

TOPEKA

MAY 2023

Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE



WOMEN'S HEALTH: 8 TIPS FOR A HEALTHIER YOU



Four ways to use cash wisely
Killing me slowly - microplastics

How to support those with a mental illness
The 9 simple habits happy people practice

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MAY is



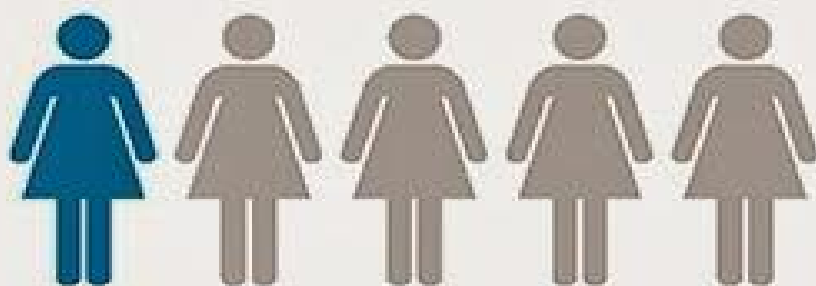
and



Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.¹

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.²

Women are more than **twice** as likely as men to develop **PTSD**.³





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ON THE COVER:

Our cover this month features a woman exercising for her health.

You will find many tips for your health & fitness, and lots of other useful information in the pages of this issue.



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

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We are also on Twitter at:
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May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY
232,000
NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE
UNITED STATES.¹



1 IN 8
U.S. WOMEN WILL GET
BREAST CANCER AT SOME
POINT IN THEIR LIVES.¹

INCREASES RISK

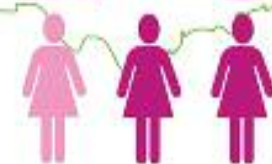
DECREASES RISK



AICR estimates that

38%
of U.S. breast cancer cases or about,

1 in 3



could be prevented by being at a healthy weight, being physically active,
avoiding alcohol and breastfeeding.²

That's over **89,000** cases each year that never have to happen.

**The Promise
of Survival**



There are now nearly **3 million**
breast cancer survivors in the U.S.,
who are living longer, healthier lives than
ever before.¹

¹ National Cancer Institute website, 2023

² American Institute for Cancer Research, AICR/WCRF Continuous Update Project Report: Breast Cancer, 2022

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

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MAY IS MENTAL HEALTH AWARENESS MONTH

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How to Support Those with a Mental Illness

By Anabel Feauto, Health Promotion Specialist

May is Mental Health Awareness Month and this is a perfect time to raise awareness about mental health. Let's start with some facts and statistics:



Anabel Feauto

- 1 in 5 Americans will experience a mental illness in a given year.
- Mental illnesses are the most common health condition in the United States
- 1 in 25 Americans live with schizophrenia, bipolar disorder, or major depression.
- Depression is the leading cause of disability.

People who are experiencing a mental illness often feel shame which may lead to not getting the help they need. Other barriers for mental health treatment may be cost, transportation, culture, and limited access to quality care. Let's join together this month to raise awareness and support those with a mental illness.

Things You Can Do to Reduce Stigma

1. Learn How to Check In

- How have you been?
- How's your stress level lately?
- How have you been eating and sleeping?
- Is there anything you want to talk about?
- Would you be willing to talk to someone?
- What can I do for you?
- When is the best time to check in with you again?

2. Support Those Around You

- Set aside time to talk with those in an open and non-judgmental environment with no distractions.
- Don't try to diagnose or second guess their feelings. Try not to make assumptions about how they are feeling.
- Listen carefully to what they tell you. Repeating what they say back to them can be beneficial in ensuring you understand it. Showing you understand how they feel, lets them know you respect their feelings.
- Support them in reaching out for professional help.

3. Educate Yourself on Mental Health

The more you know about mental health conditions, such as the risk factors, warning signs and symptoms, and prevalence, the more capable you are to have educated conversations about mental health. Here is a list of resources to start.

- National Institute of Mental Health (NIMH)-nimh.nih.gov
- Valeo Behavioral Health Care – valeotopeka.org
- Mental Health America – mhanational.org
- National Alliance on Mental Illness (NAMI)-nami.org
- Substance Abuse and Mental Health Services (SAMHSA)- samhsa.org

4. Address Stigmas You May Have

- Do not support media or TV shows that use stigmatizing language and behaviors, portraying people with a mental health condition in an aggressive or violent way.

- Recognize the way you are speaking about those with a mental illness. If you or the people around you are using stigmatizing language such as "crazy" or "bipolar" can make those with a mental illness feel ashamed.
- Believing those with a mental illness do not have the ability to recover.
- Being afraid of those who have a mental illness. Mentally ill persons are 2 ½ times as likely to be a victim of a violent crime than a perpetrator.

Mental Health Awareness month is an opportunity for all of us to start making the changes needed to support those with a mental illness. It is essential that we provide support and learn how to check-in. Bringing attention to the issues still surrounding mental health can help break the stigmas, encourage those to seek support, and raise awareness to the mental health conditions affecting so many of our friends, family members, co-workers and neighbors.

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

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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

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FINANCIAL FOCUS

Four ways to use cash wisely

There has been a lot of talk about a “cash-less” society, but it’s not here yet. In fact, cash can still be a valuable element of your overall financial picture – if you employ it wisely. But how?

Consider these four key uses of cash:

- **Everyday spending** – Of course, you need sufficient cash on hand to pay for your cost of living – mortgage, debt payments, utilities, groceries, etc. You’ll likely rely on your savings or checking accounts to pay for these needs.

- **Unexpected expenses and emergencies** – It’s never a bad idea to establish a monthly budget. But, as you know, life is unpredictable – and sometimes you may encounter “budget-busting” expenses, such as a major home repair or a large medical bill. If you haven’t planned for these costs, you might be forced to dip into your long-term investments, such as your IRA and 401(k), which can result in taxes, penalties and less money for your retirement. A better alternative is to prepare in advance by building an emergency fund containing up to six months’ worth of living expenses in cash, or at least in a highly liquid account, held separately from your regular checking or savings account so you won’t inadvertently spend the money.

- **Short-term savings goal** – When you are investing for a long-term goal – especially retirement – you will likely need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds. The value of these investments will fluctuate, so, if it’s possible, you’ll want to avoid selling them when their price is down – which may make them unsuitable for short-term goals. But if you’re aiming for a goal that you want to achieve in a year or so – a wedding, a long vacation, and so on – you’ll want to be sure a specific amount of money is there for you when you need it. Con-



sequently, you’ll want to put away cash for this type of goal, possibly in a short-term savings or investment vehicle that might pay somewhat higher interest than a regular checking/savings account.

- **Source of investment** – In regard to your longer-term investment strategy, cash can play two important roles. First, it can serve as its own asset class, alongside other classes, such as stocks and fixed-income vehicles. Unlike these other classes – especially stocks and stock-based mutual funds – cash won’t fluctuate in value, so it can potentially help lessen the impact of market volatility on your portfolio. And second, having the cash available in your portfolio gives you the opportunity to quickly take advantage of other investment opportunities that may occur. And you may be able to use your existing investments to help replenish the cash in your portfolio. For example, if you choose to take stock dividends in cash, these dividends can be “swept” into your brokerage account and held there until you’re ready to invest them. (However, depending on your comprehensive financial strategy, it may be

a good move to simply reinvest the dividends into the same stocks or stock funds.) Keep in mind that you won’t want your investment accounts to contain too much cash, as its purchasing power can erode due to inflation.

By managing your cash efficiently, and putting it to work in different ways, you can gain some key benefits – and you’ll help yourself to keep moving toward your short- and long-term goals.

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

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Killing Me Slowly - Microplastics

It's fast, it appears cheap, and it is disposable. I am referring to your disposable water bottles. Many of us are waking up to see all the illusions, like how microplastics are harming our bodies and our planet.

The Illusion

The manufacturer packages their water bottles so that it is appealing, including certain phrases like filtered, natural, fresh, spring water, alkaline and more. We all have assumed, at some point in time, it must be good for us. Have you ever really checked it out? Let's shine the light on some realities.

The Reality For Your Body

Most tell me that they are eating and drinking well and that they don't understand why they are experiencing digestive issues, brain on fire, anxiety, stress, chronic fatigue, emotional explosions, depression, just to name a few. Then some are experiencing the next stages of illness like cancer, early onset dementia, Alzheimer's, heart failure. Then there is the sad fact that chemicals in your bottled water, filtered water and food supply can impact people's emotions so much that some may consider self-medicating with drugs and alcohol or choose suicide instead of life. Let's save the planet and our families at the same time.

Our Planet Is In Crisis

We are in a global environmental crisis. The disposable plastic bottles and packaging are polluting our oceans. Annually, an estimated 14 million tons of plastic pile up in the ocean. The microplastics are devastating the entire ecosystem, not to mention what it does to your internal ecosystem, your intestinal tract.

Each time you drink bottled water, you are consuming microplastics and now it's building up in your body and causing dysfunction and dis-ease.

Did you know that most bottled water is not completely filtered? Yes, the unappealing taste of chlorine is removed so it tastes good to you. The rest of the toxic chemicals are left in. Couple this with toxic spills, harmful pesticides, endocrine disruptors and more which find their way to our food and water supply. Time to keep toxins out



of YOUR system and protect our planet.

Fast & Disturbing Facts

Evidence shows that babies have 15 times more microplastics in their bodies than adults. A human will eat 40 pounds of plastic in their lifetime. 60% of all sea birds have ingested plastic. Turtles are choking on plastic. Seals are entangled in plastic debris. It is estimated that over 100 million marine animals die from plastic engagement alone and this affects land animals as well. Spoiler alert... that includes you too!

Conscious Choices

We can make the conscious choice to live more sustainably and be better stewards of our planet and our bodies. If the planet and its animals, fish, birds and mammals are failing, eventually mankind will fail too. Let's make a conscious change.

Let's opt out of the "grab and go" mentality and replace it with conscious choices. An easy way to start is with filtering our tap water. Purchase a stainless steel or glass water bottle and do the "refill thing" instead. It's CHEAPER, safer, cleaner, better for our bodies, the

planet, the entire ecosystem. Most people will save on the medical bills too! Let 2023 be the year that we are radically responsible for what we co-create. Ask yourself what you want to leave behind for your children.

Experts Are Saying

According to experts, there will be one pound of ocean plastic for every three pounds of fish by 2025. That is only 2 years away. Predictions also show that by 2050, plastic will outweigh fish in the ocean. We are reaching a crisis level that requires collective efforts and personal and corporate responsibility. Get yourself a water filtration system that is 3rd party tested and NSF Certified.

Suson Essentials offers affordable solutions, that you can install yourself for hotel stays, dorm living, camping, apartment and house living. Your shower, dishwasher and laundry machines are equally important. I encourage you to reach out and learn more by visiting <https://susonessentials.com/water-filtration-systems/>. We have more research to share and ways to see what toxins are in your water supply, simply by plugging in your zip code.

As a note, I accomplished this when I was disabled and on Social Security Disability Income. Make sure you and your family have access to the cleanest and safest drinking water possible. Rev. Jodi L. Suson-Calhoun can be reached at Jodi@SusonEssentials.com, 847-738-0242, www.SusonEssentials.com

— Rev. Jodi L. Suson-Calhoun, MBA, OB, Holistic Nutritionist, Human Behaviorist, Certified in Essential Oils, Quantum Energy Healer, Medical Intuitive

Sources:

<https://cleanwater.org/problem-marine-plastic-pollution>

<https://www.ewg.org/news-insights/news/marketing-bottled-water-joke-us>

<https://www.nsf.org/knowledge-library/what-is-nsf-certification>

<https://www.sciencedirect.com/science/article/pii/S2215016121003095>

<https://www.euronews.com/green/2021/10/01/babies-are-full-of-microplastics-new-research-shows>



FINANCIAL HEALTH & WELLNESS

Watch out for scammers using email and text messages

The Internal Revenue Service is urging everyone to remain vigilant against scams aimed at tricking taxpayers.

Here are three items from an annual IRS list of 12 scams and schemes that put taxpayers at risk of losing money, personal data and more.

IRS Online Account: Steer clear of third-party scammers

In this scam targeting individuals, swindlers pose as a "helpful" third party and offer to help create a taxpayer's IRS Online Account at IRS.gov. People should remember they can set these accounts up themselves. But third parties making these offers will try to steal a taxpayer's personal information this way.

Beware of third-party promoters for the Fuel Tax Credit

Improper credits continue to be an important area of focus for the IRS. The fuel tax credit is meant for off-highway business and farming use and, as such, is not available to most taxpayers. However, unscrupulous tax return preparers and promoters are enticing taxpayers to inflate their refunds by erroneously claiming the credit. The IRS has seen an increase in the promotion of filing certain refundable credits using Form 4136, Credit for Federal Tax Paid on Fuels.

In this scam, a third party convinces a taxpayer to fraudulently claim the credit with promises of a windfall refund. But the promoters are focused on their own gain, taking advantage of the taxpayer with inflated fees, refund fraud and identity theft.

Fake charities: Real scams

Bogus charities are a perennial problem that gets bigger whenever a crisis or natural disaster strikes. Scammers set up these fake organizations to take advantage of the public's generosity. They seek money and personal information, which can be used to further exploit victims



through identity theft.

Taxpayers who give money or goods to a charity might be able to claim a deduction on their federal tax return if they itemize deductions, but charitable donations only count if they go to a qualified tax-exempt organization recognized by the IRS.

Fake charity promoters may use emails to solicit donations or alter or "spoof" their caller ID to make it look like a real charity is calling on the phone. They often target seniors and groups with limited English proficiency. Here are some tips to protect against fake charity scams:

- Don't give in to pressure. Scammers often use a tactic focused on an urgent need to pressure people into making an immediate payment. Legitimate charities are happy to get a donation at any time; so, people should feel no rush.
- Verify first. Scammers frequently use names that sound like well-known charities to confuse people. Potential donors should ask the fundraiser for the charity's exact name, website and mailing address so they can independently confirm it.
- Be wary about how a donation is requested. Taxpayers

should never work with charities that ask for donations by giving numbers from a gift card or by wiring money. That's a scam. It's safest to pay by credit card or check — and only after verifying the charity is real.

- Don't give more than needed. Scammers are on the hunt for both money and personal information. Taxpayers should treat personal information like cash and not hand it out to just anyone. They should never give out Social Security numbers, credit card numbers or PIN numbers.

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 Preparers PDF 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

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



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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.

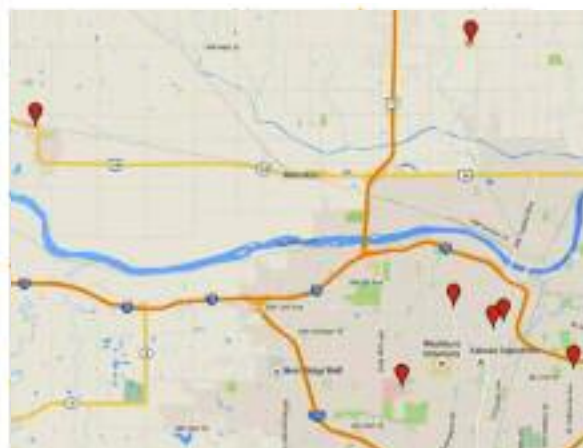


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of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

Open June - August

Mother Teresa's Farmers Market

Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618
Saturdays: 8:30-11:30 am

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

Perry Lecompton Farmers Market

Bernie's/Cenex parking lot, Ferguson & Hwy 24
Friday 4-6:30pm
Open May 5

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



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

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

STORMONT

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



May 2 • 9:00-3:00

Children's Palace
601 NW Harrison
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May 4 • 9:00-3:00

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

May 9 • 9:00-3:00

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

May 11 • 9:00-3:00

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

May 16 • 9:00-3:00

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

May 18 • 9:00-3:00

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

May 23 • 9:00-3:00

Central Church of Christ
1250 SW College Ave.
Valeo, TRM, Free LifeLine Phones, Stormont-Vail

May 25 • 9:00-3:00

Central Church of Christ
1250 SW College Ave.
Valeo, TRM, Free LifeLine Phones, Stormont-Vail, SDC/KSU

May 30 • 9:00-3:00

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

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What Can You Do

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

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

The 9 Simple Habits Happy People Practice

These simple habits any of us at any age or stage of life, can start practicing today to feel the effects of more happiness in our lives.

1. They express gratitude



When you appreciate what you have, what you have appreciates in value. Being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. We're gonna have a hard time ever being happy if we aren't thankful for what we already have.

2. They practice random acts of kindness

Performing an act of kindness releases serotonin in your brain. (Serotonin is a substance that has TREMENDOUS health benefits, including making us feel more blissful.) Selflessly helping someone is a super powerful way to feel good inside.



3. They nurture social relationships

The happiest people on the planet are the ones who have deep, meaningful relationships. There's a warm fuzzy feeling that comes from having an active circle of good friends who you can share your experiences with. We feel connected and a part of something more meaningful than our lonesome existence.



4. They actively avoid over-thinking and social comparison

Comparing yourself to someone else can be poisonous. If we're somehow "better" than the person that we're comparing ourselves to, it gives us an unhealthy sense of superiority. Our ego inflates. If we're "worse" than the person that we're comparing ourselves to, we usually discredit the hard work that we've done and dismiss all the progress that we've made. If you feel called to compare yourself to something, compare yourself to an earlier version of yourself.



5. To cope with issues, they develop strategies



Sometimes crap happens – it's inevitable. It can be hard to come up with creative solutions in the moment when manure is making its way up toward the fan. It helps to have healthy strategies for coping pre-rehearsed, on-call, and in your arsenal at your disposal.

6. They learn to forgive

Harboring feelings of hatred is horrible for your well-being. You see, your mind doesn't know the



difference between past and present emotion. When you "hate" someone, and you're continuously thinking about it, those negative emotions are toxic for your well-being. You put yourself in a state of suckerism (technical term) and it stays with you throughout your day.

7. They savor life's joys

Deep happiness cannot exist without slowing down to enjoy the joy. It's easy in a world of wild stimuli and omnipresent movement to forget to embrace life's enjoyable experiences. When we neglect to appreciate, we rob the moment of its magic.



8. They take care of their body

Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected.



9. They commit to their goals

Being wholeheartedly dedicated to doing something comes fully-equipped with an ineffable force. Magical things start happening when we commit ourselves to doing whatever it takes to



get somewhere. When you're fully committed to doing something, you have no choice but to do that thing.

– Sadho Ram

A.I.: The Future of Breast Cancer Detection?



(Ivanhoe Newswire) —

Mammography is the best tool our doctors have for breast cancer detection. The screening has improved since becoming widely available in the 80's but it still has limitations. In fact, the American Cancer Society reports that mammograms miss one in eight breast cancers. Now, one of the country's top imaging experts and a Harvard Medical School professor are exploring the benefits of adding artificial intelligence to this potentially life-saving screening.

For women over 40, many doctors recommend a yearly mammogram – the earlier radiologists can catch breast cancer, the better a woman's chances are of surviving. And the technology has drastically improved over the years.

"We went from old analog films of the breast tissue to fulfilled digital mammography, to now 3D mammography and even contrast enhanced mammography. The technology boom was amazing, but it was exceeding the human eye and the human brain's ability to extract information from those beautiful images," Mass. General Brigham's Chief of Breast Imaging, Connie Lehman, MD, PhD explains.

This is where artificial intelligence comes in. It's super-fast technology that analyzes those images and searches for masses that the human eye might miss. AI could also help assess future cancer risk.

Dr. Lehman adds, "We can also guide women in un-



derstanding, 'You may not have a cancer evident on your mammogram now, but you are at risk in the next five to 10 years. And so, we want to talk to you about a more effective screening for you.'"

Dr. Lehman and a team of researchers are currently studying the accuracy of AI in previously stored mammograms. They want to assess how accurate AI is in a population of minority women. Dr. Lehman says the technology has not yet been studied in a clinical trial, an important step to confirm that AI is an effective screening tool.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized. Breast cancer is the most common cancer in women in the United States, except for skin cancers. It is about 30% (or 1 in 3) of all new female cancers each year. About 297,790 new cases of invasive breast cancer will be diagnosed in women and about 43,700 women will die from breast cancer.

Doctors often use additional tests to find or diagnose breast cancer. They may refer women to a breast specialist or a surgeon. This does not mean that she has cancer or that she needs surgery. These doctors are experts in diagnosing breast problems. Some tests include: breast ultrasounds, diagnostic mammograms, breast MRIs, or biopsies. Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Radiologists assisted by an AI screen for breast cancer more successfully than they do when they work alone, according to new research. That same AI also produces more accurate results in the hands of a radiologist than it does when operating solo. The large-scale study, published this month in *The Lancet Digital Health*, is the first to directly compare an AI's solo performance in breast cancer screening with its performance when used to assist a human expert. The hope is that such AI systems could save lives by detecting cancers doctors miss, free up radiologists to see more patients, and ease the burden in places where there is a dire lack of specialists.

Breakthrough House fundraisers serve locals with mental health issues

Breakthrough House, Inc. is a local Topeka non-profit that assists those with mental health disabilities. The staff serves approximately 632 individuals through four programs in three main areas: Breakthrough Clubhouse, Residential Housing and Payee Services.

The mission at Breakthrough House is “Empowering mental health consumers to live independent, impactful lives.” Periodic fundraising events help fund the programs.

The Breakthrough House **Clubhouse Community Cook Out** is June 1st at 1201 SW Van Buren in Topeka. This fundraiser features a silent auction, food and a free throw contest. It is also a chance to learn more about the clubhouse program.

The Breakthrough House **Annual Golf Tournament** is another fundraiser that helps make these programs possible.

The golf tournament is being held September 7 at Cypress Ridge Golf Course at 2533 SW Urish Rd. Registration is at 11:00 a.m. with a shotgun start at 12:30 p.m. Lunch and a live auction is at noon. There is also a putting contest at 11:30 a.m. The tournament is a four-person scramble format.

The tournament is open to golfers, golf teams and sponsors. To register, donate or volunteer, visit the website at: www.breakthroughhouse.org or call Brian Blevins at 785-840-8733. All proceeds go directly to



Breakthrough House, and will help with funding their 3 main programs:

RESIDENTIAL HOUSING

Residential Services offer housing to men and women diagnosed with a severe mental illness. There are two group homes and 15 apartments in which all gas, water and electric bills are paid for by Breakthrough House. In addition, they also get assistance with cooking, meal planning, laundry, and monitoring of medication. A compassionate care team helps them to experience independent living. There is a focus on members' unique skills and on cultivating community support. Members gain their independence through safe and affordable housing. Eligible members must meet the following criteria: have been diagnosed with a confirmed persistent mental illness and be working with a mental health provider, be 18 years old or older, and live in Shawnee County.

BREAKTHROUGH CLUBHOUSE

The Breakthrough House Clubhouse is a place where people with mental illness can gather during daytime hours to rebuild their lives as part of a community of mutual support. As one member put it, “It’s a good place to get yourself well.”

This service is one of more than 300 clubhouse programs operating in 24 countries around the world. The participants are called members, not patients, and the focus is on their strengths, not their illness. The environment is a welcoming one, where a member is missed when absent and where the community pulls together for support should a member suffer a setback. Work and other activities in the clubhouse are designed to empower each member toward a more independent and enriching life on their journey.

For more information about the clubhouse, call 785-232-6960, or contact Leo Hope at lhope@breakthroughhouse.org.

PAYEE SERVICES

A representative payee agency, organization and institution is selected to manage one’s benefits when Social Security determines that an individual is unable to do so themselves or direct others to do it for them. The most important duty of a representative payee is to know one’s needs and to use the benefits in his/her best interest. The representative payee must first use their Supplemental Security Income (SSI) benefits for his/her current basic needs for food, clothing, housing, medical care and personal comfort items. After paying for his/her needs the representative payee must save any money left, preferably in an interest-bearing bank account. Each year, representative payees must complete a representative payee accounting report showing how they spent and saved the money they received from that organization. The representative payee should respond on his/her behalf to any of our requests for action or information. Common requests are the annual representative payee accounting report, the SSI redetermination of eligibility or request for a continuing disability review. The representative payee is responsible for reporting any changes that could affect his/her eligibility to receive benefits (income, resources, change of address, living arrangements, return to work, etc.) The main mission as payee is to empower the consumer.

Breakthrough House has been serving the mental health community in Shawnee County and surrounding areas since 1978. For more information, visit the website at: www.breakthroughhouse.org or call Brian Blevins at 785-840-8733, or email him at bblevins@breakthroughhouse.org. Offices are located at 403 NW Lyman Rd., Suite A, Topeka, KS 66608.

BREAKTHROUGH HOUSE CLUBHOUSE COMMUNITY COOK OUT

- Food • Fun
- Free Throw Contest
- Silent Auction

Come and learn more about your local clubhouse!

June 1, 2023, 11am - 2pm
1201 SW VAN BUREN, TOPEKA, KS
www.breakthroughhouse.org



Breakthrough House, Inc.
403 NW Lyman, Suite A
Topeka, Kansas 66608
Tel: 785-840-8733
breakthroughhouse.org

Women's Health: 8 Tips for a healthier you

This month is National Women's Health Month, an awareness month that is observed in the United States and supported by the U.S. Department of Health and Human Services' Office on Women's Health. Women's health Month is designed to raise awareness about health conditions that could impact women and girls of all ages. Here are a few tips to help keep you or the women in your life healthy!



Tip #1 - Schedule your regular appointments

Schedule an appointment with your primary care doctor. This might seem like an easy tip, but many people pushed off routine physicals and check-ups during the the covid-19 pandemic for one reason or another and never rescheduled.



You may have missed out on regular vaccines or preventative care such as mammograms, blood pressure screenings or cholesterol checks. Now is a great time to re-schedule those appointments and check in with your health all around.

Tip #2- Eat right and exercise

Stay on a healthy track by eating right and exercising. A balanced diet is important to living a healthy lifestyle and improving your overall health. Instead of reaching for that package of processed foods like chips and cookies which are high in sugars and salt, opt for fresh fruits and vegetables or foods high in protein such as chicken and fish. Set goals for exercising that



can be easily accomplished and grow your goals as you attain them. Reaching a fitness goal gives you a sense of accomplishment and more importantly, a boost of motivation.

Sometimes smaller steps can be easier to manage when you are settling into a new exercise routine.

Tip #3- Do something to improve your mental health

Many people across the world are struggling with their mental health as a result of the pandemic or other issues. Some find it beneficial to speak with a therapist, while others can find small ways to improve their mental health each day. Simple activities like connecting with



friends, re-connecting with your community, and finding ways to destress can effect mental health immensely. Take a few minutes each day to do something that you enjoy, like reading a book, taking a walk, or simply sitting in a quiet moment. If you are finding that you need to talk with someone, call 203-756-8021 Ext. 3529 to speak with a behavioral health professional.

Tip #4- Know your health risks.

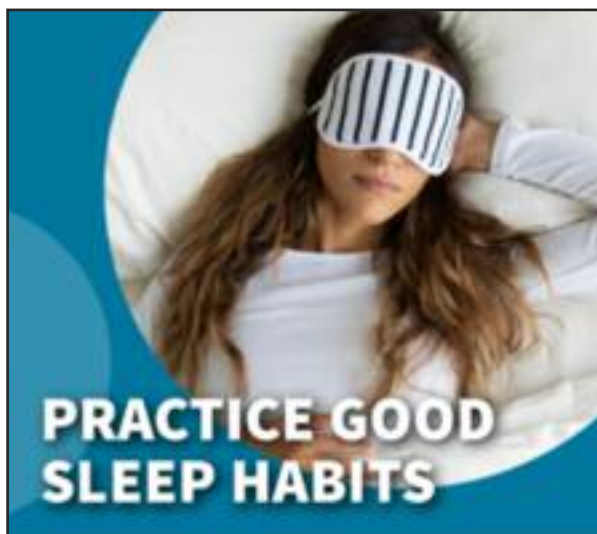
There are health conditions that affect both men and women, but some conditions have a higher risk of affecting women over men such as breast cancer, heart disease, osteoarthritis,



depression and stroke. It's also important to understand that a family history of certain conditions can also put you at greater risk for developing those conditions. Talk to your doctor about what your risks are and what you can do to lower your risk.

Tip #5- Sleep is important.

Sleep is important no matter what age we are. Younger children need more sleep which can be anywhere from 8-11 hours depending on their age, while older adults only need an average of 7-9 hours of sleep daily. While we sleep our bodies repair themselves and allow us to reset for a new day, both mentally and physically. Reducing caffeine intake after a certain time of day and limiting screen time right before bed helps your brain to slow down and start relaxing for sleep. You can also try to set a bedtime and wakeup



time to help establish a routine and stick to it as best you can.

Tip #6- Stop unhealthy habits

When we think of unhealthy habits we often think about eating the wrong foods or not exercising enough but there are other habits such as smoking and excessive drinking that can impact your health as well. According to the CDC, smoking can cause heart disease, stroke, diabetes, lung cancer, as well as emphysema and

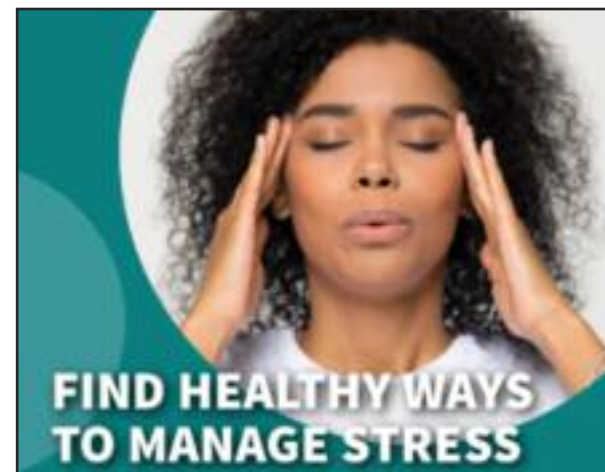


other respiratory issues. In addition to health risks to an individual who smokes, secondhand smoke can also be unhealthy for family members and pets living in a home with smokers. Excessive drinking can also have an impact on liver function and increase the risk of breast cancer and heart disease.

Tip #7- Manage Stress

Stress is something that is pretty much unavoidable in today's world and can have a negative im-

pact on your health. Too much stress can lead to headaches, trouble sleeping, aches and pains, and if stress is prolonged, it can weaken your immune system making you more susceptible to viruses.



Regular exercise, yoga, and meditation are great ways to help reduce stress and stay healthy.

Tip #8- Protect your skin

Soaking up the sun can be a great way to get Vitamin D, but too much sun can actually harm you. It's important to practice safe sun, which means wearing sunscreen and other items such as cover-ups, sun hats, and sunglasses to prevent your skin from burning. You should regularly check your skin and if you find a spot or a mole



that looks suspicious or changes size or shape, consult your doctor right away. The American Cancer Society has a great guide on how to spot skin cancer, check it out at www.cancer.org.

Taking care of your health can be easy with the right knowledge, and we hope that these eight tips make it a little easier!

The Big Role Your Big Toe Plays in Running

By Ashley Mateo

There's a lot going on in runners' feet. Each one is made up of 26 bones, 30 joints, and more than 100 muscles, tendons, and ligaments. Of those, maybe you spend a lot of time stressing about your plantar fascia. Maybe tendonitis is your literal Achilles heel. Or maybe you spend too many runs worrying about what color your toenails will be at the end. But how much brain space do you dedicate to your big toe, specifically? We ask because it deserves your attention.

A quick anatomy lesson: Your big toe, a.k.a. the hallux, consists of two joints—the interphalangeal joint (which is up by your nail), and the metatarsophalangeal (MTP) joint, which connects the first long bone (metatarsal) in the forefoot to the first bone of the big toe (phalanx). The MTP joint is the important one for runners, because it needs to bend with every step you take—and if it isn't doing that correctly, it could

inhibit your performance.

What does the big toe do for runners?

Think about moving through the gait cycle. There are three phases: The stance phase starts when your foot hits the ground until your leg is directly under your hips; then you transfer to the drive phase, which occurs until right before your foot pushes off the ground; the swing phase refers to any time your foot is in the air.

Your big toe plays a big role in the drive phase. "One of the most important things that the big toe does when you're running is push off the ground," explains Patrick McEneaney, a board-certified podiatrist and owner of Northern Illinois Foot & Ankle Specialists. "When your heel hits the ground, the pressure transfers from the lateral side—or outside—of the foot, then kind of rolls back in from the fifth metatarsal over to the first metatarsal." During that time, energy is being stored at the first metatarsal (that long bone in the forefoot) and that energy is then utilized to push off as you go to the swing phase of your gait, he says.

The MTP joint (remember, that's the one located at the base of the big toe) actually bears about 40 percent of your body's weight during the stance phase of your walking gait, older research has shown. But consider this: During running, studies have determined that you hit the ground with the force of two to three times your body weight. That significantly increases the amount of force this small joint has to handle during the push-off.

Fortunately, the MTP joint



works in conjunction with several other parts of the foot. "When you push off the ground, the plantar fascia becomes taut and causes the foot to act like a springboard," explains Ricardo Cook, M.D., an orthopaedic surgeon for The Centers for Advanced Orthopaedics who specializes in sports medicine and hindfoot reconstruction. "At the same time, the joints across the midpart of the foot lock and become rigid. When you push off the big toe, it flexes and transfers the weight forward."

While your foot is on the ground, your big toe also helps stabilize the arch of the foot, says Denise Smith, a physical therapist and running technique specialist at Smith Physical Therapy and Running Academy in Crystal Lake, Illinois. This helps regulate the degree of foot pronation, because "a weak and unstable arch will cause runners to land or roll onto the outside of the foot," says Smith.

"Any unnecessary motion is bad because that can cause irritability to the muscles and tendons on the outside and inside of the foot," she explains. "Unnecessary rolling can also lead to bigger injuries, like ankle sprains or fractures, especially for those running on uneven surfaces like trails or hills." (Overpronation, where your foot rolls too far inward, can cause issues like bunions, runner's knee, plantar fasciitis, and Achilles tendinitis.)



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Life-giving sun can be damaging to skin

By Joseph Gadzia, MD, KMC Dermatology

The sun is the life-giver on our planet. It provides the light and the warmth that we need to survive. It also, however, gives off two types of radiation that penetrate the atmosphere, clouds and the layers of our skin. That radiation is in the form of UVA and UVB waves.

These non-visible forms of light interact with the DNA of our skin cells, causing damage to the genes that control how often a cell divides and multiplies. When these cells are irrevocably damaged, the cell loses the ability to control itself and it repeatedly divides while ravaging nutrients and space from the nearby normal cells. If the damaged cell also starts losing its anchors to the skin, it can start migrating to other areas of the body in the form of “metastasis.” Depending on the type of skin cancer, this can be rapidly fatal, as the cancer kills off the normal cells in other organs and stops their proper function.

The damage done by the sun, however doesn’t always lead directly to cancer. Sometimes there can be an early form of damage called ‘pre-cancerous lesions,’ or medically termed as actinic keratosis. These lesions are often better felt than seen, and present as rough, sandpaper-like spots on the skin. They can also be very noticeable as thick red scaly spots on the skin.

These types of pre-cancers can be readily treated by your dermatologist without surgery. We have various methods to remove these to help reduce the chance of progression to cancer. Such modalities as “freezing” the lesions with liquid nitrogen, application of chemotherapy creams, and treatment with phototoxic chemicals are the most common methods used, and are usually done with minimal downtime.

There are many types of skin cancer that are different based on the type of cell from which the cancer is derived. The three most-common types of skin cancer are:

1. Basal Cell Carcinoma (BCC)
2. Squamous Cell Carcinoma (SCC)
3. Melanoma

BCCs are derived from cells in the hair follicles. SCCs are derived from the squamous cells (the cells you see with your eyes and feel with your fingers when you rub your skin). Finally, Melanomas are derived from the melanocytes which are the cells that give your skin its pigment or color.



Failure to treat actinic keratosis-or pre-cancerous lesions-increases the risk that these lesions will progress to SCC. In fact, about 5 to 10 percent of all actinic keratosis left untreated will progress to this type of cancer. However, it is possible to develop an SCC without having an actinic keratosis.

BCC's are the most-common type of skin cancer – or any cancer. Fortunately these cancers rarely metastasize or spread to other organs even if left untreated for years, although it is possible. However, these cancers can be very aggressive locally, and they can grow quite large and deep without any evidence to the patient or the physician until the time of surgery. Surgical excision is the treatment of choice, although radiation and chemotherapy creams may be used to remove them. Mohs Surgery is typically used to treat these cancers on the face. This surgery involves cutting around the cancer with thin surgical margins, and then processing it immediately within the doctor's office in such a way that 99 percent of the margins can be visualized at one time. This special type of surgery allows for very high cure rates, yet still allows tissue sparing in delicate areas of the face for the best cosmetic outcome.

SCC is the second most-common type of skin cancer. Fortunately, if caught early, it is easily removed and cured. However, it does have the potential to metastasize to other organs, and left untreated it can rapidly spread to the lymph nodes, lungs, and other organs, which can result in death. Sometimes these cancers grow very rapidly even

within a matter of weeks.

The treatment for these types of cancers is usually surgery. On the body, these cancers are usually removed with a standard surgical margin and sent to a pathologist who takes several slices of the specimen and looks to see if it involves the margin. This will usually result in a cure more than 95 percent of the time. On the face in particular, these cancers (along with the other cancers mentioned) can spread underneath the skin along the different planes of the skin and muscle, and be completely invisible to the patient and the physician. Mohs Surgery is used to treat these types of cancer as well.

Finally, I come to melanoma skin cancer. This is the Tyrannosaurus Rex of skin cancers, because if not caught early, it rapidly spreads throughout the body, particularly the lymph nodes, liver and brain. It is the most ruthless of the skin cancers (and of almost any cancer for that matter) as once it moves beyond the skin, it is almost impossible to stop. Melanoma responds very poorly to radiation and chemotherapy. Because of the need to diagnose these cancers early, it is important to know what to look for. Dermatologists often talk of the ABCD's of melanoma (see sidebar.)

Remember, the radiation that causes skin cancer is completely invisible to our eyes, and it penetrates even the clouds, so it is damaging us even when it is cloudy outside. Sunscreen and protective clothing is our best defense. Most people do not apply enough sunscreen. If you are going to be outside, you would need to apply 1-ounce of sunscreen to adequately protect your body (about a quarter of the size of a regular bottle.) Also, sunscreen lasts about two hours at best, so it needs to be reapplied every two hours. Finally, pick a sunscreen with at least an SPF of 45, and make sure it covers both UVA/UVB radiation. There was a study that said that for every inch of brim of hat around your head you wear, you decrease your chance of getting skin cancer on your face by 10%. Wear a hat, wear sunscreen, reapply and enjoy life-giving sun while staying protected.



Close-up of actinic keratosis skin lesion

The ABCD's of Melanoma

- Does a mole have **A**symmetry (does one side look different if you draw a line down the middle?)
- Does a mole have irregular **B**orders?
- Does a mole have different **C**olors?
- Does it have a **D**iameter larger than an eraser head?

If the answer to any of these questions is yes, then you should have it looked at by a dermatologist.

Spiritual Wellness

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

Made Me Laugh

In the past year I have been honored to work with young adults from across the country in the field of sexual wellness. They have given me renewed hope for a better direction for our culture going into the future. These young adults made me aware of a trend in which, for specified period of time, which can be months or even up to a year, they abstain from dating and focus on relating to the opposite sex as friends. In many cases this has been practiced on college campuses in the midst of a sea of hookup culture and porn.

Some of these young people who had done this in some cases for over a year seem to be some of the most well-adjusted and mature young adults that I had ever had the honor to work with. With their choice to do this they had absolutely demonstrated consistency, intentionality, and faithfulness to their Christian beliefs. They seem to be very happy and in control of themselves after having taken their impulses under control and lived a life that was the polar opposite of most of their college friends for an extended period of time.

GOOD CLEAN FUN

One of their characteristics that really stood out was the way that when we were all in a group, we would all be laughing about some of the funniest morally clean things that happened to them on their journeys that I could imagine. There was something just really good about being able to laugh about these things that happened that demonstrated their strong commitment to ethics and morality but were at the same time, sidesplittingly funny circumstances among these young adults who were now in couples and navigating relationships. It was the old expression “just clean fun!”

I made a mental note of this, and beyond a

strong admiration of what they had demonstrated, did not give it much more thought. That is, until my research brought me upon the concept of dopamine depletion. This is a widespread phenomenon in our 21st century society.

Basically, the problem is that as outlined in earlier posts, our lives do not match up very well with the lives of our ancestors. Here, we are having too many hedonistic pleasurable experiences in close succession and chronically. Our ancestors had very few of them and had to work very hard to get them.

MODERN DOPAMINE SPIKING LIFESTYLE

What am I talking about here? Well for one thing the way we typically eat. For example, the amount of sugar we consume per day now compared to the past. In 1700, the average intake of sugar per day was about 5 g. By 2009 the average had risen to 227 g per day. Sweet tastes spike dopamine levels. Every time dopamine spikes it crashes and lowers the baseline level. Eventually this leads to depression and the need to eat more and more sugar to get the same pleasurable high.

The same thing happens with sex. Hookup culture with its continuous casual sex to orgasm does the same thing to dopamine except more extremely. The same is true of porn use. Again, this is not Natural Lifestyle Matching in any way. Hookup culture and porn use can be looked at as behavioral addictions that are dopamine depleting. The dating abstinence that I have witnessed from the young adults I’ve had the honor



of working with this year has the opposite effect. It is dopamine replenishing.

JUNK FOOD AND JUNK SEX

So, a hedonistic lifestyle, whether it be in the area of eating or the area of sex, is destructive to humans. One way we can think about it is that neither Junk Food nor Junk Sex is good for us.

The Bible speaks to this:

“If you find honey eat just enough-too much of it and you will vomit.”

Proverbs 25:16 NIV

“Treat older women as mothers, and younger women as sisters, with absolute purity.”

1 Timothy 5:1-2

This clean, biblical approach to life allows us to relate to each other with a clean conscience and really become good friends that can have a great time together. When I saw these young adult women and men relating to each other in this way, it made me and them laugh!

—Joe Malone PhD, CPT, LWMC, CFE
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!

Low-Carb "Tacos"



A great low-carb alternative to your standard homemade tacos.

Ingredients

- 1 ½ pounds ground beef
- 1 onion, diced
- ½ (4 ounce) can diced jalapeno peppers
- 1 (1 ounce) package taco seasoning mix
- 2 cups shredded lettuce
- 1 tomato, chopped
- ½ cup shredded reduced-fat Cheddar cheese
- ¼ cup salsa
- ¼ cup low-fat sour cream
- 1 avocado - peeled, pitted, and sliced

Directions

Cook and stir ground beef, onion, and jalapeno peppers together in a skillet over medium-high heat until meat is browned and crumbly, 7 to 10 minutes. Stir taco seasoning into meat mixture; bring to a simmer and cook until flavors combine, about 5 minutes.

Stir meat mixture, shredded lettuce, tomato, Cheddar cheese, salsa, and sour cream together in a large bowl. Divide taco mixture among 4 bowls and top each with avocado slices.

Nutrition Information (Servings: 4)

Per serving: 521 calories; fat 35g ; carbohydrates 16g; protein 35g

Source: allrecipes.com

Fruit Salsa and Cinnamon Chips



Makes a tasty appetizer or snack.

Ingredients

Fruit Salsa:

- 2 medium Golden Delicious apples - peeled, cored and diced
- 2 kiwis, peeled and diced
- 16 ounces strawberries, quartered
- 8 ounces raspberries
- 3 tablespoons fruit preserves, any flavor
- 2 tablespoons white sugar
- 1 tablespoon brown sugar

Cinnamon Chips:

- 10 (10 inch) flour tortillas
- butter-flavored cooking spray
- 2 tablespoons cinnamon sugar

Directions

Make the salsa: Mix apples, kiwis, strawberries, raspberries, fruit preserves, white sugar, and brown sugar together in a large bowl until thoroughly combined. Cover and chill in the refrigerator until chips are baked and cooled.

Preheat the oven to 350 degrees F (175 degrees C). Line two baking sheets with parchment paper.

Make the chips: Stack tortillas on a work surface; use a sharp knife to cut through the stack four times making eight wedges in each tortilla. Arrange wedges in a single layer on the prepared baking sheets. Spray wedges with cooking spray, sprinkle with desired amount of cinnamon sugar, then spray again.

Bake in preheated oven until golden and crispy, 8 to 10 minutes. Allow to cool approximately 15 minutes on the baking sheets, then serve with chilled fruit salsa.

Nutrition Information (Servings: 10)

Per Serving: 312 calories; fat 6g; carbohydrates 59g; protein 7g.

Source: allrecipes.com

No-Workout-Needed Chocolate Cake



This chocolate cake is warm, yummy, and guilt-free. No workout required to burn off those cake calories!

Ingredients

- 1 teaspoon coconut oil, or as needed

Cake:

- 1 (15.25 ounce) package dark chocolate cake mix
- 1 (12 ounce) package soft tofu
- ½ cup brewed coffee

Chocolate Topping:

- ¼ cup dark chocolate chips
- 3 tablespoons almond milk
- 2 tablespoons powdered peanut butter (such as PB2®)

Directions

Preheat oven to 350 degrees F (175 degrees C). Rub enough coconut oil into a 9-inch springform pan to lightly coat bottom and sides.

Blend cake mix and tofu together in a food processor until well mixed, 1 to 2 minutes. Add brewed coffee and blend until well mixed, scraping sides down as needed. Pour batter into the prepared springform pan.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, 25 to 30 minutes.

Mix chocolate chips, almond milk, and powdered peanut butter together in a microwave-safe bowl; heat in microwave for 30 seconds. Mix and heat for 30 seconds more. Spoon chocolate topping over cake.

Nutrition Information (Servings: 12)

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

Source: allrecipes.com

New Health & Wellness Info at the Library

By Elizabeth Phelps

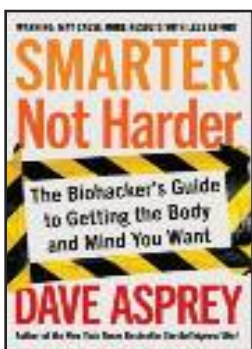
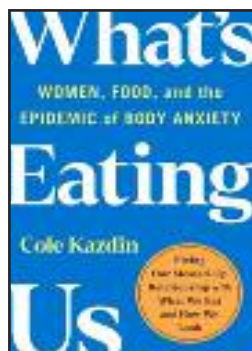
Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

What's eating us: women, food, and the epidemic of body anxiety – by Cole Kazdin; St. Martin's Essentials; New Health Books 616.8526 KAZ

Women of all ages struggle with disordered eating, preoccupation with food, and body anxiety. Journalist Cole Kazdin was one such woman, and she set out to discover why her own full recovery from an eating disorder felt so impossible. Interviewing women across the country as well as the world's most renowned researchers, she discovered that most people with eating disorders never receive treatment. She reveals disordered eating for the crisis that it is: a mental illness with the second highest mortality rate (after opioid-related deaths) that no one wants to talk about. Along the way, she identifies new treatments not yet available to the general public, grass roots movements to correct racial disparities in care, and strategies for navigating true health.

Smarter not harder: the biohacker's guide to getting the body and mind you want – by Dave Asprey; Harper Wave, an imprint of HarperCollins Publishers; New Health Books 613.25 ASP

World-renowned biohacker and bestselling author Dave Asprey reveals how to maximize your well-being with the minimum effort, by taking control of your body's operating system. That system is naturally designed to be lazy, which is why



sweaty exercise routines and rigid diets produce such limited effects. Dave shows us how to hack the system and make it do what we want it to do, turning it from obstacle into ally. The key to achieving optimum wellness, he reveals, isn't about doing more, it's about doing less--exercising and eating smarter, not harder, and making the body's built in laziness work for you.

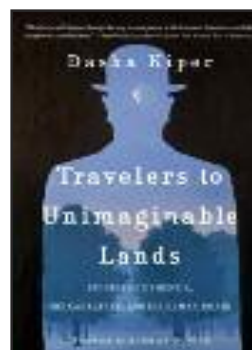
Travelers to unimaginable lands: stories of dementia, the caregiver, and the human brain – by Dasha Kiper; Random House; New Health Books 616.831 KIP

After getting a master's degree in clinical psychology, Dasha Kiper became the live-in caregiver for a Holocaust survivor with Alzheimer's disease. For a year, she endured the emotional strain of looking after a person whose condition disrupts the rules of time, order, and continuity.

Inspired by her own experience and her work counseling caregivers in the subsequent decade, Kiper offers an entirely new way to understand the symbiotic relationship between patients and those tending to them. Her book is the first to examine how the workings of the "healthy" brain prevent us from adapting to and truly understanding the cognitively impaired one.

Why is taking care of a family member with dementia so difficult? Why do caregivers succumb to behaviors--arguing, blaming, insisting, taking symptoms personally--they know are counterproductive? Exploring the healthy brain's intuitions and proclivities, *Travelers to Unimaginable Lands* reveals the neurological obstacles to caregiving, enumerating not only the terrible pressures the disease exerts on our closest relationships but offering solace and perspective as well.

Womb: the inside story of where we all began – by Leah Hazard; Ecco, an imprint of HarperCollins Publishers; New Health Books 613.954 HAZ



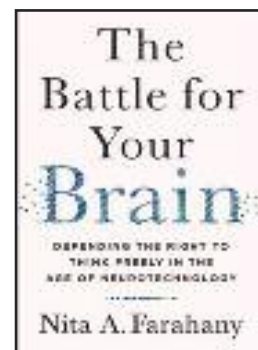
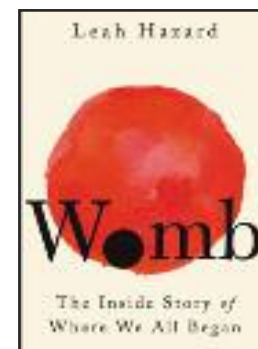
The size of a clenched fist and the shape of a light bulb--with no less power and potential. Every person on Earth began inside a uterus, but how much do we really understand about the womb? Bringing together medical history, scientific discoveries, and journalistic exploration, Leah Hazard embarks on a journey in search of answers about the body's most miraculous and contentious organ. We meet the people who have shaped our relationship with the uterus: doctors and doulas, yoni steamers and fibroid-tea hawkers, legislators who would regulate the organ's very existence, and boundary-breaking researchers on the frontiers of the field.

A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries, *Womb* takes a fresh look at an organ that brings us pain and pleasure--a small part of our bodies that has a larger impact than we ever thought possible.

The battle for your brain: defending the right to think freely in the age of neurotechnology – by Nita Farahany; St. Martin's Press; New Health Books 612.82 FAR

Imagine a world where your brain can be interrogated to learn your political beliefs, your thoughts can be used as evidence of a crime, and your own feelings can be held against you. A world where people who suffer from epilepsy receive alerts moments before a seizure, and the average person can peer into their own mind to eliminate painful memories or cure addictions.

Neuroscience has already made all of this possible today, and neurotechnology will soon become the



"universal controller" for all of our interactions with technology. This can benefit humanity immensely, but without safeguards, it can seriously threaten our fundamental human rights to privacy, freedom of thought, and self-determination. From one of the world's foremost experts on the ethics of neuroscience, *The Battle for Your Brain* offers a path forward to navigate the complex legal and ethical dilemmas that will fundamentally impact our freedom to understand, shape, and define ourselves.

Change your brain every day: simple daily practices to strengthen your mind, memory, moods, focus, energy, habits, and relationships – by Daniel Amen; Tyndale Refresh; New Health Books 612.82 AME

Psychiatrist and clinical neuroscientist Daniel Amen, MD, draws on over 40 years' clinical practice with tens of thousands of patients to give you the most effective daily habits he has seen that can help you improve your brain, master your mind, boost your memory, and make you feel happier, healthier, and more connected to those you love. Incorporating Dr. Amen's tiny habits and practices over the course of a year will help you manage your mind to support your happiness, inner peace, and success; develop lifelong strategies for dealing with whatever stresses come your way; create an ongoing sense of purpose in a way that informs your daily actions; learn major life lessons Dr. Amen has gleaned from studying hundreds of thousands of brain scans; and imagine what you could learn by spending every day for a year on a psychiatrist's couch. Today is the day to start changing the trajectory of your life, one tiny step at a time.

Deadly quiet city: true stories from Wuhan – by Xuecun Murong; The New Press; New Health Books 614.58 MUR

When a strange new virus appeared in the largest city in central China late in 2019, the 11 million people

living there were oblivious to what was about to hit them. But rumors of a new disease soon began to spread, mostly from doctors. In no time, lines of sick people were forming at the hospitals. At first the authorities downplayed medical concerns. Then they locked down the entire city and confined people to their homes.

From Beijing, Murong Xuecun – one of China's most popular writers, silenced by the regime in 2013 for his outspoken books and New York Times articles – followed the state media fearing the worst. Then, on April 6, 2020, he made his way quietly to Wuhan, determined to look behind the heroic images of sacrifice and victory propagated by the regime to expose the fear, confusion, and suffering of the real people living through the world's first and harshest COVID-19 lockdown.

Deadly Quiet City focuses on the remarkable stories of eight people in Wuhan. They include a doctor at the frontline, a small businessman separated from his family, a volunteer who threw himself into assisting the sick and dying, and a party loyalist who found a reason for everything. Although the Chinese Communist Party has devoted enormous efforts to rewriting the history of the pandemic's outbreak in Wuhan, through these poignant and beautifully written firsthand accounts Murong tells us what really happened in Wuhan, giving us a book unlike any other on the earliest days of the pandemic.

Born extraordinary: empowering children with differences and disabilities – by Meg Zucker; TarcherPerigee; New Health Books 617.484 ZUC

Meg Zucker was born with one finger on each hand, shortened forearms, and one toe on each misshapen foot, caused by a genetic condition called ectrodactyly. She would eventually pass this condition on to her two sons, and, along with her husband, raise them and their adopted daughter, who has her own invisible differences. Born of the family's hard-won experiences, this book offers invaluable advice on raising confident, empathetic, and resilient children who succeed, not despite but because of their differences.

Born Extraordinary helps parents of children with differences and disabilities to relinquish their instinctive anxieties, embrace their new normal, and ultimately find joy in watching their children thrive. Often the subjects of unwanted attention, ranging from pitying stares to bullying, Zucker and her sons have learned to ignore what others think and live fearlessly. Also incorporating the stories of other families with visible and invisible differences of all kinds, *Born Extraordinary* gives parents the tools to meet their children's emotional needs while supporting the whole family unit. Parents learn how best to empower their children to confront others' assumptions, grow in confidence, and encourage dialogue—rather than silence, fear, and shame—regarding differences.

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• 785-305-0549 • drdonaldleecobb@gmail.com

COMMUNITY CARE LINE

WANT TO TALK AND IT'S NOT A CRISIS?

Feeling isolated & want to connect?
Shawnee Co. Community Cares line
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staff@Meriden-Animal.com



Healthy Event Calendar for Greater Topeka

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

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

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

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.

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.

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.

FERVENT BIBLE STUDY – May 1, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your Fervent by Priscilla Shirer, with you. Contact info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

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>

LIVE AT LUNCH – May 3, 11-1, Every Plaza. Colin Nichols

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

BREAKFAST FOR HOPE – May 5, 8-9am, The Beacon, 420 SW 9th St. Valeo fundraiser featuring Mike Matson as the keynote speaker. Tickets \$50. At valeotopeka.org, or call 785-342-7232.

BERNIE TOURNEY – May 6, 12:30pm, Lake Shawnee Golf Course. Combat Veteran annual Bernie Deghand memorial tourney. Lunch at 11:30. Registration: lsg-bernie-tourney2023.golfgenius.com. 785-217-1662 Sponsors needed!

AN EVENING FOR A CHILD – May 6, 5:30 - 11pm, Maner Conference Center. The public is welcome to purchase individual tickets, a Stable Table (8 seats), or individual tickets to the Capper Derby After-Hours portion only (8:30 – 11pm). Individual ticket holders and Stable Table attendees have access to the entire evening of Kentucky Derby-themed fun including a buffet dinner, live auction, pediatric scholarships funding, and raffle giveaway plus the After Hours activities (*Capper Derby Race, Wine & Whiskey Boards, Casino Games, Tee Box Golf Simulator, Inflatable Bouncy Horse Races, Adult Tricycle Races, Wine/Bourbon Boards and more). After-Hours portion (8:30 – 11pm) is \$25 per person. To purchase tickets, visit www.capper.org. Lacey Kinder, 795-272-4060 x 1165

TOUR OF TOPEKA RIDE/RUN – May 6, 9:30am – noon, Dornwood Park. Celebrating connecting Shawnee County Parks + Recreation's trail system across the community. Cyclists can now ride from SW 29th and McClure all the way to and around Lake Shawnee via the Shunga, Deer Creek and Lake Shawnee trails. Registration is free and a Tour of Topeka t-shirt can be ordered for \$15. Rides include a 32.2-mile route along the entire trail loop, a 10-mile route to and around Lake Shawnee and back and a 5K route along the new section of the Deer Creek Trail. A 5K run/walk follows the same route along the Deer Creek Trail. This is a non-timed, non-competitive event

FLINT HILLS FESTIVAL – May 6, 10-5, Blue Earth Plaza, Manhattan, directly across from the FHDC at 315 South 3rd St. Live entertainment, activities for children and adults, a wine tasting area (21+), community groups, demonstrations, food trucks, vendor booths. This is also the final weekend for Dinosaurs: Fossils Exposed. Get up close and personal with a T-Rex or one of the five other full skeletons on display. www.flinthillsdiscovery.org/fhf.

SHAWNEE CHORAL SOCIETY MOZART REQUIEM – May 7, 7-9pm, White Concert Hall. Prelude Music by Kansas Youth Chorale. Free Admission. Donations Gratefully Appreciated

LIVE AT LUNCH – May 10, 11-1, Every Plaza. Paradize Band

C5Alive "POWER" LUNCHEON – May 11, 11:30-1 at Aldersgate Village's new Home Plus building! Featured speaker is Marcus Miller of First Tee of Greater Topeka. 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 to join you! SAVE THE DATE: C5 POWER Luncheon, June 8, 11:30-1.

FRIDAY FLICKS – "HOME": May 12, 8pm, Every Plaza
RANDY STONEHILL – May 13, 7pm, Seaman Comm. Church

LIVE AT LUNCH – May 17, 11-1, Every Plaza. Heart-strings

EATS AND BEATS – May 18, 11-1, Every Plaza. Knuckle-



Shawnee County Warm Line
1-800-972-8199

Feeling worried, lonely or isolated?
Call to request regular check-in phone calls,
or call when you want to talk!

We are here to listen and to provide
helpful community resources!

Monday - Friday from 10 am - 2 pm.

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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.

head Jones

MARIA THE MEXICAN – May 19, 8pm, Redbud Park Summer Concert Series. Part of 3rd Friday NOTO Summer Concert Series. Free admission

EVANS CARNIVAL – May 18-28, Vail Events Ctr.

LIVE AT LUNCH – May 24, 11-1, Everygy Plaza. Matthew Mulnix

EATS AND BEATS – May 25, 11-1, Everygy Plaza. The Bash

SPRING SING – May 27, 6pm, Oakland United Methodist Church, 801 NE Chester Ave. Join Oakland Neighborhood Churches in the annual event of singing worship to the Lord. Contact Reverend Phil Anderson (Oakland UMC), Pastor Jeanette Cook (Oakland Church of the Nazarene) or Pastor Barbara Deeter (Oakland Grace Baptist) for information.

5K HOME RUN - May 29, 8:30am-10am, Lawrence. Benefiting Family Promise Of Lawrence, this race is perfect for seasoned racers, walkers and those who've never run or even walked 3.1 miles. Grab your strollers and favorite pets on a leash -- they're welcome, too! Sarah Plake, KSHB-TV 41 news anchor, will emcee the event. \$30 per person. Teams of four or more people can register to receive a \$5 discount per person for either the in-person or virtual event. Register at <https://runsignup.com/race/5k2022>. Contact info: maggie kneidel; maggie@lawrencefamilypromise.org, 785-764-9506

LIVE AT LUNCH – May 31, 11-1, Everygy Plaza. Wafflers

NORTH TOPEKA COMMUNITY BAND CONCERT - June 5, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. (Also on June 19 and July 10) North Topeka Community Band concerts have been a summer treat since 1996. No admission cost. Bring your lawn chairs. Contact Info: Ginger Patterson, (785) 633-2438

KIDS SUMMER FUN & JESUS - Every Wednesday, beginning June 7, 7-8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Water Play, Yard Games, Fun, Snacks, Jesus, Fellowship, Friends, Sidewalk Chalk. Contact info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

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

SOLE REASON GOLF TOURNAMENT – June 24, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Sole_reason@yahoo.com or 785-338-2965 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 mainstage programming and capital improvements at the Topeka Performing Arts Center. The early bird registration price for a team of 4 is \$375, available until April 30th. Online registration deadline is July 7th. Registration will include lunch, 18-hole course and golf cart. Individual person registration is \$100. Lunch sponsor Iron Rail Brewing. Also silent auction and 50/50 raffle.

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

golf-tournament

3RD ANNUAL TOPEKA FALL FEST – Sep. 16, 10am-3pm, at the Great Overland Station. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more info, email info@C5Alive.org.

BREAKTHROUGH HOUSE GOLF TOURNEY – Sep. 7, Cypress Ridge. 11am Registration, Noon lunch, 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-840-8733 or bblevins@breakthroughhouse.org

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 25, 11:30 reg.; 10:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 785-232-8296 or topekayfc.org

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@tscpl.org

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

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

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

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.

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:



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Luncheons & Tradeshows & other events open to the general public!


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

May 11, 11:30-1: "POWER" Luncheon
Featuring: Marcus Miller of First Tee; at
Aldersgate Village Home Plus
North, 7202 SW Uxbridge Circle;
Parking is on Bristol St, turn south at
the 4-way stop. Open to the public.

Save the
Dates!

RSVP to info@C5Alive.org

• May 11: POWER Luncheon, 11:30-1
• June 8: POWER Luncheon, 11:30-1



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

Topeka.heals@gmail.com or Sandy at 785-249-3792

NARVE Meeting (Nat'l Assn of Railroad Veteran Employee) - 2nd 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 & 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. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at highlandheightscc.com or 785-379-5642.

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

EMOTIONS ANONYMOUS: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal

Cathedral, Noon-1pm. N/C. 785-633-7764

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

PERRY LECOMPTON FARMERS MARKET - Fridays 4-6:30pm, Bernie's/Cenex parking lot, Ferguson & Hwy 24

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.

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 Rahm Food 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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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

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

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. wesquaredance.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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TOPEKA Health & Wellness MAGAZINE

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For more information, contact Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

C5Alive and Emerald City Cosmopolitan Club Present

3RD ANNUAL

TOPEKA

Fall Fest

Free
Admission!

SATURDAY, SEPTEMBER 16, 10 AM - 3 PM

AT

GREAT OVERLAND STATION

Volunteers
Needed!

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

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

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

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

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



Find us on Facebook: Topeka Fall Fest, or email info@C5Alive.org

