

**TOPEKA**

**JULY 2023**

# Health & Wellness

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**TOP TIPS  
FOR SAFE  
SUMMER  
FUN**



**Financial Wellness: invest in bonds**  
Manifesting the best version of you

**Breakthrough House: "Hope for the Journey"**  
Mental health needs of the BIPOC community

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# SUMMER IS FUN BUT HOT! KNOW YOUR HEAT SAFETY TIPS!

## SYMPTOMS

## TREATMENT / FIRST AID

### HEAT CRAMPS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

### HEAT EXHAUSTION

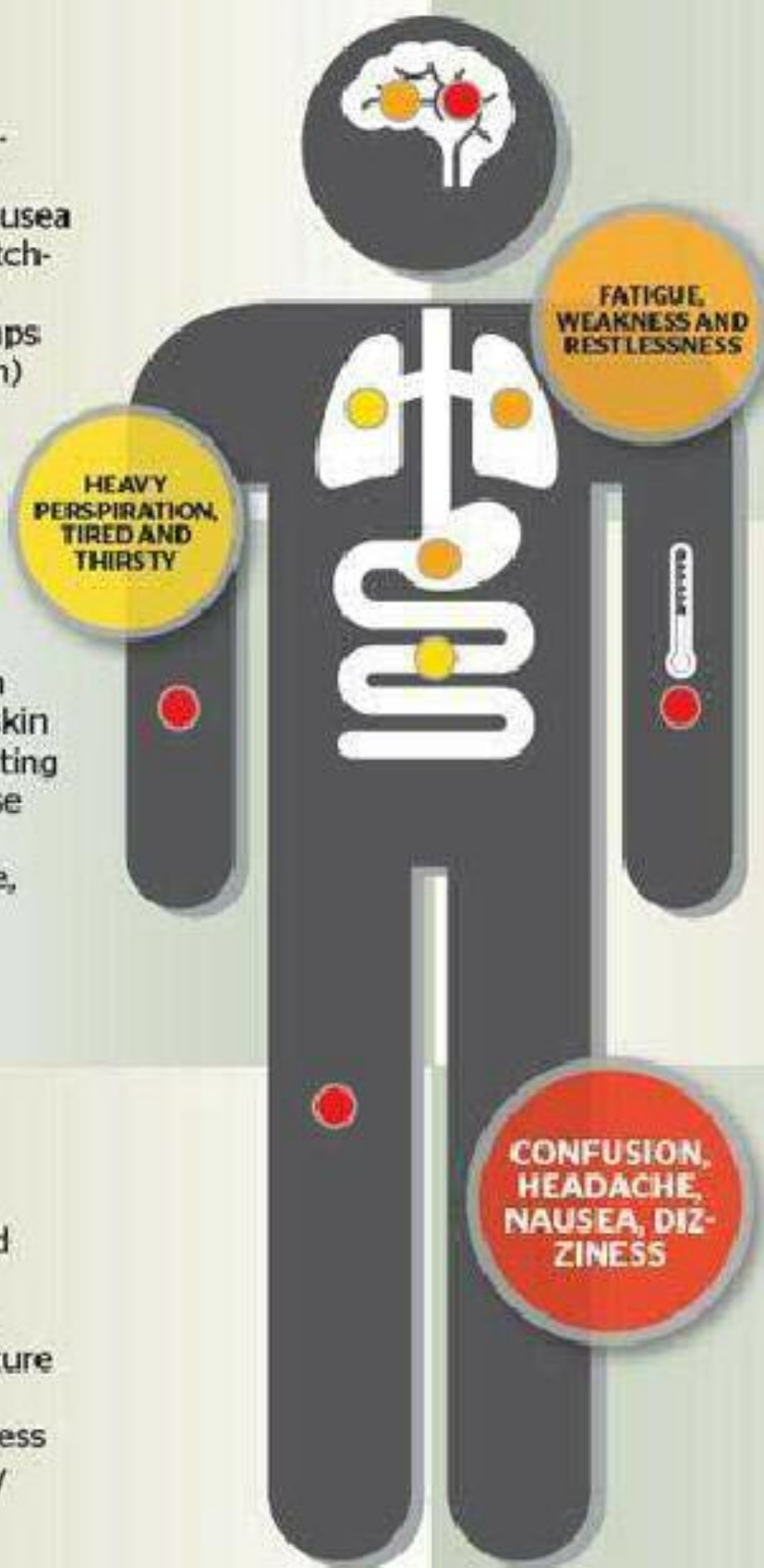
- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

### HEAT STROKE

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water







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## ON THE COVER:

Our cover this month features a family enjoying the beach together.

You will find many tips for a safe and fun summer, and lots of other useful information in 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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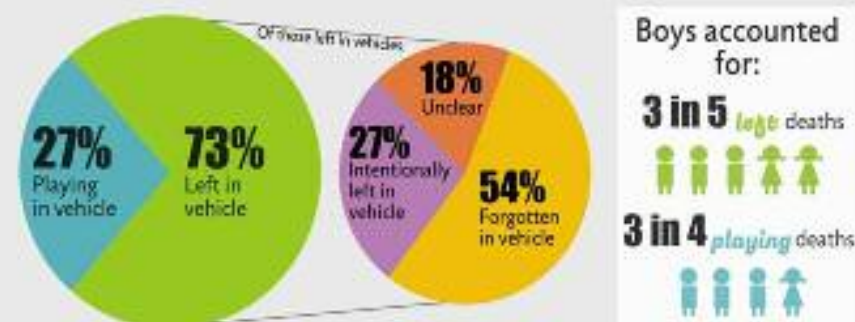


## Heatstroke Deaths of Children in Vehicles

BY THE NUMBERS NHTSA (2012)

- 10** the minutes it takes for a car to reach deadly temperatures on an 80 degree day
- 38** the average number of children who die from vehicular heatstroke in the US each year
- 57** the lowest known outside temperature at which heatstroke can occur

BY CIRCUMSTANCE Guard (2008)



BY AGE Guard (2009)



TIPS NHTSA (2012)

**Never** leave children in a vehicle unattended, even with the windows cracked, even "for a minute"

**Always** check the backseat when exiting the vehicle (put your phone or your purse in the backseat to create a reminder system)

**Always** keep vehicle doors and trunks locked and keys out of reach

**Make** an agreement with your childcare provider to always call you when your child is absent

**Call 911** if you see a child alone in a vehicle

For detailed sources and resources: [ChildrensSafetyNetwork.org/publications/heatstrokeinfographic](http://ChildrensSafetyNetwork.org/publications/heatstrokeinfographic)  
For NHTSA's Look Before You Lock Campaign: [safercar.gov/parents/heat-involved.htm](http://safercar.gov/parents/heat-involved.htm)



Children's Safety Network

[www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org)

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# Addressing the mental health needs of the BIPOC community

By Mikki Burcher, Health Promotions Specialist,  
Valeo Behavioral Health Care

**B**IPOC (Black, Indigenous, and people of color) Mental Health Month, recognized in July, is a time to reflect on the specific challenges that underrepresented groups in our community can face when it comes to mental health care.



Mikki Burcher

There are many systemic barriers that BIPOC can face when attempting to access mental health care, including:

- **Language.** Receiving treatment becomes more complicated if the service provider and the person seeking treatment don't speak the same language. Additionally, written materials and forms are often only available in English. Language barriers can also exist even if providers and persons seeking treatment speak the same language but have different cultural backgrounds, such as misunderstanding or misinterpreting culturally specific phrases.
- **Geography.** Indigenous persons are more likely to live in rural communities, where there is limited access to mental health care providers.

- **Distrust.** The historical treatment of marginalized communities, including non-consensual medical research, combined with continued negative experiences (such as racism) within healthcare settings, has contributed to a distrust of the medical system, including the mental health care system.
- **Cultural exclusion.** The Western Medicine Model fails to acknowledge culturally relevant treatments from marginalized communities. Alternative treatments may not be covered by insurance because they are often dismissed by the Western Medical Model, making it extremely difficult to obtain funding to research the effectiveness of these treatments.

The mental health care community, including everyone here at Valeo, is working hard to break these barriers, but we need your help. Here are a few ways you can fight for better mental health services for BIPOC:

- Advocate for funding to research alternative, traditional, and cultural healthcare/mental healthcare treatments.
- Research culturally responsive mental health care providers in your area and share that information with those who ask.

- If a BIPOC person in your life expresses concerns about their mental health but is hesitant to seek professional help, listen carefully and validate their experiences. Don't blame, shame, or try to solve the problem; just listen.

BIPOC Mental Health Month is a time to discuss and, more importantly, take action to address the barriers that keep BIPOC from receiving the mental health care they need and deserve. Together, we can create a culturally responsive mental health care system that meets the mental health needs of Black, Indigenous, and people of color.

If you are a loved one are struggling with mental health challenges, professional help (including culturally responsive treatment) is available. Valeo's Crisis Center is open 24 hours a day, 7 days a week for walk-in mental health emergencies. It is located at 400 SW Oakley Avenue. You can also call the Valeo Crisis Line, available 24 hours a day, at 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

JULY IS BLACK,  
INDIGENOUS,  
PEOPLE OF COLOR  
(BIPOC) MENTAL  
HEALTH MONTH



15% (8.9 million) of  
Hispanics struggle with  
mental illness

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330 SW Oakley  
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# FINANCIAL FOCUS

## Smart ways to invest in bonds

**M**ost investors are aware of the different types of stocks: big-company, small-company, technology, international and so on. And it may be a good idea to own a mix of these stocks as part of your overall investment portfolio. But the importance of diversification applies to bonds, too — so, how should you go about achieving it?

To begin with, individual bonds fall into three main types: municipal, corporate and government. Within these categories, you'll find differences in the bonds being issued. For example, government bonds include conventional, fixed-rate Treasury bonds as well as inflation-protected ones, along with bonds issued by government agencies, such as the Federal National Mortgage Association (or Fannie Mae). Corporate bonds are differentiated from each other by several factors, but one important one is the interest rate they pay, which is largely determined by the credit quality of the issuer. (The higher the rating grade — AAA, AA and so on — the lower the interest rate; higher-rated bonds pose less risk to investors and therefore pay less interest.)

Municipal bonds, too, are far from uniform. These bonds are issued by state and local governments to build or improve infrastructure, such as airports, highways, hospitals and schools. Generally, municipal bonds are exempt from federal tax and often state and local taxes, too. However, because of this tax benefit, municipal bonds typically pay lower interest rates than many corporate bonds.

How can you use various types of bonds to build a diversified bond portfolio? One method is to invest in mutual funds that invest primarily in bonds. By owning a mix of corporate, government and municipal bond funds, you can gain exposure to much of the bond world. Be aware, though, that bond funds, like bonds themselves, vary widely in some respects. To illustrate: Some investors may



choose a low-risk, low return approach by investing in a bond fund that only owns Treasury securities, while other investors might strive for higher returns — and accept greater risk — by investing in a higher-yield, but riskier bond fund.



But you can also diversify your bond holdings by owning a group of individual bonds with different maturities: short-, intermediate- and long-term. This type of diversification can help protect you against the effects of interest-rate movements, which are a driving force behind the value of your bonds — that is, the amount you could sell them for if you chose to sell them before they matured. When market interest rates rise, the price of your existing, lower-paying bonds will fall, and when rates drop, your bonds will be worth more.

But by building a “ladder” of bonds with varying maturities, you can take advantage of different interest-rate environments. When market rates are rising, you can reinvest your maturing, shorter-term bonds at the new, higher rates. And when market rates are low, you'll still have your longer-term bonds working for you. (Generally, though not always, longer-term bonds pay higher rates

than shorter-term ones.)

A bond ladder should be consistent with your investment objectives, risk tolerance and financial circumstances. But if it's appropriate for your needs, it could be a valuable tool in diversifying your bond holdings. And while diversification — in either stocks or bonds — can't always guarantee success or avoid losses, it remains a core principle of successful investing.

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



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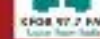
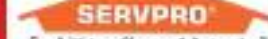
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# I Need a Do-Over

**D**o you ever just feel like you need a do-over? When we were kids, we played games and if it did not go as planned, we yelled out... "Do-Over!" It was simple. If you ask me, it is a healthy outlook on life. It means we do not have to live in the past and we just *let go of the self-judgement*.

What would life look like if you could immediately choose a clean slate? Just send yourself and others a "grace card." Meaning, forgive others and most of all...forgive yourself and release the hope that the past could be different. Replace that thought with the concept that the past shaped who you are today, and it was all a valuable lesson in your personal development and growth.

What would it look like if you could exchange your present day thinking for a new way of thinking? For instance, exchange the words "mistake" for the word "lesson." I learned over my lifetime that most of us are in very abusive relationships. I am referring to the **self-abuse** directly tied to our **negative self-talk and self-judgement**. We have been programmed to judge ourselves and others, and most of us are unaware of how we are showing up, or what that low vibration does to our molecular structure and DNA. Yep, I am talking about health again.

## Our Thoughts Influence Outcomes

Dr. Masaru Emoto, a Japanese water scientist, opened our eyes to how different words, music, prayer and vibrations could influence the molecular structure of water. After exposing the water to various words, pictures, or music; he froze the water and examined the ice crystals' aesthetic properties with microscopic photography. He proved scientifically that water is sensitive to our thoughts, words, and feelings. Good thoughts such as love, and gratitude generated beautiful symmetrical crystals. Negative thoughts created fractured or unpleasant looking crystals.

## Our Bodies Are Made Up Of Water

About 75% of our body is made up of water and our brain is about 80% water. So, let's connect the dots. If you are not being kind to others or yourself, you are

changing the environment of your own body and those who you are being unkind to. We are damaging our own cells.

How do we shift our mindset and treat ourselves and others with love and kindness when many have been programmed to be critical? Here are a few ways to get started.

### Catch The Fever

Gratitude is high on the Map of Consciousness (David Hawkins). Find at least 3 things each morning to be grateful for. I started with having gratitude for the roof over my head, the food on my plate, and the ability to walk (I was disabled for almost 4 years). You can create a gratitude journal or jar, send out thank you notes in the mail or digitally, or just tell people face to face, how grateful you are for what they have done for you. Find ways to be grateful. It will raise your vibration and it is contagious --- and you do want people to catch that **gratitude fever!**

### Forgiveness

Don't be like me in the past. I held grudges and I wore it like a badge of honor. When we hold a grudge and don't forgive, we are hurting ourselves more than we're hurting others (it's our vibration). When we lack forgiveness, we are drinking the poison and expecting someone else to die. Think about that for a moment. People are healing. When we perceive poor behaviors, they are simply opportunities for all of us to heal from lessons. We can send ourselves and others love and light. This is a great way for everyone to heal faster and practice self-love.

### Akashic Records

We all have history. Some of the history is our personal history, some is passed on from our ancestors or past lives. Many of the people that I have helped were holding on to energy patterns that were never theirs to begin with. It was an energy pattern passed on by a relative, or from a past life that needed clearing. By accessing a higher consciousness, we can release old patterns that don't serve us. This release allows us to co-create with the universe a new way of being and thinking that gives you the freedom of expression not based on any past. Once the patterns and frequencies are released, it's still your responsibility to modify your behavior. But as you make a conscious choice, and take action, you will step into your power with ease



and grace. You will be the person that you we're always meant to be. The best version of yourself.

### Leading The Way

I have been practicing leadership for more than 4 decades and during that time I was ill and a very poor leader. My lesson was, that if we don't treat our body as a temple, which means eating sustainably produced food, clean water, avoiding toxic chemicals and toxic people, we won't be able to lead others on any path. Why? Because we haven't learned to lead ourselves. Lead yourself first, then others will follow.

### Do-Over

What would it look like if you could have a do-over? You did not have to make yourself wrong for the little hiccups in life. Stop beating yourself up. What would it look like if you could shift your mindset about how we achieve optimal health?

Ask yourself if you believe everything that you learned as a child about being healthy. Do you believe some of it, all of it, or none of it?

I believe health starts with our mindset. I believe that when we shift our thinking, believe in ourselves and others, expect the best, follow a higher consciousness, we can climb the highest mountains, soar like the eagle, and manifest the best version of ourselves.

For divine guidance on mindset and holistic health, please reach out to Rev. Jodi L. Suson-Calhoun, Suson Essentials [www.SusonEssentials.com](http://www.SusonEssentials.com)

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





# FINANCIAL HEALTH & WELLNESS

## Taxpayers missing \$1.5 billion in refunds for 2019 must file by July 17

**T**he Internal Revenue Service is encouraging nearly 1.5 million people across the nation to submit a tax return to claim their refunds for tax year 2019 by the July 17, 2023, deadline.

The IRS estimates almost \$1.5 billion in refunds remain unclaimed because people haven't filed their 2019 tax returns yet. Available data includes a special state-by-state estimate of how many people are potentially eligible for these refunds in each state and each state's median potential refund. The average median refund for tax year 2019 was \$893.

Taxpayers could lose more than just their refund of taxes withheld or paid during 2019. Many low- and moderate-income workers may be eligible for the Earned Income Tax Credit (EITC). For 2019, the credit was worth as much as \$6,557. The EITC helps individuals and families whose incomes were below certain thresholds in 2019. Those who are potentially eligible for EITC in 2019 had incomes below:

- \$50,162 (\$55,952 if married filing jointly) for those with three or more qualifying children.
- \$46,703 (\$52,493 if married filing jointly) for people with two qualifying children.
- \$41,094 (\$46,884 if married filing jointly) for those with one qualifying child.
- \$15,570 (\$21,370 if married filing jointly) for people without qualifying children.

The IRS reminds taxpayers seeking a 2019 tax refund that their checks may be held if they have not



filed tax returns for 2020 and 2021. In addition, the refund will be applied to any amounts still owed to the IRS or a state tax agency and may be used to offset unpaid child support or past due federal debts, such as student loans.

Current and prior-year tax forms (such as the tax year 2019 Forms 1040 and 1040-SR) and instructions are available online on the IRS Forms, Instructions and Publications page or by calling toll-free 800-TAX-FORM (800-829-3676).

### Need to file a 2019 tax return? Several options to get key documents

Although it's been several years since 2019, the IRS reminds taxpayers there are ways they can still gather the information they need to file this tax return. People should begin now to make sure they have enough time to file before the July deadline for 2019 refunds. Here are some options:

- Request copies of key documents: Taxpayers who are missing Forms W-2, 1098, 1099 or 5498 for the years 2019, 2020 or 2021 can request copies from their employer, bank or other payers.
- Use Get Transcript Online at IRS.gov. Taxpayers who are unable to get those missing forms from their employer or other payers can order a free wage and income transcript at IRS.gov using the Get Transcript Online tool. For many taxpayers, this is by far the quickest and easiest option.
- Request a transcript. Another option is for people to file Form 4506-T, Request for Transcript of Tax Return, with the IRS to request a "wage and income transcript." A wage and income transcript shows data from information returns received by the IRS, such as Forms W-2, 1099, 1098, Form 5498 and IRA contribution information. Taxpayers can use the information from the transcript to file their tax return. But plan ahead – these written requests can take several weeks; people are strongly urged to try the other options first.

—Peggy Beasterfeld, EA



**Peggy's Tax & Accounting Svc LLC**

**300 SE 29th, Suite C**

**Topeka, Kansas 66605**

**Tel: 785-286-7899**

**Frontdesk@peggystaxks.com**



# Farmers Markets can be healthy fun

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.

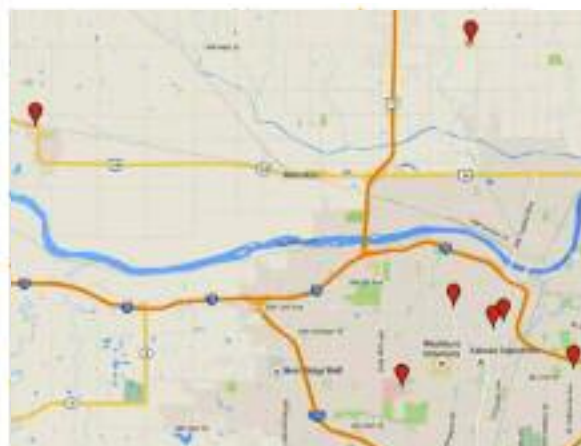


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of 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](http://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](http://heartlandhealthyneighborhoods.org) or like us on Facebook.



Suggestions to Ussa Staley, [estaley@tsccol.org](mailto: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

Open July 1

### 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

Clothing, Hot breakfast and lunch,  
Hygiene items

### 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

### NO MAP THE WEEK OF JULY 4TH

#### July 11th • 9:00-3:00

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

#### July 13th • 9:00-3:00

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

#### July 18th • 9:00-3:00

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

#### July 20th • 9:00-3:00

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

#### July 25th • 9:00-3:00

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

#### July 27th • 9:00-3:00

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



## Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

**POOL SAFETY** Ideally, you should learn to swim before enjoying the water. While at the pool:

- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.

With children, constant supervision is key:

- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

**BEACH SAFETY** Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

Other tips to keep in mind:

- No one should use a floatation device unless they are able to swim. The only exception is a person wearing a Coast Guard-approved life jacket.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

**RIP CURRENTS** Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

As the temperatures soar, more and more of us will take to the water for some summer fun. For more on how to keep you and your loved ones safe this summer, visit the swimming and water safety information on our web site.

**Questions about MAP**  
Please contact Jenny Falk  
Director of MAP Operations  
at [jfalk@trmonline.com](mailto:jfalk@trmonline.com)





# 5 Simple Tips for Fitness Success

**C**ongratulations on taking a forward step to get in shape and feel great. Many people are guilty of wishing they could get a sculpted body from eating junk food and watching TV all day. But that is just not going to happen. Even though getting in shape sounds like a long, time-wasting process, the effort put towards being in shape has many positive effects. If you want to start your journey to having a better body and feeling great, here are some tips:

## 1. Exercise Daily

Exercise daily for at least an hour. You do not have to kill yourself from running, jogging, etc., but you should have some sort of moderate physical activity in your everyday life. If you're looking to shed a few pounds fast, do a higher-level intensity workout. For example, go on a walk at a brisk pace for an hour. Or, you can jog and set certain intervals to sprint during that hour.



Make sure you're not in severe pain during your workout. Just a warning, your muscles will ache after a high intensity workout. It may be irritating, but that means your body is changing for the better. Be sure to stay hydrated, stretch, and eat foods with a decent amount of protein after each workout. The protein will help keep your muscles, not fat, rebuilding.

## 2. Eat the Right Foods and Portion Each Meal

No matter how bad your stomach is telling you to go for candy over healthy food, try to stay away from sweets. Sugar from candy will not help you

get in shape. Even if it's just a single candy bar, one will eventually lead to another. Fruits and vegetables are the best thing to eat when getting into shape. Apples, for example, do a good job at making the stomach feel full for up to 3 to 4 hours. Green vegetables such as green beans and broccoli keep the digestive system clean and running. Also, stick to lean meats like turkey and chicken.



Seafood, such as shrimp, and tilapia are also great alternatives. These foods are full of protein and healthy nutrients to help keep muscles fit and ready for workouts. In addition, be sure to portion what you eat. Having a good metabolism comes from portioning meals. Try to plan out eating six times a day and setting smaller portions, rather than having three large meals throughout the day. This will also help you find yourself breathing smoother when working out rather than huffing and puffing for air. This is because you will have less food in your digestive system, which means more energy is used toward your exercise.

## 3. Keep Track of Calories and Food Intake

Keeping track of how many calories you eat in a day will be helpful in planning out your physical exercising. Ever wonder why body builders' body masses are so big? That's because they plan out their meals and take in more (healthy) calories than the average person. On the other hand, losing weight and striving for a skinnier physique will involve more physical exercise than calories you ingest.

## 4. Be Sure to Get Sleep

Even though most of us have eight-hour jobs dur-



ing the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day, but if you happen to feel tired at any point after coming home from work, by all means take a small nap before exercising. You should only nap for about a half hour. This will prevent you from staying up later in the night.

## 5. Stay Motivated

An important key to being in shape is to set goals and keep a positive mindset. Give yourself a small



reward when you reach a goal. If you stay positive, you will be able to push yourself to get that fit body you've always wanted.



# Parkinsons Treatment: Focused Ultrasound



(Ivanhoe Newswire) —

One million Americans are living with Parkinsons disease. Medications can help with the symptoms, and for some patients, deep brain stimulation, or DBS, works to control the tremors.

Now, doctors are using focused ultrasound to target the area of the brain causing the problems. The challenge doctors are facing is that they have only been able to perform the procedure on one side of the brain, meaning the patient would only have improvement on one side, until now.

For the first time in years, Mark Witman's hands are steady. His Parkinson's symptoms started 13 years ago.

"I was just favoring my one side and dragging my foot," Witman recalls.

Medication controlled it at first, but eventually, for this lifetime Orioles fan, Parkinson's put a damper on a 20-year long tradition. Every year on opening day after the game, Witman and his family would watch the movie "Field of Dreams."

"If you're familiar with the movie, at the end, father and son have a catch. It's been getting tougher and tougher for me to throw and catch," Witman explains.

Witman went to see professor of neurology at the



University of Maryland School of Medicine, Paul Fishman, PhD. Professor Fishman recommended a non-invasive procedure called focused ultrasound. Doctors use MRI guidance to send ultrasonic soundwaves through the skull.

Professor Fishman says, "When that sound energy hits brain, it's converted into heat, eliminating the tiny tissue that's causing the problem."

Focused ultrasound is FDA-approved for one side of the brain, but Witman was part of a clinical trial performing the procedure on both sides.

"This particular research study demands that people do well for a six-month period before it's a go to do the second side," Professor Fishman continues.

Witman had the first ultrasound procedure in January and followed with the other side six months later.

"You could feel it immediately," Witman exclaims.

For Witman, this year's tradition was better than years past.

"We had our catch and, right away, I knew, I could throw," Witman tells Ivanhoe.

The bilateral focused ultrasound procedure has been done successfully on patients in Switzerland and Japan. The trial is being conducted at four sites in the United States — at the University of Maryland School of Medicine, in New York at Weill Cornell Medical School and New York University — Langone, and Stanford in California.

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Although most people with Parkinson's first develop the disease after age 60, about 5% to 10% experience onset before the age of 50.

The prevalence of PD has doubled in the past 25 years. Global estimates in 2019 showed over 8.5 million individuals with PD.

Current estimates suggest that PD resulted in 5.8 million disability-adjusted life years, an increase of 81% since 2000, and caused 329 000 deaths, an increase of over 100% since 2000.



# Breakthrough House: Providing “Hope for the Journey”

**M**ental illness can strike any family no matter what race, socio-economic situation, gender, or religion. There are a lot of struggles for individuals experiencing a mental health diagnosis and finding support and encouragement along the way of this new journey can prove challenging and daunting.

Breakthrough House in Topeka is a non-profit organization that helps people along their journey of mental illness. It is a 501 (c3) non-profit community agency in Topeka which was established in 1978 to support the recovery of individuals with mental illness. The organization was begun by a University of Kansas student looking for a way to meet the internship requirement of her Master's in Social Work. The organization has been going strong ever since.

There are individuals in need of a place to call home. Breakthrough House provides group homes and some apartments for those who might end up homeless otherwise. A movie that is inspirational that speaks to the need of shelter for the mentally ill is the 2009 movie “The Soloist,” which is based on a true story of an African-American man who was wonderful at playing the violin. He was so wonderful, in fact, that he attended the Juilliard School in New York. He did well and excelled until his life was challenged dramatically by schizophrenia. He ended up homeless in Los Angeles, and it wasn't until an LA Times reporter, Steve



Lopez, befriended him and helped him that his life began to change.

That is what the staff of Breakthrough House has done for the housing residents. They have befriended the lost, the hurting and the lonely, and helped them find a place to call home. With the direction of Breakthrough House Executive Director Brian Blevins, Assistant Director Theresa Douthart, and Housing Manager Sehera Hayes – along with many others – many people have been able to get off the streets and find community. Theresa Douthart has extensive experience in helping people find housing. She is incredibly knowledgeable about rules and laws and she is also a very kind person who cares about every person she helps.

Many clients attend the Clubhouse which is one of the three programs that Breakthrough House operates. The Clubhouse is a wonderful place located in the former Social Security building in downtown Topeka, across from the YWCA. It's here at the Clubhouse that clients find community and can receive a nice, nutritious meal, as well as support in their journey – whether that means returning to school, learning a skill, or getting help finding a job. At the Clubhouse people like Laura Webber reach out to meet people where they are and learn about them, and what their lives are like. People don't just go and sit all day; there are activities and there is much going on for them to learn and grow. They learn about their mental illness and tools for recovery.

The third program that Breakthrough House provides is the repre-

sentative payee program. This is a much needed and vital service that helps manage clients' money and uses their money to pay their rent and utilities and other bills, so they can stay in their apartment and have someone who cares about them manage their funds. One of the challenges of experiencing a mental illness is the difficulty in managing money. People like Debra Oakes and others in the payee department show compassion and wisdom in helping clients learn how to accept help and reach recovery. This service is something that is much needed in Topeka and the compassion shown is exemplary.

Everyone has some sort of challenge in life. Life's road is filled with ups and downs. The staff and volunteers at Breakthrough House truly care about helping people learn about themselves, heal from past trauma and reach out to a brighter day. There is hope. As Breakthrough House works together with community partners like Valeo Behavioral Healthcare and the Topeka Rescue Mission, healing can occur, and a new direction and new hope can flourish.

– Rebecca Lyn Phillips

*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](http://www.breakthroughhouse.org) or call Brian Blevins at 785-840-8733, or email him at [bblevins@breakthroughhouse.org](mailto:bblevins@breakthroughhouse.org). Offices are located at 403 NW Lyman Rd., Suite A, Topeka, KS 66608.*



**Breakthrough House, Inc.**

**1201 SW Van Buren**

**Topeka, Kansas 66612**

**Tel: 785-840-8733**

**[breakthroughhouse.org](http://breakthroughhouse.org)**



# Tips For a Safe and Fun Summer

**T**he 101 critical days of summer begins Memorial Day weekend and ends after Labor Day. History shows this is the largest vacation period of the year. This is a time for fun in the sun filled with outdoor activities. With that in mind, here are a few safety tips that will hopefully make your summer a fun-filled safe one.

## BE SAFE IN THE SUN

While some sunlight is necessary for our bodies to produce vitamin D, too much sun can pose a number of health risks. Protecting your skin from the sun's UV rays is the best way to limit your risk of sunburn and skin cancer. A person's risk for melanoma doubles with more than five sunburns. And just one severe sunburn in childhood or adolescence more than doubles a person's chances of developing skin cancer later in life. Limiting sun exposure can be simple:

- Stay in the shade—particularly during midday when UV rays are at their peak.
- Wear a wide-brimmed hat, sunglasses, and a long-sleeved shirt.
- Use a broad-spectrum sunscreen with SPF 30 or higher.

Avoid products labeled “tanning oil,” and for the best protection, apply sunscreen generously 30 minutes before going outdoors. Reapply every two hours, especially after swimming or sweating. Keep in mind: having a darker skin tone doesn't protect you from the sun's rays.

## WHEN THINGS HEAT UP

High temperatures can be dangerous for everyone, but especially for vulnerable groups, like people who have chronic medical conditions or are pregnant, as well as young children, older adults, athletes, and people who work outdoors. In the U.S., each year there are an average of 702 heat-related deaths, and an average of 9,235 people hospitalized due to heat. Heatstroke, the most dangerous heat-related illness, may occur if your body temperature rises to 103° F or more. Signs include:

- Skin that is flushed, dry, and hot to the touch
- Lack of sweating
- Rapid breathing
- Headache
- Dizziness or confusion
- Irrational behavior
- Convulsions
- Unresponsiveness

Seek medical help immediately if someone is suffering from heat stroke. Call 911 and move the victim to a cool place. Never force the victim to drink liquids. The best way to avoid a heat-related illness is to limit time outdoors during hot days. According to the CDC, air conditioning is the best way to cool down. If your home is



not air-conditioned, reduce your risk by spending time in public facilities that are.

## STAY HYDRATED

Dehydration can happen at any time, but it's more likely in higher temperatures, especially with increased exertion. Symptoms of dehydration include:

- Muscle cramping
- Urinating less often than normal
- Dark-colored urine
- Dry skin
- Feeling lethargic or confused
- Fainting

In children, these symptoms may differ. Alcoholic, caffeinated, and sugary beverages can actually dehydrate your body further. Plain, carbonated, or flavored water or sports drinks with electrolytes should be your go-to choices when hydrating.

## SWIMMING HAZARDS

Swimming – whether in pools, lakes, or at the beach or a waterpark – is excellent exercise and a great way to cool down. But swimming comes with risks: Every year in the U.S. there are an estimated 4,000 fatal unintentional drownings and 8,000 nonfatal drownings. The CDC reports that in the U.S. more children ages 1–4 die from drowning than any other cause, and for children ages 5–14, drowning is the second-leading cause of unintentional injury death after motor vehicle crashes. Here are some tips to limit your drowning risk:

- At the beach, swim when and where lifeguards are on duty.
- Be aware of hazardous beach conditions like rip currents and rough surf.
- Get out of the water at the first sign of lightning or rumble of thunder.
- Stay indoors and away from the water for 30 minutes after seeing lightning or hearing thunder.

When visiting a swimming pool, ensure there is proper

fencing to prevent young children from gaining access to the pool area without caregivers' knowledge. If you do not know how to swim, taking swimming lessons can significantly reduce your drowning risk. Using a life jacket during water activities—like swimming, boating, and other water sports—can also prevent drowning.

## HANDLING FOODS OUTDOORS

If you're planning a family cookout, picnic, or camping trip, make sure your plans include food safety. Foodborne illnesses tend to increase during the summer months because bacteria multiply faster in warm temperatures. People also cook outside more often, away from refrigerators, thermometers, and sinks. To avoid risking foodborne illness:

- Never leave perishable food out in the sun.
- Keep raw meat, poultry, and seafood separate from other foods before cooking to avoid cross-contamination, and refrigerate until ready to grill.
- When transporting, keep at 40°F or below in an insulated cooler, and make sure to cook food to the proper temperature.

When you get to cooking, keep the grill out in the open, away from your home, trees, or anything that could catch fire. Use long-handled tools especially made for cooking on the grill, and make sure everyone, including pets, stays away from the grill.

## CELEBRATE THE SAFE WAY

Fireworks can be a fun, exciting part of summer holidays—if enjoyed safely and preferably at a distance. Between 2006 and 2021, fireworks injuries climbed 25%. In 2021, at least nine people died and an estimated 11,500 were injured in incidents involving fireworks, with around 1,500 associated with firecrackers and 1,100 involving sparklers. The safest way to enjoy fireworks is to attend a public firework show put on by professionals, from a safe distance.

## DRIVE, RIDE, AND WALK SMART

With more cars on the road, injury prevention is important. Here are some tips:

- If visiting a foreign country, be sure to double check which way the traffic flows.
- Be extra vigilant—with the advent of e-bikes and scooters, there is even more to watch for.
- When biking, always wear a helmet. Bicycle-related injuries and deaths peak during warmer months.

To be more visible to traffic, the CDC suggests wearing fluorescent clothing during the daytime, and retro-reflective clothing at night. Using a light on your bicycle is required by law in most states when bikes are ridden after dark.

—By Morgan Coulson



# NNO activities help keep neighborhoods safe

Safe Streets is about to embark on its 27th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 5, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.



The list of events will be on the NNOTopeka Facebook page, Parstopeka Facebook page, Parstopeka.org website and Safe Streets.org website.

In 2021, Topeka/Shawnee County ranked 4th in



the nation for cities of comparable size for our National Night Out events.

National Night Out event is coordinated through Safe Streets in partnership with local law enforcement, including the Topeka Police



Department, Shawnee County Sheriff's Office, Shawnee County District Attorney's Office, Topeka Fire Department, and Kansas Highway Patrol and with area businesses, including Everygy, Prairie Band Potawatomi Nation, Reser's, Hy-Vee, Dillons, Frito Lay, and many others!

To find out if your neighborhood has National Night Out plans, contact Safe Streets at 785.266.4606 or email [info@parstopeka.org](mailto:info@parstopeka.org). You



don't need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!



Safe Streets, a program of Prevention and Resiliency Services, is a local crime prevention and substance abuse prevention organization in Topeka.





# Why You Should Wear Sunglasses On Every. Single. Run.

**Y**our eyes, just like your skin, need UV protection. Here's what to look for in glasses to keep you covered. Sunglasses are such a staple in my running kit that if I forget a pair, I have no choice but to head back home and grab them, same as if I left headphones behind. I think I look 100 times faster in a really cool pair of shades, but I also squint less, stress less about getting things in my eyes, and I see better, especially in bright sunlight.

To anyone who asks: "How can you run with sunglasses on?" My answer is how can you not? If you're wearing the right pair, they won't slip, they won't bounce, and they'll protect your eyes from all kinds of damage.

## Why You Need UV Eye Protection on Every Run

You know how bad sun exposure is for your skin, right? That's why you slather on sunscreen every time you head outside. Well, too much sun can be equally damaging to your eyes.

The chief role of sunglasses is ultraviolet light protection. "The majority of UV light is absorbed by the cornea, but with significant amounts of exposure, that radiation will eventually get through the cornea and cause damage to the inner structures of the eye," said James Dello Russo, an optometrist at the New Jersey Eye Care Center in Bergenfield and Passaic, New York.

Runners who don't wear UV eye protection can eventually develop growths on the clear covering over the white

part of the eye called pinguecula and pterygium, says Yuna Rapoport, M.D., an ophthalmologist at Manhattan Eye in New York City. A pinguecula is a yellowish, raised deposit of protein, fat, or calcium; a pterygium is a growth of fleshy tissue that may start as a pinguecula. A pterygium can affect your vision, and may result in surgery.

If you're running in the snow or near water, you can also develop a form of photokeratitis, a painful, temporary eye condition caused by exposure to UV reflections off of snow, ice, sand, or water. (Translation: Wearing UV eye protection isn't just a necessity in the bright lights of summer, but straight through winter too.)

"The two biggest concerns, though, are cataracts and age-related macular degeneration," says Dello Russo. You shouldn't have to worry about these issues until your 70s, but "people who are out in the elements all the time are at risk of developing these sight-debilitating issues at a younger age, which we would never want," he explains.

Then there's the physical protection element. Sunglasses act as a kind of environmental windshield for your eyes, says Dello Russo: "With enough exposure to UV light, runners will get basal cell carcinomas—non-metastatic tumors on the skin." One super common spot: The eyelids.

Plus, "the cornea—the clear, protective outer layer of your eye—is really susceptible to even the tiniest particles getting in," explains Rapoport. When you're running on dusty trails or the wind is whipping debris across the road, "the slightest piece of dust or dirt, a millimeter or even less, can cause an erosion which can lead to an eye infection," she says. Dirt, dust, and allergens in the air can also cause dry, itchy eyes—which can take the focus off your run and slow you down.

## The Most Important Features

Not surprisingly, the number one selling point in a pair of sunglasses is UV protection. "You want to look for lenses that block 100 percent of UV light," says Dello Russo. "The label should say 'UV absorption up to 400 nanometers,' or UV 400."

There are two types of UV light to be concerned about: UVA, which is associated with skin aging, and UVB, which is associated with skin burning. UV 400-protected sunglasses block both.

A darker lens tint doesn't necessarily offer better protection. However dark you prefer your sunglasses, the lenses should be polarized. Polarization is a coating on top of the lens that blocks the reflection of light off of surfaces. What it does is



"block that level of glare you're going to be receiving from different angles so you're more comfortable," says Rapoport.

Finally, embrace the whole "bigger is better" approach. "Runners are really going to want to actually look for shield or wrap-style sunglasses," says Dello Russo. "Most of them are formed to the face and wrap around to the side, typically with oversized lenses, which are not only going to keep the UV out of the eyes, but keep it off the lids and skin."

Comfort is key, said Rapoport. "If they pinch your nose or squeeze the temple area, that can cause headaches," she says. And sunglasses that slide down can be an annoying distraction. Opt for a pair that comes with adjustable nose pads and you can customize the fit.

## The Best Sunglasses for Running

Take Oakley's latest innovation in running sunglasses for example, the RE:SUBZERO, which features the brand's new PhysioMorphic Geometry. Lenses typically curve around a vertical axis (a.k.a. cylindrical lenses) or both vertically and horizontally (a.k.a. spherical lenses), but these new lenses combine both approaches in what's called a toric or toroid lens, explains Nick Garfias, the vice president of design at Oakley. "It has more of a football shape, curving in two directions in order to become a shield over both your eyes," he says. "That makes your optic view through that lens way better."

The frameless design of the RE:SUBZERO—with an extended wrap and rigidity in key areas that mimic the structural properties of a frame—also enhances your field of vision, says Garfias. (And offers more of that eye and skin protection that Dello Russo mentions.)

This shield style has become ubiquitous in the performance sunglass world, not just in Oakley's designs (see also: the Oakley Sutro), but in Roka's Matador Air, Smith's Flywheel, and Rapha's Pro Team Frameless Glasses—all of which provide oversized protection.

—Ashley Mateo

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# Program offered to help prevent or delay Type 2 Diabetes

**F**lorence Crittenton Services is excited to announce a new Lifestyle Change Program developed by the CDC (Centers for Disease Control) to help prevent or delay Type 2 Diabetes.

Research shows that CDC-recognized lifestyle change program participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing Type 2 Diabetes by up to 58% (71% for people over 60 years old).

Starting this Fall, at their Center for Integrative Health located at 5423 SW 7th St. in Topeka, they will begin offering education including in-person sessions for those looking for assistance with this important health issue. A trained Lifestyle Coach approved by the CDC will lead the program to help people change certain aspects of their



lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share the same goals and struggles.

This lifestyle change program is not a fad diet

or an exercise class. And it's not a quick fix. It's a year-long program focused on long-term changes and lasting results. A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time.

As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.

The program can also lower your risk of having a heart attack or stroke, improve your health, help you feel more energetic, and even reverse your pre-diabetes diagnosis.

For more information or to register for the program, visit the website at [www.flocritkansas.org](http://www.flocritkansas.org) or contact Lisa Bassett by emailing her at [lisab@flocritkansas.org](mailto:lisab@flocritkansas.org).

## Sunscreens: Not All Are Safe

**W**hether you're lighter-skinned, darker-skinned, or somewhere in the middle, protecting your skin from the sun is important. Skin cancer is the most common type of cancer. One in five Americans will develop it by the age of 70 and more than two people die from skin cancer every hour.

Using sunscreen is one of the best ways to protect yourself. Always look for broad-spectrum sunscreens that protect you from both UVA and UVB rays. Also aim for a sunscreen with at least 30 SPF. However, that's not all you need to look for. It turns out, some of the ingredients in sunscreen can cause cancer.

Recent studies show some popular sunscreen brands contain toxic chemicals such as oxybenzone, homosalate, and octocrylene. These chemicals can disrupt hormones in the body and can lead to reproductive problems and

cancer. These chemicals can be detected on the skin and in the blood weeks after being used.

Also, try to avoid the chemical benzene. When researchers tested sunscreen from more than five dozen manufacturers, they found that 27 percent of them contained the carcinogen, even though benzene was not a listed ingredient. Experts recommend using mineral-based sunscreens that use zinc oxide or titanium dioxide as the active ingredient.

The environmental working group keeps a close watch on sunscreens and puts out the best and worst list each year. You can check out [ewg.org](http://ewg.org) to see if your favorite sunscreen is safe.



Remember, no sunscreen is waterproof or sweat proof. This is why you should re-apply every two hours or after getting out of the water.

Also remember the teaspoon and shot glass rule. Use a teaspoon of sunscreen to cover your face and a shot glass full to cover the rest of your body.

—Ivanhoe Newswire



# Spiritual Wellness

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

## Crash Fitness – One Body, Unstoppable

The body of Christ is a phrase spoken frequently among Christian believers. Often in simplest terms is assumed to be a group of people that gather in one building. But, how about an indigenous missionary, outside with youth in the shade of a tree, physically exercising and spiritually training with others doing online fitness around the world? Does the term Body of Christ apply to them too?

This is a question Anthony and Denea' Widener explored in depth before launching their unique faith and fitness program, Crash Fitness, in the summer of 2019.

When you dig into the Bible you find that every single follower of Christ is part of one body. There is no separation by denomination or location. Instead, all are identified as children of God.

Having a ministry background as well as expertise in the gym world, the Wideners could see the strong connection between physical health and being able to say yes to the calling God places on Christians' lives. Without caring for your physical body, it is a struggle to have the energy and health needed to live your life fully for Christ. With this understanding they asked, "What if there is a way to truly unite believers from all over the world on a spiritual and fitness journey for God's glory?"

Crash Fitness was the answer to that question. Crash Fitness is unique in that church congregations and individual believers in the United States can be a part of the same platform along with their fellow Christians serving on mission in other countries.

Training sessions and devotionals include those shot on location in other countries. The session in the photo above was shot in the continent of Africa.

### TOOLS FOR GLOBAL TRAINING

Crash Fitness members are challenged and encouraged by devotionals, and led through strength training and functional online fitness workouts. Utilization of the Internet breaks the barriers of time and location allowing members all over the world to receive spiritual and physical training through online fitness with minimal equipment and requirements.

Through the online workouts members can get help to



get in phenomenal physical shape. Then through the online community group they can connect for accountability, encouragement, and prayer. Denea' shares "We just want to help the body of Christ get healthy and stay healthy so that they can accomplish all that the Lord is calling them to do."

### EVERYONE IS YOUR WORKOUT PARTNER

Kristen and Jared Schulte, who live in Florida, discovered Crash Fitness in its beginning phase and found it to be life-changing in the midst of the busyness of life. The couple has been thrilled with the results and how the program affords them the freedom to work out on their own schedule from the convenience of home. For the first time ever, they have been able to maintain a consistency with their workouts.

Kristen admits "I honestly never even considered putting God at the center of my health, fitness, or wellness...it truly was a lightbulb moment when I realized that my entire life had changed, having handed over this last big part of my life to Him. I can only believe that God put Crash Fitness in my path so that I could experience these life-changing truths that I can now walk confidently in. It's so much deeper than weight loss and physical gains. Wow, it's truly all about the personal relationship with God."

Josh Anderson, a missionary in Haiti, explains that as a former athlete, exercise has always been a part of his life. But as an adult he began to struggle with consistency as family and demands grew. He has been pleased with the ease Crash Fitness provides to take his workouts with him whether he is on the mission field or back visiting in the United States. Josh continues to experience results both physically and spiritually.

He notes that the community group really has an impact as it is easy for missionaries to become isolated. Josh says, "Having that support, accountability, and encouragement, from everywhere from India to Haiti, is unlike anything I've seen any other organization be able to do effectively."

### MORE THAN AN EXERCISE GROUP – IT'S A CRASH!

A group of fish is called a 'school'. A group of pigs is called a 'herd'. But a group of rhinos? – They're called a 'crash'.



It's a great term to apply to a group of Christians who commit to being an unstoppable force. God's people can move together full-force with confidence. Doing online fitness together is one way to do that. There's a future to be created, a humanity to be liberated.

Something you will hear Anthony say throughout Crash Fitness trainings is the challenge, "Let's move with passion and purpose!" That truly is what this is all about.

Whether you're a pastor looking to get your church on board, a missionary overseas, or an individual believer just looking for a way to take your health and fitness to the next level, Crash Fitness is for everyone. It is truly a unique way of uniting the collective body of Christ through a life changing program.

You can learn more about Crash Fitness at [www.crashfitness.com](http://www.crashfitness.com). You can get your first 30 days of the Crash Community for free. To inquire about getting involved in this online fitness workout as a church, contact [anthony@crashfitnessco.com](mailto:anthony@crashfitnessco.com).

—faithandfitness.net





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# Healthy Recipes for the Summertime

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

## Addictive Asian Beef Slaw



This addictive meal has it all - beef, shredded veggies, soy sauce, hot sauce, & lots of fresh cilantro.

### Ingredients

- 1 tablespoon canola oil
- 4 cloves garlic, minced, or more to taste
- 1 tablespoon minced fresh ginger
- 1 pound ground beef
- ½ head white cabbage, shredded
- ½ head red cabbage, shredded
- 2 large carrots, peeled and cut into thin strips
- 1 red bell pepper, cut into very thin strips
- ½ cup reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 1 dash hot sauce, or to taste
- salt and ground black pepper to taste
- 2 tablespoons chopped fresh cilantro, or to taste
- 1 lime wedge

### Directions

Heat canola oil in a very large skillet or wok over medium heat. Add garlic and ginger; cook and stir until fragrant, 1 to 2 minutes. Add ground beef; cook and stir until browned and crumbly, 5 to 7 minutes.

Push ground beef to 1 side of skillet and add white cabbage, red cabbage, carrots, and red bell pepper. Mix vegetables with the beef and cook, stirring occasionally, until vegetables are just tender, 5 to 6 minutes.

Stir soy sauce, sesame oil, and hot sauce into beef-vegetable mixture until well mixed; season with salt and pepper. Serve slaw with fresh cilantro, lime wedge, and more hot sauce..

### Nutrition Information (Servings: 4)

Per serving: 451 calories; fat 20g ; carbohydrates 27g; protein 25g; sodium 1254g

Source: [allrecipes.com](https://www.allrecipes.com)

## Instant Pot Linguine w/ Pesto & Peas



Deliciously easy pasta dish made in the Instant Pot

### Ingredients

- 5 ½ cups water
- 1 (16 ounce) package linguine pasta
- 1 teaspoon salt
- 1 teaspoon dried parsley
- ½ teaspoon ground black pepper
- 4 cups frozen peas, thawed and drained
- 2 cups ricotta cheese
- ½ cup pesto sauce
- 4 tablespoons grated Parmesan cheese

### Directions

Combine water, pasta, salt, parsley, and pepper in a multi-functional pressure cooker (such as Instant Pot). Seal lid. Select high pressure according to manufacturer's instructions; set timer for 2 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Stir in peas, ricotta cheese, pesto, and Parmesan. Seal lid again and cook on high pressure for 1 minute, allowing 5 to 10 minutes for pressure to build.

Release pressure carefully using the quick-release method, about 5 minutes.

### Nutrition Information (Servings: 4)

Per Serving: 579 calories; fat 18g; carbohydrates 84g; protein 23g, sodium 912g

Source: [allrecipes.com](https://www.allrecipes.com)

## Granola Bars



This granola bar recipe is super easy to make with oats, coconut, and peanut butter for a wholesome snack any time of the day!

### Ingredients

- cooking spray
- 2 cups rolled oats
- ½ cup shredded coconut
- ½ cup honey
- 2 tablespoons creamy peanut butter
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

### Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease a 9-inch square baking dish.

Spread oats and coconut evenly across a baking sheet.

Toast oats and coconut in the preheated oven until browned, about 10 minutes; transfer to a large mixing bowl.

Mix honey, peanut butter, vanilla, and salt in a saucepan over medium-low heat. Cook and stir until smooth. Pour honey mixture over oats and coconut. Stir to coat. Spread mixture evenly into the prepared baking dish.

Bake in the preheated oven until beginning to dry, about 15 minutes for crunchy granola bars, less if you like them chewy. Cool completely before cutting.

### Nutrition Information (Servings: 8)

Per serving: 188 calories; fat 5g; carbs 34g; protein 4g; sodium 64g

Source: [allrecipes.com](https://www.allrecipes.com)



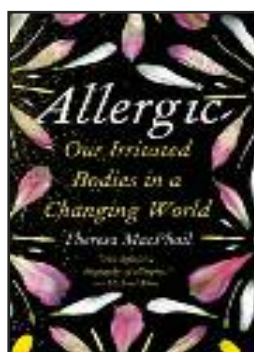
# New Health & Wellness Info at the Library

By Elizabeth Phelps

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

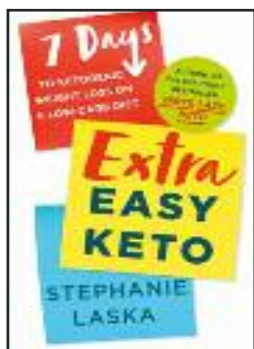
**Allergic:** our irritated bodies in a changing world – by Theresa MacPhail; Random House; New Health Books 616.237 MAC

Billions of people worldwide, an estimated 30 to 40 percent of the global population, have some form of allergy; millions have one severe enough to actively endanger their health. Over the last decade, the number of people diagnosed with allergy has been steadily increasing. Medical anthropologist Theresa MacPhail, herself an allergy sufferer whose father died of a bee sting, set out to understand why. This book is a holistic examination of the phenomenon of allergies from its first medical description in 1819 to the mind-bending recent development of biologics and immunotherapies that are giving the most severely impacted patients hope.



**Extra Easy Keto:** 7 days to ketogenic weight loss on a low-carb diet – by Stephanie Laska; St. Martin's Essentials; New Health Books 613.283 LAS

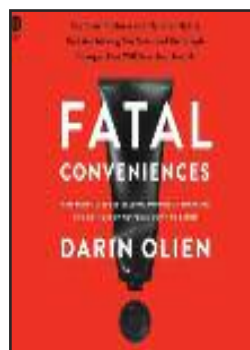
Stephanie Laska shares her secrets to losing 140 pounds, and a seven-day keto kick-start that is extra easy to follow. If you want to lose weight on a ketogenic diet while having a life, this is the book for you. No complex math equations or "ridonculous" ketogenic rules to follow--think simple and stress-free! Over seven days, Stephanie will lay out a workable plan in bite-sized pieces. With carb-counting cheat sheets and proven meal-planning tricks, Extra Easy Keto is doable for everyone. From cheesy casseroles to low-carb cheesecakes, fat-fueled,



keto-friendly foods satisfy hunger, facilitate weight loss, and taste great.

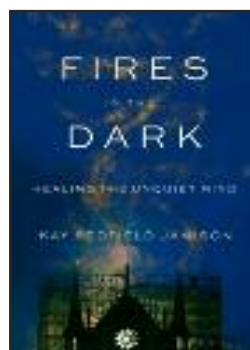
**Fatal Conveniences:** the toxic products and harmful habits that are making you sick--and the simple changes that will save your health – by Darin Olien; Harper Wave, an imprint of HarperCollins Publishers; New Health Books 615.902 OLI

Fatal conveniences are the toxic products we routinely use and the unhealthy things we do that our culture and corporations have made us believe are safe and necessary for living well and efficiently. These things (from deodorant, cosmetics, dental floss, and sunscreen to laundry detergent, air fresheners, carpets, and crayons to candles, tea bags, cell phones, and chewing gum) are ubiquitous in daily life, and they are wreaking havoc on our health and planet. The environmental toxins found in these products create a cascade of problems, including chemical sensitivities, auto-immune issues, obesity, and chronic health diseases. This book offers a fresh perspective and achievable, small tweaks that will lead to big, life-enhancing changes.



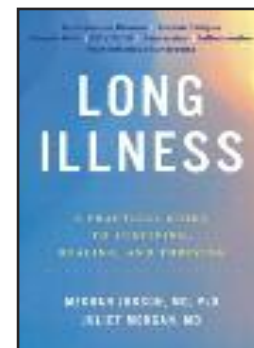
**Fires in the Dark:** healing the unquiet mind – by Kay Jamison; Alfred A. Knopf; New Health Books 616.89 JAM

In this expansive cultural history of the treatment and healing of mental suffering, Kay Jamison writes about psychotherapy, what makes a great healer, and the role of imagination and memory in regenerating the mind. From the trauma of the battlefields of the twentieth century, to those who are grieving, depressed, or with otherwise unquiet minds, to her own experience with bipolar illness, Jamison demonstrates how remarkable psychotherapy and other treatments can be when done well.



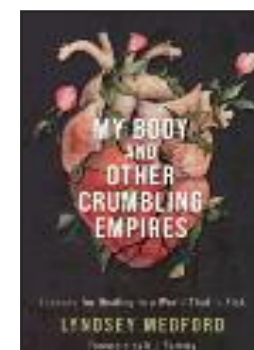
**Long Illness:** a practical guide to surviving, healing, and thriving – by Meghan Jobson; Hachette Go; New Health Books 616.044 JOB

From COVID-19 and autoimmune disease to chronic pain and inflammation, this new integrative approach and practical guide from two UCSF doctors is an essential guide to living with long illnesses. Having a long illness--from autoimmune disease to dysautonomia, long COVID to myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) to chronic pain or depression--can mean a long struggle to get adequate care. From explaining symptoms repeatedly to doctors and family members to making sure you are receiving the correct diagnosis and treatment, having a long illness can be a fulltime job. And it's a hard one.



**My Body and Other Crumbling Empires:** lessons for healing in a world that is sick – by Lyndsey Medford; Broadleaf Books; New Health Books 613 MED

We are living in a world that is sick. Both literally sick, with 60 percent of adults in the US living with a chronic illness and rising rates of autoimmune diseases in particular, including long COVID, and figuratively sick, facing ever increasing rates of burnout, anxiety, and disconnection. As a writer, activist, and theology student, Lyndsey Medford was used to critiquing unsustainable medical, environmental, economic, and social systems from a theoretical perspective. But when her autoimmune disorder roared out of remission, she discovered that her own body's systems lived at the very real vortex of all those systems' dysfunction. Learning to cooperate with her body would require her to change every aspect of her life--and in the process, to seek a radical reimagining of the world, from a place where sickness is an individual affliction to an interdependent ecosystem where sustainability is a community way of life.





**The Autumn Ghost:** how the battle against a polio epidemic revolutionized modern medical care – by Hannah Wunsch; Greystone Books; New Health Books 614.549 WUN

A suspenseful, authoritative account of how the battle against a mid-century polio epidemic sparked a revolution in medical care. Americans knew polio as the "summer plague." In countries further North, however, the virus arrived later in the year, slipping into the homes of healthy children as the summer waned and the equinox approached. It was described by one writer as "the autumn ghost."

Intensive care units and mechanical ventilation are the crucial foundation of modern medical care: without them, the appalling death toll of the COVID-19 pandemic would be even higher. In *The Autumn Ghost*, Dr. Hannah Wunsch traces the origins of these two innovations back to a polio epidemic in the autumn of 1952. Drawing together compelling testimony from doctors, nurses, medical students, and patients, Wunsch relates a gripping tale of an epidemic that changed the world.

**The GlucoseGoddess method** – by Jessie Inchauspe; Simon Element, an imprint of Simon & Schuster, Inc.; New Health Books 616.462 INC

This book offers a four-week, four-step program for living a healthier, happier life with balanced blood sugar, and the guidance to make the "new science of nutrition...practical for everyone". Complete with 100 recipes and an interactive workbook, you are guided through four simple, science-proven ways to steady your blood sugar, gaining boundless energy, curbing your cravings, clearing your skin, slowing your ageing process, and sleeping better than you ever have before. You will create positive new habits for life. The best part? You won't be counting calories and can still eat all the foods you love.

**These Vital Signs:** a doctor's notes on life and loss in tweets – by Sayed Tabatabai; Harper, an imprint of HarperCollins Publishers; New Health Books 610.92 TAB

A poignant series of essays--deeply personal stories--inspired by nephrologist Sayed Tabatabai's medical experience and based on a series of poems he posted on Twitter that began going viral at the height of the Covid pandemic. Each short work is a poignant glimpse into the ever-changing field of medicine and the special relationship between patients and their doctor. In each, Tabatabai beautifully evokes the emotional tension between life and death, wellness and disease, uncertainty and hope, in a unique and unforgettable way. Exploring themes of illness, dying, grief, and joy, universal in its reach, *These Vital Signs* tells stories both remarkable and utterly ordinary of a doctor and the patients who have shaped him.

**Unmasking Autism:** discovering the new faces of neurodiversity – by Devon Price; Harmony Books; New Health Books 616.95882 PRI

For every visibly Autistic person you meet, there are countless "masked" Autistic people who pass as neurotypical. Masking is a common coping mechanism in which Autistic people hide their identifiably Autistic traits in order to fit in with societal norms, adopting a superficial personality at the expense of their mental health. This can include suppressing harmless stims, papering over communication challenges by presenting as unassuming and mild-mannered, and forcing themselves into situations that cause severe anxiety, all so they aren't seen as needy or "odd." In *Unmasking Autism*, Dr. Devon Price shares his personal experience with masking and blends history, social science research, prescriptions, and personal profiles to tell a story of neurodivergence that has thus far been dominated by those on the outside looking in.

**You Can't Screw This Up:** why eating takeout, enjoying dessert, and taking the stress out of dieting leads to weight loss that lasts – by Adam Bornstein; William Morrow, an imprint of HarperCollins Publishers; New Health Books 613.25 BOR

What if the healthiest diet included the foods that were enjoyable and respectful of our stressful, over-

booked lives. You couldn't screw it up! The diet industry is great at making you follow more diets, not making you leave dieting behind. You don't need another restrictive, unrealistic plan; you need tools that help you enjoy what you eat and be healthier at the same time. Adam Bornstein is a bestselling author, and has consulted health icons including Arnold Schwarzenegger, LeBron James, Cindy Crawford, and Lindsey Vonn. In this easy-to-follow book, Bornstein shows how upgrading your health and losing weight for good requires you to turn your back on the typical dieting culture by following successful habits and frameworks not typically seen in nutrition and fitness.

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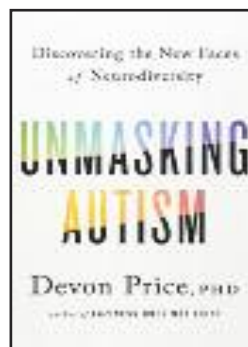
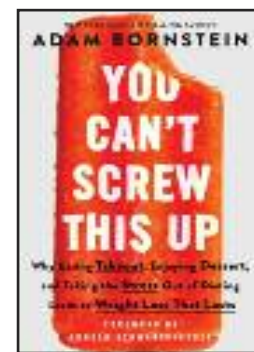
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Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com). • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## DIABETES PROGRAM

**24 For Life** - Program offered by Midland Care to prevent or delay Type 2 Diabetes. For information, contact Donna Doel at 785-250-5210 or [ddoel@midlandcc.org](mailto:ddoel@midlandcc.org)

## PEDIATRIC DENTISTRY

**ADVENTURE DENTAL & VISION** - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

## PEDIATRIC VISION

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*But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24*

## HEALTH ADVERTISING

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

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## MENTAL HEALTH - ADDICTION

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## EMERGENCY FOOD & SHELTER

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Volunteer Services: 785.354.1744 ext. 393  
[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
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**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)

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**HEALTH INFORMATION**

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

785-580-4400. [www.tscpl.org](http://www.tscpl.org)

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • [www.joepatton.com](http://www.joepatton.com)

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# Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**CYCLING EVENTS** – Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://www.getoutdoorskansas.org/calendar)

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

**SUMMER FIREWORKS EXTRAVAGANZA** – July 1, 7-10:30pm, Fellowship Hi-Crest, Avondale East Field. Additional parking at Owls Nest, shuttle available. Food trucks, bounce houses, and a live DJ, fireworks at 10pm.

**PATRIOTIC CHIMES CONCERT** – July 2, 6pm, Topeka High School. Bring a lawn chair and enjoy Topeka High Tower Deagan Chimes. Free. Food trucks on site.

**CAR SHOW** – July 4, 8am-3:30, Lake Shawnee, Tin Man Circle. 785-640-99185

**CAR SHOW** – July 4, 10-2, Forest Park. Vendors & food.

**SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL** – July 4, 9am-10:30pm, Lake Shawnee - Reynolds Lodge. Live music, kids activities, vendors, food trucks, car show, fireworks at 10pm.

**COLLINS PARK JULY 4TH PARADE** – July 4, 11am, SW Collins Ave.

**COLLEGE HILL INDEPENDENCE DAY** – July 4, 10-12:30, Boswell Park. College Hill Band, parade, food, games, turtle races, prizes.

**LIVE AT LUNCH** – July 5, 11-1, Every Plaza. Better Than Roadkill

**EATS AND BEATS** – July 6, 6:30-8:30pm, Every Plaza. Typical Stereo

**MARIA THE MEXICAN** – July 7, 6-10:30, Dirty Girl Ad-

ventures, 800 N. Kansas Ave. \$10 cover

**DUO DU JOUR – LIVE IN THE PARK** – July 7, 6-9pm, Redbud Park in NOTO.

**KAREN PECK AND NEW RIVER IN CONCERT** – July 7, 7pm, Wanamaker Woods Church, 3501 SW Wanamaker Rd. Doors open at 6. No tickets needed. Free-will offering

**DALE EASTON'S THE DRUNKARD** – July 7, 8, 9, 14, 15, 16, 21, 22, and 23 at 8pm, VFW Phillip Billard VFW Post, 3110 SW Huntoon kate\_hastings@outlook.com. Tickets available on Eventbrite.com

**MINI-JAMAICA FIESTA KICKOFF CONCERT** – July 8, 5-9pm, Every Plaza. Michael Salgado. Traditional Mexican food.

**SUNNY DAYS VENDOR MARKET** – July 8, 10-4, Owls Nest on Adams. Inflatables for the kids.

**CHRISTMAS IN JULY CRAFT SHOW** – July 8, 8:30-3pm, Philip Billard Municipal Airport, 3600 NE Sardou.

**CPR ACCREDITATION COURSE** – July 8, 9am-4pm, Highland Heights Christian Church, 3930 SE Tecumseh Rd. 785-379-5642

**CARS AND COFFEE** – July 9, 9am, Classic Bean. Cruise at noon.

**NORTH TOPEKA COMMUNITY BAND CONCERT** – July 10, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. Free. Bring your lawn chairs

**LIVE AT LUNCH** – July 12, 11-1, Every Plaza. EZ Pieces

**COUNTRY KICKOFF** – July 12, 6-9pm, Every Plaza. Big Time Grain Co. Top City Line Dancers give lessons 6-7pm. Vendors & food trucks on site.

**WILLIAM LEE MARTIN COMEDY** – July 12, 8pm, Jayhawk Theatre. \$20-40.

**EATS AND BEATS** – July 13, 6:30-8:30pm, Every Plaza. Delta Haze

**COUNTRY STAMPEDE** – July 13-15, Heartland Park

**C5Alive "POWER" LUNCHEON** – July 13, 11:30-1 at Aldersgate Village, featuring Max Manning!

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](mailto:info@C5Alive.org), so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

**SAVE THE DATE:** C5 POWER Luncheon, Aug. 10, 11:30-1.

**FIESTA TOPEKA PARADE** – July 15, 10:30am, Downtown

**SHAWNEE COUNTY FAIR** – July 15-16, Stormont Vail Event Center. Thursday thru Saturday at 8:00am –

10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at [www.shawneecountyfair.org](http://www.shawneecountyfair.org)

**FIESTA TOPEKA** – July 18-20, Our Lady of Guadalupe Church, 201 NE Chandler. Food, rides, Orlando Zuniga

**LIVE AT LUNCH** – July 19, 11-1, Every Plaza. Undercover

**SUMMERTIME BLUES CONCERT SERIES** – July 19, 7-9pm, Gage Park Amphitheater. The Mix with Mike Babb.

**EATS AND BEATS** – July 20, 6:30-8:30pm, Every Plaza. John Cougar Project/Steve Miller Experience

**NOTO SUMMER CONCERT SERIES** – July 21, 7-10pm, Redbud Park. Carswell & Hope performs.

**THROWBACK THURSDAY CINEMA: "THE DARK KNIGHT"** – Fri. July 21, 7pm. Jayhawk Theatre.

**MERIDEN THRESHING SHOW** – July 21-23, 8275 K4 Highway. Tractor parade & show, food & other vendors, wheat threshing, tractor pull, barn dance, and more.

**JESUS FEST TOPEKA – FREE CHRISTIAN CONCERT** – July 22, 5-8pm, Family of God Church, 1231 NW Eugene. Everyone is welcome, free food while supplies last. Featuring JQ Guest, C'auna, Rev Rog Band, The Lioness, Ciarra, DVVID, Blues Healer, Larry M. and more, this event is for all ages, bring a friend, chairs are limited so bring a lawn chair. [familyofgodchurch@hotmail.com](mailto:familyofgodchurch@hotmail.com). 785-234-1111

**CHRISTMAS IN JULY AT BARB'S BARN** – July 22, 9-3, 4008 SW topeka blvd. 75 local vendors.

**CARS & COFFEE** – July 23, 9am, Classic Bean. 9am start, cruise at noon.

**LIVE AT LUNCH** – July 26, 11-1, Every Plaza. Orlando "Oz" Zuniga

**EATS AND BEATS** – July 27, 6:30-8:30pm, Every Plaza. Alter Ego

**CHURCH LADIES UNSUPERVISED** – July 28, 7:30pm, Classic Bean.

**FOR THE CULTURE KS FEST** – July 28-30, Every Plaza. Celebrate African American culture, featuring music artists, creatives, impactful speakers, businesses, vendors, more.

**THROUGH THE DECADES 70s 80s & 90s** – July 29, 9pm, The Woodshed. Summer night fun through the decades of the 70s 80s and 90s. If

**READY, SET, MOVE!** Vacation Bible School at East Side Baptist Church

Friday JULY 14-6:00 PM - 8:15 PM  
Saturday JULY 15-9:00 AM - 3:00 PM  
(lunch provided)  
Sunday JULY 16-10 AM - 11 AM;  
5:30 PM - 7:30 PM  
Foam pit following Sunday night

4 Year olds to 6th Grade  
Register here

↓ ↓ ↓




**Family Movies on the Lawn**

Bring your lawn chairs & blankets! Popcorn & refreshments provided Also on August 25th

**Friday, July 28th, 9:00 pm**  
North side of building

**Harvest Family Fellowship**  
522 SW Polk





you're 21+ come party with us in your best costumes! **S20 SUMMERFEST AUTO SHOW** – July 29, Kick Start Saloon. Food trucks, vendors, games. Mad Mabelle performs after the show.

**LAST SUNDAY FREE BREAKFAST BUFFET** – July 30, 9am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

**FOCUS ON HUMAN TRAFFICKING** – August 1st - Stigma & Diversity, 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>

**FOOD TRUCK NIGHT** – Aug. 5, 4-8pm, HHHS, 5720 SW 29. Featuring Delta Haze and food trucks. Helps homeless animals.

**TOPEKA TACO & MARGARITA FESTIVAL** – Aug. 5, 11am-5pm, Vail Events Ctr. Doors open at 12 for \$10 General Adm. (VIPs - \$45 at 11am) Live pro wrestling, shopping, live DJs. [Aimee.craig@oakviewgroup.com](mailto:Aimee.craig@oakviewgroup.com). Tickets: <https://www.ticketmaster.com/event/06005ECAC2754CED>

**STATION 9 ¾** - Aug. 5 & 6, 10-4 at Great Overland Station. Magic, mirth & merriment!

**TOUCH A TRUCK** – Aug. 5, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

**NATIONAL NIGHT OUT** – Aug. 5, various locations around Topeka. For info: [parstopeka.org](http://parstopeka.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](mailto:bblevins@breakthroughhouse.org)

**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](mailto:info@C5Alive.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](http://topekayfc.org)

**GLACIAL DRIFTERS** – Oct. 14-15, Ag Hall, 17th & Topeka. Topeka Gem & Mineral Society 66th Annual Show.

## 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](http://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.

**THE HEAT** – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.fl-ocritkans.org](http://www.fl-ocritkans.org) Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Thu. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

**MONDAY FARMERS MARKET** – Mondays 7:30-11:30am, May 9 to Oct. 3, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

**OVERBROOK FARMER'S MARKET** - every Monday now to Labor Day, from 4-6 pm at the Overbrook Fair Grounds.

**MEDICARE MONDAYS** – First Mon. of ea. month,


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

**July 13, 11:30-1: "POWER" Luncheon at  
Aldersgate Village, 7220 SW Asbury Dr.**

**Featuring: Max Manning, founder of  
Topeka Rescue Mission, Director of  
Global Missions, author & missionary.**

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

Save the  
Dates!

- Aug. 10: POWER Luncheon, 11:30-1
- Sep 14: POWER Luncheon, 11:30-1
- Sep. 16: Topeka FALL FEST, 10-3 at Great Overland Station



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

1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or [nhonl@tsopl.org](mailto:nhonl@tsopl.org)

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

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

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

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**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

**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

**TAI CHI FOR HEALTH** - Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link.

**PICKLEBALL** - Mon. & Wed, 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is located. Contact Dave Mathias, davemathias@sbcglobal.net, or Betsy Thompson, betsythompson@gmail.com.

**SHEPHERD'S CENTER BOOK CLUB** - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact Pat Kirkman at pattyk696@yahoo.com.

**SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS)** Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne Crawford at 785-273-4527 or email anne.crawford@cox.net.

**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 brain health. Email janescola@hotmail.com.

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

**LAWRENCE TUESDAY MARKET** - Tuesdays, May 4-Oct. 26, 4-6pm, South Park, 1141 Massachusetts

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

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

**NARVE Meeting** (Nat'l Assn of Railroad Veteran Employee) - 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 conver-

sation 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

**HAND AND FOOT CANASTA** - 2nd & 4th Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Must arrive before 2pm and stay for the entire game. Email Caroline Huff at lillbopper1@gmail.com or call 228-2447.

**MEXICAN TRAIN DOMINOES** - 1st & 3rd Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Do not come before 1:45pm. Email Ottie Reed, reed7111@gmail.com, or Mary Adkins, marycatkeeper@gmail.com

**MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM** - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

**FAMILY HISTORY WRITING GROUP** - 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstopeka@yahoo.com

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

**CARBONDALE FARMERS MARKET** - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For info: Mary at 836-7887.



**Jesus Fest**  
Saturday, July 22nd, 5pm  
TOPEKA

**Music, Food & Prizes!**  
**FREE! Free! Free!**  
Family of God Church  
1231 NW Eugene St

KFGE 97.7 FM  
TOPEKA, KS

## FREE Vision ! Screening Service



## Now Scheduling

### Eye Screening for children 6 months to 6 years old

#### Who can use this service?

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

#### What equipment is used?

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

#### Who does the screening?

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

#### How do I get the Screener scheduled?

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



**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

**LINE DANCING** - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jim-baer73@gmail.com to register.

**BRIDGE GROUP** - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th St. To play, arrangements must be made by Mon. 5pm with Joan Arterburn at 408-5174.

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

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

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

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

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

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

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

**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.

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's April 2 to Oct. 29, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

**BREAD BASKET FARMERS MARKET** - Saturday's, 7:30am-1pm, through Nov. 19, south end of West Ridge Mall.

**MOTHER TERESA'S FARMERS MARKET** – Saturdays, July 1 – Sep. 9, 8:30-11:30am, 2014 NW 46th St.

**LAWRENCE FARMERS MARKET** - Sat. 7:30-11:30, 824 New Hampshire Street. Open April 10-Nov. 20

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

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

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

**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.

**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**

## *Register NOW for Breakthrough House's 9th Annual Golf Tournament*

***Let's Play Golf! Pay it forward  
while helping support Mental  
Health Recovery***

Please join us for our Annual Breakthrough House Golf Tournament benefitting our programs that enrich the lives of our mental health community.

### ***Where...***

Cypress Ridge Golf Course  
2533 SW Urish Rd.  
Topeka, KS 66614  
785-251-6870



### ***When...***

**Thursday, September 7, 2023**

11:00 - Registration Opens  
11:30 - Best Putt Competition  
12:00 - Lunch and Live Auction  
12:30 - Shotgun Start - Four Person Scramble

**Several Sponsorship levels available!**

**Or just enter a team - \$125/person**

**Call Brian Blevins at 785-840-8733**

**or email bblevins@breakthroughhouse.org**

**or visit www.breakthroughhouse.org**





# KIDS SUMMER CAMP

Trampoline | Laser Tag | Swimming | And More!

An action-packed program full of thrilling activities, including trampoline jumping, laser tag, swimming, and more. Your child will have the chance to make new friends, try new things, and create unforgettable memories that will last a lifetime.

Learn More:

