

TOPEKA

OCTOBER 2022

Health & Wellness

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MAGAZINE

**LEARN TO
IMPROVE
YOUR
HEALTH
AT THE
FALL
FEST
HEALTH
FAIR**



**THERAPY
ANIMALS**

How they can
help patients

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information about
front page photo

Ending Mental Health Stigma
Monkeypox: Stopping the Spread

5 Tips to Help You Start Running After 60
In-Home Care Is Crucial After a Hospital Stay

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WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take **a step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)



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ON THE COVER:

Our cover this month features Cindy the mini horse, who paid a visit recently to PACE participants at Midland Care. You will find more about emotional wellness and other useful information in the pages of this issue.



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

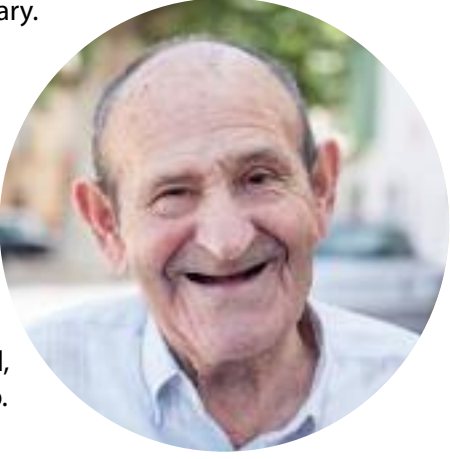
Macrina Anders was the primary caregiver for her family when she found PACE. "I had to take care of my Mom, Dad, and husband all at once," said Anders. Looking for solutions to help ensure quality of care, PACE was able to provide extra support for Anders in caring for her parents.

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

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

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

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



785-232-2044

www.midlandcare.org/PACE

Ending Mental Health Stigma

By Anabel Feauto, Health Promotion Specialist

Mental Illness Awareness Week takes place from October 2nd-9th, 2022. The stigma from mental illness is very real and unfortunately very common. Mental health is a part of human life, however mental illness has been viewed as embarrassing, shameful, and seen as a weakness for individuals. Stigma is when someone views an individual in a negative way because they have distinguished characteristics or personal traits that's thought to be, or actually is, a disadvantage. Mental health stigma can lead to discrimination towards the individual. People with a mental illness often do not seek treatment. This is because of the concern of being treated differently, from the stigma and discrimination against people with a mental illness. The stigmas associated with mental health may be unintentional. People may even unknowingly have a bias against somebody else or even themselves for having a mental health diagnosis. Having these negative beliefs towards an individual with a mental illness can cause them to feel ashamed for something that they do not have control over.



Anabel Feauto

More people struggle with mental illness than we might realize. According to the Centers for Disease Control and Prevention, 1 in 5 adults experience mental illness in the United States. Because of the prevalence of mental illness, it is important to be aware of the stigma towards it. Having awareness of why mental health stigma occurs can help to have a better understanding of how to end it. Some of the common misconceptions about mental illness come from; fear and ignorance, stories in the media, negative individual experiences, lack of knowledge, and societal norms. People may be afraid of mental illness because they do not have an understanding of the individual's condition. Additionally, it may be challenging to talk about mental health conditions or talk to somebody in crisis if we do not have the understanding.

The sooner our communities can combat the bias and lack

of understanding about mental health, the sooner we can end the stigma. Although there has been a rise in awareness about mental health, the stigma is still very apparent in our community. Stigmas carry with them a host of negative effects. For instance people may experience:

- Reduced hope
- Lower self-esteem
- Increased psychiatric symptoms
- Reduced likelihood of staying with treatment
 - More difficulties at work, school activities, or even trouble finding housing

There are ways to fight against the stigma and lend support to those who are suffering, including yourself.

Educate yourself and others. Educate yourself about mental illness, symptoms and treatments. Having knowledge about mental illness is the first step that can help get the proper treatment that one may need. In addition, sharing your story or listening to somebody else's story, is an opportunity to learn about mental illness. Educate others that may not understand, give them factual information that can replace the misconceptions that surround mental illness

Be conscious of language. Words are extremely powerful and they matter. Think about the words you use and how they can be affecting the people who may be suffering from a mental illness. Using the word 'crazy' or the statement "the weather is so bipolar", can have an impact of those around you. Not only should you be aware and respectful of using clinical terms, but how you use the words in a statement. Use person-centered language when discussing mental illness. Instead of saying "he's schizophrenic" use the language "he's a person with schizophrenia". This helps to not identify the person to the mental illness. Using thoughtful language that is not derogatory and doesn't label people with a mental illness can help reduce the stigma.

Normalize mental health treatment. The fear of being labeled with a mental illness can prevent somebody from getting treatment. It is important to know that treatment will only provide relief by identifying what is wrong and

reducing the symptoms that may be interfering with everyday life. Mental illness is a disease and should not be treated any different from a physical disease. If we view mental health treatment just as important as physical treatment, people may be more likely to reach out to get professional help.

People with a mental illness can put the blame on themselves. If you are struggling with a mental illness, know that it is not your fault. If you know somebody who is struggling, let them know you are there for them. If we continue to educate ourselves and others, respectfully, about mental illness will help promote change. Remember the way we speak about mental illness matters and to continue the importance of mental health treatment. The stigma surrounding mental illness can come to an end with the support of those suffering from mental illness and speaking up against the stigma.

Valeo's Crisis Center at 400 SW Oakley Avenue never closes. It is a walk-in emergency clinic with no appointment necessary. The 24-Hour Crisis Line is 785-234-3300.

Valeo will be providing free mental health assessments in October at the following locations:

- LULAC Senior Center 1502 NE Seward Avenue October 4th – October 6th from 10am - 12pm
- Brewster Place 1205 SW 29th St October 10th & October 13th from 10am - 12pm

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

Don't overlook importance of cash

If you're an investor, you no doubt pay a great deal of attention to your stocks, bonds and mutual funds. But you shouldn't forget another key element of your financial strategy: *cash*.

Cash is part of any financial strategy and investment portfolio, but how much have you thought about the different uses of cash, and how much you really need? Consider these four key purposes:

- **Unexpected expenses and emergencies** – If you face an interruption in employment, you need an extensive home repair or you encounter an unplanned medical expense, you may need access to cash. If you're not retired, it's a good idea to have three to six months of living expenses in cash, possibly supplemented by access to a line of credit. If you're already retired, keeping up to three months of living expenses in cash, possibly supplemented by a credit line, is a good rule of thumb.

- **Specific short-term savings goals** – You may have some goals you want to meet within the next year or two, such as a wedding, a vacation or the purchase of a new car. And since you have a little more time to meet these needs than you would for an emergency, you might consider using a money market account or a short-term certificate of deposit (CD), in addition to your other savings vehicles.

- **Everyday spending** – You'll always need cash to provide for your day-to-day spending needs, such as your mortgage, other debts, groceries, utilities, entertainment and so on. If you haven't already done so, you might want to create a budget, which could help highlight areas in which you can reduce spending to free up funds for investing in long-term goals. If you're still working, keeping one to two months' worth of living expenses in a liquid account may be suf-



ficient, but if you're retired, you may need up to 12 months of living expenses, which you can adjust to accommodate outside sources, such as Social Security or a pension.

- **Source of investment** – You can look at cash as an investment source in two different ways. First, cash can be considered its own distinct asset class, and because it typically behaves differently from other asset classes, it can provide some diversification to a portfolio containing stocks and bonds. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.) And second, the cash in your portfolio could be used as part of a systematic investing strategy in which you put set amounts of money at regular intervals into investment vehicles that are appropriate for your goals and risk tolerance.

Clearly, cash is an important part of planning for the future, but there can be too much of a good thing. While cash may seem like a perpetual safe harbor from the stormy investment seas, it is not without risk. If you hold too much cash,

you could underfund your longer-term investments — the ones with the growth potential you need to reach some of your most important goals, such as a comfortable retirement.

Put your cash to work. By using it wisely, you can add a valuable element to your financial picture.

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How therapy animals can improve emotional wellness

An emotional support animal is more than a pet. They are a companion. People with mental illness go through a range of emotions each day. Support animals help their owners to control their emotions and relax.

Emotional comfort is a significant contributing factor to the health of many people. Emotional support animals act as home healthcare for those who are struggling with a mental illness. While doctors prescribe medications, sometimes they prescribe an emotional support animal to provide the comfort the patient needs. People struggling with mental illness have found that having a therapy animal decreases their anxiety and helps them fight feelings of loneliness.

Human-animal bond: There is a beneficial and dynamic relationship between people and animals that positively influences the health and well-being of both. This bond is the unconditional love and acceptance that pets give their owners. The other half of that bond is the love and affection that people have for their pets; willing to care for, protect and share their lives with this animal. All people need touch and to be loved to maintain quality mental and physical health. Your pet accepts, trusts and loves you. That's why it's so important to share our pets with a lonely or isolated person. The rewards are huge. So much research has been done over the years with scientific studies documenting the overwhelming evidence of this connection and its benefits.

Benefits of therapy animals: A therapy animal can help a person with anxiety, depression and increase their interest in daily living. They can inspire wellness, encouraging people to walk and participate in their rehabilitation. The documented effects of therapy animals in medical facilities show decreased levels of pain, anxiety, and stress, as well as improved recovery rates. In schools and libraries, therapy animals (usually dogs) motivate children to improve

their reading skills and comprehension.

Prairieland Visiting Animals Association of Kansas is a fun and friendly group of folks from the heartland who are interested in promoting the human/animal bond.

At Prairieland, the mission is to support human health and wellness in the local community. They recruit human/animal teams, provide educational workshops/seminars and promote the healing aspect of the human-animal bond.

The group provides registered pet therapy teams to nursing homes, retirement homes, hospitals, schools and other facilities that can benefit from interactions with a therapy animal.

The Association also participates in local community events and provides speakers to various organizations.

The group encourages evaluation and registration of animals to ensure that they are welcome at every facility. Members belong to either **Pet Partners** or **Alliance of Therapy Dogs**.

For information about Prairieland, email prairielandvisitinganimal@gmail.com.

If you and your animal are looking to become a certified therapy team, or if your facility would like to start a therapy dog program, contact Prairieland, or one of the following groups:

PET PARTNERS - www.petpartners.org. Julie Hoffman: julieprairielandpp@gmail.com

ALLIANCE OF THERAPY DOGS - www.therapydogs.com. Karen Simecka: ksimecka1@gmail.com



Two of the many therapy teams at Prairieland Visiting Animals Association are Tim & Cheyenne (above) and Becky & Merlin (below).



Why In-Home Care Is Crucial for Healing After a Hospital Stay

The staff at Phoenix Home Care & Hospice believes the best healing happens at home, where new beginnings can be created in familiar surroundings. To that end, Phoenix offers in-home care after you or your loved one is discharged from the hospital. Here are the reasons why medical care and in-home care after a hospital stay are crucial for the best healing outcomes.

1. Avoids Subsequent Hospitalizations

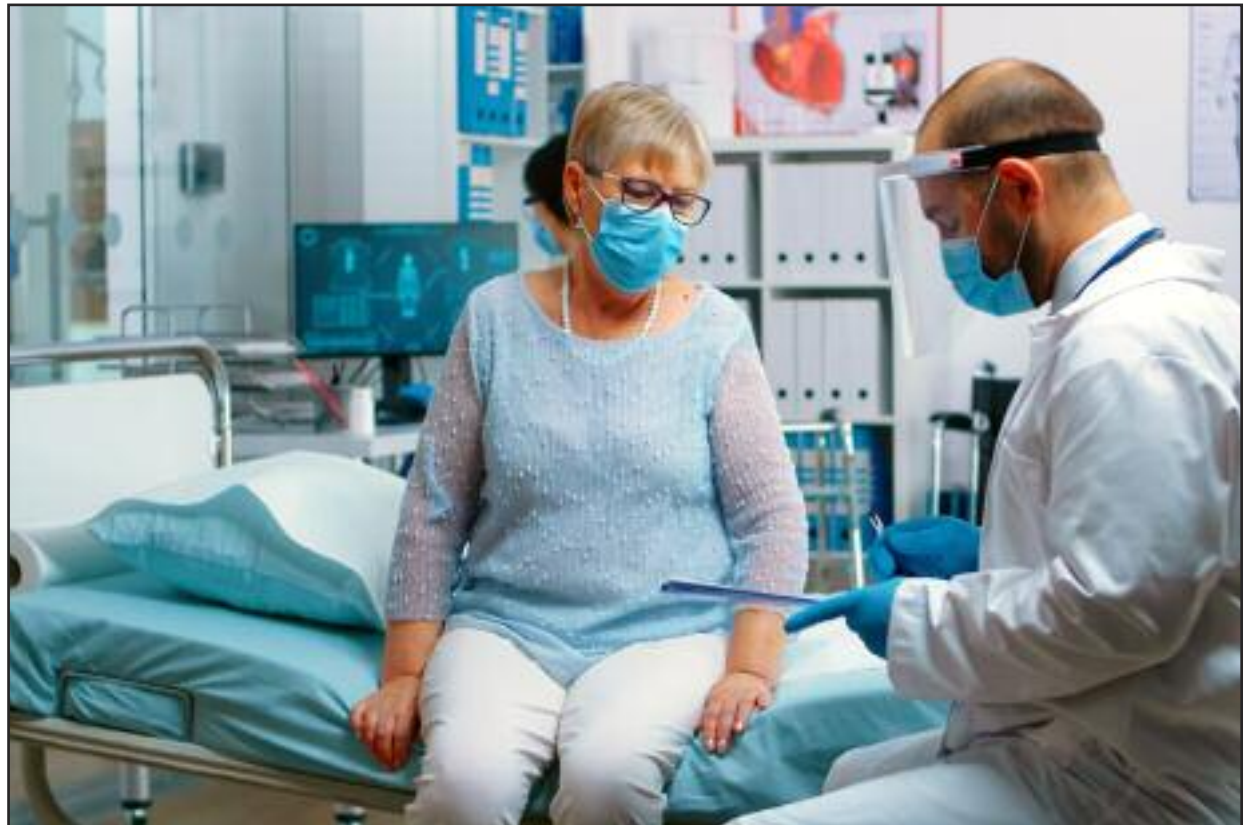
Experts and evidence suggest that up to 25 percent of unplanned hospital admissions are preventable. Additionally, 18 percent of hospital visits covered by Medicare are followed by a readmission within 30 days.

In-home care from a skilled nurse ensures the recommended medical support that you or your loved one needs for a full recovery. Nurses can monitor vital signs, make sure clients follow their doctor's instructions, and manage medications.

2. Decreases Falls Due to Fatigue

Recovering after an overnight hospital stay can be exhausting, particularly for someone who is elderly. It's hard to sleep and get comfortable on a hospital bed. The constant whirr of monitoring devices and the hourly check-ups by nursing staff can interrupt the natural healing cycle. Stress and lack of sleep can lead to fatigue during the healing process. Fatigue might contribute to physical weakness, which in turn creates a situation whereby slips and falls are more likely.

Slips and falls represent one primary reason why elderly people return to the hospital. This type of situation is totally preventable. In-home care and home health care may alleviate slips and falls in the home because someone is there to help with chores around the house and other daily activities so you or your loved one can focus on healing.



3. Increases Psychological Support

Even full-time family caregivers can feel the strain of caring for a loved one. Home health care and in-home care services increase psychological support for your loved one. A compassionate staff understands that healing in familiar surroundings facilitates the healing process better than assisted living.

In-Home Care by Phoenix Home Care

Phoenix Home Care & Hospice provides home health care and in-home care for clients who need extra assistance after discharge from a hospital. The staff takes great pleasure in helping clients find the services that they need to thrive.

Contact Phoenix Home Care in Topeka at 785-260-6444, or call toll-free 1-888-830-2388 for more information.



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

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FINANCIAL HEALTH & WELLNESS

Tips for Preventing Identity Theft & Online Scams

The IRS, state tax agencies and the tax industry have been combatting identity theft since 2015, in an effort to urge people to secure their computer systems and protect data.

"Identity thieves always seem to find a hook to lure victims, and we increasingly see tax professionals as a target given the sensitive client data they handle," said IRS Commissioner Chuck Rettig. "Tax professionals have their hands full taking care of their clients and staying on top of the latest in professional developments. But they shouldn't overlook the basics of protecting their data and their systems. Missing these basic steps can be devastating to a tax pro – and their clients. But a few common-sense steps and being aware of security basics can go a long way to provide important protection."

While many professionals may be working from home either full- or part-time, the IRS and Security Summit partners urge the use of virtual private networks, or VPNs, to securely conduct business.

Online business/commerce and banking should only be done while using a secure browser connection – never at a coffee shop, restaurant or other business offering 'free wifi.' One way users can tell if they're using a secure browser is by looking for a small lock visible in the lower right corner or upper left of the web browser window.

Some additional considerations:

- Be cautious of email attachments and web links. Do not open a link or attachment that arrives unexpectedly. Always call the sender to confirm receipt and validity of any unexpected links



or attachments before opening.

- Use separate personal and business computers, mobile devices and email accounts. This is particularly important for those who may share hardware with other family members, especially children, who may not be aware of safety protocols.
- Do not send sensitive business information to personal email devices. Do not conduct business, including online business banking, on a personal computer or device. Likewise, do not engage in web surfing, gaming or video downloading on business computers or devices.
- Do not share USB drives or external hard drives between personal and business computers or devices. Never connect an unknown/untrusted piece of hardware into the system or network. Also do not insert any unknown CD/DVD or USB drive. Disable the "Autorun" feature for USB ports and optical drives on business computers to help prevent malicious programs from being installed.

- Be careful with downloads. Do not download software from an unknown web page. Always exercise caution with freeware or shareware.
- Use strong passwords. Never give out usernames or passwords to others. Strong passwords consist of a random sequence of letters to include upper and lower-case, numbers and special characters. Ideally, passwords should be at least 12 characters long. For systems or applications that have sensitive information, use multiple forms of identification (multifactor or dual-factor authentication).
- Change default passwords. Many devices come with default administrative passwords. Change them immediately and regularly thereafter. Default passwords are easily found or known by hackers.
- Change passwords often. Every three months is recommended. Consider using a password management application to store passwords. Passwords to devices and applications that contain business information should not be reused.

—Peggy Beasterfeld, EA



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Monkeypox: Stopping the Spread



(Ivanhoe Newswire) —

Monkeypox – it’s an unfamiliar virus that’s spreading everywhere, prompting the U.S. Department of Health and Human Services to declare a public health emergency. While the CDC cautions gay and bisexual men that they may be at highest risk, other health experts say everyone, including kids, should take steps to avoid the spread.

The 2022 monkeypox outbreak started with a cluster in the United Kingdom May 6th, and two weeks later, the first case was reported in the United States. Now, it has been reported in every single state.

Internal medicine doctor, David Winter, MD at Baylor Scott & White Health, says, “The concern is how do we stop it? There’s a vaccine out there that does work, but in very short supply, hard to come by.”

And once you get it, how do you treat it?

“There’s an antiviral pill that also helps, called T-POXX, which is also in short supply right now, hard to come by,” Dr. Winter explains.

T-POXX is classified as an investigational drug for monkeypox. It was initially created in case of a bio terrorist smallpox attack. People who have taken a two-week course of the antiviral pills say they feel better within two days. But the government warns they only have 1.7 million courses in their national stockpile.

Dr. Winter further explains, “T-POXX is a medication



[that] stops the replication, stops a duplication of the virus in your body. So, it’s very effective – if you can get one.”

Because monkeypox and smallpox share similar symptoms, Tembexa is another FDA-approved antiviral – first approved to treat smallpox. But experts fear that as kids head back to school, the spread will only get worse.

“I think we should teach the kids that no more hugging, no high fiving, no wrestling on the school grounds right now, because that’s the way you can spread this particular disease,” Dr. Winter cautions.

Experts say prevention really is the best way to handle it, right now – avoiding skin-to-skin contact. It’s important to note that U.S. Food and Drug Administration has not approved any therapies specifically for the treatment of monkeypox.

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

The U.S. has detected the most monkeypox cases out of any country — more than a third higher than the cases detected in the next highest country, Spain. But when this tally is considered per population — a more accurate measure because it takes into account America’s much larger head count — the U.S. ranks eighth, with 21 cases per million people. That’s equivalent to one in 47,000 people having a confirmed infection to date. Conversely, in Spain, the number is 96 per million or one in 10,000, also higher than every American state.

Monkeypox has a long incubation time. That means it can take four to 21 days to produce illness after someone has been exposed to the virus. The symptoms start with a general, all-over feeling of being ill. Then, fever and muscle aches develop with flu-like symptoms, lymph nodes become swollen. A few days later, a blister-like rash appears that looks like chickenpox. This may begin on the face and spread elsewhere on the body, or if sexually acquired, may begin in the genital or anal areas.

A health care professional can identify monkeypox with a blood test or by looking under a microscope at a sample of fluid swabbed from the rash. Because the disease is rare, your doctor may need to rule out other, more common rash-producing illnesses such as chickenpox, measles, or syphilis.

MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

Services offered include:

- Hot Showers & Clean Clothes
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- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



OCTOBER SCHEDULE Tuesday & Thursday



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VALEO

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STORMONT

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Questions about MAP?

Please contact Jenny Falk,
Director of MAP Operations,
at jfalk@trmonline.org.

Oct. 4 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM
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Oct. 6 • 9:00-3:00

Children's Palace
601 NW Harrison
Valeo, TRM, Free LifeLine Phones,
SDC/KSU, Stormont-Vail

Oct. 11 • 9:00-3:00

Topeka FUMC/St. John AME
600 SW Topeka Blvd.
Valeo, TRM
Free LifeLine Phones

Oct. 13 • 9:00-3:00

Topeka FUMC/St. John AME
600 SW Topeka Blvd.
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Oct. 18 • 9:00-3:00

Family of God
1231 NW Eugene
Valeo, TRM
Free LifeLine Phones

Oct. 20 • 9:00-3:00

Family of God
1231 NW Eugene
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Oct. 25 • 9:00-3:00

Southern Hills
511 SE 37th
Valeo, TRM
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Oct. 27 • 9:00-3:00

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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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4 Ways to Deal With Emotional Stress

Everyday emotional stresses can cause physical problems like stomach aches and headaches, according to the American Psychological Association. Research also shows that chronic — or long-term — stress can contribute to serious problems including heart disease. However, there are ways you can fight the harmful effects of stress, and, in doing so, take better care of your health.

1. Be mindful.

Identify your feelings without judging yourself. Be honest about the good and the bad, and then try to “let it go.” That process frees you up to fully experience positive feelings like forgiveness, compassion, gratitude, love, joy, kindness and happiness. All of these things contribute to your heart health.

2. Talk to your loved ones.

As we become more aware of our feelings and health goals, we can choose how to handle them. Relationships can be both a source of stress and a defense against it. The people close to us can also support our good habits or enable bad ones. Invite your friends and family to join your health team.

It also helps to use “I” statements, especially when trying to resolve conflicts. By setting up the conversation in this way, you own your feelings and there is no name-calling. You are not focusing on the other person’s character, but their behavior and how you feel about it.

3. Find positive coping habits.

Some of the health problems associated with stress follow from our coping habits, such as overeating or smoking. Try to find alternate ways to deal with negative feelings such as frustration, anger and sadness. Consider taking a walk outside and breathing in the fresh air. Practice mindfulness meditation or go to



a yoga class with a friend. Meet with someone you care about in person, not just via email or text.

4. Get help processing negative emotions.

It’s normal to have memories and feelings you don’t know how to deal with. A counselor or even a good friend can guide the conversation. Some health insurance companies can connect you with a social worker who will listen and point you to resources like therapists and other supports.

Once you start using these tools — naming your feelings, communicating how you feel, and having an outlet to release negativity — you’ll be more likely to have your needs met and also meet the needs of others.

A GOOD MEDICINE LIST DOESN'T STOP WITH YOUR DOCTOR!!

- 1 Keep a current list of all of your medications you are currently taking
- 2 Take your medication list with you to all health care appointments (doctor, dentist, chiropractor, etc.)
- 3 Over the counter (OTC) medications including ointments, creams, pain relievers, allergy medications, and herbs should be on your list.
- 4 Always take your medications the way your doctor ordered.
- 5 Don't stop taking your medication without contacting your doctor first
- 6 Safe medication practice is your responsibility. Keep your medication list current and update when you have changes.

SPONSORED BY:

Emerald City Cosmopolitan Club to present Health & Wellness Fair 2022

Emerald 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, Celebrate Recovery, Sunshine Connection, MyGym, SHopper's Kitchen, PARS, Marion Dental Clinic, Emerald City Cosmos and more. Rasmussen Univer-



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.

sity 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 City Cosmopolitan Club.

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



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

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 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 sneakers 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, or email 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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5 Tips to Help You Start Running After 60

By Margaret Manning

As we get a little older, we tend to lose our muscle strength, flexibility, and balance. This is a part of life. Fortunately, running after 60 is a terrific way to strengthen our bodies, while improving our cardiovascular health.

Here is our list of things to do to help you get started running:

1. Buy good shoes
2. Have a plan and a route
3. Try the walk/run approach
4. Get a friend to join you
5. Listen to music

Running offers other great health benefits like reduced risk of heart disease, cancer, diabetes, depression, and dementia.

Here are a few insights and ideas to help you get started with running after 60:

Getting Started with Running After 60

Before you begin your new running program, visit your doctor to make sure that your body is in proper condition. Get a full physical exam in order to have a complete picture of your current health.

This is especially important if you have lived a sedentary lifestyle or are overweight or suffer from any chronic conditions. Osteoporosis, for instance, may interfere with running.

Be honest about your health – you don't want to have old injuries flare up. Know your limitations – walking might be better and safer. You can always start slow and work your way up to running.

Buy Good Shoes

It's very important to get properly fitted for running shoes. You might have imbalances in your feet and body that have developed over time. Visit a sportswear or running store near you to get help in picking out the right shoes. It's worth spending a bit more money for the right shoes and the right fit!

Have a Plan and a Route

Set goals. Decide how far you are going to run and find the best route that is safe and good for your body (smooth ground, not too many hills, etc.). Always let someone know where you run.

Carry a mobile phone and whistle if you're concerned about safety. There are also mobile apps that you can use as emergency alerts if needed.

Life360 Family location tracker app

There are also several apps that you can download on your phone to track your running program and progress.

Pacer

Pacer is a user-friendly app that is great for beginners. You can get personalized fitness plans and guided video workouts. You can also join the community and set fitness goals with others.

Strava is another very popular mobile app for runners and cyclists. This app tracks your running course and you can share your results on your social media accounts.

Try the Walk/Run Approach

You have to crawl before you can walk, and you have to walk before you can run – and it's no different for running after 50. This is one of the most effective ways for beginners to break into running.

Warm up with a brisk 5-minute walk, then run at a moderate pace for 2 to 3 minutes. Recover with a fast-paced walk for the next 2 to 3 minutes. Repeat the pattern for 25 to 35 minutes. Cool down with a 5-minute walk. Then slowly build up your endurance until you can run for your entire workout.

Big fitness goals can often be reached with just a small amount of time per day.

Couch to 5k for Seniors

Couch to 5K (C25K) is a progressive running program that's been designed to get just about anyone from the couch to running 5 kilometers in just 9 weeks.

The program is a gentle introduction to getting the body moving and running. You start off alternating between walking and running small distances and slowly build up over several weeks. This way you have less chance of feeling overwhelmed and quitting.

After only a few weeks, you're ready to run 5 kilometers (or 30 minutes) non-stop!

Get a Friend to Join You

Everything is easier with a friend. If you can make running



into a social activity, you'll be more likely to reach your goals. Join a running group, or start your own.

Extra Tip to Keep It Fun!

Music! Listening to energetic music while running can keep you motivated and paced. Invest in some good headphones designed for running.

Also, download and create an account on the Spotify app for easy access to thousands of playlists.





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F ace	sudden weakness of the face
A rms	sudden weakness of an arm or leg
S peech	sudden difficulty speaking
T ime	time the symptoms started

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For more information, contact Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.

Spiritual Wellness

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

Fun Fall Workout That'll Get You Jacked-O-lantern

You'll likely not build a massive physique from this workout alone. But, when you can carve-out an opportunity for warm fellowship and a healthy time with God then we'd say spiritually you ought to be able to "feel the *pump*-kin"!

The autumn season with all the refreshingly cooler temperatures is great time for you and your family to get outside and exercise as a family together. This fall is a wonderful season to plan some vigorous exercise, fun times together, and renewed conversations with those most important to you.

MAKE PLANS, SET GOALS AND ENJOY THE HARVEST

Every autumn as the trees lose their leaves we all start to become more aware that we're losing too. For those in the northern hemisphere that means losing more daylight. For everyone it means we're getting closer to losing all of the remaining days in the current year. Yeah, it's not long until winter, Thanksgiving, Christmas and then the new year. Yet there is so much to do before then. Family may just need to pretty much take a back seat for at least one more week or two or ... STOP! God's got something bigger for you. It's more golden than the brightest yellow leaves. It is time with your family.

Want to really get that time this year – and truly enjoy it? Then make plans now for just a few days from now and then for a week later too while you're at it. Plan what? Fun! Think about the where, who and what of it. **Where** could be in your yard, your kitchen, at a farm open to the public, a park within a 3-hour drive, that place you enjoy but haven't been able to visit yet this year – – – you get the idea. The **who** is your immediate family, your neighbors, your church small group, your gym contacts, co-workers and yep, even your extended family. Finally, plan for the **what**. When was the last time you made a pile of leaves and jumped into it? Delicious autumn spices and food



invite us to make some dishes together that we can savor. And then there are all those boxes of apples, stacks of firewood for a campfire, corn mazes to explore at a walk or jog and all those pumpkins. You can do so much with small, medium and large pumpkins.

Beyond the plans talk with someone close who will help you execute and decide what goals you want to have. Here are a few we think you should consider:

Get active together and actually sustain that activity for a good 30 minutes.

Discover each other through communication. That is both speaking and listening and in-person fellowship too. Look into each other's eyes and share a genuine embrace.

You can also make it spiritual too. Now is a good time to let everyone share what they hope to accomplish yet this year or what has been a challenge for them. Then transition to everyone offering words of encouragement and then taking a moment for prayer.

Is there a project that needs to be done before winter or someone who needs a little help. While you're together as a group exercise the moment to get together again soon and do that good work together. That is

a big step toward all of you becoming more socially, emotionally and spiritually "jacked".

Finally follow through and DO your fun fall workout. You'll harvest much more than good exercise and great times. Here is what is really amazing to consider: God is faithful. When you make the commitment and put forth the effort He will return unto you much more than you can imagine.

ARE YOU OUT OF YOUR GOURD?!

If a workout using pumpkins with family and friends to have fun sounds a little crazy then that is all the more reason to go for it. This will literally be an exercise of your faith. You've got to trust that God can use the most unusual of experiences. Pursue some innovation and don't be afraid to see what God can reveal.

Brad Bloom / faithandfitness.net

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.¹

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

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Healthy Recipes for the Fall Season

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

Early Autumn Smoked Pork Chops



A savory main dish for fall, grilled marinated pork chops smoked in fall leaves. Goes well with rice and biscuits.

Ingredients

- 1 cup ketchup
- 1 cup soy sauce
- ½ cup white sugar
- ¼ cup strawberry jelly
- 2 tablespoons prepared horseradish
- 2 tablespoons tomato paste
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 pinch ground paprika
- 1 ½ pounds bone-in pork chops

Directions

Combine ketchup, soy sauce, sugar, strawberry jelly, horseradish, tomato paste, butter, oil, vinegar, salt, black pepper, and paprika together in a saucepan over low heat; cook and stir until marinade is smooth, about 5 minutes.

Place pork chops in a bowl; add marinade. Marinate pork chops in the refrigerator for 1 hour.

Remove pork chops from marinade, reserving the extra marinade.

Light charcoals in the grill and add several bags of fall leaves throughout getting the coals ready for grilling.

Place pork chops on the grill when the coals are about halfway ashed over. Baste pork chops with marinade and flip pork chops. Cover grill with lid so smoke from the leaves can permeate the pork chops. Cook until pork is slightly pink in the center,

20 to 30 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

Nutrition Information (Servings: 6)

Per serving: 330 calories; protein 16.9g; carbohydrates 41g; fat 11.9g; cholesterol 41.2mg; sodium 3136.5mg.

Source: allrecipes.com

Potlatch Fall Harvest Soup



Simple Potlatch fare, comes from the fruits of the earth and sea. Here, pureed pumpkin and canned cream corn simplifies the otherwise tedious preparation, and may be spiced up to your liking or left mellow and earthy..

Ingredients

- 1 (29 ounce) can solid-pack pumpkin (not pumpkin pie filling)
- 1 (14.75 ounce) can creamed corn
- 1 cup 2% low-fat milk
- 1 (14.5 ounce) can chicken broth
- ½ cup apple cider
- ½ cup water
- 2 teaspoons butter
- ⅛ teaspoon ground mace
- salt and pepper to taste
- ¼ cup frozen corn, thawed

Directions

Combine the pumpkin and creamed corn in a blender; pulse to puree the mixture for 1 minute or until smooth. Add the milk and continue to pulse the mixture for another minute, or until well combined. Pour pumpkin mixture into a 3 to 4 quart saucepan over medium heat.

Immediately stir in the broth, apple cider, water, butter, and ground mace. Heat for 15 minutes, stir-

ring occasionally. Salt and pepper to taste. Add thawed corn kernels and cook for an additional 5 minutes.

Nutrition Information (Servings: 8)

Per Serving: 109 calories; protein 3.2g; carbohydrates 22.1g; fat 2.2g; cholesterol 5.1mg; sodium 462.2mg.

Source: allrecipes.com

Fall Harvest Fruit Salad



This salad is a delicious way to enjoy the best of the fall fruit harvest.

Ingredients

- 4 medium ripe pears - peeled, cored, and cubed
- 4 medium apples - peeled, cored, and cubed
- 1 tablespoon lemon juice
- 1 cup sweetened dried cranberries (such as Craisins®)
- ½ cup chopped walnuts
- ½ cup granola
- ½ cup brown sugar
- 1 teaspoon ground cinnamon

Directions

Coat pears and apples in lemon juice.

Mix dried cranberries, walnuts, granola, brown sugar, cinnamon, and nutmeg together in a large bowl. Toss pears and apples into the mixture.

Nutrition Information (Servings: 24)

Per serving: 183 calories; protein 1.9g; carbohydrates 36g; fat 4.7g; sodium 5mg

Source: allrecipes.com

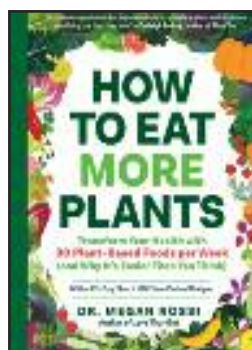
New Health & Wellness Info at the Library

By Kelly Barker

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

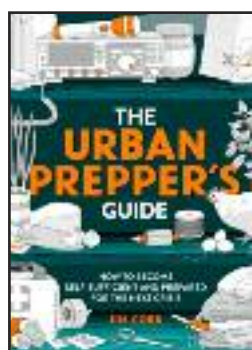
How To Eat More Plants: Transform Your Health With 30 Plant-Based Foods Per Week (And Why It's Easier Than You Think) by Megan Rossi, New Health Books Media Center 613.262 ROS

Happy gut microbes are the key to our health goals--they support our brain, skin, immunity, hormones, metabolism, and more. In *How to Eat More Plants*, Dr. Megan Rossi explains how to give your gut what it really craves--variety! Your gut will thank you.



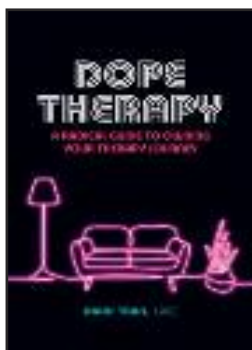
The Urban Prepper's Guide: How to Become Self-Sufficient and Prepared for The Next Crisis by Jim Cobb, New Health Books Media Center 613.862 COB

It has become clear that even in the twenty-first century our comfortable lives can be disrupted at a moment's notice by events far beyond our control. *The Urban Prepper's Guide* will introduce you to techniques that can prepare you for future worst-case scenarios while learning to be self-sufficient.



Dope Therapy: A Radical Guide to Owning Your Therapy Journey by Shani Tran, New Health Books Media Center 616.8914 TRA

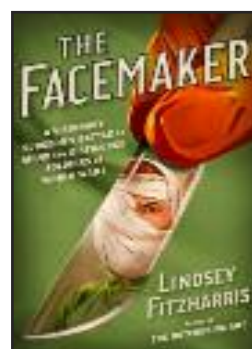
For many people, there is fear and stigma associated with entering the therapy room. Author and therapist Shani Tran validates the anxiety that can arise



around seeking counseling and offers guidance for navigating the uncomfortable conversations that can come up in therapy.

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

The Facemaker is the compelling, true story of the visionary surgeon, Harold Gillies, who rebuilt the faces of the First World War's injured heroes, and in the process ushered in the modern era of plastic surgery.



Mediterranean Small Plates: Platters and Spreads from the World's Healthiest Cuisine by Clifford A. Wright, New Cookbooks Media Center 641.5918 WRI

In addition to being beautiful to behold and delicious to eat, a diet of Mediterranean dishes has been scientifically linked to good health. *Mediterranean Small Plates* shares how you can easily share an adventurous, flavorful variety of these healthy foods with family and friends.



The Essential Book of Vegan Bakes: Irresistible Plant-based Cakes and Treats by Holly Jade, New Cookbooks Media Center 641.5636 JAD

No eggs, no dairy, no problem--vegan desserts are as decadent and show-stopping as ever in this debut cookbook. Now, with Holly's contemporary style and an arsenal of dynamic desserts, *The Essential Book of Vegan Bakes* has a recipe for every craving.



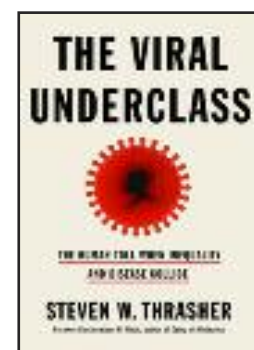
Whole Food for your Family: 100+ Simple, Budget-friendly Meals by Autumn Michaelis, New Cookbooks Media Center 641.5637 MIC

Changing the way your family eats can feel intimidating, but once Autumn Michaelis experienced the incredible benefits of the Whole30 and cut gluten, dairy, and refined sugar out of her life, she knew she had to bring her family on board and share her no-fuss, gluten- and dairy-free family meals with others.



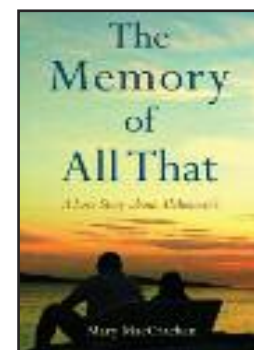
The Viral Underclass: The Human Toll When Inequality and Disease Collide by Steven W. Thrasher, New Health Books Media Center 614.58 THR

In March 2020, the COVID pandemic plunged the world into fear and chaos. In *The Viral Underclass*, Dr. Thrasher will present, for the first time, his unified theory of one of the most pressing social justice issues of our time: how viruses expose the fault lines of society.



Memory of All That: A Love Story About Alzheimer's by Mary MacCracken, New Health Books Media Center 616.831 MAC

Poignant and inspiring, *The Memory of All That* is a beautifully written love story that offers guidance and comfort to those dealing with dementia, or any of life's challenges.

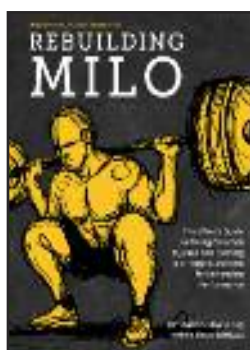


The Big Silence: A Daughter's Memoir of Mental Illness and Healing by Karena Dawn, Overdrive Ebook

In her new memoir, Karena Dawn reveals what it was like to grow up with a mother suffering from severe mental health issues. She shows us how staying silent about mental illness only reinforces the stigma. Ultimately, The Big Silence reveals how a journey of self-love can lead to a renewed hope.

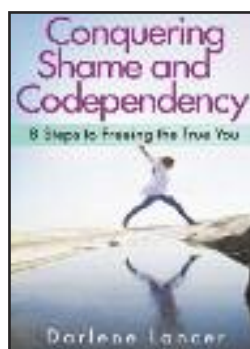


Rebuilding Milo: A Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation for Enhancing Performance by Aaron Horschig, Overdrive Ebook



This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. Finally, you'll be on the right path to eliminate pain.

Conquering Shame and Codependency: 8 Steps to Freeing the True You by Darlene Lancer, Overdrive Ebook



In Conquering Shame and Codependency, Darlene Lancer sheds new light on shame: how codependents' feelings and beliefs about shame affect their identity, their behavior, and how shame can corrode relationships, destroying trust and love. She then provides eight steps to heal.

This Is How Your Marriage Ends: A Hopeful Approach to Saving Relationships by Matthew Fray, Overdrive Ebook

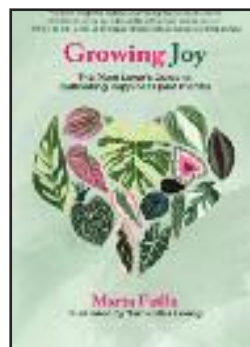


Good people can be bad at relationships. This is How Your Marriage Ends helps readers identify relationship-killing behavior patterns in their own lives and offers solutions to break

free from the cycles of dysfunction and destruction.

Growing Joy: The Plant Lover's Guide to Cultivating Happiness (and Plants) by Maria Failla, Overdrive Ebook

Growing Joy is your guide to transforming plant care into self-care. Discover the power of plants to help you disconnect from the stress and anxiety of modern life and grow more joy in your world. Filled with practices to help plant lovers step away from their screens and cultivate peace of mind with plants.



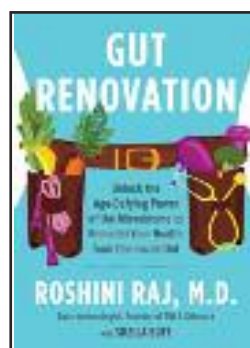
Live Younger Longer: 6 Steps to Prevent Heart Disease, Cancer, Alzheimer's And More by Stephen L. Kopecky, New Health Books Media Center 613.0438 KOP

Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Stephen Kopecky offers a holistic, evidence-based approach to preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose.



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

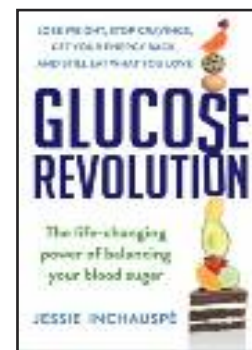
Combining the latest developments and research discoveries, board-certified gastroenterologist, Dr. Roshini Raj shows the ways in which the microbiome impacts overall well-being, and helps readers reset their biological clocks by improving their gut health.



Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar by Jesse Inchauspé,

New Health Books Media Center 616.462 INC

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



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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

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Healthy Event Calendar for Greater Topeka

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

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

SEP. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorsk.com

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

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!)

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 Fireworks every Friday at 9pm!. garysberries.com, garysfarmfest.com; 785-246-0800

31ST RABC 5K FUNDRAISING EVENT – Oct. 1, Reynolds Lodge, Lake Shawnee. rabctopeka.org/5k-fundraising-event/

OKTOBERFEST – Oct. 1, 10-3, Prince of Peace Lutheran Church, 3625 SW Wanamaker

AARON DOUGLAS ART FAIR – Oct. 1, 10am, Huntoon & Lane.

FALL FEST – Oct. 1, 5pm, Grace Bible Church, 4021 SE 37th.

FOOD TRUCK NIGHT – Oct. 1, 4-8pm, Helping Hands Humane Society, 5720 SW 21st. Live music.

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

VAPING: MYTHS AND FACTS – Oct. 6, 4:30pm, Kay McFarland Garden, 635 SW Gage. Includes Q & A and refreshments.

PAUSE WOMEN'S CONFERENCE – Oct. 7, 6:30-9pm; Oct. 8, 8:30am-12pm. First Southern Baptist Church, 1912 SW Gage. Kim Harrison is the featured speaker. Register TODAY at fsbc-topeka.org/pause

FALL FUN NIGHT – Oct. 7, 7pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Food, fun, laughter, games, music, fellowship, bonfire, s'mores, & more

HAUNTED WOODS – Every Fri. & Sat. In October, starting the 8th, 8-11pm. Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zombie Laser Tag!! 234-8024 TopekaHauntedWoods.com

TOPEKA GEM AND MINERAL SHOW – Oct. 8-9, Ag Hall. Featuring dealers from around the world, demonstrations, kid's activities, jewelry, cut & polished stones and more.

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

info@C5Alive.org.


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!

BOO BASH – Oct. 12, 6-7pm, Crestview Community Ctr. Participants will get to have fun with a story, craft and ghostly activities. Pre-register by Oct. 5. <https://bit.ly/3D3DQag>

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C5Alive "POWER" LUNCHEON – Oct. 13, 11:30-1, at The Peak. Featured Speaker is Spencer Lindsay, Working Men of Christ and Crossroads Restoration, Inc. 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, Nov. 10, 11:30-1, at National Guard Museum, sponsored by ServPro.

TOPEKA WOMEN'S CONNECTION "Fantastic Fall" LUNCHEON – Oct. 13 11:30am, Aldersgate Village 7220 SW Asbury Drive. The speaker will be Donna Doel, Life Coach at Midland Care. A feature presentation by Alicia Skinner, dietitian. Prepaid luncheon reservations are \$16 and are due by Oct. 9, by calling (785) 224-5268. There is no charge to attend the program only.

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

WOOD VALLEY PICKERS – Oct. 15, 7:30pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

HOLIDAY FLEA MARKET & CRAFT SALE – Oct. 15, 9-3, Philip Billard VFW Post, 3110 SW Huntoon.

WALK FOR APRAXIA – Oct. 15, 10-1, Lake Shawnee Shelterhouse #4. Register: <http://community.apraxia-kids.org/topekawalk>

MAPLE LEAF FESTIVAL – Oct. 15, 10-4, Baldwin City

GREEK FOOD FESTIVAL – Oct. 15, 11am, St Peter & Paul Church, 2516 SW Huntoon.

HARVEST FESTIVAL – Oct. 15, 11am-2pm, Highland Heights Christian Church, 29th & Tecumseh

TOPEKA NORTH OUTREACH'S OPERATION BACKPACK FUNDRAISER – Oct. 18, 5-9pm, The Pad, 1730 NW Topeka Blvd. Operation Backpack will receive 10% of all proceeds. For info: topekanorthoutreach.org/operation-backpack

RED CROSS BLOOD DRIVE – Oct. 21, 9am-3pm, Christ Lutheran Church, 3509 SW Burlingame. To make your life-saving appointment call 800-RED-CROSS or visit www.redcrossblood.org (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior to your appointment. Save time at your appointment by completing Rapid-Pass - pre-reading and questions - the DAY OF your appointment via the

blood donor app or visit www.redcrossblood.org/rapid-pass.

HARVEST DINNER & BAZAAR - Oct. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$8.00 Adults, \$4.00 Kids 10 & under. Includes Chicken Fried Steak, mashed potatoes & gravy, corn or green beans, roll, dessert and drink.

HARVEST DINNER & BAZAAR - Oct. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$8.00 Adults, \$4.00 Kids 10 & under. Includes Chicken Fried Steak, mashed potatoes & gravy, corn or green beans, roll, dessert and drink.

GUARDIANS IN CONCERT – Oct. 21, 7pm, Wana-maker Woods Nazarene, 3501 SW Wanamaker. Free will offering, doors open at 6pm. 785-273-2248, wwood-snaz@wnnaz.org

RANDY STONEHILL CONCERT – Oct. 22, 7pm, Seaman Community Church, 2036 NW Tyler. Free will offering.

DUELING PIANOS – Oct. 22, doors open at 7pm, Ag Hall, Taco bar, silent auction, games, dancing, cash bar. Benefits LifeHouse CAC.

BOO AT THE ZOO – Oct. 22 & 29, 9-3pm, Topeka Zoo. Free with paid admission

FALL FESTIVAL – Oct. 22 & 23, St Matthew Catholic Church, 2700 SE Virginia

TRUNK OR TREAT – Oct. 22, 4pm, Jardine Elementary School.

GHOULS & GOBLINS FUNDRAISER – Oct 28, 5-7pm, Golden Corral. Costume contest, prizes, treats and more. Fundraiser for Topeka Youth Project.

GOOD OL BOYS & A GAL – Oct. 28, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SILENTS IN THE CATHEDRAL – Oct. 28, 7-10pm, Grace Cathedral

PLATINUM EXPRESS – Oct. 29, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

LIVERPOOL LEGENDS – Oct. 29, 7:30pm, TPAC

DRIVE-THRU TRUNK OR TREAT – Oct. 29, 1-3pm,

Gymnastics • Tumbling • Cheer & Parkour Tumbling

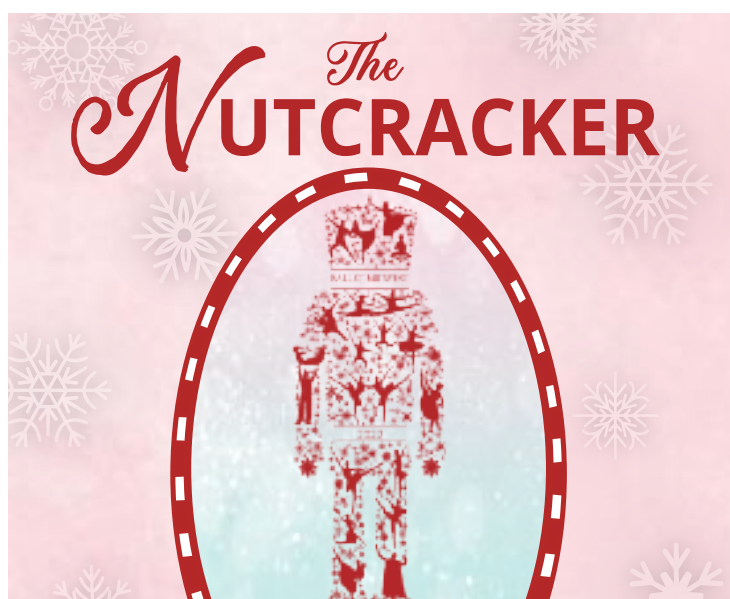
Benefits of Tot & Preschool-age gymnastics:

- Helps to create discipline
- Develops strong & healthy bones
- Aids in strength development
- Meets daily exercise needs
- Increases coordination
- Improves flexibility
- Prevents diseases
- Develops cognitive skills
- Increases self-esteem
- Its FUN!

Classes begin
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Ballet
MIDWEST
EST. 1977

DECEMBER 9, 10, 11



TOPEKA PERFORMING ARTS CENTER
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Christ Lutheran Church

FALLAPALOOZA – Oct. 29, 3-5pm, Fairlawn Church of the Nazarene, 730 SW Fairlawn

TRUNK OR TREAT – Oct. 29, 5-6:30pm, Capital Gymnastics, 3740 SW Park Ave.

TRUNK OR TREAT – Oct. 30, 5-7pm, Grace Cathedral, 701 SW 8th

TRUNK OR TREAT – Oct. 30, 2pm, Topeka Bible

Church

TRUNK OR TREAT – Oct. 31, 5-7pm, Wanamaker Woods Church, 3501 SW Wanamaker.

FALL FESTIVAL – Oct. 30, 3pm, Faith Lutheran Church, 17th & Gage. Worship with Communion at 3pm, a short Bible Study after. Games will begin at 4:30pm. Free Meal provided by KansaSEED will begin at 5:30pm. Join us for all or parts

TRUNK OR TREAT – Oct. 31, 5:30-6:30pm, KS Big Brothers/Big Sisters, 2300 SW 29th

TRUNK OR TREAT – Oct. 31, 5-7:30pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Parent meeting, meet your teacher, pick up supplies, find classroom, enjoy snacks & fellowship! Hot Chocolate, Hayrack Ride, Hotdogs, Candy, Fun, Games, Popcorn, & more! 785.266.3247

COMEDIAN JP SEARS – Nov. 11 8pm, TPAC

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.

Oct. 13, 11:30-1: "POWER" Luncheon
at The Peak, 1930 SW Gage. Featured:
Spencer Lindsay: Working Men of Christ,
Crossroads Restoration

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

Save the Dates!

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

For info: www.C5Alive.org or Facebook.com/C5Alive



ONGOING EVENTS:

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

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

SENIOR FIT & FUN PROGRAM – every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@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. 478-2929

TOPEKA TWILIGHT LIONS BRANCH CLUB – 4th Mondays at 6:30pm, Norsemen Brewing Co., Visitors welcome. Topekaliions.org

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

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

TOPEKA SWING DANCE – Tuesdays, 7-8:30pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

GRIEFSHARE 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

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

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

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

EMOTIONS ANONYMOUS: 12-step program for



September 30 - October 30, 2022

Friday, Saturday and Sunday

Fireworks every Friday at 9

5991 17th St. Grantville, KS 785.246.0800

www.garysfarmfest.com

FREE Vision ! Screening Service



Now Scheduling

Eye Screening for children 6 months to 6 years old

Who can use this service?

Any Daycare, Pre-school or School with children 6 months to 6 years old

What equipment is used?

NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

Who does the screening?

The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

How do I get the Screener scheduled?

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith,
e-mail: slsmithks@att.net or call (785) 633-8321

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. No ID or proof of income required, first come first served. 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.

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; La-boomaha@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.

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

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

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

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

Funds raised will be shared with Sole Reason, a local non-profit serving local kids

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 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)