

TOPEKA

APRIL 2023

Health & Wellness

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MAGAZINE

**GET IN THE GAME
WITH SPORTS
FITNESS**

**FREE
TAKE ONE!**



Effects of alcohol on mental health
CDs can be part of your investment strategy

5 Ways to reduce everyday stress
Farmers Markets starting up again

Helping Topekans Live Happier, Healthier Lives Since 2015!

APRIL IS ALCOHOL AWARENESS MONTH

Join us to ignite more than **2 million** conversations about alcohol **#responsibility**.

AGES
6-11

Mom, can I have some?



- ▶ No, alcohol is not good for your growing body;
- ▶ No, this is a drink for adults;
- ▶ No, your brain is still developing; or
- ▶ No, just like you can't have coffee.

#TALKEARLY

...about alcohol.

@TalkEarly

AGES
10-13

Just because you drink doesn't mean you're drunk, right?



Right. Many factors affect whether you're drunk, including your gender, weight, how fast you're drinking, and whether you've had water and a meal with your drinks regardless of whether it's beer, wine, or liquor.



@AskListenLearn

@B4Udrink

Learn the facts about how alcohol affects your BAC

B4U
drink.org

These different amounts of alcohol have roughly the same effect on you.



12 OZ. BEER

5 OZ. WINE

1.5 OZ. LIQUOR

Underage drinking among 8-12 graders is down 39%.

↓39%

Hey dad, can I borrow the car?

Of course but pay attention, pay attention, pay attention.



AGES
15-18

@IKnowEverything

IKnowEverything.com

Parents are the most important driving instructors for teens. Visit for tips on how to make sure your teen "knows everything."

AGES
18-22

I'm having fun at college.



64% of college students do not binge drink

How are you spending your down time?

Now that you're away from home, I want to make sure you know the difference between low-risk and high-risk drinking.

Parents,
You're Not Done Yet

AGES
21+

I'm not sure how I'm getting home yet.



If you're headed out and plan to drink alcohol, enjoy yourself and be smart. Designate a non-drinking driver or take a taxi.

You should also know how alcohol affects your BAC.

69%

of American adults say they are extremely confident they drink responsibly.

74%

think ongoing conversations about responsible consumption are very important.

54%

believe the problems associated with the harmful consumption of alcohol lies with oneself *(i.e., personal responsibility)*.

RESPONSIBILITY.ORG

offers conversation starters to guide a lifetime of conversations.

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ON THE COVER:

Our cover this month features friends improving their fitness through sports. You will find many tips for your health & fitness, and lots of other useful information in the pages of this issue.



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We are also on Twitter at:
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You can also find us on Facebook at
www.facebook.com/TopekaHealthandWellnessMagazine.



This Quiz Could Save Your Life



1 FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

- A Toss a coin to decide whether to stop or go.
- B Stop. Let the train pass.



2 A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

- A The train is closer and faster than you think.
- B A train striking a car is like your car crushing a soda can.



3 WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

- A Slow down and prepare to stop if a train is coming.
- B Restrooms and recreation are ahead.



4 AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

- A Yes
- B No



5 A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

- A True
- B False




6 IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

- A True
- B False




Answers on page 12



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There are

261 DEATHS

EACH DAY

in the U.S. from excessive alcohol use.





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24-Hour Detox Line: 785-234-3448

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Effects of Alcohol on Mental Health

By Anabel Feauto, Health Promotion Specialist

Alcohol and mental health are closely connected. There are many reasons why people may drink. It is incorporated into celebrations, socializing, commiserating, or coping with sorrows. The short-term mood enhancers and relaxation from alcohol may not lead to a misuse issue for some, however, for many people it can. This can turn into a viscous cycle of using alcohol as a coping mechanism and becoming dependent on the substance. Alcohol can play a role in the development and progression of a mental health condition.



Anabel Feauto

Research has shown that those who heavily drink are more likely to develop a mental health condition. An alcohol use disorder is defined as a recurrent use of the substance that causes clinically significant impairments such as, health problems, disability, and failure to meet major responsibilities at home, work, or school. It is not uncommon for people to have an addiction to alcohol and also a mental illness at the same time, referred to as a co-occurring disorder. According to Substance Abuse and Mental Health Services Administration, 13.5 percent of young adults aged 18-25 had both a substance use disorder and any mental illness in the past year. If a co-occurring condition goes untreated, it is likely the symptoms of the mental health condition or alcohol misuse will get worse. Understanding how the impact of alcohol can negatively affect mental health is essential.

Those who experience significant alcohol issues are more likely to experience depression and anxiety. Similarly, individuals who experience depression and anxiety are frequently more likely to have alcohol use

issues. The relationship between a mental health challenge or condition and alcohol can be described as the following:

Depression and alcohol

If someone is experiencing depression, drinking may be a coping mechanism. This may have the short-term effect of making them feel better. However, becoming dependent on alcohol and using it as a coping mechanism can lead to a worsening of symptoms of depression.

Anxiety and alcohol

Alcohol can have a short-lived feeling of relaxation. If someone is experiencing anxiety, they may use alcohol as a coping mechanism to relax and then continue to drink more to have that feeling of relaxation. This can create a dependency to alcohol. Alcohol may also make anxiety worse with hangovers.

Suicide, self-harm, and alcohol

Heavy drinking can lead to suicidal thoughts and attempts. Because it can make people act more impulsive and lose inhibitions, alcohol may lead to actions such as self-harm or suicide.

There are other ways that alcohol can make mental health issues worse. Alcohol may interrupt sleep. Using alcohol can negatively impact sleeping patterns, which can increase fatigue and difficulty concentrating. Alcohol may interfere with medication. It can reduce the effectiveness of antidepressants and increase other side effects that can be dangerous such as drowsiness. Alcohol may increase risky behavior. Alcohol lowers inhibitions and can make people more likely to do things that they would not normally do.

If you are worried about how alcohol is impacting you or feel like it is affecting your mental health, there are numerous resources and help available. It is never too

early to address concerns, as an alcohol issue left untreated can get worse.

- Avoid situations where you may be tempted to drink. Think about other activities such as the movies or group classes in your community that don't offer alcohol.
- Reach out to someone you trust such as a family member or a friend. It can be helpful to have encouragement or to have offer support in finding treatment.
- Check online for resources on how to manage issues with alcohol.
- Reach out to anonymous national hotlines.
- Get connected to treatment options near you.

People who are struggling with alcohol misuse or a co-occurring disorder can recover. Because mental health challenges and substance misuse issues can co-occur, many alcohol misuse treatment centers offer skills and coping mechanisms for mental health challenges. If you are someone you love is struggling with alcohol misuse, please reach out and seek professional help.

Valeo's Recovery Center is located at 330 SW Oakley Avenue, Topeka KS 66606. Valeo's Recovery Center 24-Hour Detox Line is 785-234-3448.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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

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FINANCIAL FOCUS

CDs can be part of your investment strategy

In the financial world, stocks and stock-based mutual funds often get a lot of attention. And deservedly so, because they often form the core of a portfolio. But to help achieve your goals, you may also want to consider a broader array of investments — one of which may be a certificate of deposit (CD).

As you may know, a CD earns interest on a lump sum for a designated period. You can purchase CDs whose maturities range from a few months to 10 or more years. Generally, the longer-term the CD, the higher the interest rate, although this isn't always the case.

In recent years, CD rates have been pretty low, reflecting the overall interest-rate environment. But now, as the Federal Reserve has repeatedly raised interest rates to combat inflation, CD rates are rising, too. In fact, one-year CDs can currently be found paying in the 5% range — a rate that hasn't been seen in more than 15 years. Later in 2023, though, if the Fed eases up on rate hikes, or perhaps even starts reversing them, CD rates could fall again.

You can purchase a CD from a bank or buy a “brokered” CD from a financial services provider. The income you receive from a CD may be its main attraction, especially if the rates remain elevated for a while. But there's another key advantage to owning CDs: They can help diversify a portfolio of stocks and stock mutual funds that are generally more susceptible to movements in the financial markets. A portfolio that contains CDs, as well as bonds and government securities, can help reduce the effects of market volatility. Keep in mind, though, that diversification can't guarantee profits or prevent losses in a declining market.

While adding individual CDs can be valuable,



you might get a greater benefit from a more strategic approach known as laddering. You can build a CD ladder by buying a series of CDs that mature at different dates in the future — perhaps one month, three months, six months, nine months and 12 months out, or an even longer-term ladder of one to five years. In either case, as one CD matures, you can use the money if you need it or reinvest it to another “rung” on your ladder. If interest rates are up, the reinvestment option might be appealing, but if the available CD rates are lower than your maturing CDs, you could find better uses for your money. And you'd still have your longer-term CDs, possibly paying higher rates, working for you. You must evaluate whether a CD ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

The amount of space occupied by CDs in your portfolio should depend somewhat on your stage of life. If you're a long way from retirement, you may want to own a larger

percentage of growth-oriented investments. But once you're retired and getting more income from your portfolio becomes more important, you might find a greater need for CDs.

In any case, CDs may prove useful to your overall financial strategy — so give them some thought.

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

Edward Jones



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Brain on Fire: High Radiation Levels in the Home

Imagine sleeping at home and your bedroom walls are covered with EMF radiation equivalent to 2,250 cell phones. We have 15 smart meters on our outside bedroom wall. I measured my personal cell phone with a Trifield meter, and the EMF milligauss rating ranges from 1.0 to 72. When I measured the bedroom wall it tapped out when the milligauss reached over 99.

According to experts, a safe sleeping environment should be at .3 milligauss or less so that our bodies can heal. You could say that we were living in a microwave oven masquerading as our home.

Many people often talk about the toxins in the cleaning supplies, food, water, and personal care items. However, we also need to better understand the impact of electrosmog on our brains from cell phones, smart meters, and other electro-magnetic devices.

EMF Will Clump Your Red Blood Cells

We don't know the complete dangers of this hidden toxin, but it will clump your red blood cells and contribute to systemic inflammation and a lack of microcirculation. If we are exposed to too much radiation on a daily basis, the die off of the red blood cells may overload our spleen. After months of EMF overload, my brain hurt. I was crying from the pain. My doctor also discovered that my liver, kidneys and spleen were malfunctioning, and I gained excess weight.

Are Smart Meters Impacting Your Emotional Health?

Does your home have smart meter(s)? Apartment homes typically stack many of them on one outside wall. Did you know that on average, the radiation from one smart meter is equivalent to 150 cell phones? So, how does a body heal when there is radiation on and in the home 24/7? The short answer is ...It doesn't. You need to change your environment.

Question: What makes the impact of EMF worse?

Answer: If you are consuming products with heavy metals.

Often, there are heavy metals in our water and food supply if you are eating conventional foods and drinking unfiltered tap water. Toxins are stored in your fat cells, and since our brains are up to 70% fat, this creates a recipe



for irritability, irrational thinking, emotional breakdowns, depression, lack of memory, focus and joy.

For months, I was arguing with my husband, and we made excuses about it. So, if you are constantly arguing with your spouse or other family members, and you have smart meters or high levels of radiation in your living and work areas, don't file those divorce papers yet. Explore the man-made external factors contributing to your family's frustration.

Feeling More Agitated

For me, I transitioned from being the "Zen Girl" and active to feeling

like my brain was on fire. I was constantly feeling stressful, anxious and I had outbursts of anger. I could not process information and I no longer had interest in hiking and other fun things because I was too fatigued. I could not make out what people were saying even after they repeated themselves.

If this was happening to someone you know, one might think, depending upon their age, that one might have early onset dementia, Alzheimer's or ADD. The answer is... not likely. That is a programmed belief system and



an old narrative that does not serve you well. What you can do is look at the environment and better understand how the technology and chemicals are hurting your emotional and brain health.

How Many Meters Does Your Home Have?

Homes today may have 2 to 3 meters that measure your electrical, gas and water usage. In the past, people would come out to read the meters. Today, the signal is read electronically to save the corporations money on labor. While this is convenient, living with high levels of radiation 24/7 will negatively impact your health.

Solutions

What are the solutions? One, opt out of the smart meter programs. Unplug WIFI when you are not home and at night before bed. Hardwire your technology. Try EMF blocking paint, explore the use of a faraday sleeping blanket, hats, capes and more. Explore using Pulse Electric Magnetic Frequencies (PEMF) to help your body harmonize the negative EMF. I use these daily. PEMF frequencies increase microcirculation, get rid of waste, increase nutrient absorption, and align your body with the Schuman Resonance.

But how will it make you feel? When my family uses PEMF, we find it increases our mental and emotional capacity. We have greater bandwidth to process information and be present in the moment. We feel energized, centered and focused. Beware, not all PEMF devices are created equal, and some will cause harm. Reach out to better understand the differences. Take time to educate yourself about the various PEMF signals and how they interact with the body.

Free consultations are available about Toxic Free Living.

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

- Jodi L. Suson-Calhoun,
MBA, Nutritionist, Medical Intuitive, Human Behaviorist

847-738-0242

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



FINANCIAL HEALTH & WELLNESS

Dirty Dozen: Watch out for scammers using email and text messages

With the filing deadline quickly approaching, the Internal Revenue Service is urging everyone to remain vigilant against email and text scams aimed at tricking taxpayers about refunds or tax issues. The Dirty Dozen is an annual IRS list of 12 scams and schemes that put taxpayers at risk of losing money, personal data and more.

Taxpayers and tax professionals should be alert to fake communications posing as legitimate organizations in the tax and financial community, including the IRS and states. These messages arrive in the form of an unsolicited text or email to lure unsuspecting victims to provide valuable personal and financial information that can lead to identity theft. There are two main types:

- Phishing is an email sent by fraudsters claiming to come from the IRS or another legitimate organization, including state tax organizations or a financial firm. The email lures the victims into the scam by a variety of ruses such as enticing victims with a phony tax refund or frightening them with false legal/criminal charges for tax fraud.
- Smishing is a text or smartphone SMS message that uses the same technique as phishing. Scammers often use alarming language like, "Your account has now been put on hold," or "Unusual Activity Report" with a bogus "Solutions" link to restore the recipient's account. Unexpected tax refunds are another potential target for scam artists.

The IRS initiates most contacts through regular mail and will never initiate contact with taxpayers by email, text or social media regarding a bill or tax refund.

Never click on any unsolicited communication claiming to be the IRS as it may surreptitiously load malware. It may also be a way for malicious hackers to load ransomware that keeps the legitimate user from accessing their system and files.



Individuals should never respond to tax-related phishing or smishing or click on the URL link. Instead, the scams should be reported by sending the email or a copy of the text/SMS as an attachment to phishing@irs.gov. The report should include the caller ID (email or phone number), date, time and time zone, and the number that received the message.

Taxpayers can also report scams to the Treasury Inspector General for Tax Administration or the Internet Crime Complaint Center. The Report Phishing and Online Scams page at [IRS.gov](https://www.irs.gov) provides complete details. The Federal Communications Commission's Smartphone Security Checker is a useful tool against mobile security threats.

The IRS also warns taxpayers to be wary of messages that appear to be from friends or family but that are possibly stolen or compromised email or text accounts from someone they know. This remains a popular way to target individuals and tax preparers for a variety of scams. Individuals should verify the identity of the sender by using another communication method; for instance,

calling a number they independently know to be accurate, not the number provided in the email or text. Help stop fraud and scams

As part of the Dirty Dozen awareness effort, the IRS encourages people to report individuals who promote improper and abusive tax schemes as well as tax return preparers who deliberately prepare improper returns. To report an abusive tax scheme or a tax return preparer, people should mail or fax a completed Form 14242, Report Suspected Abusive Tax Promotions or PreparersPDF and any supporting material to the IRS Lead Development Center in the Office of Promoter Investigations.

Mail:

Internal Revenue Service Lead Development Center
Stop MS5040
24000 Avila Road
Laguna Niguel, California 92677-3405
Fax: 877-477-9135

Alternatively, taxpayers and tax practitioners may send the information to the IRS Whistleblower Office for possible monetary reward. For more information, see Abusive Tax Schemes and Abusive Tax Return Preparers.

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC
300 SE 29th, Suite C
Topeka, Kansas 66605
Tel: 785-286-7899
Frontdesk@peggystaxks.com

Farmers Markets starting up again

The idea of the Farmer's Market is as old as time. In times past, markets were the centers of towns and villages, the place people gathered to buy or barter goods and services, and to catch up on village news. Today, Farmer's Markets are thriving throughout the US and other countries, providing quality, healthy produce fresh from the field, preserving local farms, revitalizing downtown areas and creating a social opportunity for city and country folks to come together.

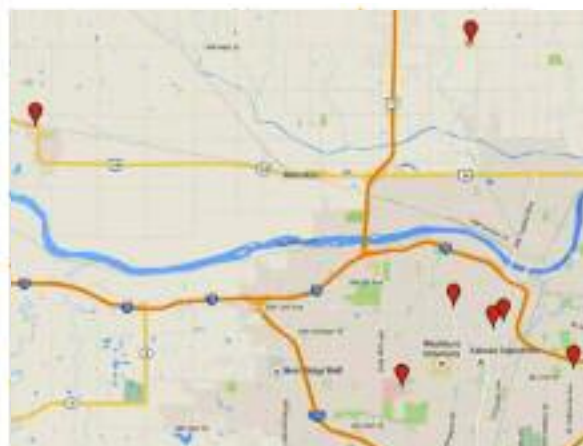


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of every meal consist of fruits and vegetables.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables. Fresh fruits and vegetables are the primary focus at the markets. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of Topeka's Farmers Markets often this year for a taste of one of Topeka's most loved traditions, and your health will be the better for it.

Find a Farmers Market Near You



View each market on the map at heartlandhealthyneighborhoods.org

A Farmers Market is a venue at which farmers sell agricultural products and food directly to the general public. Consumers get to build unique relationships directly with the people that grow our foods.

As a coalition, Heartland Healthy Neighborhood recognizes that community design features- like farmers markets, sidewalks, bike lanes, and healthy food retail-makes it easier to be healthy in Shawnee County and we support our local farmers markets.

Learn more about our community's health at heartlandhealthyneighborhoods.org or like us on Facebook.



Suggestions to Ussa Staley, estaley@tsccol.org

Breadbasket Farmers Market

1901 SW Wanamaker Rd, Topeka
South end West Ridge Mall parking lot
Saturdays 7:30am - 1:00 pm

Open April 1



Downtown Topeka Farmers Market, Inc.

12th and Harrison, South of Judicial Building, Topeka, KS 66612
Saturdays 7:30 a.m. - 12:00 p.m.

Open April 8 - Oct. 28



Monday Market @ Your Library

Topeka and Shawnee County Public Library
1515 SW 10th Ave., Topeka, KS 66604
Mondays 7:30 a.m. - 11:30 a.m.

Open May 8 - Oct. 2



Silver Lake Farmers Market

Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. - 8:00 p.m.

No opening date available

East Topeka Farmers Market

Topeka Housing Authority
2010 SE California, Topeka, KS 66607

No opening date available



Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618

No opening date available

Lawrence Farmers Market

Sat. 7:30-11:30
824 New Hampshire Street
Open April 8

Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts
Open May 9

- Some markets accept SNAP and offer Double-Up programs to provide twice the amount of produce to consumers using their SNAP/EBT card.
- Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
- In Kansas, the program is known as the Food Assistance Program.
- Learn about eligibility and complete the Online Application for Benefits at <http://www.dcf.ks.gov/> to or visit DCF Office Location for Topeka/Shawnee County, 500 S.W. VanBuren, Topeka, KS 66603 or call 785-296-2500.



MAP vehicle serves homeless in Topeka

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

Services offered include:

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



APRIL SCHEDULE Tuesday & Thursday



**MOBILE ACCESS
PARTNERSHIP**
Topeka Rescue Mission's
homeless hotline:
785-230-8237

TRM

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

VALEO

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STORMONT

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Please call 785-270-4440 to set an Appointment. Bi-lingual staff available.

FREE LIFELINE PHONES

Government phone program (EBT award letter and ID required to qualify)

STREET DOG COALITION

Vaccines for pets, Parasite control, Spay/Neuter



Apr. 4 • 9:00-3:00

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

Apr. 6 • 9:00-3:00

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

Apr. 11 • 9:00-3:00

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

Apr. 13 • 9:00-3:00

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

Apr. 18 • 9:00-3:00

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

Apr. 20 • 9:00-3:00

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

Apr. 25 • 9:00-3:00

Southern Hills
511 SE 37th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Apr. 27 • 9:00-3:00

Southern Hills
511 SE 37th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Questions about MAP
Please contact Jenny Falk
Director of MAP Operations
at jfalk@trmonline.com

Answers to Quiz from page 3

1

FLASHING RED LIGHTS AT HIGHWAY-RAIL GRADE CROSSINGS REQUIRE MOTORISTS TO:

A Toss a coin to decide whether to stop or go.

B Stop. Let the train pass.

STOP and wait for the train. Flashing lights must be treated like a stop sign. Proceed only when it is safe to do so.



2

A TRAIN IS APPROACHING. ARE THESE STATEMENTS TRUE?

A The train is closer and faster than you think.

B A train striking a car is like your car crushing a soda can.

YES, both statements are true. If it's a tie at the crossing, you lose.



3

WHAT DOES THE ADVANCE WARNING SIGN NEAR A HIGHWAY-RAIL GRADE CROSSING MEAN?

A Slow down and prepare to stop if a train is coming.

B Restrooms and recreation are ahead.

SLOW DOWN. Look and listen for a train. Stop if a train is coming.



4

AT A CROSSING WITH TWO OR MORE TRACKS, SHOULD YOU PROCEED AS SOON AS THE LAST RAILCAR CLEARS THE CROSSING?

A Yes

B No

NO. Wait for a clear view in both directions. Make sure another train is not coming from either direction.



5

A TRAIN CAN BE EXPECTED ON ANY TRACK AT ANY TIME.

A True

B False

Definitely TRUE. Don't be fooled by your familiarity with a crossing. Trains run anytime, day or night.



6

IT'S NEVER SAFE TO DRIVE AROUND CROSSING GATES.

A True

B False

TRUE. NEVER drive around gates. You are violating the law and endangering your passengers. You must not proceed until gates go up and lights go off.



5 Ways to Reduce Everyday Stress

Deadlines, responsibilities, bills -- there are so many causes of stress in our lives. Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long. Indeed, common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is Stress Awareness Month, consider these strategies for relieving stress.

- **Aromatherapy:** Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors:** Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports. Support your adventures with water-resistant wearable tech, like the WSD-F20 ProTrek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten



path and better appreciate your surroundings.

- **Meditate:** Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

- **Enjoy music:** Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need. To faithfully reproduce the

sounds of acoustic instruments like guitars, drums, basses, brass, wind instruments, string ensembles and more, you don't need an entire music studio full of separate instruments. The upgraded technology and sound quality found in digital pianos like Casio's CT-X700, which includes the new AiX SoundSource, reproduces subtle nuances and gestures specific to each sound.

- **Keep a journal:** Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This Stress Awareness Month and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

Source: StatePoint



Lung Cancer: Using AI to Make a Critical Catch!



(Ivanhoe Newswire) —

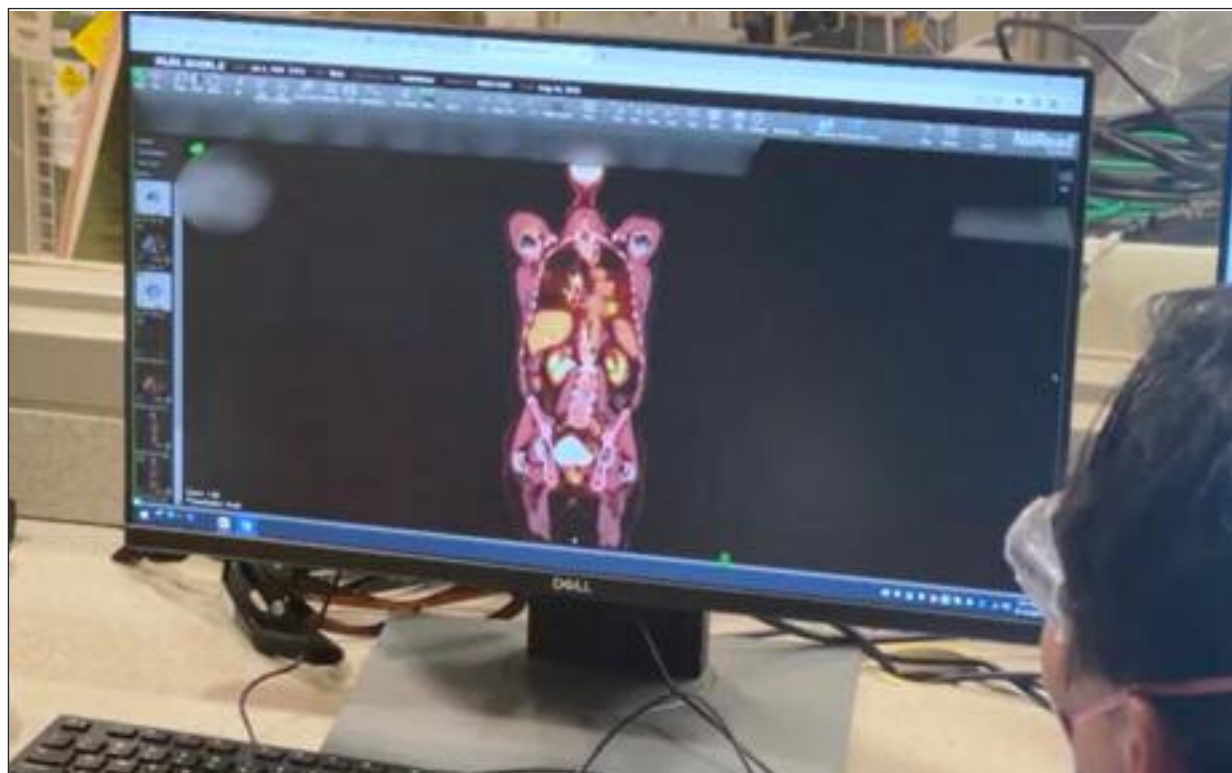
Lung cancer is the second most common cancer in the United States in both men and women. One hundred twenty-seven thousand people will die from it this year. It's often caught in a later stage but when doctors detect it early, it can be cured. Researchers are now looking at a program – using artificial intelligence – to catch the tiniest cancers that might be easy to miss.

Steven Porter is his family's historian, curating old photos and tracing his roots on genealogy websites. Porter says there's no history of cancer in his family but as a former smoker, his doctor advised him to get screened.

"In 2022, I went and that's when they found the solid nodule. They took enough of it during the biopsy that they knew they had it all," Porter recalls.

Porter knows he's lucky and he's in the minority. Only six percent of all Americans eligible for lung cancer screening with a low-dose CT scan actually get it done. But now, there's a new program to detect tiny lung spots, or nodules that might otherwise go undetected.

Ohio State researchers and clinicians have created a system to evaluate all CT scans, not



just those of lung cancer patients.

"If they've had a heart attack, if they've had a motor vehicle or accident. If they've had a pneumonia and they undergo a CT scan," explains Ohio State Wexner Medical Center interventional pulmonologist, Jasleen Pannu, MD.

The team uses automated natural language processing tools – artificial intelligence – to evaluate written radiology reports.

Dr. Pannu further explains. "If there is a radiologist that has reported a lung nodule of a certain size, these can be flagged and followed up."

Dr. Pannu says when nodules are detected unexpectedly, the patient's CT scan is further evaluated so they won't fall through the cracks. Steven Porter's screening was scheduled but either way, he knows the importance of catching the cancer early.

Dr. Pannu says at Ohio State alone, 1,000 new, early-stage cancers could be caught by

screening lung nodules found unexpectedly. She says when patients come into the hospital for emergency treatment and undergo CT scans, tiny nodules can be overlooked because the medical team is focused on the emergency at hand.

The symptoms of lung cancer can be subtle and often not noticeable until the disease is advanced. Early detection of lung cancer is critical for improving patient outcomes and increasing the likelihood of successful treatment. While most cases arise in elderly people, anyone of any age can be affected. Survival rates regarding lung cancer vary amongst the type and stage of the disease.

Lung cancer has two main types, small cell lung cancer and non-small cell lung cancer. Risk factors can include smoking, second-hand smoke, radon gas released, family history, chronic lung diseases, radiation, and diesel exhaust. The most common methods of testing for the disease include, chest x rays, chest CTs, bronchoscopy, and sputum cytology.

Make Your Home Accessible for Wheelchairs or Walkers

After an injury, surgery, or hospitalization, you may be required to use a mobility aid to get around. But the average home isn't designed for navigation with things like a wheelchair or walker.

Fortunately, you can prepare or modify your home to make it more accessible and comfortable for you to get around. Follow these tips – and be sure to talk to your doctor and the rest of your care team, such as your occupational therapist, about what specifically applies to you.

Navigate Your Living Space with Your Home Health Team

When you're first transitioning to using a walker or wheelchair, it can be helpful to have someone, like your home health agency's physical or occupational therapist, or a trusted friend or family member, to walk alongside you. This person can help you remember the right posture to use with your mobility aid and assist you in identifying safe paths to take through your home.

Try a variety of routes through your home, such as moving from the living room to the bathroom, bedroom to kitchen, and other common paths you'll take.

Rearrange Furniture to Create Clear Pathways

Typically, home furnishings aren't optimally arranged when you first return home from the hospital or your surgery and require the use of a mobility aid, like a walker, scooter, cane, or wheelchair.

You can proactively rearrange your furnishings before your surgery, or you can ask your loved ones to help you. Never try to rearrange heavy sofas, chairs, or cabinets without assistance, and always use proper lifting techniques. If necessary, you can even hire a local moving company to rearrange your furniture.

If you have too many furniture items in your home to create clear pathways, then you may wish to rent a storage unit or move certain pieces to the basement or into an unused room. Although your home health agency cannot help you with this, they can suggest tips for what to keep and where so that you can safely navigate.

Clear Obstructions

Now that you've moved furniture out of the way to create pathways, consider other types of obstructions. Do you have an area rug with an edge that likes to curl? Are there tripping hazards near your main entryway, such as a shoe rack or coat tree?

Removing minor obstructions like these can help ensure you stay upright on your walker or don't bump into any surprises in your scooter or wheelchair. You can always put your area rugs back down when you're more stable on your feet.

Consider Shower Stall Upgrades and Accessories

Bathing and navigating in small bathrooms can be difficult when you rely on a walker or wheelchair. Unfortun-



nately, your medical insurance can only cover durable medical equipment, and that doesn't include remodeling your bathroom to create an accessible shower stall.

Luckily, there are a few cost-effective ways you improve your bathroom's accessibility.

- An extra-wide shower chair. With one set of feet outside your bathtub and the other inside it, you can carefully slide yourself over into the tub in order to bathe.
- A bathtub cut conversion kit. With this kit, your handyman – or a handy relative – can create a step-in shower stall for you, without having to fully remodel your bathroom. Although a wheelchair cannot roll into a converted bathtub, it reduces the height you'll need to bend your knees to gain entry into your bathtub-shower combination.
- Safety bars. Installing metal safety bars in your shower can help you maintain your balance and prevent falls.

Widen Doorways As Needed

As your home care assistance team helps you navigate your home in your walker or wheelchair, you may notice that a few of your doorways simply aren't wide enough to accommodate your mobility aids. If you don't need to access these rooms and will only be using a wheelchair for a short while, you can move important items into a room you can more easily access.

However, if you'll use a wheelchair for the rest of your life, widening doorways is a necessity.

Add Ramps or a Chairlift

If you can't climb stairs, there are options to make your home temporarily or permanently accessible to you. For long flights of stairs, a chairlift carries you up and down between stories of your home. You can rent a chairlift and have it installed in your home.

You may also need a ramp for shorter runs of stairs, such as to get onto your front porch or back deck. A split-level home with a few stairs leading to the bedrooms, may require either a chairlift or a ramp.

Use a Lower Table Surface for Food Preparation

If you're in a wheelchair, or if you need to rest on the seat of your rollator walker, then it's likely you'll want a lower table surface for preparing your meals. A small kitchen

table can serve this purpose quite nicely. However, if you need a permanent solution, remodeling your kitchen with lower countertops and bottom cabinets is a surefire way to help you maintain your independence.

Ask Your Occupational Therapist for Suggestions

With your doctor's orders, your home health agency can send an occupational therapist to visit you and help identify where your home may need slight modifications as you recover and heal. They also can show you how to safely navigate through narrow hallways, into your bathroom, and around your bedroom.

Get Help From a Home Care Agency

One way to make living at home a little easier is with the help of a home care agency, like Phoenix Home Care & Hospice. Our nurses and therapists help to ensure you're recovering well after a surgery, accident, or hospitalization. Your nurse can monitor your condition, care for your wounds, teach you to change and manage your catheter, help with tube feedings, and much more. Following your patient care plan, your team will help you live with dignity as you navigate your health – and your home. We can even offer home care assistance services, such as light housekeeping, meal preparation, and more, through our private duty care offering.



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

Phil Melugin, President/CEO
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Get in the Game with Sports Fitness

Participating in sports can be a great way to get more active or stay that way. Most sports require a combination of strength, endurance, flexibility and balance. They usually involve regular practice, which helps you stay active. And the goal of competing with others or improving your own performance can be a great motivator.

The amount and intensity of activity will vary with each sport. For example, you wouldn't get the same workout from volleyball as from soccer. Some sports offer moderate levels of activity, and some are more vigorous.

What's the difference?

Moderate activity means your heart is beating faster and you're starting to get warm. You can usually talk or carry on a conversation while you do it, but you'll be breathing heavier.

Vigorous activity means your heart is beating much faster and you're probably sweating. You may only be able to say a few words before getting out of breath.

The weekly goal for adults is at least 150 minutes of moderate exercise OR 75 minutes of vigorous exercise OR a combination of the two. Kids should get at least 60 minutes of moderate to vigorous activity every day.

Here are just a few examples:

Moderate Activity

- Softball
- Volleyball
- Downhill Skiing
- Golf
- Ballroom dancing
- Hunting & Fishing
- Table Tennis (ping pong)
- Tennis (doubles)

Vigorous Activity

- Soccer
- Basketball
- Snowshoeing
- Hockey
- Football
- Racquetball
- Boxing or sparring
- Tennis (singles)

Do you prefer the continuous activity of soccer or basketball... or the precision of golf or archery? Do you enjoy the team atmosphere of volleyball or softball... or the one-on-one competition of racquetball or boxing? Choose sports and recreational activities that fit



your personality, so you'll be motivated to stick with them.

Team and individual sports can be a fun way to meet some of your family's activity goals. Many cities have amateur leagues for kids and adults. Look for opportunities through your workplace, school or community recreation center.

Accentuate the positive to make lasting health changes

Why is reaching a health goal sometimes so difficult? Is your willpower really that weak?

According to the latest research, your self-discipline may not be the problem. Instead, the key to maintaining your motivation is in your approach.

Most people concentrate on the end goal and believe this will supply them with the discipline and willpower to achieve that goal. But daily life and stresses constantly interfere, blurring your ultimate goal and your resolve along with it.

Try these techniques to stay motivated.

Set clear goals

Match your daily actions to support your goal. If you

want to be more active, park farther from the door. If you want to eat healthier, replace the candy bowl at work with a fruit bowl.

Start small. Want to lose 25 pounds? Don't make that your initial goal. Make small changes you can accomplish: Bring your lunch to work or take a walk several nights per week.

Set new goals based on your reality. If you only packed a healthy lunch one day last week, don't beat yourself up. Think about how you achieved your goal once. Now aim for two days next week.

Do what you love. Do you like rollerblading? Do more of that. Like apples but not broccoli? Eat more apples. Selecting the right

activities is the most proven way to feel good about living healthier.

Enjoy the process

Review your feelings. Did you genuinely like an activity? Is there something you'd like to do more? When you reflect, you'll be more likely to leave behind what doesn't work.

Be mindful. Focus on a conversation with your exercise partner. Notice the beauty of nature, or the movement of your body. Being in the present will increase your enjoyment of the activity.

Let go of negative thoughts. This doesn't mean ignoring them. Rather, reevaluate your response to focus on positive feelings and accomplishments.

Adopt a growth mindset

Understand the process of mastery. A "growth" mindset means you know you can develop your abilities and keep adapting. Think of a time you didn't know how to do something, then practiced it, got better and eventually mastered it.

This can help you bounce back from setbacks and mistakes. Keep in mind that you are practicing how to live a healthier lifestyle and learning more about yourself each day.

Try a "saying is believing" exercise. Imagine writing a letter to someone else struggling with the same issue you are. What advice would you give? Think about how another person could respond and put those same responses into action for yourself.

Celebrate your wins!

Success bolsters more success. As you achieve each goal, take a moment to recognize your accomplishment. Celebrating these wins will give you momentum to go after your next goal and give you a sense of purpose and pride.

What about stretching?

You know exercise is important, but what about stretching? Does stretching take a back seat to your exercise routine? Not so fast.

Stretching may help you improve your range of motion and decrease your risk of injury, among other benefits.

Understand why stretching can help and how to stretch correctly.

Studies about the benefits of stretching have had mixed results. Some research shows that stretching doesn't reduce muscle soreness after exercise. Other studies show that lengthening the muscle and holding the stretch immediately before a sprint may slightly worsen performance.

However, research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints.

Better flexibility may:

- Improve your performance in physical activities
- Decrease your risk of injuries
- Help your joints move through their full range of motion
- Increase muscle blood flow
- Enable your muscles to work most effectively
- Improve your ability to do daily activities

You may learn to enjoy the ritual of stretching before or after hitting the trail, ballet floor or soccer field.

Before you plunge into stretching, make sure you do it safely and effectively. While you can stretch anytime, anywhere, proper technique is key. Stretching incorrectly can actually do more harm than good.

Use these tips to keep stretching safe:

- Don't consider stretching a warmup. You may hurt yourself if you stretch cold muscles. Before stretching,



warm up with light walking, jogging or biking at low intensity for 5 to 10 minutes. Even better, stretch after your workout when your muscles are warm.

Consider skipping stretching before an intense activity, such as sprinting or track and field activities. Some research suggests that pre-event stretching may actually decrease performance. Research has also shown that stretching immediately before an event weakens hamstring strength.

- Strive for symmetry. Everyone's genetics for flexibility are a bit different. Rather than striving for the flexibility of a dancer or gymnast, focus on having equal flexibility side to side (especially if you have a history of a previous injury). Flexibility that is not equal on both sides may be a risk factor for injury.

- Focus on major muscle groups. Concentrate your stretches on major muscle groups such as your calves, thighs, hips, lower back, neck and shoulders. Make sure that you stretch both sides. Also stretch muscles and joints that you routinely use or that you use in your activity.

- Don't bounce. Stretch in a smooth movement, without bouncing. Bouncing as you stretch can injure your muscle and actually contribute to muscle tightness.

- Hold your stretch. Breathe normally and hold each stretch for about 30 seconds; in problem areas, you may need to hold for around 60 seconds.

- Don't aim for pain. Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

- Make stretches sport specific. Some evidence suggests that it's helpful to do stretches involving the muscles used most in your sport or activity. If you play soccer, for instance, stretch your hamstrings as you're more vulnerable to hamstring strains.

- Keep up with your stretching. Stretching can be time-consuming. But you can achieve the most benefits by stretching regularly, at least two to three times a week. Even 5 to 10 minutes of stretching at a time can be helpful. Skipping regular stretching means that you risk losing the potential benefits. For instance, if stretching helped you increase your range of motion, your range of motion may decrease again if you stop stretching.

- Bring movement into your stretching. Gentle movements, such as those in tai chi, Pilates or yoga, can help you be more flexible in specific movements. These types of exercises can also help reduce falls in older adults. Also, try performing a "dynamic warmup." A dynamic warmup involves performing movements similar to those in your specific sport or physical activity at a low level. Then you speed up gradually and add intensity as you warm up. Some people may also choose to add foam rolling before working out along with a dynamic warmup.

If you have a chronic condition or an injury, you might need to adjust your stretching techniques. For example, if you already have a strained muscle, stretching it may cause further harm. Talk to your doctor or physical therapist about the most appropriate way to stretch if you have any health concerns.

Also remember that stretching doesn't mean you can't get injured. Stretching, for instance, won't prevent an overuse injury.

Final thoughts

Sports can be a great way to get in shape or stay that way. Having a specific goal can be a great motivator. Physically, you need strength and endurance. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones.

Remember to listen to your body. If you frequently feel exhausted or you are in pain, you may be overdoing it. Injuries can be the result. And be sure that you use your body and your equipment safely. What you eat and drink is also important. Water is the most important nutrient for active people. Drink it before, during and after workouts.

10 Health Benefits of Being Outdoors

By Ashley Martens

Many of us spend the majority of our day inside. Whether we are at home, work in an office, or find ourselves running back and forth between the home and the office, spending time outdoors can be very limited depending on our lifestyles. Unless it is the warmer weather seasons of spring and summer, a lot of us opt for staying indoors most of the time. However, spending time outdoors in Mother Nature hosts a variety of health benefits. Here are some of the health benefits of being outdoors.

1-Being outdoors provides opportunities to be physically active: According to the CDC, spending time outdoors presents moments to be physically active. As noted by the U.S. Department of Agriculture Forest Service, “Being outside in green spaces supports an active and healthy lifestyle, which has shown to increase life expectancy, improve sleep quality and reduce cancer risk.” The US Forest Service even states that some studies have shown natural outdoor environments in urban spaces are more enticing for physical activity and are more likely to motivate people to exercise, leading to higher levels of fitness.

Whether it is gardening in the backyard, hiking the local

trails or walking around the community park with your pet, being outdoors can inspire us to get moving and stay active with daily forms of physical activity.

2-Better sleep: If you are having trouble falling asleep at night, try spending some more time outside. According to Stanford Medicine, “Findings published in Preventive Medicine show that increasing the amount of time you spend outdoors can improve sleep quality, particularly for men and people over the age of 65.” No matter what age you are, spending time outdoors can do wonders if you are looking to clock better quality zzz’s every night.

3-Bolsters mental health: Besides physical benefits, being outdoors touts mental health benefits as well. “There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery,” notes the US Forest Service. “Studies have shown that being in nature can restore and strengthen our mental capacities, increasing attention, cognition and focus.”

4-Can lessen pain: Earthing, a practice in which you stand barefoot in nature, has been shown to ease inflammation and pain. Even if you prefer to keep your shoes on (we get it), spending time outdoors can shift your focus away from any physical pain you may be feeling and bring your attention and focus to other things you see instead.

5-Creates connection and community: Another major component of mental health that many people do not think about is social connection. The outdoors serves as a venue to come together with friends and family and connect with the larger community. Being outdoors provides space for all of us to come together. Whether it is gathering under a tree for conversation or walking along trails, Mother Nature provides a beautiful backdrop for community connection and social gatherings.

6-Fresh air gives you a fresh take: Have you ever been inside working all day and all of a sudden you hit a wall and need to take a break, like right now? (Us too.) When



this happens, most times we head outdoors for a walk around the block and a quick change of scenery. It is amazing how spending time outdoors in nature can give you a fresh take on things. One study from Stanford University even found walking can improve creativity.

7-Helps with happiness: As noted by the American Psychological Association (APA) “Contact with nature is associated with increases in happiness, subjective well-being, positive affect, positive social interactions and a sense of meaning and purpose in life, as well as decreases in mental distress.” You can see the full research study here. If you are feeling out of sorts and are looking for a low-lift way to boost your mood, spend some time outdoors.

8-Increases vitamin D levels: Exposure to sunshine thereby gives us exposure to vitamin D. Also known as the “sunshine vitamin,” Harvard Health reports research that suggests vitamin D may have protective effects against everything from cancer to depression to heart attacks and stroke. If you plan on spending time outdoors, always remember to use a proper UVA/UVB skin screen to protect your skin from the sun’s rays.

9-Outdoor time can also give you alone time: Outdoor activity is the new me-time. Even when you are outdoors with a group of people, time spent outside can present mini moments all to yourself. Outdoor activities with a group are great, but there will also be certain moments that are exclusively your own, separate from group participation. It could be enjoying a moment of sunshine on your face or listening to the wind rustling in the trees. You can still find peace and quiet even while in a group.

10-Time outdoors may also promote mental health and stress reduction: Studies have shown that being outside in nature is relaxing, which can reduce our cortisol levels, heart rates, muscle tension and overall stress levels, all of which are factors for cardiovascular disease.





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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...

Ditch Your Dadbod to Honor God and Your Family

Being a dad is hard work. It takes a lot of physical, mental and emotional energy to train up a child according to the bible. It can be easy to use your busy life as an excuse for letting your health and physical appearance fall by the waist side. You might think that trading a workout for more playtime with your kids is honorable.

Do It For Yourself

All too often one of the first things new dads abandon is their own self care, specifically anything having to do with improving their own personal health and wellness. Time becomes scarce and the kids become the main priority.

This happens with the best of intentions. The problem arises when doing what's best for your family trumps your own mental and physical wellbeing. Abandoning your own needs for the needs of your loved ones is an honorable gesture, but one that will eventually have you feeling very negatively about yourself.

You can turn this around by focusing on a couple of things. Committing to exercise regularly and eat healthier provides dads with numerous benefits, including improved mood, energy boost, setting the example for your kids and enhanced creativity and memory recall.

Making the decision to stop using your kids as the excuse for your slipping health and wellness is step one. Step two is taking action to get rid of your dadbod and keep it away for good.

Do It To Honor God

Part of following Jesus includes taking your health seriously. One of the more well-known bible verses that speaks to this is when the apostle Paul talks about our body as the temple of the holy spirit.

For the Israelites the temple was God's original dwelling place. The temple was treated with reverence, respect, and honor. We are to mimic this attitude with our own bodies. This means, among other things, being careful about what we put into our bodies and refusing to use excuses for why we slowly let our bodies atrophy as we get older. It is our duty to honor God with our bodies by eating right, engaging in physical activity, as well as being intentional about prayer and meditation to keep our minds and hearts in alignment with the purpose He has for our lives.

You need to find the right balance that will allow you to keep your temple holy, while also not turning this type of activity, or lifestyle into an idolatrous act.



Your health is a key factor in honoring God, but you must remember that Satan can twist your mindset into focusing on insecurities about your weight, beauty, or age to distract you from sharing your faith. As you ramp up your physical activity you may or may not be able to get your body back to the peak physical condition you were once in.

That's okay. That isn't your goal. Your goal should be to invest in your physical and spiritual health, without sacrificing other important aspects of your life. You can find peace in knowing that we're all created in the image of God no matter what type of body we possess.

Do It To Put Your Family First

Like most dads, you'd do anything for your family. Ironically enough, by putting your children first you're doing a disservice to them. When you neglect your physical wellbeing for the sake of your children, you aren't giving them the best version of yourself. Even worse, you may eventually rob them of years they could have spent with you due to your poor physical, mental and spiritual health.

Stop using your kids as an excuse to prop up unhealthy habits and instead use them as motivation to do better. Think of your kids when you're making decisions that affect your body. After all, doesn't your wife deserve her spouse to be by her side into old-age? Don't your kids deserve to have their dad around for graduations, wedding celebrations and the birth of their children?

HOW YOU CAN GET STARTED RIGHT NOW

Once you've made the decision to ditch your dadbod you might be tempted to sign up for that half marathon, tough

mudder, or start a 48-hour fast. These are lofty and difficult goals to start off with. If you chase after challenges like these too soon you're more likely to fail and head right back to the couch.

1. Start Small. It's best to focus on one thing and develop a consistent habit. You could decide to do daily walks, jogs, hikes, or bike rides. Pick something that you can stick with for the long haul. It may take anywhere from 21 to 60 days to develop a solid habit.

2. Take Control of Your Diet. An obvious starting point is altering your diet to include less sugar and processed food. Eat three good meals a day that include generous servings of fruits and veggies, and drink lots and lots of water. There are lots of popular diet options out there, but if you want these habits to be sustainable you need to find something that works for you. Focus on changing your lifestyle rather than following a short-term diet.

3. Incorporate Your Kids. Physical activity doesn't have to be boring. Include your kids when you can, and make it fun! The options are endless. Also, be sure to take advantage of little moments throughout the day.

- While the kids are playing do some pushups.
- Do jumping jacks as you push them on the swings.
- Give them a ride using a running stroller
- Play tag with them, or make an obstacle course

4. Call For Backup. Don't go it alone. Like a wolfpack, you're more likely to succeed if you have others surrounding you, encouraging you, and watching your back as you go down this road.

If you're having a rough day, or make a bad decision, don't beat yourself up. It happens. Reach out to a friend, co-worker, or family member who'll give you the support you need. You may also want to consider joining a support group of like-minded people going through the same experience as you.

5. Be prayerful. It goes without saying that you should be prayerful as you begin this journey.

Seek God's wisdom and strength as you strive to honor him with your body, mind and spirit. Ask for grace as you hit bumps in the road and become discouraged. Thank God for His direction and encouragement as you celebrate your wins. Finally, pray for the resolve and courage to resist temptation and make sound choices that will not only benefit you and your family but will be pleasing to God.

— Shane Achey / faithandfitness.net

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Healthy Recipes for the Springtime

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

"Skinny" Chicken Tacos



Zesty, easy, and quick. Other options for toppings would be low-fat sour cream, 2% reduced-fat Mexican cheese blend, and salsa

Ingredients

- 1 pound thinly sliced chicken breasts, cut into thin strips
- 3 limes, juiced, divided
- 2 teaspoons ground cumin, divided
- 2 teaspoons garlic powder, divided
- 2 teaspoons ground chipotle pepper, divided
- 2 red bell peppers, cut into thin strips
- 1 red onion, thinly sliced
- 2 jalapeno peppers - stemmed, seeded, and thinly sliced
- 4 multi-grain tortillas, or more to taste
- 1 bunch cilantro, chopped

Directions

Combine chicken, juice of 1 lime, 1 teaspoon cumin, 1 teaspoon garlic powder, and 1 teaspoon chipotle pepper in a bowl; allow to marinate for 10 minutes.

Saute red bell peppers, onion, jalapeno peppers, juice of 1 lime, 1 teaspoon cumin, 1 teaspoon garlic powder, and 1 teaspoon chipotle pepper in a large non-stick skillet over medium-high heat until vegetables are tender yet crisp, about 5 minutes.

Transfer chicken mixture to a separate non-stick skillet over medium-high heat; saute until chicken is no longer pink in the center, 5 to 10 minutes.

Layer tortillas between paper towels on a microwave-safe plate; heat in microwave until

warmed, 10 to 20 seconds.

Spoon vegetables and chicken onto tortillas; top with cilantro and lime juice.

Nutrition Information (Servings: 4)

Per serving: 272 calories; fat 4g ; carbohydrates 37g; protein 29g

Source: allrecipes.com

Excellent and Healthy Cornbread



This healthy cornbread recipe contains no oil and tastes very, very good. Serve warm with honey, butter, or margarine.

Ingredients

- 1 cup unbleached flour
- 1 cup cornmeal
- ¼ cup white sugar
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 1 cup plain nonfat yogurt
- 2 large eggs, beaten

Directions

Preheat the oven to 400 degrees F (200 degrees C). Lightly grease an 8-inch square baking pan.

Whisk flour, cornmeal, sugar, baking soda, and salt together in a large bowl. Stir in yogurt and eggs until just combined; do not overmix. Pour batter into the prepared pan.

Bake in the preheated oven until the center springs back when lightly pressed, 20 to 25 minutes.

Nutrition Information (Servings: 12)

Per Serving: 76 calories; fat 1g; carbohydrates 14g; protein 3g.

Source: allrecipes.com

Penne with Chicken and Asparagus



Light but super tasty.

Ingredients

- 1 (16 ounce) package dried penne pasta
- 5 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- ¼ teaspoon garlic powder, or more to taste
- salt and ground black pepper to taste
- ½ cup low-sodium chicken broth
- 1 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- ¼ cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain.

While the pasta is cooking, heat 3 tablespoons oil in a large skillet over medium-high heat. Stir in chicken and season with 1/4 teaspoon garlic powder, salt, and pepper. Cook and stir until chicken is browned and the juices run clear, about 5 minutes. Transfer chicken to a paper towel-lined plate.

Pour chicken broth into the skillet. Add asparagus, garlic, and another pinch of garlic powder. Season with salt and pepper. Cover and steam until asparagus is just tender, 5 to 10 minutes. Return chicken to the skillet and cook until heated through, 2 to 3 minutes.

Transfer drained penne to a large bowl. Pour chicken mixture over top and mix until well combined. Let sit for about 5 minutes.

Stir in remaining 2 tablespoons olive oil, then sprinkle with Parmesan cheese.

Nutrition Information (Servings: 8)

Per serving: 332 calories; fat 11g; carbs 43g; protein 17g

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.

Black women's wellness: your "I've got this!" guide to health, sex, and phenomenal living – by Melody McCloud; Sounds True; New Health Books 613.0424 MCC

An essential guide to life-long health and greater well-being from one of today's highly regarded women's health experts, Dr. Melody. With the relatability and warmth you want from your doctor, Black Women's Wellness addresses what most other physician-authored books omit: the unique challenges Black women face, including microaggressions and the less-than-desirable statistics and legacy of health-care outcomes. With comparative data for Black, White, Hispanic, Asian, and Native American women, this book provides clear, actionable information so women can live vibrant, healthy lives today. In these pages, you'll discover head-to-toe information and wisdom and a long-needed book that will educate and motivate you to achieve your healthiest, richest life possible.

Healthy no matter what: how humans are hardwired to adapt – by Alex Jadad and Tamen Jadad-Garcia; Crown New Health Books 613 JAD

The Jadads begin this exploration with a simple question: "What is health?" Through engaging stories and case studies, they expand the understanding of health beyond the medical industrial complex. They show how distant connections in your personal networks can influence key aspects of yourself, like your weight, anxiety, and addictions; how reliance on medications can be reduced by intentionally designing the places where you live, work, and

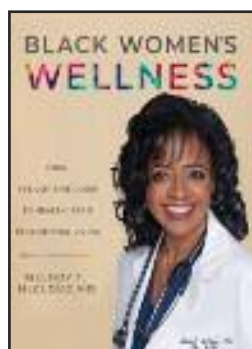
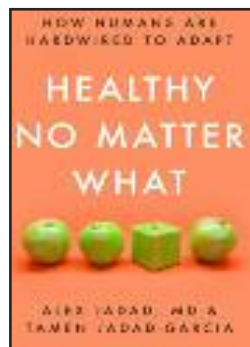
play; and how comparisons with peers can shorten your life.

In this practical guide, the meaning of health is redefined, putting you in the driver's seat and recognizing you as the most effective evaluator. Building on data and experiences from millions of people around the world, the book reveals that a healthy life is possible even with complex chronic conditions or terminal illnesses. The Jadads explain why perceiving yourself as unhealthy might actually be fatal, and how you can monitor your true health and boost it in practically any context, no matter your cultural background or socioeconomic circumstances.

The spark factor: the secret to supercharging energy, becoming resilient, and feeling better than ever – by Molly Maloof; Harper Wave, an imprint of HarperCollins Publishers; New Health Books 613.0424 MAL

Inside of you, there is a spark – it's what animates you, and without it, you could not live. This energy creation isn't mystical, nor is it spiritual; it is science. We know from research that our cellular machinery transforms the food we eat and the air we breathe into the electricity that fuels us. With the right lifestyle inputs, we glow with energy; but when the demands on our bodies exceed our capacity – as is true for so many of us – we become burned out, mentally and physically.

Dr. Molly Maloof shares a program uniquely tailored to the biology of women – a plan that targets the mitochondria, the power source of the cells. Dr. Maloof's program offers lifestyle changes that target the unique biology of women and provide immediate and long-term benefits. Instead of denying our bod-



ies, we need to listen to what they are telling us. Once we become aware of our physical needs, we can give ourselves the resources to become more connected, nourished, safe, and strong, at both the micro- and the macro-level.

Hello sleep: the science and art of overcoming insomnia without medications – by Jade Wu; St. Martin's Essentials; New Health Books 616.8498 WU

For the twenty-five million Americans who struggle with insomnia, each night feels like a battle with their racing minds instead of a blissful surrender into sleep. Hello Sleep is a guide for the tired but wired people who just want sleep to be easy. Dr. Jade Wu, an internationally recognized behavioral sleep medicine specialist, walks you through the science of how the brain sleeps (or doesn't); shares stories from the clinic of real people's journeys to better sleep; and lays out a step-by-step program for overcoming insomnia and letting go of sleeping pills. Using her years of clinical expertise, she problem-solves your common pitfalls, soothes your anxieties, and tailors recommendations for your special sleep circumstances (e.g., pregnancy, menopause, chronic pain, depression, etc.).

Hello Sleep empowers the sleepless with the latest knowledge and most effective tools, allowing them to trust themselves and their own sleep again. It will answer these burning questions and more: Why can't I fall asleep even though I'm tired? How can I quiet my mind? What should I do when I wake up at 2:00 A.M. and can't get back to sleep? Should I nap? What can I do about my fatigue during the day? How do I get off sleep medications safely and without rebound insomnia?

Cycles: the science of periods, why they matter, and how to nourish each phase – by Amy Hammer; Roost Books; New Health Books 618.172 HAM

There is no one-size-fits-all guide to your cycle. But



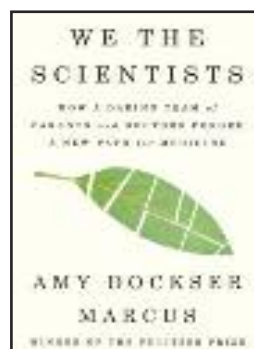
registered nurse Amy Hammer arms you with a strong foundation in physiology and hormonal health, explores historical and socio-cultural aspects of women's health, and reimagines the phases of the menstrual cycle as aligning with the four seasons to provide a detailed guide for living well in your body.



Also included are nutritive recipes (kabocha squash curry soup, seed balls, wild salmon congee), supportive movement practices to incorporate into your whole day (abdomen relief stretch, buddy walking, foam rolling), and self-care rituals and recipes (dandelion-infused breast massage oil, alternate nostril breathing) to guide you through each phase of the menstrual cycle and of life, from the young adult and menstruating years to perimenopause and menopause.

We the scientists: how a daring team of parents and doctors forged a new path for medicine – by Amy Dockser Marcus; Riverhead Books; New Health Books 616.042 MAR

For more than half a century, medical advances have been driven by investigators launching experiments inside labs. Science is often conducted in isolation and geared toward the long view. This is the story of a group of people who tried to force the lab doors open: parents whose children had been diagnosed with a rare and fatal genetic condition known as Niemann-Pick disease type C. The disease prevents cells from processing cholesterol, which leads to the progressive loss of the brain's and the body's ability to function. Recognizing that there would never be a treatment in time to save their children if things stayed the same, the parents set up a collaboration with researchers and doctors in search of a cure.



Reconciling different views of science took work. The parents, doctors, and researchers didn't always agree among themselves or with each other. But to-

gether they endeavored to accelerate the development of new drugs. The parents became citizen scientists, identifying promising new treatments and helping devise experiments. They recorded data about the children and co-authored scientific papers sharing findings. They engaged directly with the FDA at each step of the drug approval process. Along the way, they advanced the radical idea that science must belong to us all. Science may be forever changed.

Never too late: your guide to safer sex after 60 – by Shannon Dowler; John Hopkins University Press; New Health Books 613.95 DOW

Shannon Dowler, MD, a family physician who is also an expert on sexually transmitted diseases (STD), provides a refreshing overview of sexual education for people over 55. With the advent of dating apps, vibrant 55+ retirement communities, and sexual enhancement drugs, adults are sexually active well into their golden years. Unfortunately, the rates of STDs are dramatically increasing in older adults.

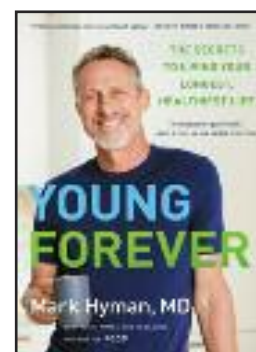
In entertaining, accessible language, Dr. Dowler presents relatable patient stories and hilarious rhymes that make for an easy and fun way to learn about safe sex. This guide covers important topics, including: how to identify STDs; regular screening; best sexual practices; preventative measures; how to have difficult conversations with partner and doctors; changing sexual trends; addressing conditions sometimes confused with STDs; and advice on seeking medical care when uninsured or facing financial limitations.



Young forever: the secrets to living your longest, healthiest life – by Mark Hyman; Little, Brown Spark; New Health Books 613.0438 HYM

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. In Young Forever, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences--then shows us how to over-

come them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn: How to turn on your body's key longevity switches; how to reduce inflammation and support the health of your immune system; how to exercise, sleep, and de-stress for healthy aging; how to eat your way to a long life; which supplements are right for you; where the research on aging is headed; and much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health--for life.



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www.thedirtydogtopeka.com

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care
Member - AVMA, IVAS, AVCA

7146 K-4 Hwy, Meriden, Ks
785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com

Healthy Event Calendar for Greater Topeka

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

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

APR. 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.

LAWRENCE FARMERS MARKET – Sat. 7:30-11:30, 824 New Hampshire Street. Opens April 8

LAWRENCE TUESDAY MARKET – Tuesdays, 4-6pm, South Park, 1141 Massachusetts. Opens May 9

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, May 8 to Oct. 2, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

DOWNTOWN TOPEKA FARMERS MARKET – Saturday's April 8 to Oct. 28, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs,

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

YOUTH ART EXHIBIT – Apr. 1, 11-3pm, Redbud Park Pavilion. Live music, scavenger hunt, Redbud sprig giveaway

FOOD TRUCK NIGHT – Apr. 1, 4-8pm, HHHS, 5720 SW 29. Music and food trucks. Helps homeless animals.

CHAINSAW CARVING BY SHEILA – Apr. 1, 9am, Tarwaters, 4107 NW Topeka Blvd.

COMMUNITY EASTER EGG HUNT – Apr. 1, 10:30am, Lakeview Nazarene, 2835 SE Croco Rd. Join the fun at our Annual Community Easter Egg Hunt! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

DAZED AND CONFUSED – Apr. 2, 11am, Jayhawk Theatre. Popcorn and drinks will be available for purchase. Doors open 30 minutes prior to showtime. jayhawktheatre.org

LIVE AT LUNCH – Apr. 5, 11-1, Every Plaza. Blacktop Thunder

FIRST FRIDAY ART WALK: Colin Nichols Acoustic – Apr. 7, 6pm, Redbud Park. Part of the First Friday events.

DAMARIS IN CONCERT – Apr. 7, 6-11pm, Compass Point, 800 N. Kansas Ave.

AWE WOMEN IN BUSINESS SOCIAL – Apr. 6, 4-7pm, TEC Event Center, 3416 SW 6th. Visit with women business owners.

SWITCH IN TIME IN CONCERT – April 7, 7:30 pm, TPAC

JEROLD BINKLEY TULIP TIME – Apr. 7-23, 6am-11pm, Ted Ensley Gardens, 3650 SE West Edge Rd; also at Old Prairie Town/Ward-Meade Botanical Garden and Doran Rock Garden/Gage Park. Stroll the gardens to see 60,000

multi-colored tulips & other spring flowering bulbs. Certain days will include vendors, live music, food trucks. 785-251-6800

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.

SMOKE IN THE SPRING – Apr. 7-8, Osage City. Taste of Osage City BBQ and fun

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

EASTER DINNER & SERVICE – Apr. 9, 4pm, Garfield Park Shelter House. Barry Feaker will share an Easter mes-

sage of hope. Dinner will be available to the first 100 to arrive. A food box and hygiene kit will also be provided to each family. Hosted by Topeka North Outreach. Volunteers needed for event, and to help set up at 3pm. 785-286-1370

C5Alive "POWER" LUNCHEON – Apr. 13, 11:30-1 at Fairlawn Plaza Mall, featuring speed networking. Catered by Amanda's Rolls & Bakery. Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door. \$20 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! **SAVE THE DATE: C5 POWER Luncheon**, May 11, 11:30-1.

TOPEKA WOMEN'S CONNECTION LUNCHEON – Apr. 13, 11:30 to 1pm, Aldersgate Village, 7220 SW Asbury Dr. **MUSIC/FEATURE**: Marti Ford, a talented lady with the harmonica, has a surprising and interesting selection of music. **SPEAKER**: Marti Ford will share her life story of "Moving from a Life of Fear to One of Trust and Peace, Expressing Hope and Encouragement." Prepaid reservations of \$16 due by Apr. 6. Contact Kim at 785-224-5268 for payment. Seating is limited

FRIDAY FLICKS: PUSS n BOOTS – Apr. 14, 8pm, Every Plaza

SPRINGTIME VENDOR SHOW – Apr. 14-16 9am-6pm, West Ridge Mall. Small and local businesses, artists, crafters, and more. Vendor info: mseventsmidwest@gmail.com

WAMEGO TULIP FESTIVAL – Apr. 15-16, 9am-4pm, Wamego.

YOUTH FOR CHRIST

COMEDY CAFE

A Night of Laughter

Featuring

The Comedy of

Actor & Comedian

MICHAEL JOINER



Friday Evening April 28th
TOPEKA BIBLE CHURCH
1135 SW College Avenue
Topeka, KS 66604
6:30 pm

Seating is limited & Reservations are required
To make your reservation or sponsor a table go to:
www.topekayfc.org/event/comedy_cafe
or call the YFC office at 785-232-8296
The Comedy Cafe is underwritten by
individual table sponsors: seating is limited



TULIP FESTIVAL AT THE LAKE—Apr 15, 10am-3pm, Ted Ensley Gardens at Lake Shawnee. Enjoy live music, visit craft vendors, enjoy fun for the kids and stroll the gardens to view more than 50,000 multi-colored tulips. \$5 admission

NEW RASMUSSEN CAMPUS GRAND OPENING—Apr. 19, 12:15pm, 3722 SW Burlingame Rd. Tour the brand new, state-of-the-art facility, meet with Rasmussen University faculty & staff, experience the official ribbon-cutting, partake in refreshments, and see demonstrations of new simulation equipment. register by April 7 at RasmussenTopeka-GrandOpening.eventbrite.com

TEC ENTREPRENEURIAL SOCIAL—Apr. 20, 4-7pm, Topeka Entrepreneur Community (TEC), 3416 SW 6th. Visit with other entrepreneurs and networking groups.

WOOD VALLEY PICKERS—Apr. 21, 7pm, Classic Bean, Fairlawn Plaza. Bluegrass, folk & country. Free admission.

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. Register <https://noto.betterworld.org/events/noto-bloom-stroll-noto-experiencetickets>

KINGDOM TO THE CAPITOL—Apr. 23, 5pm, South Steps of the Capitol. Part of a 50 state Capitol tour to rally and pray for revival, presented by TPUSA and Let Us Worship. Pastors Gathering at 4 pm near South Steps. Register at <https://k2c.tpfaith.com/>

COMEDY CAFE - Apr. 28, 6:30pm, Topeka Bible Church, 1135 SW College Ave. An evening of fun, food (delectable desserts) and fellowship while learning more about the Youth for Christ ministry outreach and its impact in Topeka. Featuring the comedy of Michael Joiner. Go to www.topekayfc.org/event/comedy_cafe or call 785-232-8296 for reservations or to sponsor a table.

THE MORAL IS—Apr. 28 & 29, 7pm; (dinner at 5:30pm) The Moral Is is an original one-act play featuring an assortment of Aesop's fables. The whole evening is free of charge, with donations accepted. Performances will be held in the facilities of Grace Community Church, 310 E. 8th Street, Overbrook. Contact info: ccs.kansas@gmail.com

TOPEKA SHAREFEST—Apr. 29, 8am-12pm. Fellowship Bible Church annual event to help Topeka schools, by landscaping, painting, constructing, and cleaning up the grounds of area schools and buildings. You can register at sharefesttopeka.com

PAWS IN THE PARK—Apr. 29, 10am-2pm, Topeka West High School. Info: gracec@hhhstopeka.org

CELEBRITY PANCAKE FEED—Apr. 29, 7am-12pm, Combat Air Museum at Forbes Field. All you can eat Perkins pancakes for \$7 donation, plus sausage, juice & coffee. Free tour of museum is included. 785-862-3303.

JUST WHAT THE DOCTOR ORDERED—Apr. 30, 3pm, First United Methodist Church, 6th & Topeka Blvd. Featuring the musical talents of Grace Morrison, MD, Scott Teeter, MD, Steve Crouch, MD, Mary Franz, MD and more.

LAST SUNDAY FREE BREAKFAST BUFFET—Apr. 30, 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.

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>

CAPITOL NATIONAL DAY OF PRAYER—May 4, 12pm, Capitol Rotunda. Info: (316) 516-0777 www.nationaldayofprayer.org; donna@cultureshield.com

BERNIE TOURNEY—May 6, 12:30pm, Lake Shawnee Golf Course. Combat Veteran annual Bernie Deghand memorial tourney. Lunch at 11:30. Registration: lsg-bernietourney2023.golf-genius.com. 785-217-1662 Sponsors needed!

SOLE REASON GOLF TOURNAMENT—June 24, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. 785-338-2965 or Sole_reason@yahoo.com or register at solereason.net. Benefits children that need sneakers. Lots of prizes and silent auction items.

TEE-PAC GOLF TOURNAMENT - July 21, Shawnee Country Club. A fundraiser for main-stage 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@tspl.org

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

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

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



**TOPEKA
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.



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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.

Apr. 13, 11:30-1: "POWER" Luncheon
Featuring: Speed Networking at Fairlawn Plaza Mall - Amanda's Bakery

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



Save the Dates!

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

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

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.

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for your brain health. For info email janescola@hotmail.com.

TOPEKA SWING DANCE - Tuesdays, 7-8:30pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. topekaswingdance@gmail.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 Congrega-

SOLE REASON'S 5TH ANNUAL Sneakers and Smiles Golf Tournament

SATURDAY, JUNE 24TH, 2023



Shotgun Start: 9:00 a.m.
Entry Fee: \$360/team or \$90/person
Includes Green Fees, Cart, Drinks, Breakfast & Lunch (provided by Robby Ford Co.)

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

Cypress Ridge Golf Course
 2533 SW Urish Rd, Topeka, Kansas 66614

Sign Up Today!
 For more information or to get registered:
www.SoleReason.net
 or contact Jerry Hudgins at (785) 338-2965
 or send an e-mail to: sole_reason@yahoo.com





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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

tional Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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

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

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

FREE MOBILE FOOD DISTRIBUTION— 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, first come first served. 785-234-1111 www.RandelMinistries.com

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

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

OPERATION BACKPACK— 1st Thurs., 6pm., Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income

students. Topeka North Outreach. 286-1370.

PROSTATE CANCER SUPPORT GROUP— First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

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. Topekalions.org

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

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

NOTO MARKET & ART WALK ON FIRST FRIDAYS— NOTO arts district. Arts, antiques, crafts, flea market.

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

TOPEKA NAR-ANON FAMILY GROUP— For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.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. Call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

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

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FRIENDS OF WARD MEADE
Present
TULIPS AT TWILIGHT
Luminary Walk & Electric Light Show

Experience the Ward Meade Memorial Garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays.

April 7 - 23, 2023
7 - 10 p.m.

Admission: \$5
Children 5 and under free
No pets allowed

OLD PRAIRIE TOWN
Weekend ACE Hardware
parks & recreation

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!

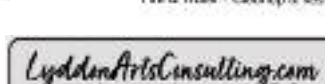
Volunteers needed! Contact:

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



Seaflower Lions Club



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

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