safely.
- **Time:** Time is of the essence. It is critical to call 911 immediately if a stroke is suspected.
- **Stroke Signs:** The signs of stroke can be subtle and hard to recognize, so educating yourself and others is key to noticing and responding quickly. Keep the acronym BE FAST in mind to help you identify some of the signs of stroke in yourself or a loved one. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time, and refers to these signs of stroke: difficulty with balance, vision loss, droopy facial appearance, arm weakness, slurred speech – as well as the need to act quickly when these symptoms present.
- **Sudden Onset:** While the BE FAST signs are most common, the sudden onset of any of these 10 signs and symptoms could mean stroke: confusion, difficulty understanding, dizziness, loss of balance, numbness, severe headache, trouble speaking, trouble walking, vision changes and weakness.
- **Risk Factors:** Though strokes affect people of all ages and backgrounds, being advised of risk factors is impor-

tant. While some risk factors are beyond one’s control, including family health history, gender, age and ethnic background, other risk factors can be managed with lifestyle changes and treatment and include high blood pressure, high cholesterol, atrial fibrillation, smoking, diabetes, poor circulation, lack of physical activity and obesity.

• **Take Action:** Spread the word and empower others to seek immediate medical attention if stroke is suspected. Tell friends and family that it’s okay to “over-react” and call 911 at the first signs and symptoms.

For more shareable information and resources, visit [StrokeAwareness.com](http://StrokeAwareness.com), developed by Genentech Inc, a member of the Roche Group.

Remember, stroke does not stop during a health crisis and can be disabling or even fatal.

“BE FAST” was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association.

CONTINUE TO  
**TAKE ACTION**  
WHEN IT COMES  
TO STROKE AND  
**CALL 911**



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– StatePoint



# STROKE KILLS.

## BE FAST! Call 911.

### Know the Signs:

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

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



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## ON THE COVER:

Our cover this month features children on their way back to school. You will find many Back to School tips and other useful information in the pages of this issue.



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## 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.





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# A Lifeline for Seniors

Carol Denton works at a local senior center to help distribute Meals on Wheels. She sees first-hand how many people the Meals on Wheels program helps. She calls the program a lifeline and an important chance for social interaction.

“The seniors at the Center either live alone or with their adult children. Some are isolated and restricted from participating fully in community life due to transportation or health issues. So this Center is a lifeline for them to interact with others of a similar age who "get" them,” said Denton. “Most of them admit to unhealthy eating habits on their own; either skipping meals or snacking on unhealthy food. Their Meals on Wheels are nutritious and research shows that eating together fosters better physical and emotional health.”

It is far more than just a meal they share together. It is comradery and a friendship that has turned into a family.

To learn more about volunteering or how to sign up for meals visit [www.mowks.org](http://www.mowks.org) or call 785-430-2186.



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# How Traumatic Events Can Affect You

By Courtney Rooks  
Valeo Behavioral Health Care

**T**rauma is an emotional response to an intensely distressing event. This could be a single harmful or life-threatening incident or multiple distressing events that occur over time. There are many events that can constitute as trauma. These events include – but are not limited to – physical abuse, sexual abuse, child abuse or neglect, domestic violence, accidents, natural disasters, and the loss of a loved one. Research indicates that 60-75% of people in North America experience a traumatic event at some point in their lives.



Courtney Rooks

Experiencing trauma can result in a range of immediate and prolonged symptoms. These symptoms are a normal response to a highly stressful event. Typical responses to trauma include:

- Fear
- Sadness
- Helplessness
- Hypervigilance
- Intrusive thoughts
- Avoidance of people, places, or things

- Numbness
- Anger
- Shame

Trauma can also result in physical symptoms. It is important to recognize these symptoms as well as some individuals may initially be more aware of physical problems. Physical symptoms of trauma can include:

- Increased heart rate
- Difficulty sleeping
- Nightmares
- Digestive problems
- Body aches and pains

Everyone responds to trauma differently. For some, the symptoms resolve on their own but for others, the symptoms can persist over time and interfere with mental and physical well-being. When left unaddressed, this can potentially lead to mental illness and substance use. Anyone who is experiencing prolonged symptoms of trauma or is experiencing symptoms that affect their daily life should seek help from a professional. Traumatic events should be taken seriously as trauma increases the risk of developing PTSD, depression, suicide, and suicidal ideation, anxiety, and substance use disorders.

According to the Sidran Institute, approximately 20% of those who experience trauma

will develop post-traumatic stress disorder (PTSD). Women are twice as likely to develop PTSD than men. The risk of developing PTSD varies dependent on the traumatic event experienced. Especially strong predictors of PTSD are rape, child abuse, and physical attack.

Treatments are available to help people find ways to cope after a traumatic event and heal from the effects of trauma. Mental health professionals can utilize a variety of treatments such as cognitive behavioral therapy and medication to help manage symptoms. Valeo's Crisis Center is located at 400 SW Oakley Avenue and no appointment is necessary. The emergency walk-in clinic is open 24/7. Valeo's 24-Hour crisis line is 785-234-3300.

## Valeo Behavioral Health Care (Adults)

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

## National Suicide Prevention Life Line

1-800-273-8255

## Shawnee County Suicide Prevention Coalition

SCSPC.org

## Family Service & Guidance Center (18 and under)

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

## Healing after Loss to Suicide Group

(HeALS)

Sandy Reams – Group Facilitator  
Topeka.Heals@gmail.com  
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# FINANCIAL FOCUS

## What to expect from a financial advisor

If you know how important it is to invest for your future, but you're unsure of the road to follow, you may want to get some guidance and direction from a financial professional. But if you've never worked with one before, what can you expect?

Here are some things to look for:

- **Assessment** – A financial advisor will assess your current financial situation – assets, income, debts and so on – but that's just the start. These days, advisors recognize the need to view their clients' lives holistically. Consequently, you will see questions like this: What are your feelings about investing? How would you judge your risk tolerance? What are your individual financial goals? What hopes and dreams do you have for your family?

- **Recommendations** – Only after fully understanding your needs, goals and preferences will a financial advisor recommend any investment moves. There are no "one-size-fits-all" solutions. You may want to steer clear of individuals claiming to be financial advisors who "guarantee" big returns with no risk. In the investment world, there are few guarantees, and every investment carries some type of risk.

- **Communications** – Financial professionals communicate with their clients in different ways, but you should always feel free to reach out to an advisor with any questions or concerns. Most financial advisors will want to meet with clients at least once a year, either in person or through an online platform, to review their investment portfolios. During the review, the financial advisor will help you determine if any changes are needed. But financial advisors won't wait a full year to contact clients to discuss a particular investment move that might need to be made. Also, depending on the firm you choose, you should be able to go online to review your portfolio at your convenience.

- **Technology** – A financial advisor can employ a variety of software programs to help clients. For ex-





ample, a financial advisor can determine the rate of return you might need to attain specific goals, helping shape your investment strategy. But there are also a lot of "what ifs" in anyone's life, so an advisor can use hypothetical illustrations to show you where you might end up if you take different paths, such as retiring earlier (or later) than you had planned or putting in more (or less) money toward a specific goal, such as education for your children. Anyone's plans can change, so the ability to view different potential scenarios can prove valuable.

Above all, a financial advisor can help you feel more confident as you pursue your goals. Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey conducted in 2020 by Age Wave and Edward Jones. And during times of market turbulence, such as we've experienced this year, a financial advisor can help you avoid overreacting to downturns. When unexpected events crop up, such as a lapse in employment, a financial advisor can suggest moves that may enable you to avoid

major disruptions to your financial strategy. Conversely, when a new opportunity emerges, perhaps from an inheritance or some other windfall, your financial advisor can help you take advantage of it.

Navigating the investment landscape can be challenging – but the journey can be a lot smoother if you've got the right guide.

*–This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.*



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# 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



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# What Are the Hospice Home Care FAQs?

**D**o you have questions about hospice home care? Read on to learn more about how home hospice care can help you or your loved one as they approach a new stage of their lives.

## What is hospice care at home?

This type of health care and home care focuses on the quality of life for people, their loved ones and caregivers experiencing situations at the end of life. Caregivers and home health agencies provide home hospice care for people experiencing the last phases of an incurable disease or illness so they can live as comfortably as possible.

## Who should receive hospice home care?

When you or a loved one choose hospice care, you focus on living comfortably and fully near the end of your life.

Home hospice care may be appropriate for patients with a terminal illness, and if a physician believes the patient has six months or less to live. This definition comes from the National Institutes of Health.

It is very important for a person to discuss hospice care options with a doctor. That's because hospice care, particularly at home, can lead to a better quality of life for months. Home-based care gives the patient a chance to spend more time with family, friends and loved ones while coming to the end of life on their terms.

Some hospice patients live for years, so it's important to remember that a diagnosis does not necessarily mean what a doctor says is what comes to pass.

## How do I pay for hospice home care?

Most patients utilize Medicare or Medicaid to pay for home hospice care. Over 90 percent of all hospice care agencies in the United States are certified by Medicare.

## Is hospice home care cheaper than moving to a long-term care facility?

In general, yes. It depends on the level of care required.

## What are the four levels of hospice care?

Hospice care typically involves four different levels of care, depending on the patient's needs.

- 1. Hospice home care.** This type of care increases a patient's comfort and quality of life in familiar surroundings. Care may revolve around managing symptoms, managing pain, utilizing spiritual and emotional counseling for the patient and family members, nutritional services, various therapy, and assistance with daily tasks.
- 2. Continuous or crisis hospice care.** This type of hospice care is for someone going through intensive symptom



management or a medical crisis. A patient may need 24-hour nursing care with this level of home hospice care.

- 3. Inpatient hospice care.** A doctor may recommend inpatient hospice care for a patient whose symptoms can no longer be managed at home. The ultimate goal of this level of care is to control severe pain and symptoms.

- 4. Respite care.** Family caregivers sometimes need a break when caring for a loved one undergoing hospice care. Professional caregivers can provide respite care for a few hours a week

so that family members can take care of other aspects of their lives.

## What are the advantages of hospice home care?

This type of health care at home offers several benefits to patients, including:

- 1. Cost-effectiveness.** Home hospice may be more affordable than long-term care facilities.
- 2. Full range of services.** Home hospice agencies provide more than just medical care for a patient. They also offer various therapies, like speech, occupational, and physical therapy, as well as counseling services for families dealing with someone's end-of-life decisions.
- 3. Convenience.** There is no more convenient place to heal than at home, in familiar surroundings.
- 4. No limit to visiting hours and visitors.** A patient has no limits or restrictions on visitors as set forth by a hospital or long-term care facility. Your loved one gets to see who they want and when they want.
- 5. Customized care.** Each patient is unique and deserves to be treated with compassion and respect. When possible, the same nurse or home health staff will be assigned.
- 6. Familiar setting.** There are no strange beeping machines, no noises in the hallway from a page for medical staff, no hubbub of activity, and no semi-private rooms.
- 7. Trained hospice care workers.** Nurses and staffers at a hospital or long-term care facility may not receive specialized training for hospice care. Home health care personnel receive formal training in hospice care.

## How long does a hospice nurse spend at a patient's home?

Needs vary, depending on the level of care a patient requires. The average home hospice stay is around an hour per day, three to four days per week. Some patients may see a hospice worker every day or several hours a day.

## What does a home hospice nurse do?

A hospice home nurse helps in several ways, such as:

- 1. Monitoring vital signs.** A change in vital signs can signal what changes to care a hospice patient may need.

- 2. Medication management.** The nurse will make sure prescriptions are filled properly and the patient takes medicine as prescribed by a doctor.

- 3. Managing a patient's symptoms and pain.** This is what sets home hospice care apart from other aspects of home health care. Knowing how, when, and why to manage pain and symptoms in a hospice patient offers different outcomes compared to someone who requires home health care after a hospital stay or surgery.

- 4. Help during a medical crisis.** Someone near the end of life may face a medical crisis, such as going into cardiac arrest or breathing distress. A hospice nurse is specially trained to know when to intervene in a crisis.

- 5. Educational support.** A trained hospice nurse can explain what to expect as someone goes through this stage of life.

- 6. Spiritual, social, and psychological support.** Seeing a loved one go through this part of life is hard, and it takes its toll even when we make it as life-affirming as possible. Home hospice nurses are specially trained to offer spiritual, social, and psychological support.

## How do I begin hospice home care for a loved one?

Contact Phoenix Home Care. We'll have an honest discussion about your needs or the needs of your loved one while consulting with the hospice care team. Our overall goal is to help you or your loved one as you embark on a journey towards the next stage of life.



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# FINANCIAL HEALTH & WELLNESS

## IRS warns taxpayers of "Dirty Dozen" tax scams for 2022

**T**he IRS continues to remind taxpayers to watch out for schemes that promise tax savings that are too good to be true. More examples follow.

**Economic Impact Payment and tax refund scams:** Identity thieves who try to use Economic Impact Payments (EIPs), also known as stimulus payments, are a continuing threat to individuals. Similar to tax refund scams, taxpayers should watch out for these tell-tale signs of a scam:

Any text messages, random incoming phone calls or emails inquiring about bank account information, requesting recipients to click a link or verify data should be considered suspicious and deleted without opening. This includes not just stimulus payments, but tax refunds and other common issues.

Remember, the IRS won't initiate contact by phone, email, text or social media asking for Social Security numbers or other personal or financial information related to Economic Impact Payments. Also be alert to mailbox theft. Routinely check your mail and report suspected mail losses to postal inspectors.

Reminder: The IRS has issued all Economic Impact Payments. Most eligible people already received their stimulus payments. People who are missing a stimulus payment or got less than the full amount may be eligible to claim a Recovery Rebate Credit on their 2020 or 2021 federal tax return. Taxpayers should remember that the IRS website, IRS.gov, is the agency's official website for information on payments, refunds and other tax information.

**Unemployment fraud leading to inaccurate taxpayer 1099-Gs:** Because of the pandemic, many taxpayers lost their jobs and received unemployment compensation from their state. However, scammers also took advantage of the pandemic by filing fraudulent claims for unemployment compensation using stolen personal information of individuals who had not filed claims. Payments made on these fraudulent claims went to the identity



thieves.

Taxpayers should also be on the lookout for a Form 1099-G reporting unemployment compensation they didn't receive. For people in this situation, the IRS urges them to contact their appropriate state agency for a corrected form. If a corrected form cannot be obtained so that a taxpayer can file a timely tax return, taxpayers should complete their return claiming only the unemployment compensation and other income they actually received. See Identity Theft and Unemployment Benefits for tax details and DOL.gov/fraud for state-by-state reporting information.

**Fake employment offers posted on social media:** There have been many reports of fake job postings on social media. The pandemic created many newly unemployed people eager to seek new employment. These fake posts entice their victims to provide their personal financial information. This creates added tax risk for people because this information in turn can be used to file a fraudulent tax return for a fraudulent refund or used in some other criminal endeavor.

**Fake charities that steal your money:** Bogus charities are always a problem. They tend to be a bigger threat when

there is a national crisis like the pandemic.

Taxpayers who give money or goods to a charity may be able to claim a deduction on their federal tax return. Taxpayers must donate to a qualified charity to get a deduction. To check the status of a charity, use the IRS Tax Exempt Organization Search tool. Here are some tips to remember about fake charity scams:

Individuals should never let any caller pressure them. A legitimate charity will be happy to get a donation at any time, so there's no rush. Donors are encouraged to take time to do the research.

Potential donors should ask the fundraiser for the charity's exact name, web address and mailing address, so it can be confirmed later. Some dishonest telemarketers use names that sound like large well-known charities to confuse people.

Be careful how a donation is paid. Donors should not work with charities that ask them to pay by giving numbers from a gift card or by wiring money. That's how scammers ask people to pay. It's safest to pay by credit card or check — and only after having done some research on the charity.

For more information about avoiding fake charities, visit the Federal Trade Commission website.

—Peggy Beasterfeld, EA



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# Sudden Cardiac Arrest in Student Athletes



(Ivanhoe Newswire) —

**T**he effects of sudden cardiac arrest can be quick and deadly. The condition happens when there's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It may sound like it's a disease that only affects adults, but sudden cardiac arrest is one of the leading causes of death for student athletes.

Ivanhoe has the risk factors parents need to know.

Sports is a great way to get kids moving, but did you know there may be a silent condition among student athletes that could put them at risk for sudden death?

Gul Dadlani, MD, Chief of Pediatric Cardiology, Nemours Children's Hospital says,

"One in 300 will carry a form of cardiovascular disease that predisposes them to have a risk of sudden cardiac arrest."

If not treated properly within minutes, sudden cardiac arrest is fatal in 92 percent of cases. School physicals are designed to check if a student athlete is fit to play, but ...

Physician Assistant Shawn Sima states, "There are studies that show that 90 to 96 percent of



things that are going to kill our kids are missed on that standard physical."

So, what symptoms should parents look for?

Doctor Dadlani explains, "Having chest pain, shortness of breath or becomes dizzy and passes out with exercise. Those are always red flags."

But most don't experience any symptoms at all before sudden cardiac arrest. So, the best form of prevention is to get your child an EKG screening, which is not included in a standard physical.

"An EKG enhances detection of forms of cardiovascular disease that can cause sudden cardiac arrest. EKG screening is a very simple, cost-effective test that can save lives."

According to the American Academy of Pedi-

atrics, every year around two thousand people 25 years and younger die of sudden cardiac arrest. Pediatricians recommend parents get an EKG screening for their child no matter if they are an athlete or not and they can do so by requesting one during a clinical visit or adding it to a sport's physical. MDsave says the EKG average cost is about 200 dollars.







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# NNO activities help keep neighborhoods safe

**S**afe Streets is about to embark on its 26th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 6, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.



Only a few days before the neighborhoods in Topeka/Shawnee County hold individual events on August 6. The list of events will be on the NNOTopeka Facebook page, Parstopeka Facebook page, Parstopeka.org website and Safe Streets.org website.



In 2021, Topeka/Shawnee County ranked 4th in the nation for cities of comparable size for our National Night Out events.

National Night Out event is coordinated through Safe Streets in partnership with local



law enforcement, including the Topeka Police Department, Shawnee County Sheriff's Office, Shawnee County District Attorney's Office, Topeka Fire Department, and Kansas Highway Patrol and with area businesses, including Everyg, Prairie Band Potawatomi Nation, Reser's, Hy-Vee, Dillons, Frito Lay, and many others!

To find out if your neighborhood has National Night Out plans, contact Safe Streets at 785.266.4606 or email [jwilson@parstopeka.org](mailto:jwilson@parstopeka.org).



You don't need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!



Safe Streets, a program of Prevention and Resiliency Services, is a local crime prevention and substance abuse prevention organization in Topeka.







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# 6 Ways to Be Proactive About Your Child's Eye Health

**Y**our child's eyesight and visual development will go through many changes beginning at birth. You and your pediatrician will monitor these vision milestones as they grow from infant to toddler to school age. Although these developments occur at a different pace for each child, there are ways to ensure your child's eye health is on target. Johns Hopkins ophthalmologist Courtney Kraus shares some tips on how to play an active role in your child's vision development and eye health.



## Boost visual engagement

You can help engage your child visually as a newborn and toddler with high-contrast colors and patterns in toys and décor. Give your child time to focus on things around them when in new environments, and approach objects from all angles to get your child comfortable with a wider field of vision. Playing games such as peekaboo and patty cake can help stimulate hand-eye coordination for babies the same way a game of catch can do with your toddler or school-aged child.

## Provide a balanced diet

Nutrients such as zinc, lutein, omega-3 fatty acids, and vitamins A, C and E have been found to be beneficial to eye health.

- Fruits with vitamins C and E, such as oranges, strawberries and mangos, can help restore tissues and prevent infections.
- The omega-3 fatty acids found in fish can prevent dry eye and reduce future risk of cataracts and AMD.
- Leafy greens containing Vitamin A such as spinach and kale can help fight dry eye as well as night blindness.
- Non-meat proteins such as eggs and nuts also help balance your child's diet.

It is also important to remember that a healthy diet can help prevent conditions such as obesity and hypertension, which have been linked to additional eye diseases.

## Protect eyes with appropriate eyewear

Recent studies have shown that 90 percent of pediatric eye injuries can be prevented. As children become more active, be sure to equip them with protective eyewear made with shatterproof plastic, called polycarbonate lenses. Look for eyewear that has been tested to meet the American Society of Testing and Materials (ASTM) standards. Be sure to scope out any hazardous equipment in the indoor or outdoor locations where your child may be playing.

**Limit use of digital screens** — As digital learning becomes more common, screens from computers, tablets and mobile phones are more present in the lives of children than ever. Keep screens 18 to 24 inches from eyes, and encourage your child to follow the 20-20-20 rule, which is to look up from the screen every 20 minutes and look at something at least 20 feet away for 20 seconds

While studies have shown that blue light

from digital devices is not dangerous to the eyes, continuous viewing of these screens up close can cause digital eye strain, a condition which can cause blurred vision or dry, irritated eyes, as well as issues with focusing.

## Look out for warning signs

You may be able to detect vision problems if you see your child struggle with the following:

- Disinterest in distant objects
- Squinting
- Head tilting
- Holding objects very close to the eyes
- Eye rubbing
- Sensitivity to light
- Poor hand-eye coordination
- Disinterest in reading or viewing distant objects

## Attend regular eye exams

If you or your pediatrician suspects that your child may have a vision problem, make an appointment with your local ophthalmologist for additional screening. Your eye doctor will be able to recommend the best course of action to take when dealing with potential issues with vision development.



# Back to School Tips to Make Life Easier For All

**B**efore it's time to head back to school, follow these tips to help ensure your kids have a safe, happy and productive year.

## Make the first day easier

Remember that you don't need to wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.

Many children get nervous about new situations, including changing to a new school, classroom or teacher. This may happen at any age. If your child seems nervous, it can be helpful to rehearse heading into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible.

Point out the positive aspects of starting school to help your kids look forward to the first day. Talk about how they will see old friends and meet new ones, for example.

Find another child in the neighborhood you child can walk to school or ride with on the bus.

If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day. Bring your child to school a few days prior to class to play on the playground and get comfortable in the new environment.

If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.

Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.

## Backpack safety

Choose a backpack with wide, padded shoulder straps and a padded back.

Organize your child's backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10% to 20% of your child's body weight. Go through the pack with your child weekly, and remove unneeded items.

Remind your child to always use both shoulder straps. Slinging it over one shoulder can strain muscles.

Adjust the pack so that the bottom sits at your



child's waist.

If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, they may be difficult to roll in snow, and they may not fit in some lockers. And review backpack safety with your child.

## Traveling to & from school

Review the basic rules with your student and practice any new routes or modes of transportation:

### School bus

Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.

Remind your child to wait for the bus to stop before approaching it from the curb.

Make sure your child walks where she can see the bus driver (which means the driver will be able to see her, too).

Remind your student to look both ways to see that no other traffic is coming before crossing the street, just in case somebody does not stop as required. Encourage your child to actually practice how to cross the street several times before the first day of school.

If the school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. (If your child's school bus does not have lap/shoulder belts, encourage the school system to buy or lease buses with lap/shoulder belts). See *Where We Stand: Safety Restraints on the School Bus* for more information. Your child should not move around on the bus.

Check on the school's policy regarding food on the bus. Eating on the bus can present a problem for students with allergy and also lead to infestations of insects and vermin on the vehicles.

If your child has a chronic condition that could result in an emergency on the bus, make sure you work with the school nurse or other school health personnel to have a bus emergency plan. If possible, do this before the first day of class

### Car

All passengers should wear a seat belt or use an age- and size-appropriate car seat or booster seat.

Keep your child riding in a car seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when they have reached the top weight or height allowed for their seat, their shoulders are above the top harness slots, or her ears have reached the top of the seat.

Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means that your child is tall enough to sit against the vehicle seat back with their legs bent at the knees and feet hanging down and the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach.

All children younger than 13 years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.

Remember that many crashes occur while novice teen drivers are going to and from school. Remind your teen to wear their seat belt, limit the number of teen passengers, and do not allow eating, drinking, cell phone conversations (even when using hands-free devices or speakerphone), texting or other mobile device use to pre-



vent driver distraction. Familiarize yourself with your state's graduated driver's license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process. Click [here](#) for a sample parent-teen driver agreement.

### **Bike**

Practice the bike route to school before the first day of school to make sure your child can manage it.

Always wear a bicycle helmet, no matter how short or long the ride.

Ride on the right, in the same direction as auto traffic and ride in bike lanes if they are present. Use appropriate hand signals. Respect traffic lights and stop signs.

Wear bright-colored clothing to increase visibility. White or light-colored clothing and reflective gear is especially important after dark.

Know the "rules of the road."

### **Walking to school**

Children are generally ready to start walking to school at 9 to 11 years of age.

Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.

Identify other children in the neighborhood with whom your child can walk to school. In neighborhoods with higher levels of traffic, consider organizing a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.

Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision. If the route home requires crossing busier streets than your child can reasonably do safely, have an adult, older friend or sibling escort them home.

If your children are young or are walking to a new school, walk with them or have another adult walk with them the first week or until you are sure they know the route and can do it safely. If your child will need to cross a street on the way to school, practice safe street crossing with them before the start of school.

Bright-colored clothing or a visibility device, like a vest or armband with reflectors, will make your child more visible to drivers.

### **Eating during the school day**

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. Some schools provide breakfast for children; if yours does not, make sure they eat a breakfast that contains some protein

Most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website.



With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.

Many children qualify for free or reduced price food at school, including breakfast. The forms for these services can be completed at the school office. Hunger will affect a child's performance in class.

Many school districts have plans which allow you to pay for meals through an online account. Your child will get a card to "swipe" at the register. This is a convenient way to handle school meal accounts.

Look into what is offered inside and outside of the cafeteria, including vending machines, a la carte, school stores, snack carts and fundraisers held during the school day. All foods sold during the school day must meet nutrition standards established by the US Department of Agriculture (USDA). They should stock healthy choices such as fresh fruit, low-fat dairy products, water and 100% fruit juice. Learn about your child's school wellness policy and get involved in school groups to put it into effect. Also, consider nutrition if you child will be bringing food to eat during school.

Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%. Choose healthier options (such as water and appropriately sized juice and low-fat dairy products) to send in your child's lunch.

### **Develop a sleep routine**

Getting enough sleep is critical for a child to be successful in school. Children who do not get enough sleep have difficulty concentrating and learning as well as they can.

Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tucking them in and saying good-night to them.

Have your child turn off electronic devices well before bedtime.

Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.

Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness. The optimal amount of sleep for most younger children is 10-12 hours per night and for adolescents (13-18 year of age) is in the range of 8-10 hours per night. See [Healthy Sleep Habits: How Many Hours Does Your Child Need?](#) for more information.

### **Build good homework & study habits**

Create an environment that is homework-friendly starting at a young age. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

Schedule ample time for homework. Build this time into choices about participating in after school activities.

Establish a household rule that the TV and other electronic distractions stay off during homework time.

Supervise computer and internet use.

By high school, it's not uncommon for teachers to ask students to submit homework electronically and perform other tasks on a computer. If your child doesn't have access to a computer or the internet at home, work with teachers and school administration to develop appropriate accommodations.

Be available to answer questions and offer assistance, but never do a child's homework for her.

Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch and take a break periodically when it will not be too disruptive.

If your child is struggling with a particular subject, speak with their teacher for recommendations on how to help your child at home or at school. If you have concerns about the assignments your child is receiving, talk with their teacher.

If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor or health care provider. For general homework problems that cannot be worked out with the teacher, a tutor may be considered.

Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

Some children may need help remembering their assignments. Work with your child and their teacher to develop an appropriate way to keep track of their assignments – such as an assignment notebook.



# The Benefits of Hill Running

**S**ome runners don't like hill running, as it can be difficult. However, hard work pays off. Running hills has many benefits, including increasing your strength, speed, and confidence, as well as relieving boredom.

Here are a few reasons why you might want to include hills in your training.

## Build Strength

Running inclines (either outdoors or on a treadmill) is a form of resistance training. It builds muscle in your calves, quads, hamstrings, and glutes. You'll also strengthen your hip flexors and Achilles' tendons.

Hill running strengthens these areas more than running on flat surfaces. As a bonus, if you hate doing circuit training or strength training, hills can be a great way to build these muscles through running rather than lifting weights.

## Increase Speed

The muscles you use to run hills are the same muscles used for sprinting. The strength you build running inclines will help to improve your overall running speed.

Hill repeats are an excellent workout for speed, strength, confidence, and mental endurance. While no two hills are identical for distance and incline, the workout is simple.

To complete a hill repeat, use a hill distance of 100 to 200 meters (you might need to cut your uphill run short on longer hills). Run up the hill as fast as you can, then recover by jogging or walking down.

A hill workout is also a great way to mix up your treadmill routine. To do hill repeats on a treadmill, increase the incline for one to three minutes, then jog to recover.

## Boost Intensity and Calorie Burn

Runners can add intensity by speeding up, but hills offer a way to increase intensity while going at the same speed. Your heart rate, respiration, and probably the rate of your perspiration, will go up as you start running uphill.

As a runner, you might not achieve a speed near your limit very often when on level ground, but you might be able to do so more easily on a hill.

Another benefit of adding intensity is that you'll burn more calories when running uphill. The actual number of additional calories will depend on the grade of the incline and other factors, but you can expect to increase your fat-burning potential by adding hills to your workout.

## Bust Boredom

It's common to hear runners say that they get bored running on a completely flat course. While it's also true that some runners don't like hills, when you are feeling stuck in a rut, adding uphills and downhills to your routine can help prevent mental and physical burnout from boredom.

Your body gets used to running on flat roads. Hills provide a welcome distraction. When you mix things up with your routine, it can lead to new fitness gains.

Reaching the top of an incline is a small triumph that will boost your confidence mid-workout. If nothing else, you might get a better view from the top of the hill.

## Reduce Injuries

As you strengthen your leg muscles through hill running, you might also reduce the risk of suffering from running-related injuries. You will have trained your muscles to per-



form at different levels of incline.

As you're running uphill, you'll be required to engage your glutes and hamstring muscles. Going downhill requires the stability provided by your knee joints as they engage your lateral and medial quadriceps muscles.

When those muscles are challenged in future runs or athletic events, they'll be better prepared to meet the new physical barrier.

## Race Preparation

The more you run hills, the less intimidating they'll seem when you encounter them on a racecourse. Your improved strength and technique will give you a confidence boost when you're racing. You'll feel more mentally prepared for hills if you practiced them during training.

If you have an upcoming race, check the course map. Many runs will also include an elevation chart so that you can see how hilly your route will be. You can plan to train on the specific hills or find hills with a similar elevation to get race-ready.

Training on hills before your race will help you improve your time during the actual marathon.

## Strengthen Your Upper Body

Uphill running forces you to drive your arms harder than you do when running on flat ground. This means you'll improve your ability to engage your core as well as boost your upper body strength.

Running hills does not take the place of proper strength training, but there's nothing like powering up an incline to remind you that running is a sport where you'll need to integrate all your muscles.

—Christine Luff, ACE-CPT






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- Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.



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

Know the Signs:

<b>B</b> alance	sudden loss of balance or coordination
<b>E</b> yes	sudden change in vision
<b>F</b> ace	sudden weakness of the face
<b>A</b> rms	sudden weakness of an arm or leg
<b>S</b> peech	sudden difficulty speaking
<b>T</b> ime	time the symptoms started

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

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# Spiritual Wellness

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

## Back-to-School Nutrition

### Empower Your Kids Through Better Food

August is "back-to-school" month and that means back to the school cafeteria. More and more parents are realizing the critical link



**VAUGHN LAWRENCE**

Owner,  
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between what we eat and our overall health. Children who eat nutritious foods simply function better, do better in school, have better focus, have better behavior and are sick less often. The public school cafeteria certainly does not cater to good health and unfortunately, not much has changed over the last few decades in spite of mounds of research showing how critically important our food choices are to our health and well being.

For example, I decided to pull up the lunch calendar for our local school district. Keep in mind this is a menu for elementary school children who are in the prime years of physical and mental growth and learning. Here is a sample of the food offered during a typical week:

Biscuits & gravy, fruit juice, macaroni & cheese, fish sticks, pancake on a stick (really?), breakfast pizza, tater tots, sweet bread, toasted cheese, chicken nuggets.

God designed the body to eat fruits, vegetables, whole grains, nuts, seeds and quality animal meat. This menu is full of processed man-made foods. The example I often use is to consider your family dog, cat or fish. What if you fed your pet the above menu? How long do you think your pet would survive? If we wouldn't do this to our animals, why would we ever feed this to our children?!? This is the reason any decent cat or dog food must contain vitamins and minerals. This is a reflection of how lost our American culture is related to understanding

health and nutrition. Fortunately a few are pioneering the way to restoring health in our schools. In 1997, a study was done in Appleton, Wisconsin where a school completely changed their menu from standard American fare to fresh, organic foods. The school, Central Alternative High School, showed immediate improvement in test scores and behavior throughout the school. The story of the Appleton project has been documented on a short DVD, **Impact of Fresh, Healthy Foods on Learning and Behavior.**

Here is an excerpt from their website:

*Principal LuAnn Coenen is amazed at the change she has seen in her school. Each year principals are required to file a report with the state of Wisconsin, detailing the number of students who have: dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide. Since the start of the program, she reported, the numbers in every category have been "zero."*

*Mary Bruyette, a teacher at the high school, believes "If you've been guzzling Mountain Dew and eating chips and you're flying all over the place I don't think you're going to pick up a whole lot in class." She reports that the students are now calm and well behaved. "I don't have to deal with the daily discipline issues; that just isn't an issue here."*



Can you imagine? A school where the grades are good, kids don't drop out and there are no behavior issues. It seems like a fantasy, but nutrition was the answer! Here are some tips for healthy back-to-school options:

1. Consider home-schooling. This puts you in control of your children's health and nutrition.
2. Pack a lunch. Give your children healthier options made from whole unprocessed foods...that actually taste good! Learning what healthy foods your child likes will hopefully prevent the infamous trading or throwing away of lunch items.
3. Call the school district. Are things ever going to change if parents don't cry out about this? By remaining silent you are allowing the government and the food industry to determine your children's future health.

Children are our future. We are already seeing record levels of sickness and disease in our youth, and the biggest reason is poor nutrition. You have the opportunity to sow into your children and future generations through life giving foods provided by God.

—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: "We Love God. We Love People. We Love Health. [www.spiritofhealthkc.com](http://www.spiritofhealthkc.com)







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## HEAT DANGERS

The diagram shows a stylized human figure split vertically. The left half is yellow and represents heat exhaustion, while the right half is red and represents heat stroke. Arrows point from various symptoms to the corresponding half of the figure.


HEAT EXHAUSTION (Left Side - Yellow)	HEAT STROKE (Right Side - Red)
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Red, hot, dry skin
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
Nausea / Vomiting	

**HEAT EXHAUSTION**

- GET TO A COOL, AIR CONDITIONED PLACE
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**HEAT STROKE**

**CALL 9-1-1**



# Why you need dental insurance in retirement.

## Medicare doesn't pay for dental care.<sup>1</sup>

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.<sup>2</sup>

## Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown<sup>3</sup> 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.

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# Healthy Recipes for Back to School

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

## Chicken and Vegetable Skillet



Whip up this easy dish in 30 minutes using Chicken Noodle Soup Mix, fresh veggies, and chicken

### Ingredients

- 2 tablespoons vegetable oil
- 1 ½ pounds boneless chicken breast, cut into 1-inch pieces
- 4 cups water
- 1 package Bear Creek® Chicken Noodle Soup Mix
- 1 medium zucchini, halved lengthwise and sliced
- 2 cups halved grape tomatoes
- 2 cups baby spinach leaves
- 1 tablespoon lemon juice

### Directions

Heat oil in large nonstick skillet over medium-high heat and brown chicken in 2 batches. Transfer to a plate.

Stir water and soup mix into the skillet and bring to a boil over high heat. Return chicken to skillet.

Reduce heat to low and simmer 5 minutes. Stir in zucchini and cook 3 minutes.

Stir in tomatoes and spinach and cook 2 minutes or until noodles are tender. Stir in lemon juice.

### Nutrition Information (Servings: 6)

Per serving: 344 calories; protein 30g; carbohydrates 32g; fat 10.2g; cholesterol 104.6mg; sodium 1116.6mg.

Source: allrecipes.com

## Healthier Taco Salad



Kids can still enjoy a favorite food, but with less fat & salt. Leftovers are great for school lunches.

### Ingredients

- 2 pounds lean ground beef
- 1 medium onion, finely chopped
- 1 ½ cups low-sodium tomato juice
- 2 tablespoons hot pepper sauce (such as Frank's RedHot®)
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ¾ teaspoon salt
- ½ teaspoon cayenne pepper
- 1 (14.5 ounce) package baked tortilla chips, or to taste
- 1 cup shredded reduced-fat Cheddar cheese, or to taste
- ⅓ head iceberg lettuce, shredded, or to taste
- 1 cup salsa, or to taste

### Directions

Heat a large skillet over medium heat. Cook and stir beef and onion in the hot skillet until beef is no longer pink, 5 to 7 minutes. Drain and discard grease, and return beef to the skillet. Add tomato juice, hot sauce, chili powder, cumin, garlic powder, oregano, salt, and cayenne pepper. Reduce heat and simmer gently, about 15 minutes.

Break tortilla chips into bowls and top with the ground beef mixture. Finish with Cheddar cheese, lettuce, and salsa.

### Nutrition Information (Servings: 8)

Per Serving: 479 calories; protein 33g; carbohydrates 50.8g; fat 17.2g; cholesterol 82.5mg; sodium 1052.8mg.

Source: allrecipes.com

## After-School Carrot Cookies



A healthy after-school snack for the kids. A good way to get a serving of veggies in too!

### Ingredients

- ½ cup butter
- 1 cup packed brown sugar
- 1 cup finely shredded carrots
- 1 egg
- 1 ½ cups all-purpose flour
- ½ cup whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon ground nutmeg
- ½ teaspoon salt

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Combine butter and brown sugar in a large bowl; mix together with an electric mixer until light and fluffy. Beat in carrots and egg.

Combine all-purpose flour, whole wheat flour, cinnamon, baking powder, nutmeg and salt in a bowl. Stir into carrot mixture, a little at a time, blending dough well after each addition.

Drop spoonfuls of dough 2 inches apart onto a baking sheet; flatten with a moistened fork.

Bake in the preheated oven until cookies are golden and crisp, about 15 minutes. Transfer to wire racks to cool, about 15 minutes.

### Nutrition Information (Servings: 36)

Per serving: 74 calories; protein 1g; carbohydrates 11.7g; fat 2.8g; cholesterol 11.9mg; sodium 70.4mg

Source: allrecipes.com

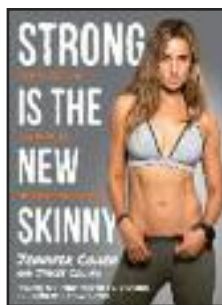
# New Health & Wellness Info at the Library

By Kelly Barker

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

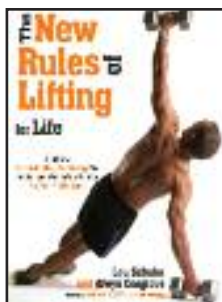
**Strong Is the New Skinny:** How to Eat, Live, and Move to Maximize Your Power by Jennifer Cohen and Stacey Colino, Overdrive Ebook

Sick and tired of hearing what's wrong with you and your body? You are not alone. It is time for a new conversation—and a new plan for treating, feeding, and moving your body in ways that build on your strengths inside and out. Strong is sexy. Strong is powerful. Strong is achievable.



**The New Rules of Lifting for Life:** An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams by Lou Schuler and Alwyn Cosgrove, Overdrive Ebook

The New Rules of Lifting for Life is a customizable-and realistic-fitness program specifically created for mid-lifers who want to lose weight, revitalize energy, and build habits for increased longevity. It assists mid-lifers avoid working out too aggressively to avoid chronic aches and pains in midlife.



**The New Mediterranean Diet Cookbook:** A Delicious Alternative for Lifelong Health by Nancy Harmon Jenkins, Overdrive Ebook

This revised and updated edition of Nancy Harmon Jenkins's acclaimed cookbook offers ninety-two mouthwatering new dishes plus the lat-



est information about the nutritional benefits of one of the world's healthiest cuisines. Experienced and novice cooks alike will be inspired.

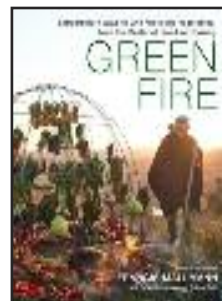
**The Easy Diabetes Desserts Cookbook:** Blood Sugar-Friendly Versions of Your Favorite Treats, by Mary Ellen Phipps, New Cookbooks Media Center 641.56314 PHI

Let registered dietitian Mary Ellen Phipps revamp your low-sugar dessert menu with sixty delicious recipes for cookies, brownies, cakes, pies, and more. There is a sweet treat for every celebration and late-night craving!



**Green Fire** by Francis Mallmann New Cookbooks Media Center 641.578 MAL

Francis Mallmann is an Argentine grill master. He is known for his primal style of live-fire meat cookery. Now, Mallmann shares his recipes and secrets for perfect grilled vegetables and fruits, creating dishes with the same elemental, rugged style for which he is world-renowned.



**Two Meals a Day Cookbook** by Mark Sisson, New Cookbooks Media Center 641.5635 SIS

In this companion book to Two Meals a Day, the New York Times bestselling author of The Primal Blueprint and The Keto Reset Diet Mark Sisson uses his health and fitness expertise to craft delicious and healthy meals for the latest diet trend -- intermittent fasting.



**The Sleep-Deprived Teen:** Why Our Teenagers Are So Tired, And How Parents and Schools Can Help Them Thrive by Lisa Lewis, New Health Books

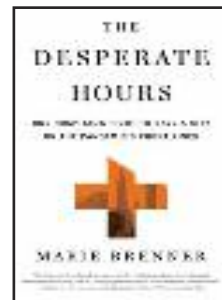
Media Center 616.8498 LEW

In *The Sleep-Deprived Teen*, parenting journalist Lisa L. Lewis provides parents with the roadmap for more (and better) sleep for their teens--and perhaps even for themselves. When teens are well-rested, they are happier, healthier, and more emotionally resilient.



**The Desperate Hours:** One Hospital's Fight to Save A City On The Pandemic's Front Lines by Marie Brenner, New Health Books Media Center 614.58 BRE

In *The Desperate Hours*, journalist Marie Brenner, having been granted 18-month access to the entire New York-Presbyterian hospital system, tells the story of the doctors, nurses, residents, researchers, and suppliers who tried to save lives across New York during the COVID-19 pandemic.



**Cabin Fever:** The Harrowing Journey of a Cruise Ship at The Dawn of A Pandemic by Michael Smith, New Health Books Media Center 614.58 SMI

The true story of the Holland America cruise ship *Zaandam*, which set sail with a deadly and little-understood stow-away--COVID-19--days before the world shut down in March 2020. This riveting narrative thriller takes readers behind the scenes with passengers and crew

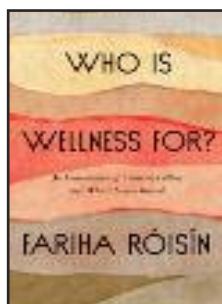


**Who Is Wellness For:** An Examination of Wellness Culture and Who It Leaves Behind by Fariha Róisín, New Health Books Media Center 613 ROI

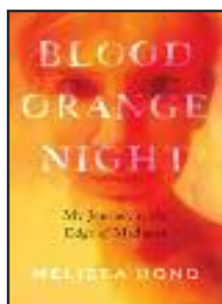
In this thought-provoking book, the acclaimed



writer explores the way in which the progressive health industry has appropriated and commodified global healing traditions. She reveals how wellness culture has become a luxury built on the wisdom of Black, brown, and Indigenous people--while excluding them.

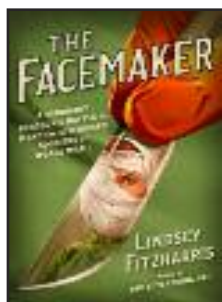


**Blood Orange Night:** My Journey to The Edge of Madness by Melissa Bond, New Health Books Media Center 615.1047 BON



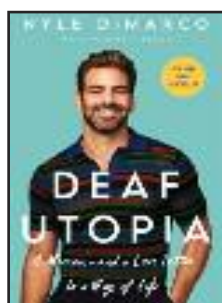
In Blood Orange Night, the author shares her experience with Benzodiazepine dependence. As she suffered from unbearable insomnia, her doctor casually prescribed benzodiazepines. Only after she collapsed does she learn that her doctor--like many doctors--over-prescribed the medication and quitting cold turkey could lead to psychosis or fatal seizures.

**The Facemaker:** A Visionary Surgeon's Battle to Mend the Disfigured Soldiers of World War I by Lindsey Fitzharris, New Health Books Media Center 617.4 FIT



Lindsey Fitzharris, the award-winning author of The Butchering Art, presents the compelling, true story of a visionary surgeon who rebuilt the faces of the First World War's injured heroes, and in the process ushered in the modern era of plastic surgery.

**Deaf Utopia:** A Memoir and A Love Letter to A Way of Life by Nyle Dimarco, New Health Books Media Center 617.8 DIM



Before becoming the actor, producer, advocate, and model that people know today, Nyle DiMarco was half of a pair of Deaf twins born to a multi-generational Deaf family in Queens, New York.

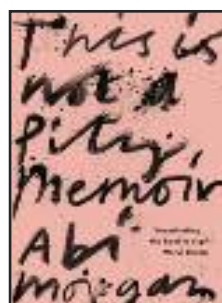
His book, Deaf Utopia, is a heartfelt and inspiring memoir and celebration of Deaf culture.

**Riding The Lightning:** A Year in The Life of A New York City Paramedic by Anthony Almojera, New Health Books Media Center 610.92 ALM



Following one paramedic into hell and back, Riding the Lightning tells the story of New York City's darkest days through the eyes of its front-line medical workers and the community they serve during the COVID-19 pandemic.

**This Is Not a Pity Memoir** by Abi Morgan, New Health Books Media Center 616.8523 MOR



What happens when your partner of twenty years suddenly believes you are a stranger? When Abi Morgan's partner abruptly collapsed from a mysterious illness, doctors were concerned that he would not survive. Six months later, he woke from his coma, but it was anything but a happy ending.

**Under The Skin:** The Hidden Toll Of Racism On American Lives And The Health Of A Nation by Linda Villarosa, New Health Books Media Center 610.8089 VIL

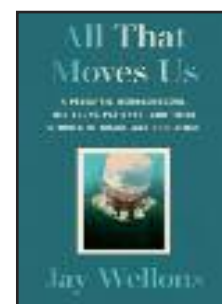


From an award-winning writer at the New York Times Magazine and a contributor to the 1619 Project comes a landmark book that tells the full story of racial health disparities in America, revealing the toll racism takes on individuals and the health of our nation.

**All That Moves Us:** A Pediatric Neurosurgeon, His Young Patients, And Their Stories Of Grace And Resilience by Jay Wellons, New Health Books Media Center 610.92 WEL

In All That Moves Us, Dr. Jay Wellons pulls

back the curtain to reveal the profoundly moving triumphs, haunting complications, and harrowing close calls that characterize the life of a pediatric neurosurgeon, bringing the high-stakes drama of the operating room to life.



**Augmented:** A Nova Production by Gideon Gill, Heather MacDonald, and Matthew Orr, New Health DVD Media Center 617.484 AUG

Augmented shares the story of how Hugh Herr, an inventor of bionic limbs, teams up with an injured climber and a surgeon at a leading Boston hospital to test a new approach to surgical amputation that allows prosthetic limbs to move and feel like the real thing.



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## BICYCLES

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

## FLOAT THERAPY

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

## HEALTH INFORMATION

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

## PERSONAL INJURY

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

## NUTRITION / SUPPLEMENTS



**innov8tive NUTRITION**  
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## 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](mailto:FrontDesk@peggystaxks.com)

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

**Scott D Van Genderen, CFP®, ChFC®, AAMS®**  
Financial Advisor  
4009 Sw 10th Ave  
Topeka, KS 66604 1916  
785-273-2277  
[edwardjones.com](http://edwardjones.com)

## FOR RENT

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

## MASSAGE

**Massage for Health by Anne Murphy**

How? What? A. Good Nutrition  
B. Plenty of Water C. Lots of Massage

**Adds:** A "feels good" feeling, "better than ever"

**Subtracts:** Misery, drudgery, fatigue, drought

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## RECOVERY

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

## PET CARE

**Doggie daycare**, grooming, training and dog/cat boarding. Also pet food and supplies. THE DIRTY DOG, 3120 S. Kansas Ave. • 785-431-6694

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# Healthy Event Calendar for Greater Topeka

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

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

**AUG. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskcmo.com](http://www.getoutdoorskcmo.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.

**W.I.G.L. "WATER IN GOD'S LAWN" YOUTH & KIDS ACTIVITIES** – Wednesday's June 1 – Aug. 10, 7-8pm. Lakeview Church of the Nazarene, 2835 SE Croco. Weekly games & fun possibilities: water balloons, water slide, kiddie pools, bubbles, side walk chalk, snacks, friends, fun, Jesus! (please bring appropriate water-wear, towel & sun screen. If necessary, please wear a t-shirt over swimsuit.) There will be Bible Study upstairs for the Adults. 785-266-3247, Facebook at Topeka Lakeview Nazarene, [www.Lakeviewtopeka.org](http://www.Lakeviewtopeka.org), [lakenaz@aol.com](mailto:lakenaz@aol.com)

**OVERBROOK FARMER'S MARKET** – every Monday now to October, from 4-6 pm at the Overbrook Fair Grounds.

**EATS & BEATS** – Every Thursday through Sep. 15, 6:30pm-8:30pm, Every Plaza. Bring lawn chairs. Food trucks, beer gardens. Aug. 4 – The Paradize Band, Aug. 11 – Time Express; Aug. 18 – The Coots; Aug. 25 – Wilder Horses

**TOPEKA JAZZ WORKSHOP** – July 31, 3-5pm, Topeka Library, Marvin Auditorium.

**BACK TO SCHOOL BASH** – Aug. 2, 9am-3pm, Salvation Army, 1320 SE 6th St. Free hygiene bags, haircuts, immunizations and other school supplies, as well as pizza and watermelon - all for free.

**SCHOOL SUPPLY DRIVE** – Aug. 3, 8-5, 3497 SW Fairlawn. Kansas Secured Title will be collecting school supplies to help out Topeka's students in need. Receive a FREE Dole Whip from the Pineapple Dream Truck when you bring donations to the office between 2:00pm - 4:00pm

**BACK2SCHOOL GLOW NIGHT** – Aug. 5, 9-11pm, Pure Golf, 21st & In-

dian Hills. Glow mini golf. Food & drink specials.

**DUKE MASON WITH COWDOY** – Aug. 5, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at the historicvinewood.com. 785.260.6772

**FIRST FRIDAY ART WALK – GOOD SAM CLUB BAND** – Aug. 5, 6pm, Redbud Park. Part of the First Friday events.

**JONNIE W.** – Aug. 6, Jayhawk Theatre. Live comedy show. [Jayhawktheatre.org](http://Jayhawktheatre.org)

**TOUCH A TRUCK** – Aug. 6, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Check out large trucks and other vehicles up close and meet first responders and other hard-working members of the Topeka community. Fun for the whole family! Free event! Free snacks! Free book

for the first 100 kids

**SCHOOL SUPPLIES GIVEAWAY** – Aug. 6, 10am-12pm, Seaman Comm. Church, 2036 NW Taylor St.



**CIDER DAYS**

FALL FAMILY MARKET

**Sep 24-25**

**Stormont Vail Events Center**

**Tickets \$6 in advance  
\$8 at the door  
13 and under are FREE!**

**CiderDays.com**

## YOUTH FOR CHRIST ANNUAL GOLF CLASSIC

### Tournament of Champions for Teens

Monday September 26<sup>th</sup>

SUPPORT MINISTRY  
TO AREA TEENS

LAKE SHAWNEE GOLF COURSE  
4 PERSON/18 HOLE SCRAMBLE

ENTRY FEE: \$500 PER TEAM OR  
\$125 PER INDIVIDUAL

REGISTRATION BEGINS AT 9:00 A.M.  
SHOTGUN START: 10:00 A.M.



**SIGN UP AND SPONSORSHIP**

**INFORMATION ONLINE AT:**

**[www.topekayfc.org](http://www.topekayfc.org)**

**For more information call**

**the YFC Office at**

**785-232-8296**



Topeka North Outreach is holding a School Supplies Community Giveaway for those who live in the Oakland and North Topeka area. Children must be present to receive 1 pack per student, and proof of address is required.

**FOOD TRUCK NIGHT** – Aug. 6, 4-8pm, Helping Hands Humane Society, 5720 SW 21st. Live music.

**NATIONAL NIGHT OUT Kickoff Party** – Aug. 5, 5:30-7:30pm, HyVee parking lot. Free fun for the whole family.

**NATIONAL NIGHT OUT EVENTS** – Aug. 6. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

**C5Alive “POWER” LUNCHEON** – Aug. 11, 11:30-1 at The Peak, 930 SW Gage. Barry Feaker will be the featured speaker! Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

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

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

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

**SAVE THE DATE: C5 POWER Luncheon**, Sep. 8, 11:30-1.

**FRIDAY FLICKS** – Second Fridays, 8pm at Evergy Plaza. Bring a blanket or lawn chair & get comfy. Food trucks on hand. Aug. 12: Gohstbusters

**ELMONT OPRY** – Aug. 12, 7pm; and Aug. 13, 1pm, Elmont UMC, 6635 NW Church Ln. Featuring Helen Russell & company. Doors open 90 minutes early for lunch or dinner. Tickets \$15 – call 785-249-0908 for reservations.

**GOOD OL BOYS & A GAL** – Aug. 12, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**JIM & MELISSA BRADY IN CONCERT** – Aug. 12, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. Free will offering, doors open at 6pm. 785-273-2248, wwood-snaz@wwnaz.org

**ALEX MILLER BAND** – Aug. 13, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**WORSHIP AS ONE** – Aug. 14, 6-8pm, Gage Park Amphitheatre. Worship As One is a unique event gathering talent throughout Topeka churches for a night of high-lighting worship styles from as many cultures and backgrounds as we can. Our skin color may be different; our food preferences may be different; our political opinions may not align; and our taste in worship music may clash... BUT OUR GOD IS THE SAME. And there is nothing standing in the way of Him receiving all the glory. So join us for this amazing night of worship, and get a glimpse of what Heaven will be like. Find more information at fsbctopeka.org/worshipasone

**HECTOR ANCHONDO** - Aug. 19, 6pm, Redbud park,

Free concert.

**KELLY HUNT** – Aug. 20, 7pm, Jayhawk Theatre. The Kelley Hunt Acoustic Quartet concert scheduled for June 24 has been rescheduled. All ticket holders will be moved to the new date. Jayhawktheatre.org

**CAPITOL PADDLE** – Aug. 20, 8am-3pm, at the weir. This guided 10-mile paddle on the Kaw begins downtown due north of the Kansas statehouse taking you through Topeka to Seward boat ramp. On this stretch, you'll safely paddle past the remains of the ATSF collapsed bridge from the historic 1951 flood while enjoying the beauty of a prairie river basin on a sand bar along our way. Register

<https://events.blackthorn.io/5Y1d0nc7/6a185Y1aZWD>

O Sponsors; Dirty Girl Adventures, Friends of the Kaw, Riverfront Advisory Council, and Greater Topeka Partnership.

**PLATINUM EXPRESS** – Aug. 27, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**KANSAS CITY RENAISSANCE FESTIVAL** – Sep. 3 -

Oct. 16, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 10. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

**MARK & THE SHARKS** – Sep. 10, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**HOLY SMOKIN JAMBOREE** – Sep. 10-11, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, 5K run, car show, bingo, cake walk, crafts, raffles, silent auction, and live music by THE BASH Saturday night. Outdoor Mass and live auction on Sunday. \$2 wristbands for all-day kid games & inflatables! Register for the 5K Run/Walk, Car Show, & Poker Run online at <https://mtcc-topeka.org/.../parish.../holy-smokin-jamboree>! Two full days of fun for the whole family

**FIRST TEE ANNUAL GOLF TOURNAMENT** – Sep. 16, Shawnee Country Club. Reg. 11am, noon shotgun start. For info email [marcus@firstteetopeka.org](mailto:marcus@firstteetopeka.org) or visit [firstteetopeka.org](http://firstteetopeka.org)

**CHANCE ENCOUNTER** – Sep. 17, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**CIDER DAYS FALL MARKET** – Sep. 24-25,

Exhibition Hall - Stormont Vail Events Center. Explore over 200+ makers, creators, artisans and pickers at this weekend filled with amazing shopping, unique food and live entertainment. Early Bird Tickets are being sold at all Topeka Dillons locations; ReHome (out at Forbes Field); and at the ticket box office at the event center. The tickets will go on sale August 3rd. Early Bird tickets will be \$8 and they will be \$10 at the door the day of the event.

**YOUTH FOR CHRIST GOLF CLASSIC** – Sep. 26, 10am shotgun, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or [topekayfc.org](http://topekayfc.org)

**JOSEPH HALL – ELVIS TRIBUTE ARTIST** – Sep. 30, 7pm, Jayhawk Theatre. Jayhawktheatre.org

**2nd ANNUAL TOPEKA FALL FEST** – Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by

**FIRST TEE - GREATER TOPEKA**

**2ND ANNUAL GOLF TOURNAMENT**

**SEPTEMBER 16, 2022**

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

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

**first tee**  
greater topeka

For more information or to register, email  
[marcus@firstteetopeka.org](mailto:marcus@firstteetopeka.org), or go to  
[firstteetopeka.org](http://firstteetopeka.org)

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](mailto:info@C5Alive.org).

## ONGOING EVENTS:

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

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

**SENIOR FIT & FUN PROGRAM** - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or [office@rhctoepka.org](mailto: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: [cornerstonetoepka.com](http://cornerstonetoepka.com). 478-2929

**TOPEKA TWILIGHT LIONS BRANCH CLUB** - 4th Mondays at 6:30pm, Norsemen Brewing Co., Visitors

welcome. [Topekalions.org](http://Topekalions.org)

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

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

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

**TOPEKA SWING DANCE** - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekasingdance.com](http://www.topekasingdance.com).

**GRIEF SHARE SUPPORT GROUP** – Feb. 7-May 2, Mondays 6:30-8pm, Topeka Bible Church, Mulvane Building, 1101 SW Mulvane St. A 13-week seminar and support group for people who are grieving the death of a person close to them. The video sessions feature biblical teaching and are designed to help you successfully travel the journey from mourning to joy. 785-234-5545

**OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP** – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

**OSTOMY SUPPORT GROUP** – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

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

**TOPEKA PUBLIC LIBRARY PLAY BUS** – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835

Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

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

**FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP** – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or [TopekaCFS@outlook.com](mailto:TopekaCFS@outlook.com).

**EMOTIONS ANONYMOUS**: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. N/C. 785-633-7764

**LADIES' EXERCISE** – Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

**GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP** – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

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

**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, devo-

tions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or [vip@topekanorthoutreach.org](mailto: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**

### 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](mailto:slsmithks@att.net) or call (785) 633-8321

### C5 Alive *Developing and Uniting Christian Leadership*

• Business • Non-profits • Churches

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

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

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

RSVP to [info@C5Alive.org](mailto:info@C5Alive.org).

Open to the public.

Save the  
Dates!

- Sep. 8: POWER Luncheon, 11:30-1
- Oct. 8: FALL FEST at Vinewood, 10-3
- Oct. 13: POWER Luncheon, 11:30-1
- Nov. 10: POWER Luncheon, 11:30-1

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





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

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

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

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

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

**NOTO MARKET & ART WALK ON FIRST FRIDAYS**

– NOTO arts district. Arts, antiques, crafts, flea market.

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

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

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

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

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

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

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**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. wesquaredance.com

**SEX TRAFFICKING INFORMATION** – 785-230-8237

**ABORTION RECOVERY SUPPORT** – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

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

**ALZHEIMER'S SUPPORT GROUPS** – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

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

**Send your event information to:**

**[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)**

**See complete updated calendar at**

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



**Check our website and facebook page for details on theme weekends and specials!**

**2022 Kansas City Renaissance Festival**

**KCRenFest.com**

**Weekends Starting September 3rd To October 16th**



**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

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Live music</li> <li>• Craft &amp; vendor fair</li> <li>• Food trucks</li> <li>• Kids games &amp; activities</li> <li>• Inflatables</li> </ul> | <ul style="list-style-type: none"> <li>• Petting zoo</li> <li>• Face painting</li> <li>• Gifts &amp; Décor</li> <li>• Clothing &amp; accessories</li> <li>• Non-profit information</li> </ul> | <ul style="list-style-type: none"> <li>• Pet care services</li> <li>• Carnival Games</li> <li>• Cake Walk for kids</li> <li>• Trunk or Treat</li> <li>• Pumpkin decorating</li> </ul> |
|--|---|---|

## HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Health screenings</li> <li>• Safety instructions &amp; education</li> <li>• Health &amp; Wellness products &amp; samples</li> <li>• Health information &amp; education</li> </ul> | <ul style="list-style-type: none"> <li>• Fitness information &amp; demonstrations</li> <li>• Gymnastics &amp; Exercise demonstrations</li> <li>• Personal Safety Items &amp; Education</li> <li>• Emotional &amp; Mental Health Information</li> </ul> |
|--|--|

**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](mailto:info@c5alive.org)**

Vendors: **FIND US ON FACEBOOK**  
FOR MORE DETAILS!



**VOLUNTEERS ALSO NEEDED! CONTACT:**  
[info@c5alive.org](mailto: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)