

**TOPEKA**

**SEPTEMBER 2022**

# Health & Wellness

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

**MAGAZINE**

## HEALTHY AGING

**Scientific Secrets to Healthy Aging**

**FREE  
TAKE ONE!**

## HEALTH & WELLNESS FAIR 2022

**Presented by  
Emerald City  
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*See page 3 for  
information about  
front page photo*

**Obesity: Curbing It In Children and Adults**  
**Elevating the Conversation Surrounding Suicide**

**529 Plans: More Versatile Than Ever**  
**The Raw Truth: 7 Truths of Faith And Fitness**

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# Healthy AGING Month



## eat a healthy & balanced diet

- Enjoy a diet filled with lowfat protein and dairy, whole grains and lots of fresh fruits and vegetables
- Cut down on unhealthy foods that are processed and high in sugar and fat as your body begins to store them easier and they are linked to heart disease and diabetes
- Add extra fiber into your diet—it can help lower your risk of heart disease, type 2 diabetes and cancer as well as keeping your colon working as it should



## stay active & fit

- Regular exercise can reduce your risk of heart disease, diabetes, arthritis pain, and even anxiety and depression
- Find a physical activity that you enjoy, whether it's bicycling, yoga, swimming, or strength training
- Incorporate elements of aerobic exercises to get your heart pumping, strengthening exercises to prevent muscle loss, stretching to keep you flexible, and balance exercises to prevent falls as you get older

## get regular checkups

- One of the best ways to stop health problems is to catch them before they start, or at least in the early stages
- Getting regular checkups is the best way to spot health problems and disease so that your chances of a cure and recovery are much greater
- Work with your doctor to decide what tests and screenings you will need based on your age, lifestyle habits, family history, and your personal medical history



## decrease stress & stay relaxed



- People who are depressed, guilty, or anxious are more likely to have major health problems than people who have a healthy outlook on life
- Lack of sleep and fatigue from being tense all day can harm your overall health
- Stop smoking as it harms nearly every organ of the body and leads to lung cancer, lung disease, heart and blood vessel disease, stroke, and cataracts as well as speed up the aging of your skin

# STAY HEALTHY

**"It's never too late to start exercising!"**

## REGULAR EXERCISE

### HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

### CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



## WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN  
BREAK  
THAT UP

MORNING

10

AFTERNOON

10

EVENING

10

## Improve Your Balance

## 4 Basic Exercises



### KNEE BENDS Hold on to a sturdy chair or countertop

- 1
  - Keep back straight
  - Lower body and bend knees
  - Raise body back up
  - Repeat 10-15 times



### HEEL RAISES Hold on to a sturdy chair or countertop

- 2
  - Stand straight
  - Raise up on toes slowly
  - Lower heels to ground slowly
  - Repeat 10-15 times



### SIDE LEG RAISES Hold on to a sturdy chair or countertop

- 3
  - Keep back straight
  - Raise one leg out to side
  - Return leg to standing
  - Repeat 10-15 times
  - Switch sides



### SIT TO STAND Use a sturdy chair

- 4
  - Sit in chair, feet on ground
  - Stretch both arms out front
  - Rise up to standing position
  - Sit back down
  - Repeat 10 times







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**SALES & MARKETING:** 785-380-8848

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## ON THE COVER:

Our cover this month features a mature couple doing some healthy meal prepping together. You will find many healthy tips and other useful information in the pages of this issue.



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

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AN EVERYDAY HEALTH INFOGRAM

# CHILDHOOD OBESITY BY THE NUMBERS

Many U.S. kids are overweight or obese, and most don't exercise.



Source: CDC



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Ten years ago, Michael Forcade made a bet to get on the Midland Care's Program of All-Inclusive Care for the Elderly (PACE) program and it has paid off.

PACE is the Program of All-Inclusive Care for the Elderly. It helps people 55 and older stay in their home by wrapping services around them. Michael really enjoys the Midland Care staff, and shares, "All of the people are excellent, that is why I've stayed with the program."

Forcade credits the PACE program with keeping healthy and helping him stay in his home as long as possible.

“Overall, they encompass so much of your needs, particularly when you get my age or older. You need a network of people who are professionals. It’s nice to have a family around, but family are not professionals, that is why you need PACE,” said Forcade.

For more information about PACE, please contact Midland Care at 800-491-3691. The sooner you call; the sooner we can help.



# MIDLAND CARE

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# Time to Elevate the Conversation Surrounding Suicide

By Anabel Feauto, Health Promotion Specialist

**S**eptember is Suicide Prevention Month, and during this time it is essential to elevate the conversation surrounding suicide. Suicide is a complex issue that has impacted millions of people today. According to the CDC, suicide is a leading cause of death in the United States and is responsible for nearly 46,000 deaths in 2020. Suicide affects all groups and ages with either thinking about suicide or attempting suicide. There are various factors that contribute to suicide for those with or without mental illness. Risk factors that may increase the possibility of suicide include the following.



Anabel Feauto

- Mental illness
- Substance use disorder
- Serious illness
- Family history of suicide
- Relationship problems (e.g., sexual violence, adverse childhood experiences)
- Barriers to healthcare
- Easy access to lethal means (e.g., firearms, medications)

It is important to note some people may have these risk factors but do not think about or attempt suicide. However, suicide is a critical public health problem that can be preventable. With access to the appropriate information and resources there can be a decrease in suicidal thoughts or actions.

Risk factors for suicide are important to keep in mind, if someone is showing warning signs of suicide they may be at higher risk for danger and need immediate attention. As we educate and learn about suicide, it is important to be honest and directly address the subject. Along with continuing the discussion around suicide. According to research, more than one in five people who died by suicide has expressed their suicide intent. Knowing the warning signs that someone may be at immediate

risk, may save a life. Research has shown there are various types of warning signs a person can display. The following are warning signs the person may show.

## Talking About

- Wanting to harm themselves
- Feeling trapped
- Feeling hopeless
- No reason to live
- Being a burden to others

## Actions or Behaviors

- Withdraw from family and friends
- Give away important possessions
- Anxiousness
- Changing eating or sleeping habits
- Making a plan and/or looking for ways to harm themselves with lethal weapons

Suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. With regards to recognizing warning signs, family and friends are typically the first people to notice them from their loved ones. They can take the first step to helping someone they care about find mental health treatment. Before talking with someone you may be concerned about, have suicide crisis resources available.

The conversation may not be easy, but is crucial to potentially save someone you love. Let the person know you care and that they are not alone. To begin the conversation, ask directly and privately about suicide. "Are you thinking about harming yourself?" or "Are you thinking about ending your life?" It is important to know that asking these questions will not increase the rate of suicide or suicidal thoughts. These questions assure the person at-risk that you are not afraid to talk about it. It is important to listen carefully to the person's response and allow emotional expression. Being able to talk openly about their thoughts and feelings may reduce their suicidal thoughts. While in communication with the person, it is important to not leave the person alone and check their physical en-

vironment. Removing any lethal means can help keep them safe. Reassure the person that help is available and they may benefit from professional help.

After the immediate suicidal crisis has passed, continue to stay connected with that person. Having support is vital for the person to remain on the recovery track. Research has shown that the number of suicide deaths decrease when a person follows-up with those who are at-risk. It takes a lot of courage to help someone who is suicidal. Witnessing someone you love who is dealing with thoughts about ending their own life can come with challenging emotions. As you are helping a suicidal person, it is important to not forget to take care of yourself.

Let us continue to grow the conversation around suicide and have ongoing education about it. If you are someone you know is struggling with suicide, take the situation seriously. Encourage the ones you care for to reach out for help.

Your mental health matters, contact any of these resources for assistance.

**Valeo's Crisis Center is located at 400 SW Oakley Avenue. Valeo's Crisis Center never closes, it is a walk-in emergency clinic with no appointment necessary.**

**Valeo's 24-Hour Crisis Line is 785-234-3300.**

## Valeo Behavioral Health Care (Adults)

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

## National Suicide Prevention Life Line

1-800-273-8255

**Shawnee County Suicide Prevention Coalition**  
SCSPC.org

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

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

## Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator  
Topeka.Heals@gmail.com  
785-249-3792

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# FINANCIAL FOCUS

## 529 Plans: More Versatile Than Ever

If you have children or grandchildren, you may already be somewhat familiar with the 529 plan, a popular education savings vehicle. But you may not have kept up with some recent changes in the plan's capabilities and in the educational environment in which the plan might be used.

Let's start with the learning environment. During the COVID-19 pandemic, colleges and universities switched to online classes, or at least to a hybrid of in-person and online. And even before the pandemic, many schools offered remote classes, though obviously not to the same extent. But after COVID-19 subsides, it's likely that the online component will remain an important part of higher education. What does this "new world" mean for you, when you're saving for college? Will a 529 plan still be relevant?

In a word, yes. First of all, a 529 plan can offer tax advantages. Earnings in a 529 plan are federally tax-free, provided the money is used for qualified educational expenses. And if you invest in your own state's 529 plan, your contributions may be tax deductible. (Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes as well as a 10% penalty.) Because tax issues for 529 plans can be complex, you'll want to consult with your tax advisor before investing.

Online learning costs are eligible for a 529 plan's tax benefits just as much as those incurred from in-person classes. Tuition, textbooks, supplies, computers and services – all of these should qualify, assuming the school meets certain criteria. Also, students enrolled half-time or more don't have to live in a dorm for room and board expenses to be covered by a 529 plan – they can live in off-campus housing. However, these room-and-board costs typically must equal the cost of living on campus. Some schools identify a specific cost for "commuters" or "at-home students," so you will need to contact the college directly to de-

termine qualified room-and-board costs.

Now, let's take a quick look at what some changes in the rules governing 529 plans over the past few years might mean for you. Eligible expenses from your 529 plan include the following:

- **K-12 expenses** – Parents can withdraw up to \$10,000 per student, per year, from their 529 plan to pay for tuition expenses at elementary and secondary schools. So, if you intend to send your children to a private school, this use of a 529 plan might interest you.
- **Apprenticeships** – 529 plans can be used to pay for fees, textbooks, equipment and other supplies connected to apprenticeship programs registered with the Department of Labor. These programs, typically offered at a community college, combine classroom instruction with on-the-job training.
- **Student loans** – Families can withdraw funds from a 529 plan to repay the principal and interest for qualified education loans, including federal and most private student loans. There's a lifetime

limit of \$10,000 for student loan repayments per each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

All of these newer uses of 529 plans may contain additional guidelines and exceptions, and state tax treatment varies, so you'll want to consult with your tax advisor before taking money from your account. But it's valuable for you to know the different ways you can put a 529 plan to work.

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



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# THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit [alzwalkneks.org](http://alzwalkneks.org) for more information about this year's event and to register.



## Northeast Kansas Saturday, October 1

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit [alzwalkneks.org](http://alzwalkneks.org) for more information about this year's event and to register.

## Everygy Plaza Topeka, KS

8:00 a.m. Venue Opens

9:00 a.m. Ceremony

9:15 a.m. Walk



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# Register today at [alzwalkneks.org](http://alzwalkneks.org)

For more information, contact Jenny Barton at [jdbarton@alz.org](mailto:jdbarton@alz.org), 785-764-0269



# alzheimer's association™

## HELP & SUPPORT

### Heart of America Chapter

*The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.*

## GET INVOLVED

All programs and services offered by the Heart of America Chapter are free of charge to individuals with Alzheimer's and their families and care partners thanks to the generous support of donors and fundraisers.

There are many ways to get involved to help increase Alzheimer's awareness and funds for Alzheimer's care, support, and research.

### 24/7 HELPLINE

Call **800.272.3900** or visit [alz.org](https://alz.org) any time day or night to get information about Alzheimer's disease and caregiving, as well as referrals to a variety of community programs and services.



### VIRTUAL & IN-PERSON EDUCATION PROGRAMS

Community educators present virtual and in-person educational programs to families, organizations, communities, businesses, and professional healthcare systems to increase awareness and equip people with information about Alzheimer's disease.

Learn more about available education classes at [alz.org/crf](https://alz.org/crf)



### VIRTUAL & IN-PERSON SUPPORT GROUPS

Alzheimer's Association support groups offer individuals with dementia and their caregivers the opportunity to meet virtually or in person at a regularly scheduled meeting in a confidential environment, led by trained facilitators.

Learn more about available support groups at [alz.org/crf](https://alz.org/crf)

### CARE CONSULTATIONS

During an over-the-phone meeting, our Care Consultants can help assess your needs and discuss care planning, home safety, and other concerns that arise as you navigate your Alzheimer's journey.

24/7 Helpline: **800.272.3900**



### DONATE OR FUNDRAISE

Donor support enables the Alzheimer's Association to offer programs and services to families free of charge and also helps us fund critical research with a goal to effectively prevent, treat and ultimately cure Alzheimer's. **Donate at [alz.org/donate](https://alz.org/donate)**

Learn about fundraising at [alz.org/kansascity/volunteer/fundraise](https://alz.org/kansascity/volunteer/fundraise)



### BE A PART OF A CLINICAL TRIAL

Without clinical trials, there can be no better treatments, no prevention and no cure for Alzheimer's disease. TrialMatch® is a free clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers, and physicians with ongoing studies.

Learn more at [alz.org/trialmatch](https://alz.org/trialmatch)



### VOLUNTEER

Our work is only possible with the help of volunteers. Opportunities include volunteering as a community educator, support group facilitator or fundraising event committee member.

Learn more about volunteer opportunities at [volunteer.alz.org](https://volunteer.alz.org)



### BE AN ADVOCATE

Conquering Alzheimer's is as much a matter of education and public policy as scientific discovery, and we need your help to change the future of this disease. Help persuade policy makers to make Alzheimer's a national priority.

Learn more at [alz.org/advocate](https://alz.org/advocate)



The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Stand with us today to help achieve our vision of a world without Alzheimer's tomorrow.

**Our Vision: A world without Alzheimer's and all other dementia.™**

alzheimer's  association™



# FINANCIAL HEALTH & WELLNESS

## National Preparedness Month; update & secure records to prepare for natural disasters

**S**eptember is National Preparedness Month. With the height of hurricane season fast approaching and the ongoing threat of wildfires in many places, the Internal Revenue Service urges everyone to develop an emergency preparedness plan, or if they already have one, update it for 2022.

Everyone, from individuals to organizations and businesses, can start now by:

- Securing and duplicating essential tax and financial documents.
- Creating lists of property.
- Knowing where to find information once a disaster occurs.

In the aftermath of a disaster, having the updated documents and other information readily available can help victims apply for the relief available from the IRS and other agencies. Disaster assistance and emergency relief may help taxpayers and businesses recover financially from the impact of a disaster, especially when the federal government declares their location to be a major disaster area.

### Start secure

Taxpayers should keep critical original documents inside waterproof containers in a secure space. These include tax returns, birth certificates, deeds, titles, insurance policies and other similarly important items. In addition, consider having a relative, friend or other trusted person retain duplicate copies of these documents at a location outside the potentially impacted disaster area.

### Make copies

If original documents are available only on paper, try scanning them into a digital file format. Saving them in a secure digital location, like a cloud-based storage application, can provide added security and portability.

### Document valuables

Maintain a detailed inventory of your property and busi-



ness contents. Taxpayers can take photos or videos to record their possessions but should also write down descriptions including year, make and model numbers, where appropriate. After a disaster hits, this kind of documentation can help support claims for insurance or tax benefits. The IRS disaster-loss workbooks can help individualsPDF and businessesPDF compile lists of belongings or business equipment.

### Employer fiduciary bonds

Employers using payroll service providers should check if their provider has a fiduciary bond in place to protect the employer against a possible provider default.

Most employers already use the Electronic Federal Tax Payment System (EFTPS) to make their federal tax deposits and business tax payments. Because these payments can easily be made either by phone or online, EFTPS offers an especially convenient option when a disaster may displace many businesses and their employees. It's also easy to track tax payments and receive email alerts through EFTPS. Any business that doesn't have one can create an EFTPS account.

### Know where to go

Reconstructing records after a disaster may be required for

tax purposes, getting federal assistance or insurance reimbursement. Most financial institutions can provide statements and documents electronically, an option that can aid the reconstruction process. For tips on reconstructing records, visit IRS's Reconstructing Records.

### IRS help

Following a federal disaster declaration, the IRS may postpone various tax filing and tax payment deadlines or provide other relief. For a list of localities qualifying for relief and details on relief available, visit the IRS Tax Relief in Disaster Situations webpage or Around the Nation on IRS.gov.

In addition, a special rule allows both individuals and businesses to choose to deduct uninsured or unreimbursed disaster losses on either the tax return for the year the disaster occurred, or the return for the previous year. For more information, see Publication 547, Casualties, Disasters, and Thefts.

For more information about National Preparedness Month, visit National Preparedness Month.

—Peggy Beasterfeld, EA



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# Obesity: Curbing It In Children and Adults



(Ivanhoe Newswire) —

**Y**ou eat healthy, and you exercise, yet the numbers on your scale just nudge their way up. If you wonder why your health habits mirror that of a friend's but she's skinny and you are not, researchers at the University of Virginia say genes may play a big part, and now, they've identified specific genes that may be making some people fat, and others that help people stay thin. Curbing Obesity.

With more than 41 percent of Americans considered obese, it's a critical question – when diet and exercise fail, what else can people do to get to a healthy weight?

“We really need to develop drugs that are safe and that can be used for the average person,” says Professor of Genomics at UVA Health, Professor Eyleen O'Rourke, PhD.

Researchers at the University of Virginia have taken the first step by studying a tiny invertebrate, a worm called *C. elegans*, that has a very similar genetic makeup to humans. The scientists have identified 14 genes that may put people at higher risk for gaining weight.

Professor O'Rourke explains, “So, if you eat the same as your cousin that doesn't have that variant, you are more likely to become obese.”

The researchers have also identified three gene variants that may do the opposite. People with these genes can eat more and maintain a healthy weight.

With specific targets identified, Professor O'Rourke



says researchers can develop drugs that would inactivate the genes, which in turn, could accelerate weight loss.

Professor O'Rourke says the gene discovery could also open the way for researchers to test drugs that are currently FDA-approved for other uses, to see if they impact the obesity genes. By the way, the worm, *C. elegans*, is used in genetic studies because they have more than 70 percent of the same genes as humans.

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers. In the United States, it is estimated that 93 million Americans are affected by obesity. More than nine million adolescents (children and teens six to 19 years old) are affected by excess weight. Children who are affected by obesity are 70 percent more likely to continue being affected by it into adulthood.

The most common way to determine if a person is affected by overweight or obesity is to calculate BMI, which is an estimate of body fat that compares a person's weight to their height. Healthcare providers use BMI, along with information about additional risk factors, to determine a person's risk for developing

weight-related diseases. Usually, the higher a person's BMI, the higher the risk of disease. Common symptoms of obesity in adults include excess body fat, particularly around the waist, shortness of breath, sweating more than usual, snoring, fatigue, which can range from mild to extreme, and pain, especially in the back and joints.

Gelesis100 (Plenity), just approved by the Food and Drug Administration in April and expected to come on the market later this year, is an exciting recent innovation in weight management. Although Plenity comes in capsule form, it is actually a weight loss device, not a medication. The capsules are filled with hydrogel particles. When taken with a full glass of water before meals, the particles expand in the stomach and take up space, leading to the sensation of fullness. The gel particles eventually move through the intestinal tract and are broken down by enzymes and excreted.

In the pivotal randomized, double-blind, placebo-controlled clinical trial about 60% of those who followed a diet and exercise plan plus took Plenity lost 5% or more of their initial weight. And about 25% of those who took it were high responders, losing 10% or more of initial weight.




TOTAL DIET APPROACH TO

HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines "total diet" as everything a person eats averaged out over time – it's the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do *not* meet the DGA recommendations.



82%

DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier

68%

DON'T EAT FRUITS OR VEGETABLES at least twice per day

62%

HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier

60%

JUGGLE BOTH WORK & FAMILY; PREFER to prep meals in 15 min.

36%

HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors: age, socioeconomic status, ethnicity
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

DASH

- Dietary Approaches to Stop Hypertension (DASH)
- Eating plan consists of healthful food choices over time
- Endorsed by U.S. Department of Health and Human Services

USDA

- The U.S. Department of Agriculture (USDA)
- MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity

LET'S MOVE

- Campaign launched by the White House
- Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity

These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

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- 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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# Scientific Secrets to Healthy Aging

**T**he second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines. But you can grow older with your body and mind as healthy as they can possibly be. Here are science-backed secrets to do just that.

## Take Stock

Staying on top of your health is much more than getting care when you don't feel good. See your doctor for regular checkups. (And don't forget about your dentist and eye doctor.) These visits can help find problems early or even before they start. The tests you need depend on things like your age, gender, family history, and whether you smoke or exercise. Your doctor may want to check for these things, among others:

- Cholesterol levels
- High blood pressure
- Cervical cancer
- Colon cancer
- Breast cancer
- Prostate cancer
- Osteoporosis

## Eat Whole Foods

It's more a way of eating than a formal diet. You load up on veggies, fruits, whole grains, nuts, and low-fat dairy. You eat less fatty meats, butter, sugar, salt, and packaged foods. Many studies have found that this diet can help you live longer and protects against heart disease, cancer, Parkinson's, and Alzheimer's disease. Researchers believe one way it works is by physically changing parts of your chromosomes linked to age-related diseases.

## Walk

Aim for 30 minutes every day. If that's too much, break it up into shorter strolls. Regular exercise -- especially if you do it briskly enough to feel a little breathless -- delivers huge health benefits. It helps keep brain cells healthy by delivering more blood and oxygen. In fact, research suggests aerobic exercise may delay or improve symptoms of Alzheimer's disease. It also helps:

- Control your weight
- Boost your mood
- Keep bones and muscles strong
- Helps you sleep better
- Makes you less likely to get heart disease, type 2 diabetes, high blood pressure, and high cholesterol

## Stay Connected

Loneliness is harmful to your health. If you feel lonely -- whether you live alone or with someone, have lots of

friends or none -- you are more likely to get dementia or depression. Seniors who report feeling left out and isolated die earlier than less lonely folks do. Researchers found that lonely people have higher levels of stress hormones that cause inflammation, or swelling, linked to arthritis and diabetes. So stay connected or make new friends. Do volunteer work or simply help someone in need. Just connect.

## Add Fiber

It's an easy way to eat your way to better health with every meal and snack. Swap out your white bread for whole grain. Add kidney beans to your soup or apple slices to your salad. Fiber fills you up and for longer. It cuts your cholesterol levels and lowers your chance of heart disease, type 2 diabetes, and colon cancer. It also helps you avoid constipation, which is more common in older adults. After age 50, men should aim for 30 grams of fiber a day and women should get 21 grams a day.

## Curb Bad Habits

Tobacco kills. It harms almost every organ in your body. Cigarettes, chewing tobacco, and other products with nicotine cause heart disease, cancer, lung and gum disease, and many other health problems. It's never too late to quit. Your body begins to heal within 20 minutes of your last cigarette. Your chance of a heart attack goes down right away. In a year, your odds of heart disease drop by half. You'll also live longer. Too much alcohol can harm your liver and cause some kinds of cancer. Men shouldn't have more than two drinks a day; women should have no more than one.

## Try Tai Chi

This gentle Chinese exercise combines slow movements and deep breathing. It's like meditating while you move. Tai chi may help older people avoid falls, a top cause of injury among seniors. It also can:

- Ease stress
- Improve balance
- Strengthen muscles
- Increase flexibility
- Lessen arthritis pain

## Select Supplements

It's often better to get your nutrients from food, not a pill. And you usually don't need special supplements aimed at seniors. After age 50, your body does need more of some vitamins and minerals from foods or supplements than before. They include:

- Calcium (to keep bones strong)
- Vitamin D (Most people get it from sunlight, but some seniors may not get out enough.)



- Vitamin B12 (Older people have trouble absorbing it from foods, so you may need a supplement.)
- Vitamin B6 (It keeps your red blood cells strong to carry oxygen throughout your body.)

## Stay Optimistic

Life tests us in many ways. Loved ones die, layoffs happen, and health problems can mount. But positive thinking can be a powerful ally. When you choose to be optimistic and grateful, your mind and body respond in kind. People with a rosier outlook live longer and have fewer heart attacks and depression than more negative people. One study found that thinking positively about getting older can extend lifespan by 7.5 years. And that's after accounting for things such as gender, wealth, and overall health. A rosy outlook may help you exercise more and eat better. And that in turn helps you stay hopeful and happy because you feel better. You may hear that called a "virtuous circle." You can learn to be optimistic. It just takes time and practice. Things you can do include:

- Smile, even fake smile. It can help lower stress.
- Reframe. Spin your thoughts to the good things instead of dwelling on the bad.
- Keep a gratitude journal.
- Do good things for others.
- Surround yourself with people who boost your spirits.
- Accept things you can't change.

## Stick to Sleep

Insomnia is common in older adults. It helps to wake and sleep on schedule every day. That can help keep your body clock in sync so you get the sleep you need. Also try and:

- Keep your bedroom dark. Turn off your TV, cell phone, and laptop.
- Avoid caffeine or alcohol in the evening.
- Don't nap longer than 20 minutes during the day.
- Ask your doctor if any of your meds might be keeping you awake.

## Challenge Your Mind

Things like crossword puzzles, Sudoku, chess, or reading are all good for your brain. Keep learning and trying new things to boost your brainpower. It may help lower your chances of Alzheimer's disease.

*By Teresa Dumain / webmd.com*



# Emerald City Cosmopolitan Club to present Health & Wellness Fair 2022

**E**merald City Cosmopolitan Club will present Health & Wellness Fair 2022 on Saturday, October 8 at the Historic Vinewood Venue, 2848 SE 29th St.

The event will take place from 10:00 a.m. to 3:00 p.m. that day, and will feature health screenings, demonstrations and information on various health topics. This year the event will have a Wizard of Oz theme.

Various local businesses and non-profits will present education and information on diabetes, mental health, fitness, personal safety, and other topics. Various vendors will also offer demonstrations of fitness and exercise routines. Other vendors will offer information on assisted living, home safety, health products, healthy foods and more.

Healthy food and drink items will be available for purchase.

Businesses and organizations represented at the health fair will include Midland Care, Thornton Place, Innov8tive Nutrition, Perfectly Posh, GraceMed, St. Croix Hospice, SoulFire Nutrition,



Members of the Emerald City Cosmopolitan Club will facilitate Health & Wellness Fair 2021. They have the experience of putting on health fairs for several years in Topeka. The Cosmos Club has a special emphasis on fighting diabetes.

Celebrate Recovery, Sunshine Connection, MyGym, SHopper's Kitchen, PARS, Emerald City Cosmos and more. Rasmussen University is a co-sponsor and will also be on hand with educational information.

## More activities for the family

The Health Fair is part of the 2022 Topeka Fall Fest, to be held that day on The Vinewood grounds. In

addition to the health fair, families will be able to listen to live music, visit over 60 vendors & food trucks, and take part in the kids activities such as inflatables, Cupcake Walks, pumpkin decorating and face painting. Many of the vendors will have healthy activities and other games for kids.

This annual event, which takes place from 10am to 3pm, is coordinated by C5Alive, Metro Voice newspaper, Health & Wellness magazine and Emerald



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Fun activities for kids, like the Cupcake Walk, will be available at the event.

City Cosmopolitan Club.

Other sponsors include Integrity Insurance, ServPro, Capital City Flooring, Rasmussen University, SoulFire Nutrition, Stormont Vail Health, Cumulus, WIBW and more.

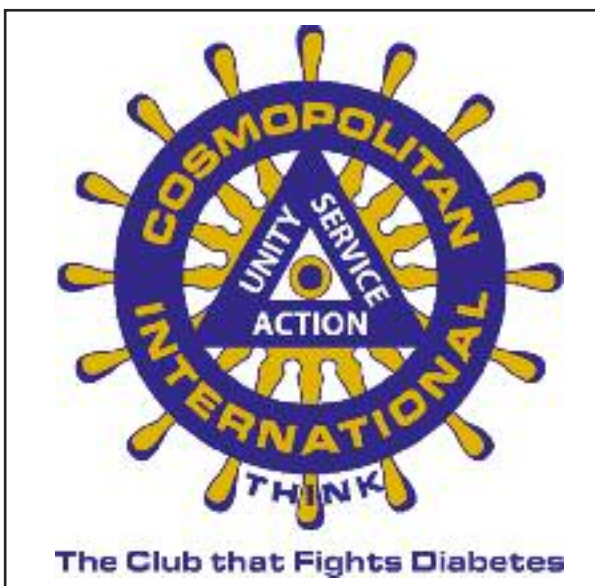
There is still room for more sponsors and participants for the Vendor Market, Food Court and Health Fair. For more information, visit Topeka Fall Fest on Facebook, email [info@C5Alive.org](mailto:info@C5Alive.org) or call 785-640-6399.

Four thousand people attended last year, with a similar amount expected this year. Funds raised will be shared with Sole Reason, which provides sneak-

ers for kids who need them. Admission to the event is free.

### What is the Cosmo Club?

The Emerald City Cosmopolitan Club of Topeka, Kansas was chartered in 2009. The Club is affiliated with Cosmopolitan International and is known as "the club that fights diabetes." Emerald City Cosmo club members meet for monthly dinner and business meetings, participate in community events and fundraising efforts that support



local diabetes-related projects in addition to assisting various other community needs.

Club members also enjoy club sponsored social events that help develop new and lasting friendships among members.

The Emerald City Cosmopolitan club is dedicated to raising money to aid in the fight against diabetes as well as assisting local charities via fundraising.

The mission of every Cosmopolitan member is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to both prevent and find a cure for diabetes.

For more information about Emerald City Cosmopolitan Club, visit the website at [www.emeraldcitycosmos.org](http://www.emeraldcitycosmos.org), or email [emeraldcitycosmos@gmail.com](mailto:emeraldcitycosmos@gmail.com).



Emerald City Cosmopolitans help various local organizations raise funds, including Sole Reason, which furnishes new shoes for kids that need them.



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# How to Run Your Best Half Marathon Ever

**Why 13.1 miles is the best distance—and everything you need to smash a PR.**

By Clair Trageser

**T**he half marathon is where speed meets endurance. It's achievable for most 5K runners, yet a puzzle for veteran racers to master. It is a challenge, not a life-altering commitment. It is one of the greatest tests of a runner's mettle, but also serves as a 13.1-mile celebration.

We love the half. We know you do, too. Thousands of half marathons are set to be run this year, and their participation will eclipse the iconic 26.2 with roughly four times the entrants. Of course,

a huge advantage of the distance is that you can run multiple half marathons per year, says Kara Goucher, whose 1:06:57 at the 2009 Great North Run (not a record-eligible course) is still the fastest half marathon ever by an American woman. "Unlike a marathon, where you have to recover for a month and it takes six months to train, you can recover in a few weeks and then get back to workouts," she says.

Half-marathon training also tends to whip runners into the best shape of their lives. At the intersection of power and persistence, it develops a fitness foundation to tackle running objectives both long and short. And the training plans cement healthy habits like regular exercise, staying hydrated, and a health-focused mindset, says



Brian Maiorano, the owner of Triathlon Lifestyle Coaching.

## 10 Safety Tips for Running on the Road

**Traffic rules aren't just for motorists.**

By Amanda Furrer

**G**oing for a run can be a great escape, but always remember to be on the alert. Keep the roads safe for runners and drivers alike with these tips:

- Run facing traffic when not on a sidewalk (runners tend to run on asphalt because it's softer than cement).
- Sometimes it's safer to cross the road and run with traffic when you can't see a car around a blind

curve or over the crest of a hill. Always check frequently behind you and remember to switch back to the other side when you're in the clear.

- If running in a group, run single-file.
- Don't assume drivers can see you. Make eye contact with drivers before crossing the road or wait until they pass.
- Make sure cars that are backing out can see you. Don't ever run behind a vehicle unless you've made eye contact and confirmed with the driver (I learned from experience!).
- If you run with headphones, put them on low volume or hear-through mode. Rocking out is not worth the risk.
- Use crosswalks. If there are none, cross at a well-lit area.
- Use your arms to signal drivers. Extend your arm towards the direction you're

turning (and remember to wave thanks when drivers stop at crossings!).

- Wear bright, visible gear with reflectivity.









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<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

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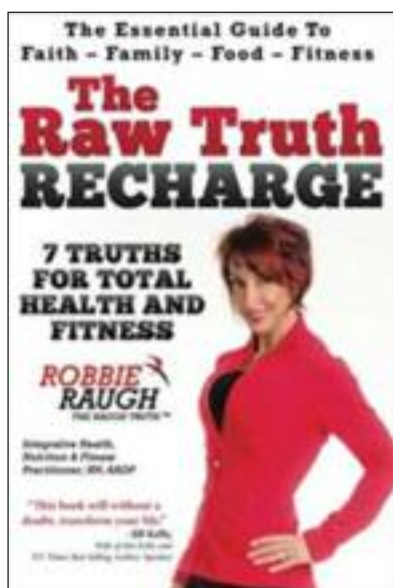
**O**ur priorities have to be in order with God first and foremost to get any results. If we want to help our clients, business, kids, family or ourselves, we need to know the raw truth about fitness and do it. It doesn't matter how much we eat right and exercise—if we don't pay attention to the 7 Truths to Health and Fitness.

If we don't get this right, our health physically, mentally, emotionally, and spiritually will be starving. We won't be effective in our mission, and our business will suffer. We won't make the impact in our ministry or in the workplace using the gifts God gave us. But more importantly we won't be living out God's purpose in our life.

This is the message of Robbie Raugh, RN/Nutritionist.

"We need to take care of what I call our temporary earth suit in order to go out and do God's work and live out HIS purpose in our life," Raugh said. "Results are more than just about physical fitness.

"Our purpose in this world is to know God and let him be known. As an RN and Nutritionist, I worked in hospitals for many years in what I call 'sick care'. I then left that to go into 'health care' in helping people to prevent and reverse disease. I worked at Bally Total Fitness back in the day for almost thirty-five years."



The best results for personal trainers and their clients happen when both have their priorities in order with God.

Raugh says what she found out during that time is this:

We can eat right and exercise and still be sick if:

- We are spiritually neglected.
- We live in a toxic relationship.
- We are sleep deprived and don't handle our stress.

"God placed 7 Truths on my heart that are paramount to our health and life," Raugh said. "Those 7 Truths are Faith, Family, Food, Fitness, Detox, Sleep and Stress Management, and they are all vital to our health and life."

Raugh has written a book to elaborate on the theme, The Raw Truth Recharge – 7 Truths to

Health and Fitness.

"These 7 Truths help people live the abundant life that God desires for all of us, Raugh said. "God does not want us walking around sick and thick and tired—this I know! God cares more about the condition of our heart than the condition of our body.

"Yes, we have a responsibility to take care of our body, but spiritual fitness is much more important than physical fitness. By God's design, it's all integrated – mind-body-soul-spirit. Faith without works is dead. It takes deliberate action to get results with Jesus at the center of it all."

***Trust in the Lord with all your heart, and lean not on your own understanding, in all your ways acknowledge Him, and he will make your paths straight.***





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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.

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

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

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


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# Healthy Recipes for School Lunch

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

## Peanut Butter Apple Muffins



Delicious, and great for school lunches!

### Ingredients

- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons unsalted butter
- ¾ cup natural creamy peanut butter
- ⅔ cup brown sugar
- ¾ cup milk, or more as needed
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 cup peeled and diced apple
- 1 cup peanut butter chips

### Directions

Preheat the oven to 350 degrees F (175 degrees C). Line a 12-cup muffin tin with paper liners.

Mix flours, baking powder, baking soda, and salt in a large bowl.

Melt butter in a small saucepan. Stir in peanut butter and brown sugar. Remove from heat and add milk, egg, and vanilla extract. Add butter mixture to the flour mixture, mixing until just blended. Add more milk, 1 tablespoon at a time, if the batter seems dry.

Add apple and peanut butter chips, stirring gently to distribute. Divide the batter evenly among the muffin cups.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 min.

### Nutrition Information (Servings: 12)

Per serving: 371 calories; protein 11.8g; carbohydrates 44g; fat 17g; cholesterol 21.8mg; sodium 297.3mg.

## Lunch Lady Texas Goulash



A favorite for school lunches.

### Ingredients

- 1 pound ground beef
- ¼ cup chopped green bell pepper
- ¼ cup chopped onion
- 1 ½ cups canned pinto beans, rinsed and drained
- ¾ cup tomato paste
- 2 cups water
- 2 tablespoons water
- 3 tablespoons chili powder
- 2 teaspoons white sugar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (8 ounce) package dry elbow macaroni

### Directions

Cook and stir ground beef, bell pepper, and onion in a large pot over medium-high heat until beef is browned and crumbly and vegetables are soft, 5 to 7 minutes.

Pour pinto beans into a saucepan and cook over medium heat until heated through, about 5 minutes. Stir in tomato paste.

Combine 2 cups plus 2 tablespoons water, chili powder, sugar, salt, and pepper in a small bowl; stir into the beef mixture. Add pinto bean mixture. Cover and simmer for 20 minutes.

While goulash cooks, bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain.

Mix cooked macaroni into the goulash, cover, and simmer for 30 minutes to 1 hour.

### Nutrition Information (Servings: 6)

Per Serving: 376 calories; protein 22.6g; carbohydrates 47.8g; fat 11g; cholesterol 47.3mg; sodium 620.9mg.

## Coconut Rice Krispie® Treats



A coconut twist in the classic school lunch treat.

### Ingredients

- 1 (14 ounce) can sweetened condensed milk
- ½ cup coconut milk
- 1 tablespoon unsalted butter
- 1 pinch salt
- ⅔ cup marshmallows
- 4 cups crispy rice cereal (such as Rice Krispies®)
- ½ cup coconut flakes, or more to taste

### Directions

Combine condensed milk, coconut milk, and butter in a medium pan over low heat. Stir until butter has melted and everything is fully incorporated. Stir in salt.

Increase heat to medium-low and add marshmallows. Stir until marshmallows are fully melted into liquid and you have a thick, almost jelly-like consistency; it should stick together and come clean off the sides of the pan.

Increase heat to medium and melt the mixture a little bit more so it's a thinner liquid. Remove from the heat and stir in rice cereal and ½ cup coconut flakes, making sure all are evenly coated. Let sit and cool for 30 minutes.

Wearing plastic gloves, use your hands to roll mixture into 1-inch diameter balls. Top with additional coconut flakes if desired.

### Nutrition Information (Servings: 24)

Per serving: 94 calories; protein 1.8g; carbohydrates 15g; fat 3.4g; cholesterol 6.8mg; sodium 69mg

Source: allrecipes.com



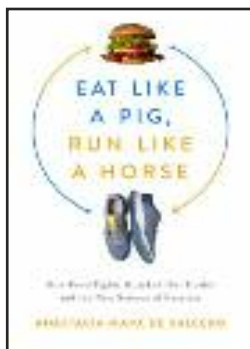
# New Health & Wellness Info at the Library

By Kelly Barker

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

**Eat Like A Pig, Run Like A Horse:** How Food Fights Hijacked Our Health And The New Science Of Exercise by Anastacia Marx De Salcedo, New Health Books Media Center 613.7 MAR

Could it be that our assumption--that what we are eating is making us fat and sick--is just plain wrong? The author transforms the national debate about the root causes of our most pervasive diseases and offers hope of dramatically reducing the number who suffer--no matter what they eat.



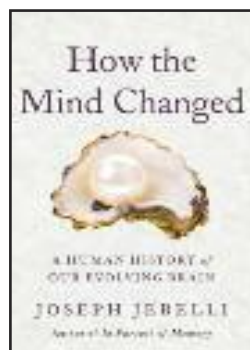
**Taking The Heat:** How Climate Change Is Affecting Your Mind, Body, And Spirit And What You Can Do About It by Bonnie Schneider, New Health Books Media Center 613 SCH

Anchored in the latest scientific research and filled with relatable first-person stories, Taking the Heat is the one guide you need to navigate the future of your own health--mind, body, and spirit, in a rapidly changing environment that affects our physical and mental health in dangerous new ways



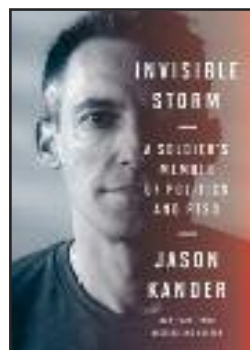
**How The Mind Changed:** A Human History Of Our Evolving Brain by Joseph Jebelli, New Health Books Media Center 612.82 JEB

We have come a long way. The earliest human had a brain as small as a child's fist; ours are four times bigger, with spectacular abilities and potential we are only just beginning to understand. The How the Mind Changed is an extraordinary story of how the human brain evolved... and is still evolving.

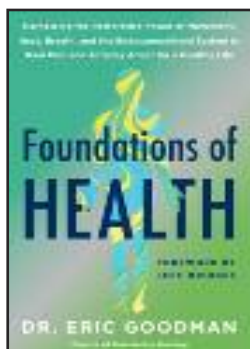


**Invisible Storm:** A Soldier's Memoir Of Politics And PTSD by Jason Kander, New Health Books Media Center 616.8521 KAN

In this brutally honest second memoir, Jason Kander has authored the book he himself needed in the most painful moments of his PTSD. In candid detail, we see him struggle with undiagnosed illness during a presidential bid; and see him heal, giving hope to so many of us.



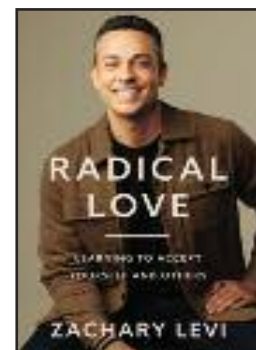
**Foundations Of Health:** Harnessing The Restorative Power Of Movement, Heat, Breath, And The Endocannabinoid System To Heal Pain And Actively Adapt For A Healthy Life Eric Goodman, New Health Books Media Center 615.5 GOO



The Founder of the proven Foundation Training program takes his teaching to the next phase in Foundations of Health, showing us how to utilize our body's built-in systems for healing and introducing a new program that offers a perpetual inner core of wellness and adaptability.

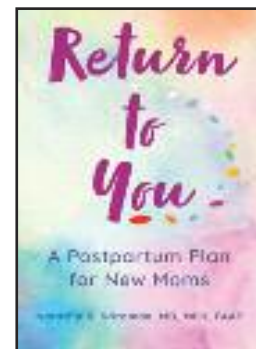
**Radical Love:** Learning To Accept Yourself And Others by Zachary Levi, New Health Books Media Center 616.8522 LEV

Radical Love is the debut memoir from Zachary Levi which shares his emotional journey through a lifetime of crippling anxiety and depression to find joy, gratitude, and ultimate purpose. In Radical Love, he faces the scars of childhood trauma and the voice that told him he would never be enough.



**Return To You:** A Postpartum Plan For New Moms by Natasha K. Sriraman, New Health Books Media Center 618.6 SRI

Having a baby is supposed to be the happiest time of a woman's life, but for some it isn't. Author, Dr. Sriraman shares professional advice along with her own personal experiences and those of other mothers to help 4th trimester moms know they are not alone.



**Apocalypse Ready:** The Manual Of Manuals; A Century Of Panic Prevention by Taras Young, New Health Books Media Center



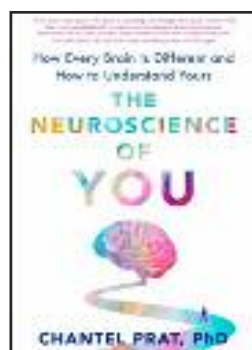
613.862 YOU

Apocalypse Ready is an expertly curated compilation of officially published step-by-step guides on how to deal with every kind of disaster imaginable and organized into four broad disaster-themed scenarios - Pandemics, Natural Disasters, Nuclear War and Alien Invasion.



**The Neuroscience Of You:** How Every Brain Is Different And How To Understand Yours by Chantel Spring Prat, New Health Books Media Center 612.82 PRA

From University of Washington professor Chantel Prat comes The Neuroscience of You, a rollicking adventure into the human brain that reveals the surprising truth about neuroscience, shifting our focus from what's average to an understanding of how every brain is different.



**American Cartel:** Inside The Battle To Bring Down The Opioid Industry by Scott Higham, New Health Books Media Center 615.804 HIG

American Cartel is an unflinching and deeply documented dive into the culpability of the drug companies behind the staggering death toll of the opioid epidemic. It is the story of underdogs prevailing over corporate greed and political cowardice and finding some semblance of justice.



**Salads Are More Than Leaves:** Salads to Get Excited About by Elana Silcock, New Cookbooks Media Center 641.83 SIL

For too long salads have languished on the sidelines of dining tables. Salads Are More Than Leaves brings salads center stage, showcasing dishes that are big on flavor, texture, and impact. You will never see salads in the same way again.



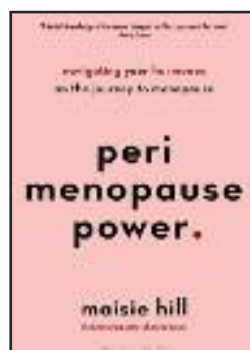
**Nistisima:** The secret to delicious vegan cooking from the Mediterranean and Beyond, by Georgina Hayden. New Cookbooks Media 641.5636 HAY

In this beautiful cookbook filled with stories, tips, and tricks, Georgina Hayden looks to Greece, Cyprus, and beyond to share delicious, almost entirely natural dishes. Whether you are vegan, vegetarian, or simply interested in plant-based eating, you will enjoy these flavor-packed foods.



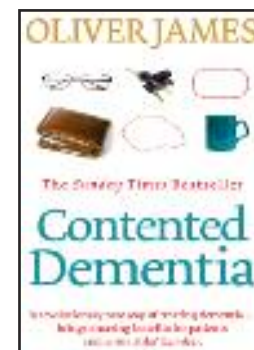
**Perimenopause Power:** Navigating your hormones on the Journey to Menopause by Maisie Hill, Overdrive Ebook

During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flashes, and night sweats. Perimenopause Power is the essential handbook to understanding what is going on and to empower us to improve our experience of this change.



**Contented Dementia:** 24-hour Wraparound Care for Lifelong Well-being by Oliver James, Overdrive Ebook

Dementia is a little understood and incurable illness, but much can be done to maximize the quality of life for people with the condition. Contented Dementia outlines a practical method for managing dementia that will allow both sufferer and caregiver to maintain the highest possible quality of life.



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**SEP. 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.

**LIVE AT LUNCH** – Wednesdays, 11-1 at Every Plaza. Live music and food vendors. Sep. 7: Delta Haze; Sep. 14: Matthew Mulnix; Sep. 21: Soul 2 Soul; Sep. 28: Simple Pieces

**EATS & BEATS** – Every Thursday, 6:30pm-8:30pm, Every Plaza. Bring lawn chairs. Food trucks, beer gardens. Sep. 8: Darsonics; Sep. 22: Steve Kile Band

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

**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](http://www.KCRenFest.com). 913-721-2110 (email [voice@cox.net](mailto:voice@cox.net) to see how to get free tickets from Metro Voice!)

**C5Alive "POWER" LUNCHEON** – Sep. 8, 11:30-1 at Thornton Place. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door • \$15 for non-members & repeat guests. • Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org), so we know how much food is needed!

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

**SAVE THE DATE:** C5 POWER Luncheon, Oct. 13, 11:30-1. Bites

**NOTO LIVE** – Sep. 9-10, 1-8pm, NOTO Arts District. A weekend celebration of live art featuring acrobatics, music, dance, juggling, painting and more.

**HOLY SMOKIN JAMBOREE** – Sep. 10-11, Mother Teresa Catholic Church, 1614 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://mtctoepka.org/.../parish.../holy-smokin-jamboree!> Two full days of fun for the whole family

**BLUES, BREWS & BITES** – Sep. 10, 2-10pm, Ward-Meade Park. TFI Presents Live bands, adult beverages, fantastic food. \$75 VIP, \$30 General Adm. Please bring a lawn chair. (785) 2136161 <https://tfifamily.org/tfi-blues-brews-bites/>; [skearney@tfifamily.org](mailto:skearney@tfifamily.org)

**DEFINING OUR FAITH WORKSHOP** – Sep. 13 & 27, 7-8pm, Cafe Quetzal, 2111 SW Belle. A twice-monthly study that combines guided con-

versation with self-reflective journaling. Free

**SUMMERTIME BLUES CONCERT SERIES** – Sep. 14, 7-9pm, Gage Park Amphitheatre. Mark and the Sharks.

## 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**

**CIDER DAYS**

FALL FAMILY MARKET

Join us for amazing food, vendors, entertainment, and more!

**Sep. 24 & 25, 2022**

Stormont Vail Event Center  
1 Expocentre Dr, Topeka, KS 66612

SAVE \$2.00:  
Purchase tickets early at Topeka Dillons  
stores and ReHome in Topeka.

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



**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 [firsttee-topeka.org](http://firsttee-topeka.org)

**DISNEY JUNIOR LIVE ON TOUR: COSTUME PALOOZA** – Sep. 15, 6pm, TPAC

**SILENT AUCTION AND BAKE SALE** – Sep. 16, 4-7pm, Crossroads Wesleyan Church, 41st and California. For info: Pastor David Deck at 785-230-4362. Free admission.

**WARD-MEADE GARDEN GLOW** – Sep. 16-Oct. 2, 7-10pm, Warde-Meade Park. \$5 Adm. 5 & under free. Featuring illuminated annuals, trees and lighted displays including larger-than-life flowers. Enjoy live music and building tours of Old Prairie Town on Friday and Saturday evenings. The garden is open Sunday through Thursday for a more tranquil experience.

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

**COMMUNITY HOE-DOWN** – Sep 17, 4-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. Bring your lawn chairs for free entertainment under the Big Top including music by "Heartstrings" and "Joe Kampsen - Keyboard", plus "Infinity Dancers" and more. Free Hot Dogs, Chips, Soda & Cookies. Free door prizes, children's activities and games. Questions? Call 785-234-0507.

**HILLSBORO ARTS & CRAFTS FAIR** – Sep. 17, 9am-4pm. Over 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. [hillsboroartsandcraftsfair.org](http://hillsboroartsandcraftsfair.org).

**KANSAS SPEAKS OUT POETRY READING PARTY** – Sep. 17, 7pm, Round Table Bookstore, 826 N. Kansas Ave. Poems in the Age of Me, Too. Washburn University professors Jericho Hockett and Dennis Etzel Jr. are editors for this anthology of poetry, speaking against sexual assault

**BOP DADDIES** – Sep. 24, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**KANSAS BOOK FESTIVAL** – Sep. 24, 9-4, Maybee Lobrary, Washburn University. Hear 60 authors discuss their fiction, nonfiction, poetry, and children's books, including winners of major U.S. writing awards. Purchase a signed copy. Browse at 30 outdoor vendor booths. Donate a used or new book to improve libraries at Kansas jails. Grab a chili dog or tropical treat from the food trucks, then sit and listen to live bluegrass, rock, and jazz. This year's keynote speaker—at noon—is K.J. Dell'Antonia, author of *The Chicken Sisters* (NYTimes Bestseller), whose new novel, *In Her Boots*, explores the comedic but profound

problem of finding personal happiness. Free event. [www.kansasbookfestival.com](http://www.kansasbookfestival.com)

**CHICAGO COMEDY ALLSTARS** – Sep. 24, 7:30pm, TPAC

**QUILT SHOW** – Sep. 24; 9-5 & Sep.25; Noon-5, 720 NW 50th St, Sunrise Optimist Club. Kansas Capital Quilters Guild is hosting its annual Quilt Show

**THUNDERBIRD SQUARE BLOCK PARTY** – Sep. 24, 10am-1pm, 29th & Croco. Lawn games, free hot dogs, ice cream, fun for all. Music by Jay Broyles.

**TOPEKA SYMPHONY STROLL 5K AND FUN RUN** – Sep. 24, White Concert Hall. [topekasympphony.org/events/](http://topekasympphony.org/events/)

**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. 9am registration. Several sponsorship levels available. Lots of prizes! 232-8296 or [topekayfc.org](http://topekayfc.org)

**FORECLOSURE** – Sep. 30, 8pm, The Vinewood. Doors open at 7. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**JOSEPH HALL – ELVIS TRIBUTE ARTIST** – Sep. 30, 7pm, Jayhawk Theatre. [jayhawktheatre.org](http://jayhawktheatre.org)

**'IN GOD WE TRUST' RED WHITE & BLUE CAPI-**

**TOL FLAG WAVE** – Oct. 1 at the Kansas Capitol.

**GARY'S PUMPKIN PATCH & FALL FESTIVAL** – Sept. 30-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworkd every Friday at 9pm!. [garysberries.com](http://garysberries.com), [garysfarmfest.com](http://garysfarmfest.com); 785-246-0800

**31ST RABC 5K FUNDRAISING EVENT** – Oct. 1, Reynolds Lodge, Lake Shawnee. [rabctopeka.org/5k-fundraising-event/](http://rabctopeka.org/5k-fundraising-event/)

**RALLY AT THE CAPITOL** – Oct. 1 9-2:30, Kansas Capitol. In God We Trust Blue Capitol Flag Wave. Conservative candidates will speak. Hot dogs, chips & drinks available.

**HEALTH & WELLNESS FAIR** – Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Hosted by the Emerald City Cosmopolitan Club. Free screenings, demonstrations, vendors and healthy food. Get the information you need about diabetes and other health topics. Live music and carnival outside at the same time!

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



**Hillsboro Kansas**

**53rd HILLSBORO Arts & Crafts Fair**

Saturday 9am - 4pm  
September 17, 2022

Find us on facebook


- Over 300 vendors from across the nation
- Bake sale, German food and Kaffeehaus
- The Midwestern Creative Art Market

For more information, contact

**Hillsboro Arts & Crafts Association**

110 N. Main  
Hillsboro, Kansas 67063  
620-947-3506  
[director@hillsboroartsandcraftsfair.org](mailto:director@hillsboroartsandcraftsfair.org)  
[www.hillsboroartsandcraftsfair.org](http://www.hillsboroartsandcraftsfair.org)

The Hillsboro community not only welcomes the visiting shoppers and artisans, but their generous volunteer



**11TH ANNUAL**

**KANSAS BOOK FESTIVAL**

September 24, 2022 | Washburn University, Topeka

Free admission and open to the general public

Author Presentations • Book Signings • Book Sales  
Children's Activities • Entertainment • Food Trucks

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



Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email [info@C5Alive.org](mailto:info@C5Alive.org).

**STEVE KILE** – Oct. 14, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**TOPEKA NORTH OUTREACH'S OPERATION BACKPACK FUNDRAISER** – Oct. 18, 5-9pm, The Pad, 1730 NW Topeka Blvd. Xi Eta Sigma of Beta Sigma Phi

is sponsoring a fundraiser for Operation Backpack, where Operation Backpack will receive 10% of all proceeds. For info about Topeka North Outreach's Operation Backpack go to [topekanorthoutreach.org/operation-backpack](http://topekanorthoutreach.org/operation-backpack) For info about Beta Sigma Phi go to [bspinternational.org/home.php](http://bspinternational.org/home.php)

## ONGOING EVENTS:

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

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

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

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

**TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS** – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: [cornerstonetopeka.com](http://cornerstonetopeka.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.topekaswingdance.com](http://www.topekaswingdance.com).

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

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

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

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

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

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

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



Gary's, where families come together and memories are made.

**September 30 - October 30, 2022**  
Friday, Saturday and Sunday

**Fireworks every Friday at 9**

8991 17th St. Grantville, KS 785.246.0800

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



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.**

**Sep. 8, 11:30-1: "POWER" Luncheon at Thornton Place 2901 SW Armstrong**

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

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

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

### 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



**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

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

**VIP LUNCHEON FOR SENIORS** – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North

Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

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

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

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

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

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

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

**NOTO MARKET & ART WALK ON FIRST FRIDAYS** – NOTO arts district. Arts, antiques, crafts, 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 Pizagle's. Great for beginners. director@cottonwood200.org

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

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

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

**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.

**AL-ANON** is a support group for families and friends of alcoholics. For information on meetings in the Topeka area, call 785-215-1045 or email ais-topeka@kansas-alanon.org. All correspondence is confidential

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

**Send your event information to:**  
**info@TopekaHealthandWellness.com**

**See complete updated calendar at**  
**TopekaHealthandWellness.com**





**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)