

TOPEKA

MARCH 2023

Health & Wellness

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MAGAZINE

MARCH
National
Nutrition Month

FREE
TAKE ONE!

**Nutrition
is key to
a Healthy
Lifestyle**



Reaching out: giving back on the road to recovery
Artificial sweeteners: Not so sweet for your health

Financial stress and mental health
How I reversed food sensitivities & allergies

Helping Topekans Live Happier, Healthier Lives Since 2015!

Nutrition is key to a Healthy Lifestyle



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

National Nutrition Month® serves as a reminder that each one of us holds the tools to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM ac-

tivities and messages during March.

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

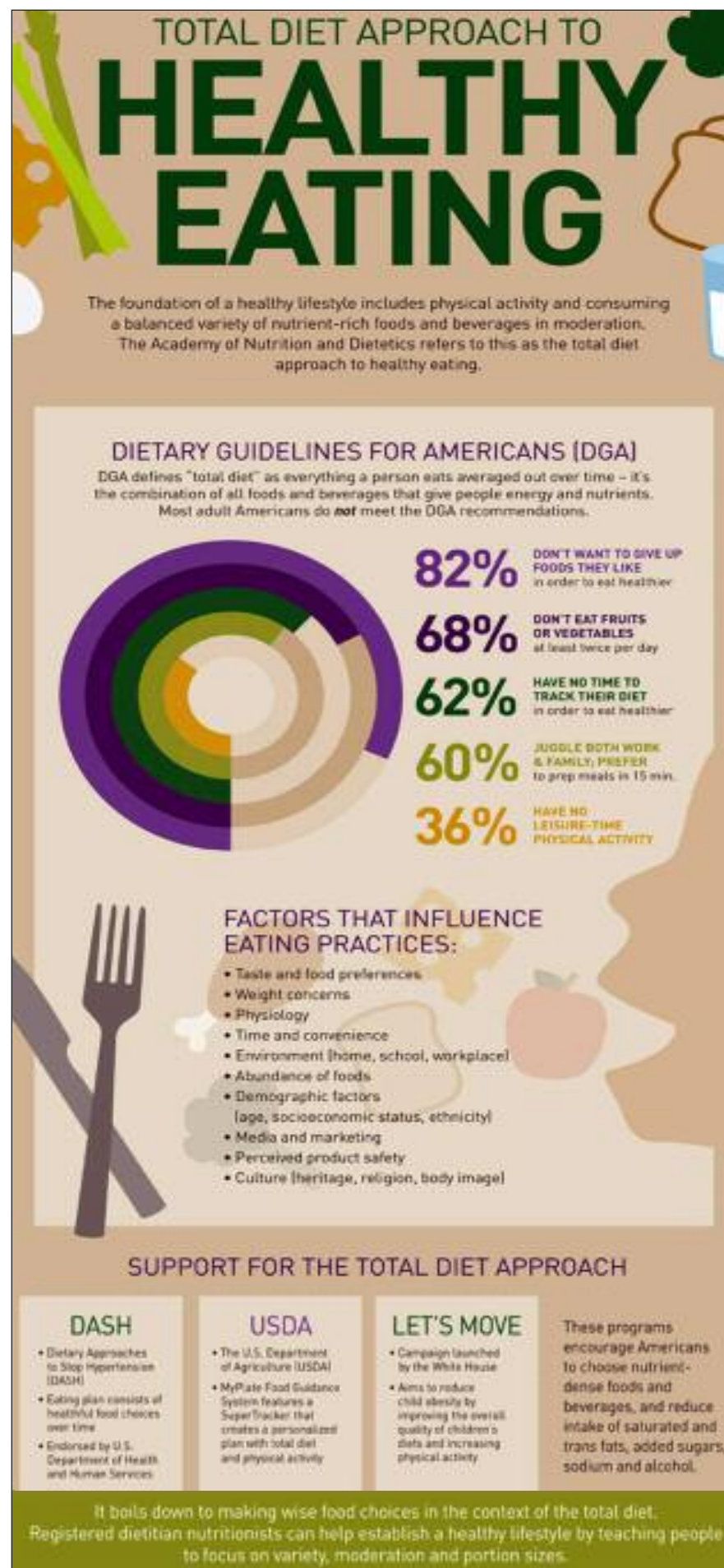
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils.





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ON THE COVER:

Our cover this month features a family preparing a nutritious meal. You will find many more tips for your health, and lots of other useful information in the pages of this issue.



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THE SMART ROUTE



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What Can You Do

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



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Financial Stress and Mental Health

By Anabel Feauto, Health Promotion Specialist

If you find yourself constantly worried about money, you are not alone. Many people are impacted by financial stress. There is a strong connection between mental health and financial health that many people may not realize. Common financial stressors may be:



Anabel Feauto

- Food
- Housing
- Transportation
- Medical bills
- Loss of work
- Escalating debt
- Unexpected expenses

It can be challenging to meet the needs for a stable, overall healthy quality of life when financial stressors arise. Extensive research shows the connection between financial stress and mental health. People who already have a mental illness may struggle with handling their money due to managing, spending, and asking for help. Any overwhelming stress can create a snowball effect and turn into something much bigger.

This elevated level of stress can lead to mental

health issues such as:

- Anxiety
- Depression
- Fatigue
- Insomnia
- Weight gain or loss
- Substance misuse
- Suicidal thoughts and behaviors

Here are tips on how to manage financial stress and your mental health:

Talk to Someone

When in a financial situation, it can be easy to bottle everything up and try to get through it alone. Family, friends, or your community can be a helpful resource for emotional support. The people around you may have ways to problem-solve and provide advice. They may have even been through the same situation. This can help ease the burden and make sense of what you are facing.

Track and Manage your Finances

Denying the reality of your financial issues may only make the situation worse. There are many websites and apps that can help keep track of your finances. This will help get a clearer idea of where you stand with what you are spending. Tracking your finances will help

you gain control of the situation.

Ask for Help

There are many free counseling organizations either through your bank or depending on where you live. If your financial stress becomes unmanageable and is impacting your mental health, reach out for mental health support. You are not alone when it comes to financial stress. Don't be afraid to seek help for yourself or someone you love.

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.

If someone you know is having thoughts of suicide or experiencing a mental health crisis, the 988 Suicide & Crisis Lifeline provides 24/7 connection to free, confidential support. Call or Text 988.

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)

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FINANCIAL FOCUS

Time for financial ‘spring cleaning’

Now that we’ve put winter behind us — at least on the calendar — it’s time for us to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

Some of the same ideas involved in tidying up your home can also be used to help put your financial house in order. Here are a few suggestions:

- **Dust off your investment strategy.** As you look around your home, you might find that many items — tables, desks, bookshelves, and computer and television screens — could benefit from a good dusting. And, once you’ve accomplished this, you’ll get a clearer view of all these objects. Similarly, your investment strategy needs to be “dusted off” every so often, so you can see if it’s still working to help you move toward your financial goals, such as a comfortable retirement. Over time, your personal circumstances and risk tolerance can change, and these changes may lead you to reexamine your future financial and investment decisions.

- **De-clutter your portfolio.** If you took a survey of your home, would you find duplicates or even triplicates of some things — brooms, vacuum cleaners, toasters, and so on? If so, it may be time to do some de-cluttering. And the same could be true of your portfolio — you might have several identical, or substantially identical, investments taking up space. If so, you might want to replace these redundancies with investments that can improve your diversification. While diversification can’t guarantee profits or protect against losses in a declining market, it may help reduce the impact of market volatility on your holdings.

- **Get organized.** If your closets are over-stuffed, with clothes and miscellaneous items



crammed on shelves and the floor, you may well have trouble finding what you’re looking for — but with a little straightening up, your searches will become much easier. And when you’re trying to locate financial documents, such as investment statements or insurance policies, you’ll also benefit from having everything organized in one central location. Even if you get most of these documents online, you can save what you need and keep them in a file on your desktop, laptop or tablet. (And it’s also a good idea to tell your spouse, adult child or another close relative how these documents can be accessed, just in case something happens to you.)

- **Protect yourself from dangers.** If you look around your garage, shed or other storage area, you may well find some objects — such as gardening tools, paint thinners, engine fluids and leaning ladders — that could be dangerous if they aren’t stored properly. As part of your spring cleaning, you’ll want to remove these hazards to safeguard yourself and your family. But have you addressed the various financial risks that could threaten your

loved ones? For example, if something were to happen to you, could your family members maintain their lifestyle? Could your children still go to college? To guard against this risk, you may want to discuss protection strategies with a financial professional.

Spring cleaning can pay off — in a cleaner, safer home environment and in helping ensure your financial strategy continues to work hard for you.

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



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STROKE KILLS.

BE FAST! Call 911.

Know the Signs:

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

During a stroke 32,000 brain cells die every second.

BE FAST! Call 911.

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 vitamins, creams, pain relievers, allergy medications, and herbs should be on your list.
4. Always take your medication the way your doctor ordered.
5. Don't stop taking your medication without contacting your doctor first.
6. Safe medication practices is your responsibility. Keep your medication list current and update when you have changes.

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How I Reversed Food Sensitivities and Allergies

Food sensitivities (intolerances) and allergies can cause us to be lethargic, bloated, have skin conditions, digestive issues, an inability to focus and depression. I think that when I came out of the womb, I was kicking and crying with allergies and food sensitivities. The cool thing is, that when I explored holistic healing, only 50 years later, I learned how to reverse them for myself and my husband too! Now I help others.



What Worked For My Family

I tested for food sensitivities for five years in a row. I practiced a rotation diet. I became frustrated. Each year, the list of foods that I had to avoid, changed, but I always had sensitivities. After year five, I finally found a solution.

I blended frequency healing, which is the harmonization of the bioenergetic field, and precision sound healing

a form of personalized neuro feedback waves to stimulate the body and the brain simultaneously.

Within one hour, I had the results I was looking for. The precision sound healing, has been shown to reset the neural network of the brain, back to baseline. Therefore, the

trigger is eliminated when the body is exposed to the stimuli, in this case the offending food, which was resulting in chronic inflammation. In addition, I removed the toxicity from my lifestyle, and added specific foods for healing a leaky gut like bone broth, spirulina and chlorella just to name a few.

Allergies

Over the counter allergy medicine was something I used since childhood. I felt anxious and agitated when I took it, so I found several alternate ways to help myself. The first thing was learning some of the natural antihistamines. Originally, I used vitamin C. Then I explored the combination of lavender, lemon and peppermint essential oils.

That was a game changer. I tossed the medications to the curb. Then once again, I applied the multi-modal approach to get the desired results. Springtime is a blessing now because I found ways to remove irritants so I can bask in the joy.

Allergies are an immune system response and food sensitivities, according to traditional Chinese medicine, are rooted in trauma.

Food Sensitivities

Trauma can be emotional, chemical, or physical. Couple that with not rotating our foods, such as having the same breakfast every day, and our bodies start to see food as a predator and has an inflammatory response.

This condition is often coupled with leaky gut. What's that? Leaky gut appears as tiny pinholes in the intestinal tract that can happen when we are exposed to synthetic chemicals. What chemicals? Well, to name a few, prescription drugs, chemical cleaners, toxic hair care and make-up, shaving cream and of course most boxed food.

When we have this condition, and we eat food, particles of the food leak into our blood stream causing chronic inflammation. It can result in irritability, pain, skin issues and worst of all, depression. Our mental health is key to our physical health.



What if you could reverse your food intolerances and allergies with a one hour in person or remote session? How would that change your life?

Rev. Jodi L. Suson-Calhoun can be reached at Jodi@SusonEssentials.com 847-738-0242, www.SusonEssentials.com

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MBA, Nutritionist, Medical Intuitive, Human Behaviorist

847-738-0242



<https://susonessentials.com/food-for-health/>

FINANCIAL HEALTH & WELLNESS

Taxpayers filing amended returns can choose direct deposit for refunds

In the latest improvement for taxpayers, the Internal Revenue Service announced today that people electronically filing their Form 1040-X, Amended U.S. Individual Income Tax Return, will for the first time be able to select direct deposit for any resulting refund.

Previously, taxpayers who filed Form 1040-X with the IRS had to wait for a paper check for any refund, a step that added time onto the amended return process. Now, anyone who electronically files the Form 1040-X can select direct deposit and enter their banking or financial institution information for quicker delivery of refunds. Taxpayers file a total of approximately 3 million amended returns each year.

"This is a big win for taxpayers and another achievement as we transform the IRS to improve taxpayer experiences," said IRS Acting Commissioner Doug O'Donnell. "This important update will cut refund time and reduce inconvenience for people who file amended returns. We always encourage direct deposit whenever possible. Getting tax refunds into taxpayers' hands quickly without worry of a lost or stolen paper check just makes sense."

The IRS began accepting the Form 1040-X electronically in 2020 but until now did not offer direct deposit as an option for a refund.



Following IRS system updates, those filing amended returns can now enjoy the same speed and security of direct deposit as those filing an original Form 1040 tax return. Taxpayers filing an original tax return using tax preparation software can file an electronic Form 1040-X if the software manufacturer offers that service.

This is the latest step the IRS is taking to improve service this tax filing season. As part of funding for the Inflation Reduction Act, the IRS has hired more than 5,000 new telephone assistants and is adding staff to IRS Taxpayer Assistance Centers (TACs). The IRS also plans special service hours at dozens of TACS across the country on four Saturdays between February and May.

No matter how a taxpayer files the amended re-

turn, they can still use the Where's My Amended Return? online tool to check the status.

Taxpayers still have the option to submit a paper version of the Form 1040-X and receive a paper check. They should follow the instructions for preparing and submitting the paper form. Direct deposit is not available on amended returns submitted on paper.

Current processing time is more than 20 weeks for both paper and electronically filed amended returns, as processing an amended return remains a manual process even if it's filed electronically. However, filing electronically cuts out the mail time, and including direct deposit information on an electronically submitted form provides a convenient and secure way to receive refunds faster.

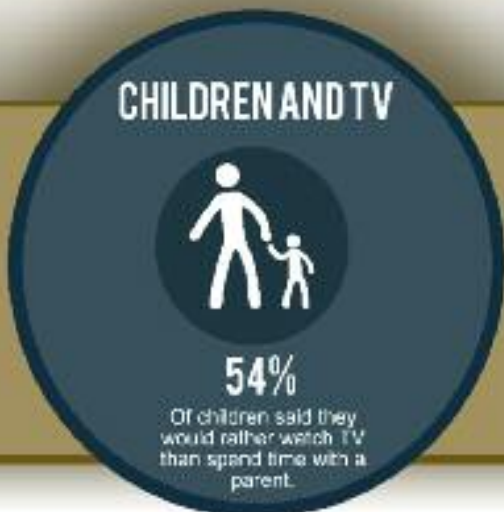
—Peggy Beasterfeld, EA



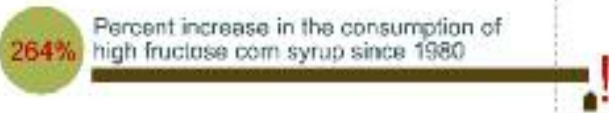
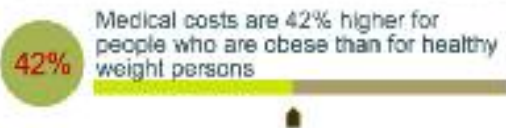
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NATIONAL NUTRITION MONTH

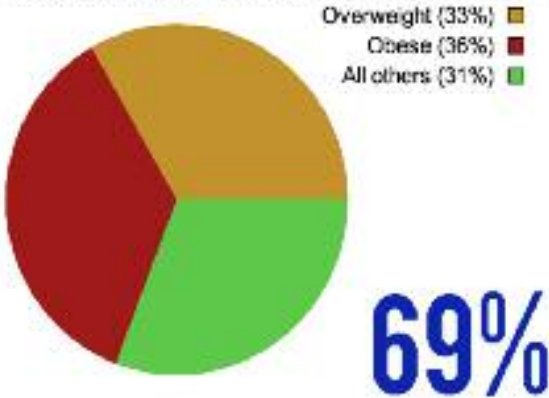
March is national nutrition month. As Spring approaches, what better time to take an honest look at the state of nutrition here in the United States.



NUMBERS



Obesity in America - 69% are overweight or obese



21.4 TEASPOONS
The average American consumes 21.4 teaspoons of sugar daily!



100 POUNDS
The average American consumes 100 pounds of sugar per year!



53 GALLONS
The average American drinks 53 gallons of soda per year!

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
- Food and Drinks
- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



MARCH SCHEDULE Tuesday & Thursday



**MOBILE ACCESS
PARTNERSHIP**
Topeka Rescue Mission's
homeless hotline:
785-250-8237

TRM

Transport to MAP, Clothing, Hot breakfast and lunch, Hygiene items, ACE assessments

VALEO

Showers, COVID testing, Mental Health Assessments, City ID applications, Backpacks

STORMONT

Child visits, Annual physicals, Chronic care follow-up, Routine lab work, Blood pressure & Diabetes checks, Immunizations. Please call 785-270-4440 to set an Appointment. Bilingual staff available.

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STREET DOG COALITION

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Salvation Army
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Valeo, TRM, Free LifeLine Phones,
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Mar. 7 • 9:00-2:00

Salvation Army
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Mar. 9 • 9:00-2:00

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Questions about MAP?

Please contact Jenny Falk,
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National Alliance on Mental Illness

nami Topeka

We are Topeka's voice on mental illness. People working together to improve lives and outcomes through education, advocacy, and support for those with anxiety, depression, OCD, ADHD, bipolar, PTSD, etc.

Check out these and other support groups we offer:

Family 2 Family Workshop - Feb. 13 to April 10

For families, friends and caregivers of adults over 18 who live with mental illness.

Free 9-week workshop meets Monday evenings 6-8:30pm, Feb. 13 - April 10, at Countryside UM Church, 3221 SW Burlingame Rd.

To register, contact Marilyn Rowland at mrowland533110@yahoo.com or 785-806-3049.

NAMI Family Support Group

A free support group for adults with a loved one experiencing mental health conditions. Led by NAMI trained facilitators. Meets the 2nd Monday of each month at Faith Lutheran Church, 1716 SW Gage. 6-7:30pm. Try it once & just listen.

Peer to Peer Class

A free eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Topeka Public Library - 2nd Floor Wednesday's Mar. 15 - May 3, 2-4:30pm

For more information: 785-580-3021 • topekanami@gmail.com

www.namikansas.org • NAMITopeka19 on Facebook

Reaching Out To Heal: Giving Back on the Road to Recovery

By Rebecca Lyn Phillips

I grew up in an upper middle class home where my father was a Communications professor and I attended a private Christian school. I was loved and cared for. My younger sister, Laura, and I played together and I achieved in school and even had a book contract when I was fifteen years old.



However, during my teen years I started getting fearful and anxious. I started getting depressed. I even slept in my bedroom closet to get away from the thoughts that tormented my mind. I told my mom and dad I needed help. They took me to a psychiatric hospital in Tulsa, Oklahoma. It was the beginning of many, many hospitalizations and a suicide attempt.

I tried to work, I tried to attend college, I tried to volunteer. I had a boyfriend. I just couldn't focus. I was diagnosed with schizophrenia. It was the hardest time of my life. I was put on medication and I tried to recover.

It wasn't until my real low point in 2007 that my sister drove me to the University of Kansas Hospital and the psychiatrist there, Dr. Larry Carver, put me on an injection. Finally, I started feeling like my old self again. I even started counseling with a social worker at New Beginnings Health Care in Topeka who I saw for fifteen years. I saw Dr. Carver at KU Med for fifteen years as well. I drank in the beauty of recovery.

In 2011, I was one of three people in the country who were filmed for a national documentary about my journey with schizophrenia. The premiere was at the former Newseum in Washington D.C. and even former Congressman Patrick Kennedy was in the audience. It was a very powerful experience.



Rebecca Lyn Phillips was featured in GuidePost magazine with an article titled The Road of Faith

The short film, called "Living With Schizophrenia," now has almost one million views on YouTube. I have traveled with my caregiver – my mother, Claire – to Chicago, New York City, and Sacramento to share our story. My mom has always been there for me. My sister, Laura, and her husband have, too. They often send me gift cards and text me to tell me they love me.

I started to give back. I did a gift card drive for the housing specialist at Valeo and my friends and I raised more than five hundred dollars for the homeless clients. They could go to the store and purchase food and hygiene items. I felt like I was connecting to others in need and reaching out. The next year I raised another five hundred dollars for the Case Managers at Valeo in Topeka.

Each year I share at the **Crisis Intervention Team** training at the Topeka Police Department so the officers can know that there is hope; there is recovery. There is so much pain and turmoil with mental illness. I want people to know that the road doesn't have to end in tragedy. I am a writer and a speaker and I share so that others can know

that they are not alone.

My sister, Laura, and her husband, Don, encourage me all the time. I enjoy spending time with them in Tucson, Arizona, and I cheer my sister and my mom on in the marathons they run. They inspire me too. My mom has raised more than twenty thousand dollars for **Breakthrough House** in Topeka by running in four different marathons across the country. My mom is my cheerleader and she has also helped lead the **NAMI Family to Family** class and I have shared the documentary for the class and my mom and I have shared our story.

I feel that the reason I have hope in my mental health journey is because of my giving back to others who are struggling. There is power in giving back. There is hope. I will not give up. No matter what one faces in life, if we have hope in the future, we can overcome.

—Rebecca Lyn Phillips is a published author, speaker and mental health advocate. She believes in recovery and hope and that by reaching out to others one can find meaning.

Artificial Sweeteners: Not So Sweet for Your Health



(Ivanhoe Newswire) —

Americans are addicted to sugar! Author Rena Greenberg says, “Sugar consumption has created a public health hazard, it really is a crisis. Americans are eating 22 teaspoons of sugar a day on average.”

Many people turn to artificial sweeteners – like aspartame or acesulfame-K to avoid the calories of sugar, but new research shows they may be increasing their risk for cancer.

Nearly half of adults in the US consume artificial sweeteners. While many believe these sugar alternatives are better for your health, new research suggests that’s not the case.

French researchers analyzed data on 102,865 adults and found a **13-percent higher risk of cancer** in general for people consuming large quantities of artificial sweeteners, particularly aspartame and acesulfame-K. These participants had the highest likelihood of developing breast cancer and cancers related to obesity. Other lab studies in animals have shown a similar correlation between artificial sweeteners and the risk of cancer.

If you have a sweet tooth, your best bet is to go for foods with natural sources of sugar. For example, frozen bananas can be a good substitute for ice cream. And – roasted nuts



can satisfy a crunchy cookie craving.

“A good rule of thumb is the fewer ingredients, the better,” explains Greenberg.

The worldwide artificial sweetener market is about 22.2 billion dollars and rising – which is a nearly three-billion dollar increase in the last two years!

Artificial sweeteners are food additives intended to serve as a sugar substitute. Unlike sugar, artificial sweeteners do not provide any calories or energy to the body since they are not broken down by the digestive system.

There are currently six artificial sweeteners approved by the FDA: saccharin, aspartame, sucralose, acesulfame potassium, neotame, and advantame. Many scientists are split in their views on the safety of artificial sweeteners because more research is still needed to better understand exactly how they affect certain health conditions. However, artificial sweeteners do have some benefits, including providing no calories, not raising blood

sugar, and not contributing to cavities or other dental issues yet still offering a desirable sweet taste.

Artificial sweeteners are around 200 to 600 times sweeter than sugar. They stimulate taste buds, go to the brain, affect hormones, and slow metabolism. Both products are addictive. But **artificial sweeteners may be likelier to create a feeling of hunger, cause you to eat more throughout the day, and develop diabetes.**

Having limited amounts of sugar is ok in the context of a healthy diet but avoiding highly processed foods is key. Foods like soft drinks, powdered drink mixes and other beverages, baked goods, candy, puddings, canned foods, jams and jellies, and dairy products.

Some manufacturers call their sweeteners “natural” even though they’re processed or refined. Stevia is one example. And some artificial sweeteners are derived from naturally occurring substances, like sucralose, which comes from sugar.

Seasonal Allergies: Nip Them in the Bud

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

Reduce your exposure to allergy triggers

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

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

Take extra steps when pollen counts are high

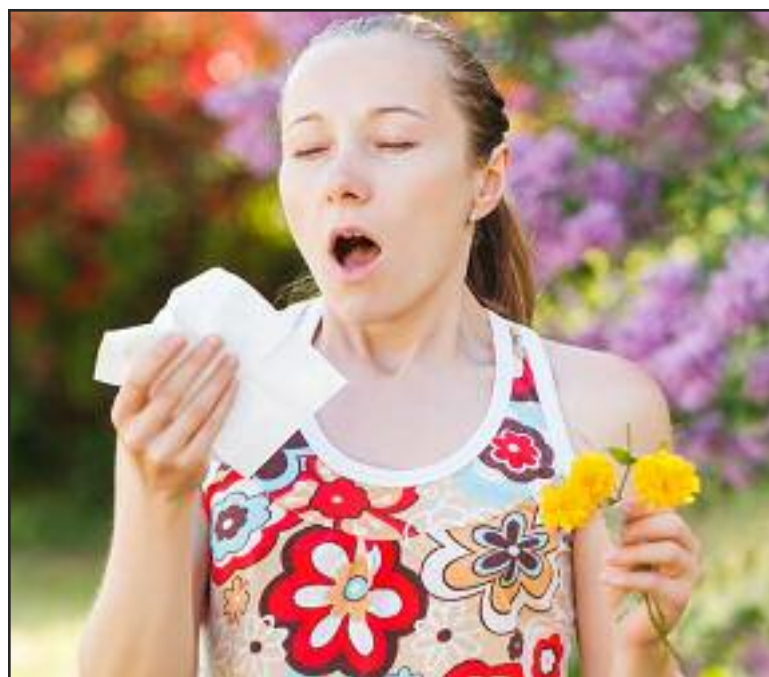
Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

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

Keep indoor air clean

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

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



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

Try an over-the-counter remedy

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

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

Rinse your sinuses

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

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

Interested in alternative treatments? Consider these

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

When home remedies aren't enough, see your doctor

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

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

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

—mayoclinic.org

Nutrition: Tips for Improving Your Health

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Ask yourself the following questions. If you answer yes to any of them, talk to your doctor about your health. You may need to improve your eating habits for better nutrition:

- Do you have a health problem or risk factor, such as high blood pressure, diabetes, or high cholesterol? Did your doctor tell you that you can improve your condition with better nutrition?
- Do diabetes, cancer, heart disease, or osteoporosis run in your family?
- Are you overweight?
- Do you have questions about what foods you should eat or whether you should take vitamins?
- Do you eat a lot of processed and fast foods?
- Do you think that you would benefit from seeing a registered dietitian or someone who specializes in nutrition counseling?

Path to improved health

It can be hard to change your eating habits. It helps to focus on small changes. Making changes to your diet may also be beneficial if you have diseases that can be worsened by the things you eat or drink. Symptoms from conditions such as kidney disease, lactose intolerance, and celiac disease can all benefit from changes in diet. Below are suggestions to improve your health. Be sure to stay in touch with your doctor so he or she knows how you are doing.

- Find the strengths and weaknesses in your current diet. Do you eat 4-5 cups of fruits and vegetables every day? Do you get enough calcium? Do you eat whole grain, high-fiber foods? If so, you're on the right track! Keep it up. If not, add



more of these foods to your daily diet.

- Keep track of your food intake by writing down what you eat and drink every day. This record will help you assess your diet. You'll see if you need to eat more or less from certain food groups.
- Think about asking for help from a dietitian. He or she can help you follow a special diet, especially if you have a health issue.



Almost everyone can benefit from cutting back on unhealthy fat. If you currently eat a lot of fat, commit to cutting back and changing your habits. Unhealthy fats include things such as: dark chicken meat; poultry skin; fatty cuts of pork, beef, and lamb; and high-fat dairy foods (whole milk, butter, cheeses). Ways to cut back on unhealthy fats include:

- Bake, grill, or broil meat instead of frying it. Remove the skin before cooking chicken or turkey. Eat fish at least once a week.
- Reduce extra fat. This includes butter on bread,

sour cream on baked potatoes, and salad dressings. Use low-fat or nonfat versions of these foods.

- Eat plenty of fruits and vegetables with your meals and as snacks.
- Read the nutrition labels on foods before you buy them. If you need help with the labels, ask your doctor or dietitian.
- When you eat out, be aware of hidden fats and larger portion sizes.
- Staying hydrated is important for good health. Drink zero- or low-calorie beverages, such as water or tea. Sweetened drinks add lots of sugar and calories to your diet. This includes fruit juice, soda, sports and energy drinks, sweetened or flavored milk, and sweetened iced tea.

Things to consider

Balanced nutrition and regular exercise are good for your health. These habits can help you lose or maintain weight. Try to set realistic goals. They could be making some of the small diet changes listed above or walking daily.

Doctors and dietitians suggest making healthy eating habits a part of daily life rather than following fad diets. Nutrition tips and diets from different sources can be misleading. Keep in mind the advice below, and always check with your doctor first.

- Fad diets aren't the answer. Fad or short-term diets may promise to help you lose weight fast. However, they are hard to keep up with and could be unhealthy.
- Good nutrition doesn't come in a pill. Try eating a variety of foods instead. Your body benefits most from healthy whole foods. Only take vitamins that your doctor prescribes.
- Diet programs or products can confuse you with their claims. Most people in these ads get paid for their endorsements. They don't talk about side effects, problems, or regained weight.

-familydoctor.org

Nutrition Guide for Eating Healthy Carbs

Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down.

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose."

The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

Just Avoid Simple Carbs?

Well, it's not quite that easy. Foods that have been processed with added sugars generally aren't as healthy a choice, it's true. But simple carbs occur naturally in some foods that are part of a balanced diet. For example, most milk and other dairy products contain lactose, or milk sugar.

Get Smart About Bread



Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

What About Fruit?

They're sweet, which must mean they have simple carbs, right? That's true, but they're still a healthy choice. They've got fiber in them, which helps slow the breakdown of sugar. Plus, most are a good source



of nutrients like vitamin C and potassium.

Fruits with skins you can eat, such as pears, apples, and berries, are especially high in fiber.

Watch What You Drink

That soda you're sipping could be a sneaky source of simple carbs. That's because non-diet sodas contain a sweetener, often high-fructose corn syrup. It's right there on the nutrition label, usually one of the first ingredients listed. Twelve ounces of a regular soda can pack 39 grams of carbs, all coming from the sugar in it.

Think Fall

Many of the foods you associate with autumn are great sources of complex carbs. Try starchy vegetables such as sweet potatoes, squash, and pumpkin.

Sweeten With Caution

You can quickly load up on simple carbs if you're not careful about what you stir into your hot drink or put on your oatmeal. Go easy on brown sugar, maple syrup, honey, and molasses.



And don't overdo it on fancier-sounding sweeteners, like turbinado and agave nectar. They're also sources of simple carbs.

Bring on the Beans

They're a good way to get complex carbs. Whether you choose kidney, white, black, pinto, or garbanzo, beans have lots of fiber.

While you're on that aisle in the grocery store, think about picking up some lentils or split peas, another

way to add complex carbs to your diet.

A Guilt-Free Treat

It seems too good to be true, but you can believe it: Pop-



corn is a whole grain. That means it's got complex carbs and fiber. Your healthiest choice is air-popped, without any added fat and salt. Season it with your favorite dried herbs and spices instead.

Great Grains to Try

Maybe you've heard of quinoa, the whole grain from



South America. Some other new-to-you whole grains are becoming more widely available, and they can be a good choice to get complex carbs in your diet.

Some grains to look for are millet, a staple from Africa and Asia, bulgur, which is used in Middle Eastern dishes, and triticale, a hybrid of wheat and rye.

Which Kind of Rice?

You're ordering Chinese food and the restaurant asks, "White rice or brown?" Which should you choose? White rice is a "refined" grain, meaning it has lost some key nutrients during processing, like fiber. But brown rice is a whole grain, a good source of complex carbs.

—webmd.com

6 Keys to Sticking with Difficult Runs

By Steve Magness

Wanting to slow down or stop is natural. This isn't something to be ashamed of. We all do it. From the beginner to the Olympian, we all experience a strong urge to quit. During a race, we all face an inner battle. A feeling of pain, fatigue, and uncertainty arises. At first, it's a whisper, before turning into a scream. An internal debate soon follows; an angel and devil on our shoulder argue over whether we've got it or should call it quits. Finally, we experience an urge to act—to quit, slow down, or find our way through.

This feel-debate-act cycle is a kind of protective mechanism. It's our brain's way of preventing us from pushing too far into the unknown and facing danger. This could be the physical kind, from running so hard that you put your health in danger, or psychological, in which your ego has to face the fact that it's not good enough. The feelings, doubts, and urge to quit are just a way for your brain to keep you in check. It's looking for an escape hatch, communicating a reminder that things are getting tough, we might be in danger, and there's a way out.

The tighter the bond between stimulus (i.e., feeling pain)

and response (slow down, quit), the harder it is to interfere. When we train toughness, we're trying to loosen that bond, to delay the jump straight to freaking out, to create space. How we master this sequence ultimately determines whether we make the "right" decision in just about whatever we face. The secret to developing toughness lies in mastering this pattern and creating space so we can choose instead of spiral. Toughness lies in mastering freak-outs. Here's how the world's best runners do it.

Learn How to Listen to Your Body

When you feel pain in your thigh while you're running, do you immediately stop and make a trip to the physical therapist, or do you continue? It probably depends on the type of pain. Is it dull, achy, burning, or sharp? The feeling lets you know whether it may be a muscle tear or simply pain or fatigue. Learning to distinguish between pain and injury is a vital lesson we all have to learn.

The same applies to the discomfort we feel in racing. If we can understand the feelings, sensations, and emotions we experience during a hard workout or race, we can navigate them.

The final key is reframing the signal as helpful information. Now that you understand the nuance of feelings and emotions, and have a name for what you're experiencing, take control of the message. Can you see anxiety as excitement? The fear you experience is a reminder that caution has value. The sadness after a loss reminds you to cherish and reconnect with those you still have with you. Reframing emotions and feelings as information that you can choose to listen to or simply let float on by is a powerful tool for navigating our messy inner world. The more we understand the feelings, the more we can deal with them. Your brain hates uncertainty. It does better when it knows what the feeling means.

Learn to Respond, not React

The key to navigating discomfort is to create space between fatigue and freak-out. If it's



compressed, we jump straight from a tinge of pain to finding an out. That's reacting. Responding is developing the ability to coolly, quietly, and nonjudgmentally work your way through a difficult situation. When we somewhat dispassionately observe the pain and work through it with equanimity, we send the opposite message, "There's no threat here. We've got this." I like to call this having a calm conversation. You notice the discomfort, acknowledge it, and work your way through it. Your inner dialogue goes like this: "It's starting to hurt now. It should. I'm running hard. But I am separate from this pain. It's going to be okay."

The best way to learn to respond instead of react is to do hard things. Put yourself in a place of discomfort, and then learn how to quietly, nonjudgmentally sit with it. While you can do this in workouts, this doesn't have to be running-specific. You can train your mental muscle by sitting in an ice bath, giving a speech in front of a crowd, or simply sitting at your desk with your phone in front of you, trying to sit with the urge to pick the device up and check it. The key lies in sitting with the experience, not fighting it.

Create Distance and Perspective

Learning to sit with discomfort gets you only so far. The alarm in your brain will eventually activate, no matter how collected you are.. The top marathoners in the world use just about every coping strategy they can. They can bounce back and forth, shifting their attention to deal with their present dilemma. Novices tend to get stuck, using a single strategy and then spiraling out of control once that doesn't work.

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Spiritual Wellness

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

By Dan McClure

I was born and raised in Redwood City, California and live now in Sunnyvale in Silicon Valley. I had an amazing childhood – great parents, 2 brothers and 2 sisters. Even though I went to church on a regular basis I didn't really have a relationship with God. I had a decent childhood and fell in love with health and fitness in high school. I picked up a Muscle & Fitness Magazine, saw those buff body builders and since I was a tall skinny kid I said, "I wonder if I could look like that someday!"

When I went to college at San Jose State I walked through the psychology and engineering departments and thought, "I don't think this is for me." Then I walked into the physical education department and I saw all these people laughing and having a blast and I said, "I'm going to major in Physical Education." So I did that with a minor in Nutrition for Sports Performance. I loved the (Kinesiology) degree and worked hard though I was partying too much. I got my first job at a YMCA.

I hadn't even graduated yet and they asked, "Can you start today?" It was with a group of older adults in a cardiac rehabilitation program. They wanted me to lead exercise classes for them. So, I was thrown right into the fire. So I did some light dumbbell work with them and within about 10 minutes one of the participants drops to the floor and passes out. The nurses raised his feet and he (regained consciousness). I was like, "Wow this is amazing" and I continued to lead that class for another 10 years. It inspired me to get my Masters in Kinesiology with an emphasis in Gerontology. Even though I didn't yet have a personal relationship with God I can say that He was absolutely guiding me and he was using physical fitness and my career as a way to draw me closer to Him.

Eventually, I got into the management side of fitness and started working with Bay Clubs – kind of like the 5-star resort of health clubs. It serves the wealthy. I was blessed to get the job but in my mind I wanted to be super-filthy rich. I wanted my name on the



outside of a health club. I wanted to be known.

Even though I was having success on the outside on the inside I was completely broken. I was drinking too much, I was addicted to pornography — I was a broken vessel AND I was going through a divorce. An employee there saw me struggling and invited me to church. I walked (into the church) and felt God greet me in a way I had never experienced. I was getting wrecked for the first time by God. A few months later I was laying in bed weeping because I realized my world had crumbled and I heard God say, "Come to me." At 31 I was crying out to God thanking Him and realizing He was thanking me

for obeying His call to come to Him. From that moment I decided I was going to show up every time He called me.

So (I became) a pastor at a 125 year old church. That's what God did for me. I did that for 5 and a half years and recently resigned. It was a blessed experience.

I know a lot of people in the fitness industry that go into ministry (and vice versa). You can do both simultaneously. I think the most important thing is that you are listening to God's prompting. If you are feeling the prompting you have to obey what God is calling you to do. You will be blessed by the opportunity.



-Dan McClure has written a book, Hidden Treasures, about his journey with terminal cancer: "In 2017 I was given 3 to 6 months to live. I thought, 'You know what, if I'm going out, if this is it for me I want to write about it. I want to tell people the truth about this journey both the good and the bad, the highs and the lows. I want to be honest with people. Tell them about my experience and the impact it has upon me and my wife.' I've discovered 10 treasures over my journey (with cancer). It impacts the whole family so dramatically. My kids have learned to be grateful for the moment – that we're given today. Go after the things God says go after."

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Healthy Recipes for a Healthy Heart

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

Healthy Turmeric Chicken Stew



Turmeric (curcumin) is a bright yellow spice. It adds vibrant color and flavor to any dish

Ingredients

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 medium sweet potatoes, cubed
- ½ medium red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground turmeric
- ½ cup low-sodium chicken broth, or more as needed

Directions

Heat oil in a large skillet over medium-high heat. Add chicken; cook and stir until no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute.

Pour in broth and bring to a boil. Reduce the heat and simmer, stirring occasionally and adding more broth if necessary, until vegetables are tender and stew has thickened, about 20 minutes.

Nutrition Information (Servings: 6)

Per serving: 183 calories; fat 6g ; carbohydrates 24g; protein 10g

Source: allrecipes.com

Blackened Salmon Tacos



This is a quick & easy recipe - healthy and delish!

Ingredients

- 3 ripe mangoes - peeled, pitted, and diced
- 1 avocado - peeled, pitted, and diced
- 1 orange bell pepper, diced
- 1 jalapeno pepper, seeded and diced
- 1 lime, juiced
- 2 tablespoons chopped fresh cilantro
- 1 pinch salt
- 1 tablespoon sweet and spicy seafood rub
- ½ teaspoon chili powder, or to taste
- salt and ground black pepper to taste
- 2 skin-on salmon fillets
- 2 tablespoons olive oil, or as needed, divided
- 6 corn tortillas
- 3 large limes, cut into wedges

Directions

Combine mangoes, avocado, orange bell pepper, and jalapeno in a large bowl to make salsa. Add lime juice, cilantro, and salt; mix to combine. Cover with plastic wrap and refrigerate.

Sprinkle seafood rub, chili powder, salt, and black pepper over 1 side of each salmon steak; rub in with your fingers until evenly distributed.

Coat the bottom of a large skillet with olive oil and heat over medium-high heat. Add salmon skin-side down and cook until skin is crisp, 4 to 5 minutes. Flip salmon and carefully peel off skin. Season top with seafood rub, chili powder, salt and black pepper. Continue cooking until lightly browned on the second side and salmon flakes easily with a fork, 4 to 5 minutes.

Slice each salmon fillet lengthwise to create 6 pieces.

Lightly oil another skillet over medium heat. Pan-fry corn tortillas, one at a time, until heated through and pliable, about 30 seconds per side.

Place 1 piece of salmon on each tortilla. Top with salsa. Squeeze a wedge of lime on top.

Nutrition Information (Servings: 6)

Per Serving: 287 calories; fat 14g; carbohydrates 36g; protein 10g.

Source: allrecipes.com

Garlic Chicken Fried Brown Rice



Black pepper, paprika, or dried parsley may be used to season after this is cooked.

Ingredients

- 2 tablespoons vegetable oil, divided
- 8 ounces skinless, boneless chicken breast, cut into strips
- ½ red bell pepper, chopped
- ½ cup green onion, chopped
- 4 cloves garlic, minced
- 3 cups cooked brown rice
- 2 tablespoons light soy sauce
- 1 tablespoon rice vinegar
- 1 cup frozen peas, thawed

Directions

Heat 1 tablespoon of vegetable oil in a large skillet set over medium heat. Add the chicken, bell pepper, green onion and garlic. Cook and stir until the chicken is cooked through, about 5 minutes. Remove the chicken to a plate and keep warm.

Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet and stir to blend with the rice and heat through before serving.

Nutrition Information (Servings: 3)

Per serving: 444 calories; fat 13g; carbohydrates 57g; protein 24g.

Source: allrecipes.com

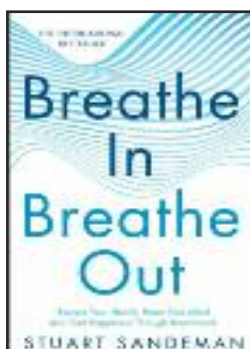
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

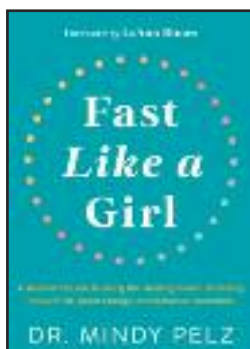
Breathe in, breathe out: restore your health, reset your mind and find happiness through breathwork – by Stuart Sandeman; Hanover Square Press; New Health Books 613.792 SAN

Sandeman reveals the hidden power of breathing and how, by changing the way you breathe, you can transform the way you think and feel. Since tragic loss brought him to breath work, Sandeman has changed the lives of thousands through his training. Now he wants the same for you. Whether you want focus or flow, more energy or less anxiety, he can tell you how to get it. Combining modern science and ancient wisdom, he sets out how to stay on top of your game, overcome a negative mindset and heal from your past. You'll learn to deepen the connection with yourself, others and the world around you.



Fast like a girl: a woman's guide to using the healing power of fasting to burn fat, boost energy, and balance hormones – by Dr. Mindy Pelz; Hay House; New Health Books 613.25 PEL

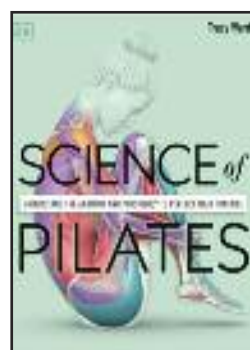
A fasting manual created specifically to address women's needs based on their hormones and menstrual cycle. Includes: the rights steps on how to go from eating all day to intermittent fasting (13-15 hours); how to safely fast longer if you choose to do so (15-72 hours); how to time fasting according to your menstrual cycle (although if you don't have a cycle, she has you covered); and the



best foods to break your fast to achieve better metabolic health. This book also includes more than 50 recipes based on the two food plans-ketobiotic and hormone feasting-she created to best support women's hormones.

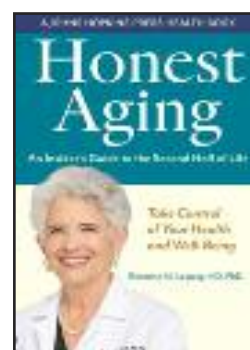
Science of Pilates: understand the anatomy and physiology to perfect your practice – by Tracy Ward; DK Publishing; New Health Books 613.71 WAR.

Performing Pilates can strengthen your core, improve flexibility and posture, and help to reduce stress and anxiety. Backed by scientific research, learn how Pilates exercises can benefit every system in the body. Science of Pilates reveals the facts with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each exercise, safe alignment, and more.



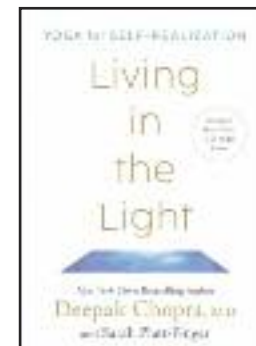
Honest aging: an insider's guide to the second half of life – by Rosanne Leipzig; Johns Hopkins University Press; New Health Books 613.0438 LEI.

From Dr. Rosanne M. Leipzig, a doctor with more than 35 years of experience caring for older people, Honest Aging is an indispensable guide to the second half of life, describing what to expect physically, psychologically, functionally, and emotionally as you age. Leipzig, an expert in evidence-based geriatrics, highlights how 80-year-olds differ from 60-year-olds and why knowing this is important for your health. With candor, humor, and empathy, this book will provide you with the knowledge and practical advice to optimize aging.



Living in the light: yoga for self-realization – by Deepak Chopra; Harmony Books; New Health Books 613.7046 CHO.

In this groundbreaking new work, international best-selling author Deepak Chopra and his coauthor Sarah Platt-Finger, yoga director at Chopra Global and co-founder of ISHTA Yoga, offer an illuminating program for self-realization, bliss, and wholeness. Combining a practical thirty-day program that will help you break limiting habits and belief systems with an in-depth exploration of fifty stimulating and restorative yoga poses, Deepak and Sarah provide a thorough and inspiring way to unite the mind, body, and soul.



With new insights on social and emotional intelligence, the power of attention, body awareness, breathing, wholeness, and transcendence, and with dozens of specially commissioned illustrations of yoga poses (accessible for all skill levels, from beginner to enthusiast), Living in the Light provides the ultimate guide to your exciting, bright, and enlightening future.

Body: simple techniques and strategies to heal, reset and restore – by James Davies; HQ; New Health Books 616.0472 DAV.

James Davies is a renowned osteopath, performance coach and recovery specialist, having worked throughout the UK, USA, Europe and Jamaica with professional athletes and others. James developed the ethos of relieve, restore and perform based on his own personal experience as a young athlete.

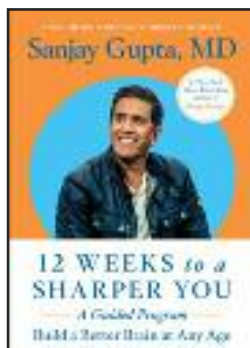
James is on a mission to help everyone understand how their bodies work, to help people seek answers to why they are in pain and to provide strategies to help reach their full health potential. How to listen to the warning signs the body gives us when the systems in our body have become compromised. What you can



do to reduce pain, improve flexibility, overcome weakness, and to recover from persistent or new injuries.

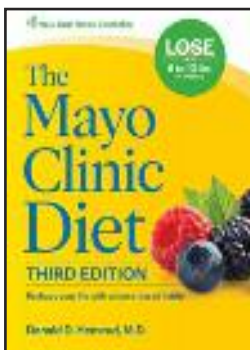
12 weeks to a sharper you: a guided program – by Sanjay Gupta; Simon & Schuster Paperbacks; New Health Books 612.82 GUP.

Dr. Sanjay Gupta provides a step-by-step 12-week program to help you put his transformational ideas into daily practice. He writes, "Change is a challenge, and changing long-established habits takes effort." But this workbook makes it easy to apply Gupta's groundbreaking tips and research to establish healthy behaviors for life. The 12-week program will help you feel less anxious, sleep better, improve energy, think more clearly, and become more resilient to daily stress. Full of tips, quotations, and prompts, 12 Weeks to a Sharper You is the only guide you'll need to keep your brain young and healthy at any age.



The Mayo Clinic diet: reshape your life with science-based habits – by Donald Hensrud; Mayo Clinic Press; New Health Books 613.26 HEN.

This revised edition of the #1 New York Times bestselling book offers a simple, time-tested, no-nonsense approach to losing weight and keeping it off. The Mayo Clinic Diet isn't a fad diet – it's an approach that draws on years of research from thousands of individuals seeking to lose weight. It's a plan for a sustainable lifestyle, not just a diet. By giving you concrete tools—like daily activity planners, delicious recipes, and tips for finding nutritious ingredients at the grocery store—this book will help you craft a tailored weight-loss plan that works best for your body. New to this edition, you'll find recipes and meal plans to fit a variety of eating styles, including keto, the Mediterranean diet, vegetarian and higher protein. Step by step, you'll learn the habits, tips and tricks that will help you lose weight and keep it off for good.



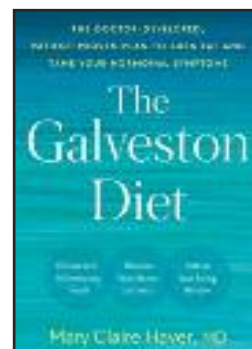
Sleep reimagined: the fast track to a revitalized life – by Pedram Navab; Countryman Press, an imprint of W.W. Norton & Company; New Health Books 616.8498 NAV.

Ditch insomnia in as little as 4 weeks with this 6-step therapeutic program for better sleep. Insomnia looks different for everyone. Whether it's caused by stress, a traumatic life event, or even a snoring partner, poor sleep can affect the quality of your waking life. But Dr. Pedram Navab wants readers to know that it's not a lost cause—falling asleep can be just as easy as waking up. With his cognitive behavioral therapy program, paired with relatable case studies of different sleep disorders, readers are guided to new and improved sleep in as little as 4 weeks. Sleep Reimagined teaches readers how to understand sleep, rewire their arousal system through therapeutic relaxation, practice sleep restriction and stimulus control, restructure attitudes towards sleep, use mindfulness intervention to continue cognitive components, and prevent insomnia relapse through planning.



The Galveston diet: the doctor-developed, patient-proven plan to burn fat and tame your hormonal symptoms – by Mary Claire Haver; Rodale Press; New Health Books 613.26 HAV.

"I haven't changed my diet or exercise habits and yet the scale keeps moving in the wrong direction. What's going on?!" Time and again, this is the question Dr. Mary Claire Haver's patients asked. At first, a practicing OB/GYN, she'd dutifully advise what she'd been taught in medical school: eat less and work out more. Then, Dr. Haver found herself in this exact predicament with the added issues of low energy, hot flashes, and brain fog. So she set out to develop a nutrition program that would meet her own and her patients' needs once and for all. Now, nearly 100,000 women have found success in Dr. Haver's unique plan for permanent weight loss and reduced menopausal symptoms by following her three interconnected strategies: Fuel refocus; intermittent fasting; and anti-inflammatory nutrition.

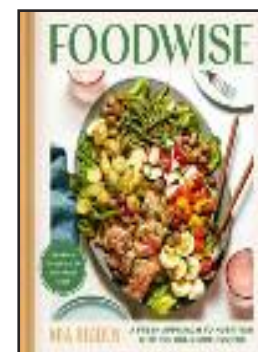


Foodwise: a fresh approach to nutrition with 100 delicious recipes – by Mia Rigden; Simon Element; New Health Books 613.2 RID.

Conquer cravings, reset your eating habits, and heal your relationship with food with this 21-day reset pro-

gram full of delicious, satisfying recipes from trained chef and nutritionist Mia Rigden. Foodwise is a reset for the mind, body, and soul. Created by board-certified nutritionist and trained chef Mia Rigden, this book will help you discover the best foods and routines for your body, establish healthy new habits

you love, and restore your ability to eat intuitively for radiant health—all it takes is twenty-one days. Foodwise also shares sought-after recipes and nutrition tips for anyone looking to improve their health or well-being—whether that's to lose weight, reduce stress, improve mood or focus, boost energy, or simply feel better.



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

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

MAR. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

BREAD BASKET FARMERS MARKET - Saturday's, 7:30am-1pm, Apr. 1 through Nov. 18, south end of West Ridge Mall.

BLEEDING KANSAS - Sundays from Jan. 29-Mar. 5, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this era. Adm: \$3 adults.

FRIDAY FISH FRY - Fridays thru March 31, 4-7pm, SacredHeart Catholic Church Hall, 312 NE Freeman Ave. Adults, \$10; 12 & under, \$5. Fish or Shrimp. Take-out available, (785) 234-6727. 5:30pm Stations. SacredHeart-StJosephCatholic.org

LAST SUNDAY FREE BREAKFAST BUFFET – Feb. 26, 8am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

ARAB SHRINE CIRCUS – Feb. 24-26, Stormont Vail Events Center.

COMIC CONVENTION – Feb. 25-26, Great Overland Station. Special guests, cosplay, geek boutiques, video games, board games, comics, books, tv & film.

STARSISTER REVIVAL – Mar. 3, 6pm, Redbud Park in NOTO. Part of First Friday events.

CAPITAL CITY CARNAGE DEMOLITION DERBY – Mar. 3-4, Stormont Vail Events Ctr. stormontvaileventscenter.com or 785-251-5552

MENTAL HEALTH SEMINAR – Mar. 4, 8:30 am–4 pm, SENT Topeka, 455 SE Golf Park Blvd. Understanding and Helping Youth with Problematic Sexual Behaviors. REGISTER: <https://senttopeka.com/.../mental-health-seminar.../> (785) 783-2535

25 ANNUAL MIDWEST CHRISTIAN COLLEGE EXPO – Mar. 4, 10am – 12pm, Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. 60 colleges from 17 states; free seminars. Special mini-seminar at 9am: "Navigating Through Faith and Science in College." Organized and sponsored by Metro Voice, Precision Print KC, area radio stations and more. 816-524-4522. MetroVoiceNews.com

RUN FOR EMPOWERMENT 5K – Mar. 5, 2pm, 1670 Naismith Dr. Lawrence. A run on KU's campus to help women who are facing an unplanned pregnancy. Swag bag for those who participate which includes a \$10 coupon to Ad Astra, a t shirt, and other goodies. The first place male and female runners will receive a \$75 cash prize. <https://runsignup.com/Race/KS/Lawrence/RunningforEmpowerment>

FROM THE LAND OF KANSAS 45TH ANNIVERSARY CELEBRATION – Mar. 6, 10am-2pm, Kansas State Capitol. Members of the From the Land of Kansas program will be offering samples of their products and showcasing their businesses.

61ST ANNUAL KANSAS PRAYER BREAKFAST – Mar. 7, 6:30-8am, Fellowship Bible Church, 6800 SW 10th. Doors open at 6:30 for breakfast, program at 7. Featured Speaker: Herbie Newell, Ex. Dir. of Lifeline Childrens Services. \$20/ticket. www.kansasprayerbreakfast.org

C5Alive "POWER" LUNCHEON – Mar. 9, 11:30-1 at Great Overland Station. Presenting business opportunities and event venue options in N. Topeka and NOTO Arts District. Also EasterFest preview!

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!


BLEEDING KANSAS


PROGRAM SERIES 2023

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON
2 p.m. Sundays • Suggested donation \$5 adults

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and the nation, 1854-1865

JANUARY 29	<p>"Kansas Day" "If I Went West, I Think I Would Go to Kansas": Abraham Lincoln, the Sunflower State, and the Election of 1860" by Jonathan Earle, Ph.D., Dean, Roger Hadfield Ogden Honors College Louisiana State University, Baton Rouge, Louisiana. <i>Special introduction by Suzanne Valdez, District Attorney, Douglas County, Kansas.</i></p>
FEBRUARY 5	<p>"The U.S. Army's Response to the Unrest in Kansas - 1855-1861" by Robert J. Smith, Ph.D., Director Fort Riley Museum, Ft. Riley, Kansas.</p>
FEBRUARY 12	<p>"John Brown, a lit match in a tinderbox" by Grady Atwater, Site Administrator, John Brown Museum and State Historic Site, Osawatomie, Kansas.</p>
FEBRUARY 19	<p>"John H. Matthew and 'The Lecompton Swindle' " by T. Kevin Griffin, Major (Retired) & MA</p>
FEBRUARY 26	<p>"Steamboats on the Kansas River" by Kendall G. Gott, Major (Retired) author, retired senior professor, Combat Studies Institute, Fort Leavenworth, Kansas. (Books signing following talk)</p>
MARCH 5	<p>"An 1869 Conversation with General Robert E. Lee" by Lane Smith, costumed historical interpreter. <i>Special introduction by Dr. Henschel L. Stroad, costumed Civil War Union officer historical interpreter.</i></p>





Constitution Hall State Historic Site
319 Elmore St. | Lecompton, KS 66050
785-887-6520 • www.lecomptonkansas.com

SAVE THE DATE: C5 POWER Luncheon, Apr. 13, 11:30-1.

TOPEKA WOMEN'S CONNECTION LUNCHEON – Mar. 9, 12-1:30, Aldersgate Village 7220 SW Asbury Drive. The speaker will be Gail Coleman, Salina. “Written on my Heart”. Gail, a dynamic speaker and self-published author, shares her heart from tragedy to transformation! Gail is a former home school mom who coached volleyball and basketball. MUSIC: Acapella Unlimited will share their beautiful music with us. Talented local artist, Natalie Becker, will talk about many forms of art including portraits she has created, as well as her work as a nail professional at Dillard's. Prepaid luncheon reservations are \$16 and are due by Mar. 3, by calling (785) 224-5268. No charge to attend the program only.

BIG DADDY WEAVE – Mar 15, 7pm, Fellowship Bible Church. transparentproductions.com

BLARNEY BREAKFAST – Mar. 18, 7 – 10am, Blind Tiger. All-you-can-eat breakfast buffet, drinks, entertainment, raffles, and more. Celebrity servers! All proceeds help your friends with disabilities served at Capper Foundation build their abilities. Info: Lacey Kinder, Communication Specialist, 795-272-4060 x 1165. Get discounted advance tickets online at <https://onecau.se/blarneybreakfast> or 8a-5p weekdays at Capper Foundation, 3500 SW 10th Ave

TOPEKA IRISHFEST – Mar. 18, 10am-5pm, Every Plaza. IrishFest 5k Fun Run, followed by a day of Irish music, food, dancing and a lot of laughter. Parade starts at noon.

MEET & GREET SPECIAL EVENT – Mar. 25, 2-4pm, First Southern Baptist Church 1912 SW Gage Blvd. Christians For Life presents Guest Speaker Sue Liljenberg, founder & director of Healing Hearts Ministries International, who was born & raised in Topeka. Hear how God used her fateful abortion to draw her to salvation, to healing, and to a life mission to reach post-abortive women & men with hope and healing only found in the Gospel. Discover how you can do the same in your churches and communities. Learn more & RSVP by March 15 at healinghearts.org/topeka23 or contact Shelly

Brush at shelly.b@healinghearts.org or 785-806-1871

“24 HOUR PLAYS: ARTS, Inc.” – Mar. 25, 7pm, Hussey Black Box Theatre at TPAC. A whirlwind of art, education, and community is coming to Topeka, giving writers, actors, directors, and stage managers a chance to create from scratch six new short plays and perform them for an audience – all within 24 hours. Applications are now online for area theatermakers to apply for a role in creating six original plays, up to 10 minutes each, to be performed Mar. 25.

HARLEM GLOBETROTTERS - Mar 26, 3pm, Stormont Vail Event Center. www.stormontvaileventscenter.com.

GREATER VISION CONCERT – Mar. 31, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. wwoodsnaz@wnnaz.org

TULIPS AT TWILIGHT - Every evening April 7-23, 7–10pm. Family fun! A luminary walk & electric light show. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Enjoy the evening with live music on Friday and Saturday nights, ice cream and a corn hole game. Admission for adults is \$5.00 with children 5 and under free. No pets allowed. Located at Old Prairie Town & Ward-Meade Park, 1st & Clay St., Topeka, KS.

8th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Apr. 8, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Health Fair will be 10-3, inside and outside Great Overland Station, including vendor booths, children's games, food, facepainting, pony rides, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, info@C5Alive.org or 640-6399

NOTO IN BLOOM – Apr. 22, 6-9:30pm. This unique event celebrates the best of NOTO – the art, the food, the experience – and its impact on the community.

FOCUS ON HUMAN TRAFFICKING – May 2, 9:30-10:30am, Sunflower Foundation on the former Menninger Campus, 5820 SW 6th. Prevention and Resiliency Services (PARS) and Safe Streets present a community education event, designed to spark engagement, increase awareness and understanding, and empower the community to be informed and vocal on challenges faced in Topeka. RSVP - <https://tinyurl.com/2p4yse37>

'KEEPER OF THE KINGDOM' VBS - June 12 to Family Fun Night, June 16, 6 - 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, & enemies! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene, Email: Lakenaz@aol.com

TEE-PAC GOLF TOURNAMENT - July 21,

Shawnee Country Club. A fundraiser for mainstage programming and capital improvements at the Topeka Performing Arts Center. The early bird registration price for a team of 4 is \$375, available until April 30th. Online registration deadline is July 7th. Registration will include lunch, 18-hole course and golf cart. Individual person registration is \$100. Lunch sponsor Iron Rail Brewing. Also silent auction and 50/50 raffle.

<https://www.topekaperformingarts.org/events/2023/teepac-golf-tournament>

ONGOING EVENTS:

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com

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@tsapl.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.,



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• 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.

Mar. 9, 11:30-1: “POWER” Luncheon

Featuring: Marketing opportunities

at Great Overland Station

Open to the public.

RSVP to info@C5Alive.org



Save the Dates!

- Apr. 8: **EASTERFEST** at Great Overland Station!
- Apr. 13: **POWER Luncheon**, 11:30-1
- May 11: **POWER Luncheon**, 11:30-1

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



TOPEKA Small Businesses:

Has your business been hurt by the pandemic?

WE WANT TO HELP!

We'll run your business card ad for 20 bucks!

It will be in thousands of printed copies of **Topeka Metro Voice** or **Health & Wellness** magazine around Topeka, and on social media.

Send your ad or information to **Lee Hartman at: voice@cox.net**

We'll make any changes you need & send you a proof.

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

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

TOPEKA NEEDLEWORK GUILD - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

TOPEKA LIONS CLUB - 1st 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

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.

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

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

"HEALING AFTER THE SUICIDE OF A LOVED ONE" ("HEAL") - or Survivors of Suicide (SOS). 1st & 3rd Tue., 6:30-8pm, Zoom meeting 1st Tue, and in-person meetings 3rd Tue. at First Congregational Church, 1701 SW Collins. No cost to attend. Informal meetings. Contact: Topeka.heals@gmail.com or Sandy at 785-249-3792

NARVE Meeting (Nat'l Assn of Railroad Veteran Employee) - Second Tuesday of each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd and 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversation and sharing and is open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates and info, go to "Weekly Class List" at www.highlandheightscc.com or 785-379-5642.

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

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

LADIES' EXERCISE - Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., London. 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

Kansas, let's be
pro-life for every life!

Defend the unborn and heal the broken.



Christians For Life invites you to join us for a special event
Saturday, March 25th, 2-4pm



First Southern Baptist Church, 1912 SW Gage Blvd.
Learn more & RSVP by March 15 at
healinghearts.org/topeka23 or contact Shelly at
shelly.b@healinghearts.org or 785-806-1871



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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

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

TOPEKA TWILIGHT LIONS BRANCH CLUB – 3rd Thursdays at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekaliions.org

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; 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

Bldv. 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.nara-nonmidwest.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., 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes to tickle your fancy.

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.

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

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Please com-

plete a volunteer application at hhhstopek.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

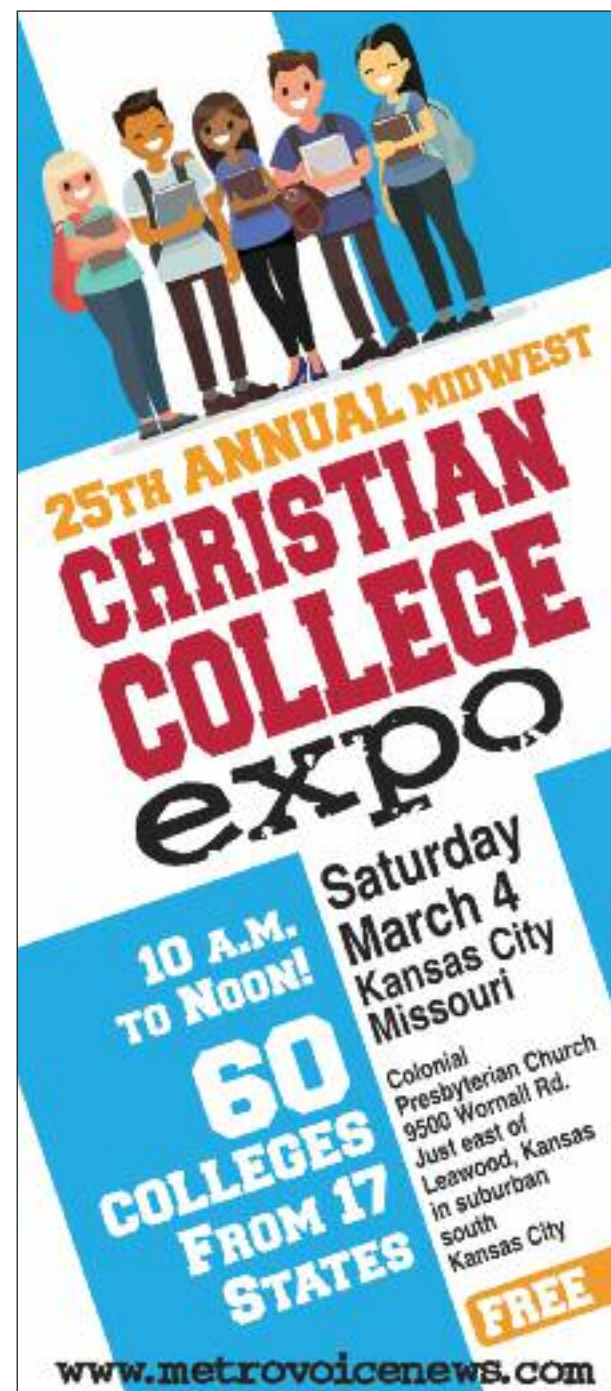
TopekaHealthandWellness.com



GREATER VISION
Concert at **The Woods** **March 31st**
7:00pm
• Doors open at 6pm • Freewill Offering
3501 SW Wanamaker Rd. • 785-273-2248 • wwwoodsnaaz@wnnaz.org



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25TH ANNUAL MIDWEST CHRISTIAN COLLEGE expo
10 A.M. TO NOON!
60 COLLEGES FROM 17 STATES
Saturday March 4
Kansas City Missouri
Colonial Presbyterian Church
9500 Wornall Rd.
Just east of Leawood, Kansas
in suburban south Kansas City
FREE
www.metrovoicenews.com

C5Alive Presents

8TH ANNUAL TOPEKA EASTERFEST

EASTER PARADE + FAMILY FUN FAIR!



It all takes place at Great Overland Station and on N. Kansas Avenue!

Fun Fair open 10 am - 3 pm at Great Overland Station, with Live Music 10:45 am - 3 pm!

Parade starts at 10 am at Garfield Park and goes to the tracks in NOTO. Big Egg Hunt follows parade at 11am at Great Overland Station! Food Trucks open 9 am - 3pm at Great Overland Station.

Vendor Market and Health Fair open 10 am - 3 pm at Great Overland Station, with craft stations, face painting, Easter Bunny photos, Petting Zoo, Inflatables, Carnival Games, Cup Cake Walks, Health exams, products & demonstrations: Dance, Gymnastics, Ballet, Vision Screening and more!

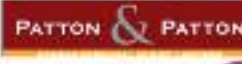
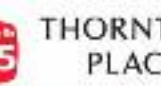
Volunteers needed! Contact:

info@C5Alive.org or 785-640-6399

For booth, sponsor & parade entry information:

info@C5Alive.org or 785-640-6399

Funds raised will be shared with a local non-profit serving local families



SATURDAY, APRIL 8, 2023 • 10 AM - 3 PM

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair