

**TOPEKA**

**JUNE 2023**

# Health & Wellness

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**MAGAZINE**



## 8 TOP TIPS FOR MEN'S HEALTH



**Making mental health a priority**  
Fitness tips for beginner athletes

**Biggest threats to a comfortable retirement?**  
5 Reasons to pursue a career in home health care

*Helping Topekans Live Happier, Healthier Lives Since 2015!*


# Men's Health Month

JUNE

## Leading Causes of Death Among Men:

### AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

- 
1. Unintentional injuries
  2. Heart Disease
  3. Suicide

### AGES 35 - 44

### AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

### AGES 65+

## TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011





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## ON THE COVER:

Our cover this month features a father and son relaxing and enjoying getting some exercise together.

You will find many tips for your health & fitness, 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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## 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 flotation 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.

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# LGBTQ+ Pride Month: Making Mental Health a Priority

By Anabel Feauto, Health Promotion Specialist

June is celebrated as LGBTQ+ (lesbian, gay, bisexual, transgender) Pride Month. Being LGBTQ+ is not a mental health condition. While there is much to celebrate this month, unfortunately, many members of this community still experience mental health struggles at higher rates than their straight and cisgender peers. LGBTQ+ individuals face stigma based on their sexual orientation, gender identity, or gender expression. Discrimination against the community stems from lack of education, people's religious beliefs, and misinformation through society. It is crucial to start changing the stigma and lack of education to ensure inclusion and support to the LGBTQ+ community.



Anabel Feauto

According to Mental Health America:

- LGBTQ+ people are twice as likely as non-LGBTQ+ people to have a mental health condition and continue to show disparities in mental health.
- People who identify as LGBTQ+ have more frequent suicidal thoughts, and rates are continuing to rise.
- According to the U.S. Transgender Survey, 40% of transgender adults have attempted suicide during their lifetime, compared to

less than 5% of the general U.S. population.

## Barriers to Mental Health Treatment in LGBTQ+ Community

Although there is a strong need for mental health treatment, many LGBTQ+ struggle to receive the proper care. A study conducted by UCLA found that 17% of cisgender and genderqueer sexual minority adults are twice as likely as the general population to have experienced homelessness in their lifetime. With limited access to care and a lack of a good support system, can create a strain on accessing mental health resources that are needed. LGBTQ+ members are also worried to open up about their mental health concerns and feel ashamed or fearful to seek treatment.

We can all take action to offer support, acceptance, and affirmation towards the LGBTQ+ community. Here are a few ways to support and be an ally for the LGBTQ+ community:

- Provide a safe environment for individuals if they would like to open up to you.
- Use the correct language. If you are unsure, it is okay to ask directly. Ask about their preferred pronouns and use those when in writing, when speaking to them, and when referring to them.
- Respect boundaries. Ask open-ended questions and then listen to what they are say-

ing. It is important to be genuine and curious about someone's life without being invasive.

- Advocate for legislation to protect the rights for the LGBTQ+ community.
- Educate yourself on mental health resources that you can offer to them.

Pride month is a great opportunity for LGBTQ+ members who face discrimination and social isolation to support one another. Pride events can bring those together and create connection, support, and belonging. Many mental health benefits can come from connectedness that can support those who may be struggling. I

f you or a loved one is struggling with mental health challenges, reach out for professional help.

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Topeka, KS 66606  
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785-234-3300

### National Suicide Prevention Life Line

1-800-273-8255

### Shawnee County Suicide Prevention Coalition

SCSPC.org

### Family Service & Guidance Center (18 and under)

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

### Healing after Loss to Suicide Group (HeALS)

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

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# FINANCIAL FOCUS

## Biggest threats to a comfortable retirement?

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

- **Inflation** — Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

- **Excessive withdrawals** — Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

- **Market volatility** — The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and

allow your equity investments time to recover their value.

- **Unexpected costs** — You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

- **Health** — Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free,

and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees.

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



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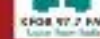
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# 5 Reasons to Pursue a Career in Home Health Care

**H**ome health agencies need kind and enthusiastic people to care for patients. Consider these five reasons to transition your career toward home health care services, where nurses and other care providers can help patients recover from surgery, illnesses, or injury, and adapt to living with their diagnoses. Patients rely on you to help them stay healthy where they live – a rewarding career path for a compassionate, dedicated person like you.

## 1. Flexible Schedules as a Home Health Care Nurse Case Manager, Physical Therapist, or Occupational Therapist

When you provide patient care as a home health nurse or hold a role like physical or occupational therapist, you get the benefit of choosing your own working hours.

In your role, you'll receive your patient assignments and provide the utmost level of care at the patient's home or facility – wherever they live. You'll have plenty of time in your schedule for meal breaks and to handle school pick-ups or drop-offs, or other quick errands. This is because you can create your own schedule based on patient availability and your preferences.

Home health care team members can work either full-time or part-time hours, and in some instances can be hired for on-call or weekend-only roles. This helps you maintain a comfortable work-life balance and a schedule that fits your lifestyle, including determining when your work-day starts and stops.

Interested in other roles with flexible schedules in home health care? See our available positions on our careers page.

## 2. Enjoy a Comprehensive Benefits Package

When you work for a home health care service that offers a full continuum of patient care, that mission of care continues to employees. Valued employees like you deserve a comprehensive benefits package – even if you only work part-time.

Depending on your role, your benefits package can include:

- Medical insurance with spousal coverage
- Vision and dental insurance
- Paid time off

This, coupled with competitive pay, makes working for Phoenix a smart choice for many people seeking full-time or part-time positions.

## 3. Receive Ongoing Training In Your Area of Home Health Care

Learning and growing in your profession is a tried-and-true way of progressing and building skills. As a home health care LPN, RN home health case manager, or phys-



ical or occupational therapist, you will receive paid orientation and ongoing training to ensure you're providing the best possible patient care and support as possible.

Not only can these training sessions help you understand the latest best practices, but they also can help you grow in your career.

## 4. Every Day Is Different

If you're not a fan of routine and are looking for some excitement and variation during the workweek, providing care as a nurse, aide, therapist, or other health-related role can help you stay engaged with your career.

Wake up to each new day, where you'll have the privilege of visiting and caring for patients throughout our service areas. You'll travel to interesting neighborhoods and manage your own time. Break away from the monotony of your current role and embrace a career in home health care.

## 5. You'll Be a Part of a Mission-Driven Organization

Becoming a part of an organization that makes a major difference in patients' lives is rewarding. It's even more rewarding when you're part of an organization that values and focuses on its mission every moment of the day.

A mission-driven home health care provider is committed to improving the quality of life of the patients they serve. The inside – the culture – is what sets apart these mission-driven organizations from others that look like them from the outside.

In your role, you'll exemplify why Phoenix Home Care & Hospice is different from the rest. You'll also uphold our organization's values as you serve patients and support clinicians in your community. For our part, we'll celebrate your contributions to our team – because you deserve it.

## We Are More Than a Home Health Care Provider

Choosing from a long list of home health care agencies

that all seem to be the same can be overwhelming. At Phoenix Home Care & Hospice, we're different. We provide home health care services to those who need them – but we're so much more. Our continuum of care parallels a patient's progression of needs and includes additional service lines. These offerings allow us to care for patients throughout their lives and as their needs change.

We're on a mission to offer New Beginnings and meaningful opportunities to caregivers and clinicians, while providing services built on innovation, skill, compassion, honesty, and patience. If you're a professional with similar values, our team wants to talk to you about joining us at Phoenix!

We're hiring for home health care roles like:

- RN home health case manager
- Home health LPN
- Physical therapist
- Occupational therapist
- And more

And because our home health care services operate in multiple locations in Kansas and Missouri, there's likely a role available near where you live.

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# FINANCIAL HEALTH & WELLNESS

## IRS tips on preparedness and protecting personal information

**T**he Internal Revenue Service is reminding taxpayers to protect important tax and financial information as part of a complete emergency preparedness plan.

So far in 2023, the Federal Emergency Management Agency (FEMA) has declared disasters for mudslides, landslides, severe storms, tornadoes and more. Disasters can have an immediate and lasting impact on individuals, organizations and businesses. Year-round preparation is critically important, and observing Hurricane Preparedness Week and Wildfire Awareness month provides a perfect opportunity for an annual assessment of readiness.

These tips will help taxpayers protect personal financial and tax information for a complete preparedness plan. Taxpayers are also encouraged to visit Ready.gov and Preparing for a Disaster (Taxpayers and Businesses) for additional disaster information.

### Keep key documents safe; make extra copies

Original documents such as tax returns, Social Security cards, birth certificates and deeds should be placed inside a waterproof container in a safe space. Taxpayers are encouraged to also make copies of these important documents and store them in a secondary location such as a safe deposit box or with a trusted person who lives in a different area. In addition, scanned documents can be stored on a flash drive for easy portability.

### Create a record of valuables and equipment

All property, especially high-value items, should be recorded. A simple list with current photos or videos



may also help support claims for insurance or tax benefits after a disaster. The IRS disaster loss workbooks in Publication 584, Casualty, Disaster, and Theft Loss Workbook (Personal-Use Property) and Publication 584-B, Business Casualty, Disaster, and Theft Loss Workbook can help individuals and businesses make lists of belongings or business equipment.

### Reconstructing records

Reconstructing or replacing records after a disaster may be required for tax purposes, claiming federal assistance or insurance reimbursement. The more accurately the loss is estimated, the more loan and grant money there may be available. Taxpayers who have lost some or all their records during a disaster should visit IRS's Reconstructing Records webpage as a first step.

### Employers should check fiduciary bonds

Employers using payroll service providers should check if the provider has a fiduciary bond in place that can protect the employer in the event of default by the

payroll service provider. The IRS reminds employers to carefully choose their payroll service providers.

### IRS can provide tax relief after a disaster

After FEMA issues a major disaster or an emergency measures declaration, the IRS may postpone certain tax filing and payment deadlines for taxpayers who reside or have a business in certain counties affected by the disaster. The IRS provides details on states and counties that have been issued relief on the IRS disaster relief page.

Taxpayers in the affected areas do not need to call to request this relief. The IRS automatically identifies taxpayers located in the covered disaster area and applies filing and payment relief. Those impacted by a disaster can contact the IRS at 866-562-5227 to ask their tax-related questions of an IRS specialist trained to handle disaster-related issues.

Taxpayers who do not reside or have a business in a covered disaster area but suffered impact from a disaster should call 866-562-5227 to find out if they qualify for disaster tax relief and to discuss other available options.

—Peggy Beasterfeld, EA



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# Farmers Markets starting up again

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

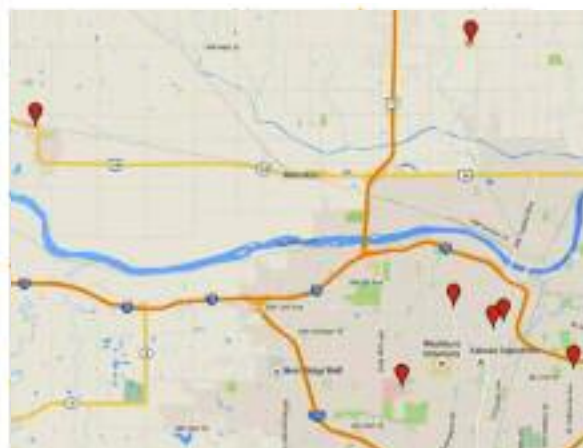


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of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

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

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

## Find a Farmers Market Near You



View each market on the map at [heartlandhealthyneighborhoods.org](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



### June 1 • 9:00-3:00

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

### June 6 • 9:00-3:00

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

### June 8 • 9:00-3:00

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

### June 13 • 9:00-3:00

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

### June 15 • 9:00-3:00

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

### June 20 • 9:00-3:00

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

### June 22 • 9:00-3:00

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

### June 27 • 9:00-3:00

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

### June 29 • 9:00-3:00

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

## THE SMART ROUTE



## TO BICYCLE SAFETY



**Shawnee County  
Health Agency**  
1615 SW 8th Ave.  
Topeka, KS 66606  
(785) 368-2000



**NATIONAL CRIME  
PREVENTION COUNCIL**

CRIME PREVENTION TIPS FROM

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13th Floor  
Washington, DC 20004  
www.ncpc.org

The National Crime Prevention Council is sponsored by the United States  
Department of Justice, Office of Justice Programs, 1201 Department of Justice.



ADT Security Services, Inc. A ThermoFisher Company

## What Can You Do

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

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



# Fitness Tips for Beginner Athletes

## Take the First Step

Maybe you're not going to be a superstar athlete. But you can still set a big fitness goal for yourself, even if you've never tried a sport before. Examples of fitness goals could be a 100-mile bike ride, or training for a triathlon, or joining a sports league.



## Get Out of Your Comfort Zone

First, consider the possibilities. There are lots of activities you could try, and you might discover you like something you never thought you'd do. Want to train for something really tough and out of your comfort zone? Check out race events like Warrior Dash and Tough Mudder. They're rugged obstacle courses where you slog through mud and water, scale walls, and combat-crawl through tunnels.



## Start With Small Goals

You might have a big goal you want to reach one day, like a marathon. The best way to get there is to set a series of smaller goals that lead to your big goal. For example, before you sign up for a marathon, set goals to do a few 5K races first. And before that, work up to running a mile. Fitness apps can help you keep track of each great thing you do on your way to your big goal.



## Mix Things Up

You may get bored doing the same workout every day. And after you do the same activity all the time for 6 to 8 weeks, your muscles adapt to it. You burn

fewer calories and build less muscle. Try interval training: Step up your pace for a minute, then slow down, and repeat. Try strength training and cardio activities like swimming, indoor cycling, and kickboxing.



## Get Your Doctor's OK

If you're not active now, talk to your doctor before you start exercising if you're over 45 (men) or 55 (women). It's also a good idea to get a doctor's OK if you have a health problem or take regular medication. To avoid injuries and burnout, start working out slowly: 3 days a week for 10-15 minutes. Then gradually add time and intensity.



## Eat and Drink for Fuel

Exercise burns extra calories and raises your metabolism. So eat every couple of hours - three meals plus healthy snacks. Before a workout, snack on carbs (juice, fruit, or yogurt) for fast energy. After a long, tough workout, replenish with a carb/protein mix, like a peanut butter sandwich or a smoothie. Otherwise, keep your meals and snacks light: Try an apple and peanut butter, yogurt and nuts, or an egg on whole wheat toast.



## Drink Enough Water

Unless your workout is really long or tough, you don't need a special sports drink with electrolytes. Water works just fine. Drink plenty: If you're dehydrated,



your muscles may cramp, and you raise your risk of heat exhaustion and heatstroke. Two hours before you exercise, drink about 2 to 3 cups of water. During your routine, drink about 1 cup every 10-20 minutes. Keep drinking after you're done exercising, too.

## Do Strength Training

Even if your goal might center on cardio, you should practice strength or resistance training, too. Strong muscles burn more calories, help prevent injuries, and build stronger bones. Work muscles on weight machines, with hand-held equipment like free weights, kettlebells, or resistance bands, or by doing exercises like push-ups.



## Dress for Comfort

You need the right clothes and shoes when you work out. It's not about looking good -- it's about feeling comfortable. It's no fun to walk, run, or bike if you have flapping sleeves or flimsy shoes. Ask the experts at a sporting goods store for help. Look for fabrics that draw moisture away from your body -- not sweat-absorbing cotton. In cool temperatures, wear layers that you can peel off as you warm up.



## Learn Proper Form

Whether you're running or weightlifting, it's easy to get hurt if your form or technique is wrong. Don't assume you're exercising the right way, especially if your routine is causing you pain. If your gym has trainers or fitness staff, they may be able to watch you exercise and give you advice on improving your technique. Or you can read fitness magazines or find online videos that show correct techniques.





# Brain Fog: Is Inflammation to Blame?



(Ivanhoe Newswire) —

**A**s we age, the chances increase that we'll have memory lapses, forgetfulness, and a decline in cognitive function. Research over the past few years suggests that inflammation plays a part. Now, researchers want to determine what role inflammation plays in memory problems in cancer patients and brain fog.

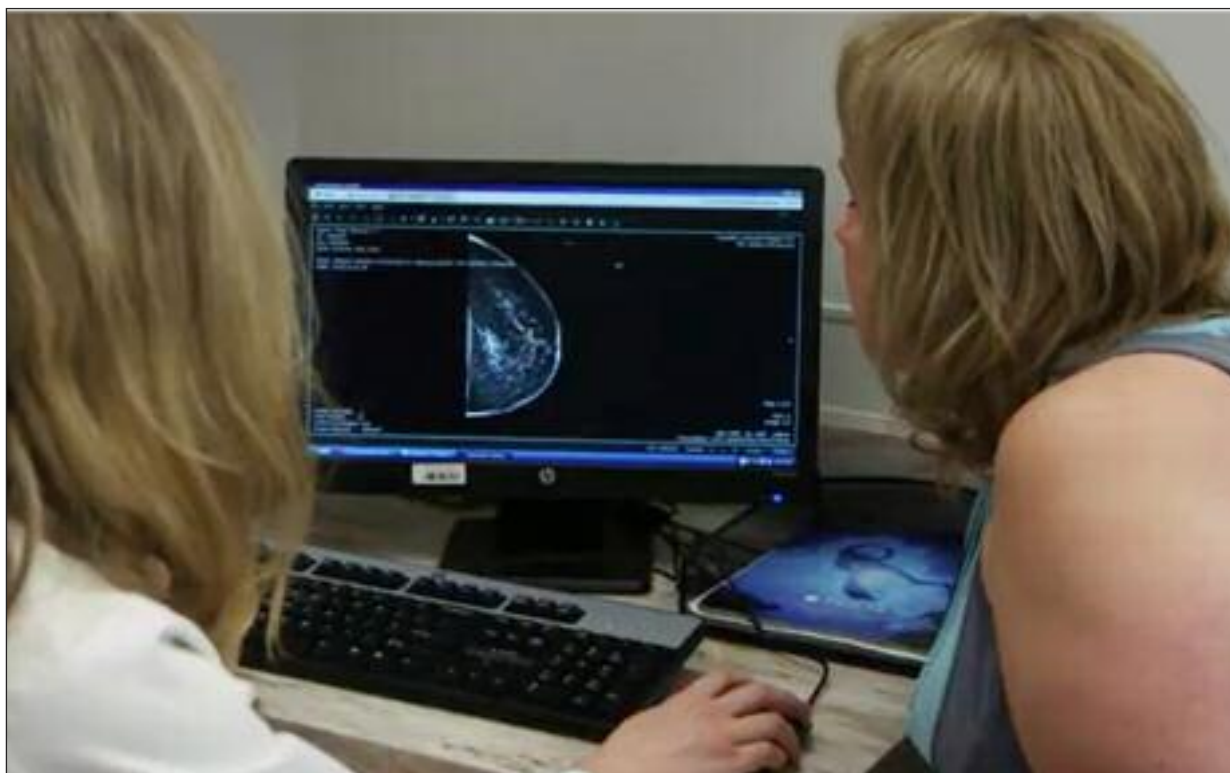
Acute inflammation is easy to see — a cut, redness, or swelling. It's the body's response to injury. But chronic inflammation is often invisible, with no tell-tale signs, yet doctors say it can take a toll.

"It's always been thought that inflammation can potentially have a connection between cognitive changes, even in non-cancer patients," says Dr. Deena Mary Atieh Graham, a Medical Oncologist at the Hackensack University Medical Center.

Now, cancer researchers want to know what role chronic inflammation caused by physical or emotional stress can play on a patient's cognition. In a recent study, they took blood from 400 breast cancer survivors to measure their C-reactive protein, or CRP levels.

Dr. Graham explains, "These inflammatory markers or proteins in your blood can be elevated when the body is under some form of stress."

Dr. Graham and colleagues at Georgetown found that chronic inflammation may play a role in devel-



opment of cognitive problems. They say by identifying a scientific predictor for memory problems they can help patients prevent it.

"I don't think it's gonna be a one and done, but I think this is a step," Dr. Graham adds.

Dr. Graham says the next step will be to identify interventions that can lower the inflammation. Dr. Graham says that might not be a medicine that patients can take but might involve lifestyle changes in combination with other therapies.

Chemo brain is a common term used by cancer survivors to describe thinking and memory problems that can occur during and after cancer treatment. Chemo brain can also be called chemo fog, cancer-related cognitive impairment or cognitive dysfunction. Though chemo brain is a widely used term, the causes of concentration and memory problems aren't well-understood. It's likely that there are multiple causes.

Chemo brain is extremely common, says Dr. Arash Asher, director of Cancer Rehabilitation and Survivorship at Cedars-Sinai. "As many as 75% of can-

cer patients have experienced it during their treatment," says Dr. Asher. "About a third of patients may continue to struggle after treatment." For most patients, the effects resolve within 6-9 months after they finish treatment. For others, the symptoms could last years.

Parkview Cancer Institute and Parkview Research Center, with the support of The Parkview Foundations and collaboration with IU Health, just launched a new study to examine chemo brain. The goals of this research include formulating a blood test that can predict the likelihood of onset of chemo brain in cancer patients throughout treatment and thereafter. If these blood factors, or "biomarkers," can predict the onset of chemo brain, earlier interventions and symptom management can be initiated to improve quality of life for patients.

The ultimate goal is to develop a new treatment for chemo brain. This research study is intended to identify molecular markers that can predict chemo brain and treat it early, thus improving quality of life for cancer patients and survivors. Blood biomarkers identified through this study may even be used to develop a chemo brain drug treatment.



# Breaking Through – through personal experience

One of the most challenging tasks in humanity is trying to empathetically understand the emotions others experience. How do I understand what it is like to be a combat veteran when I have never experienced combat? That understanding is compounded when the combat results in the development of PTSD as a result of the veteran's experience. The veterans themselves struggle with understanding why they feel and act differently because of the experience. How do we, on the outside of those human experiences, make connections to those on the inside and help them heal?

Decade after decade we see issues surrounding mental health and substance use disorders multiply and gain momentum. The DSM is getting thicker as scientific journals are growing in our knowledge, but the problems keep getting worse. While the psychological sciences, and the medical community seem to be making progress in our understanding of the brain, the coinciding pharmacological applications are not improving the outcomes from generation to generation. An understanding



of physiological issues does not provide relief to the person who needs to be heard.

About 85 years ago two men got together who were dying from their obsession with alcohol. They set out on a journey to help others who were dying from the same obsession, and that somehow relieved their obsessive symptoms. The infectious nature of that discovery has led to the recovery of millions. Could it really be that the thing that causes us problems can be helped by trying to help others with the same issues? When the same solution was applied to drugs, overeating, gambling, sex, and compulsive shopping – just to name a few – we saw the exact same outcomes. Those with similar problems and issues can help each other like no one else can, because they understand each other like no one else can.

Breakthrough House Clubhouse is a place where those who have mental health issues can gather together and fellowship, while finding meaning in a work-ordered day. Those who feel marginalized by others in the community and cannot find their place, find it here. Here there are no judgements or uncomfortable stares. Here there is laugh-

ter, warmth, and fellowship with like-minded people. It's also a place of learning and leadership, where those that have progressed in the healing process can lead others who feel hopeless into the light of hope.

We prepare and serve two meals a day that the members themselves contribute in preparing and serving to other members. This is their clubhouse, and they are responsible for the daily operation and maintenance of most of its needs.

I encourage you to look up International Clubhouse and see the amazing stories of success and growth that those with mental health issues have had over the years of service this program has had all over the world. Then join us on the path to health and healing. Join us on the path of hope.

—Brian Blevins

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)**



# 8 Important Tips for Men's Health

**T**aking charge of your own good health is important at any age – and it's never too late to start developing healthier habits. Like women, men need to have regular visits with the doctor, take steps to manage stress, make nutritious food choices, and engage in physical activity.

Regardless of your age or general health, if you're ready to focus on a healthier you, the following men's health tips checklist provides a foundation from which to begin:

## 1. Have regular checkups – even if you feel okay.

One of the best ways that men can promote their own good health is to have a physical or wellness check each year – regardless of age or health concerns. Besides a general once-over, the physical should include cholesterol, glucose, and blood pressure evaluations.

It's also important to see a doctor if you have noticed changes in your sleep or bathroom habits, have a cut or sore that doesn't seem to heal, notice changes in your moles or birthmarks, or if you're experiencing unexplained weight fluctuations or sexual dysfunction.

Remember that many significant health issues begin as minor problems that could have been prevented or better managed if they had been detected early. Rather than thinking it's just a matter of "toughing it out," invest in your future good health by discussing your health concerns with your doctor.



If your dad or other family members have a history of hypertension, heart disease, diabetes or other chronic health conditions, you may be at higher risk for developing those conditions yourself. Your doctor can help you develop an action plan to minimize those risks and



increase your chances of early detection.

Based on your age, family history, and lifestyle, your doctor may recommend that you undergo screening for colon cancer, prostate cancer, or lung cancer.

Men with high blood pressure are encouraged to lower it to about 120/80. Blood pressure can be monitored at home, and men are encouraged to discuss target numbers with their doctors. If taking medication, men are encouraged to take it daily or as prescribed in addition to regular exercise, even a 30-minute brisk walk, and eat foods low in sodium and cholesterol.

## 2. Get some exercise.

It's no secret that exercise is a great way to increase overall health and wellness. Ideally, you should exercise at least 30 minutes a day. But if you're having difficulty squeezing in a workout, remember that even a brisk 20-minute walk a few times a week with your spouse, or regular play outside with your kids or grandkids, can provide heart healthy and stress-relieving benefits.

Create a regular exercise schedule, preferably one that can become a habit. To form a habit we must have effective triggers, such as going for a walk during a lunch break or exercising after work.

Here are three ways to help you stick with your exercise plan:

- Go on the same days and times each week

- Exercise with a friend
- Choose a type of exercise that you enjoy

## 3. Give yourself permission to take a break.

Knocking off once in a while to play golf, head to a ballgame, or watch TV with your family aren't just fun ideas – they're best practices that help you keep stress at bay. If you're having difficulty finding room for leisure, look for creative ways to get some "you" time, like listening to audiobooks and podcasts on your drive to work or while you're taking care of the yard.

Be aware of factors that cause stress in your life and reduce the amount of time spent in these environments. Stress can be exacerbated with toxins such as junk food, cigarettes, drugs and alcohol. Toxins put a huge burden on the liver and this literally sucks the life energy out of you.



Here are some simple ways to reduce stress:

- Go for a walk in nature (a city park will do)
- Meditate
- Diaphragmatic breathing



Statistics show that men have more difficulty handling stress compared to women. This may be because women typically have better social networks, or a circle of friends and they are able to confide in them. The male mentality often tends to avoid discussing their feelings and as a result, are less likely to disclose such issues with their PCP, resulting in many cases of major depression/anxiety being undiagnosed. Stress itself is linked to higher blood pressure and body weight, so it's important to take time to focus on activities that will help relieve stress.

#### 4. Stop smoking and reduce alcohol intake

Ask your doctor to help you develop a plan of action, then pick a smoking “quit date” and stick with it. Smoking, diet and alcohol are key factors that negatively impact the health of men. Therefore, reducing alcohol



intake or quitting entirely will greatly enhance overall health.

Men are two times more likely to binge drink than women. Surprisingly 90% of the people who binge drink are not alcoholics or alcohol dependent. Alcohol is often used to self-medicate and is a socially accepted anesthetic. There are a great number of reasons to curb alcohol intake, especially since drinking alcohol increases the risk for cancer, sexual misconduct, violence, impotence and infertility.

#### 5. Get your zzzz's

It may seem trivial at first, but the truth is, proper rest and relaxation heals the body. Getting at least 6 to 8 hours of sleep every night is a free and easy way to improve your overall health. Sleep will also improve your outlook on life. Proper rest stimulates growth hormones and promotes protein synthesis that helps muscles grow. On the flip side, lack of sleep can result in muscle wastage.

One study on sleep showed that there was a 55% reduction in fat loss (i.e. Losing fat is 55% more difficult) and 60% increase in muscle loss when the participants slept just 3 hours less than usual.

The health benefits of getting adequate sleep include:

- Boost in testosterone levels
- Optimized muscle growth



- Increased fat burning
- Improved mood

#### 6. Do cardio for mental health

Studies show that cardio or aerobic exercise is great for mental health and a powerful tool in the treatment of depression. The American Heart Association (AHA) advises 150 minutes exercise, or 5 x 30 minute sessions of aerobic exercise per week for men. Going for a run first thing in the morning is a great option. If you want to go a step further to boost your growth hormones and brain derived neurotropic factor (BDNF), then try 20 to 30 minutes of fasted cardio daily.

#### 7. Ditch the junk and eat real food

Processed foods are bad for your overall health. The standard American diet (SAD) or Western diet has been proven to make people sick. Processed foods are refined, chemically enhanced, and normally contain artificial ingredients. In fact, a lot of brands that claim to be “healthy” are highly processed junk that contain preservatives, colorants, chemical flavorings and texture enhancers that are detrimental to health.



Opt for real food, as close to nature as possible. If you can't read what is on the label, it's most likely highly processed. Prepare healthy lunches and dinners with real whole foods that are unrefined and unprocessed. Eat as many green leafy vegetables as you can to boost your gut health and nutrient intake.

Eat the rainbow. Fill your plate with colorful fruits, vegetables, and lean meats. Not only will these foods give you more energy than fast or processed foods, they are also helpful in preventing certain diseases, like prostate cancer.

As the saying goes, you are what you eat. Eating large amounts of processed foods or foods with a high amount of sodium (salt) are main causes for obesity. Obesity is linked to increased occurrences of heart disease, Type 2 diabetes, and breathing issues.

Focus on lean proteins and foods that provide good nutrition and a large number of vitamins. Some examples include chicken, turkey, fish, Greek yogurt, beans, and lentils. Foods with high fat and/or carbohydrate content should only be eaten in moderation; examples include white bread, pasta, pizza, fried foods, pastries or cookies, processed meats and cheeses, and most fast-food meals.

#### 8. Get some sun on your skin

Getting sun on your skin has many health and mood-lifting benefits. Time out in the sun helps to increase serotonin (the happy hormone) and also melatonin, which is needed for sleep.



Lack of Vitamin D from the sun especially during winter months can lead to depression. Take advantage of the sun during the summer months to strengthen your bones and enhance your overall mental and physical health. If you are not spending enough time in the sun, then try a high quality Vitamin D3 supplement.



# What to Know About Running After Fifty

**Y**ou may think getting older means cutting back on exercise to avoid injuries. The opposite is true. An active lifestyle keeps your muscles and bones strong, your mind sharp, and can add years to your life.

The CDC recommends that all adults get a minimum of 150 minutes of moderate activity each week. This averages out to 30 minutes of activity five days a week. If you like more vigorous exercise, like running, you should get 75 minutes per week. This equals 15 minutes, five days a week.

## Benefits of Running After 50

Build up endurance. Running gets your heart rate up. It challenges your body more in the best ways. When you get cardio regularly, you improve your blood flow. When your blood flow is strong, it delivers more oxygen to your brain, muscles, and organs. This relieves fatigue and breathlessness that may otherwise slow you down during everyday activities.

Live longer. No matter what exercise you choose, more physical activity could add years to your life. Not only is

running good for your health, but it also helps lower your chances of getting certain health problems. With age, you also naturally slow down and gain weight. Running after 50 could help you control your weight and boost your metabolism.

## Running after 50 may also be linked to benefits like:

- Lower risk for getting certain cancers
- Lower odds of getting diabetes
- Improved levels of “good” cholesterol
- Better bone density
- Less inflammation
- Fewer feelings of depression and anxiety

## Risks of Running After 50

**Potential injuries. Some common ones are:**

- Runner’s knee: pain caused by your kneecap rubbing against your thigh bone
- Achilles tendon tear: pain along the back of your foot where your heel connects to your calf muscle
- Shin splints: pain along the bottom front of your legs causes by inflammation
- Stress fractures: minor breaks in your bone

Listen to your body and slow down when you need to. This may mean taking days or weeks off from your running routine to avoid an injury.

Keep in mind that you lose endurance more quickly as you age. Instead of jumping back into your past running routine, start slow. Alternate jogging and walking until you build back up to where you were.

## How to Get Started Running

Talk to your doctor first. Let them know about any health conditions you have. They’ll let you know if it’s safe for you to start a running routine. If they



give you the green light, follow these tips, too:

**Know your ability.** Your mind is still young even though your body has aged. Be patient with yourself and commit to the long-term goal of building up your endurance. Don’t push yourself too hard, because that’s how injuries happen. Instead, listen to your body and track your progress.

**Know your stride.** Some people’s feet naturally strike the ground with their heels, while others strike with their toes. Neither one is right or wrong, it just depends on what’s comfortable for you. Don’t try to force a particular stride while running. The key is to find your rhythm.

**Get the right shoes.** Don’t be swayed by catchy designs or claims about boosted performance. Take your time trying on four or five pairs of running shoes, and choose the ones that feel best to you.

**Alternate walking and running.** Start out by running for 20-30 seconds at a time and walk until you catch your breath again. Each week, increase the amount of time you spend running and decrease the time you spend walking.

**Consider strength training.** A great way to complement running is to do strength training on alternating days. The CDC recommends at least 2 days per week of strength training. There are many activities you can do at home, including:

- Lifting weights
- Working out with resistance bands
- Using your body weight for sit-ups, push-ups, squats, and lunges
- Gardening, which includes shoveling and digging
- Practicing some yoga

—webMD







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Mailing Address: P.O. Box 504, Topeka, KS 66601

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# Two non-profits will host Community Walk/Passport to Health

**T**he Twilight Branch of the Topeka Lions Club has taken on the challenge to provide a service to the community that focuses on Diabetes. Lions International has five main causes including: Diabetes · Vision · Hunger · Environment · Childhood Cancer.

They will partner with Midland Care/24 For Life to present the Community Walk/Passport to Health for the second year in a row. The event will be held in Gage Park on Saturday, June 24.

"We wanted there to be no barrier to have members of our community come take a walk in the park and learn more about the risks of Type 2 diabetes, so we are offering this as a free event," said Irene Haws, President of the Topeka Twilight Lions.

Participants can save time by signing up in advance and taking the risk test for pre-diabetes online. Doing so will earn them additional chances in the prize drawing after completing the walk and getting their passport stamped. Both links are at [www.topekaliions.org/community-walk](http://www.topekaliions.org/community-walk). Topeka Lions Foundation, a registered non-profit organization, is still accepting donated prizes to be awarded.

For more information or to donate a prize, contact Irene Haws, 785-249-1913. To register for the event, go to [www.topekaliions.org/community-walk](http://www.topekaliions.org/community-walk).

## 24 For Life Offers Lifestyle Change & Prevents Type 2 Diabetes

It's Summertime! Perhaps that means taking walks, riding a bike, or spending time in the garden. If you're having a hard time getting back into the swing of your activities after the winter season, consider 24 For Life, a Diabetes



prevention program. The 24 For Life program will help teach you simple ways to be more active, eat healthier, and develop lasting habits.

Thanks to a grant with the American Diabetes Association, participants who qualify as pre diabetic can be a part of this 24 For Life Program at no cost.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese, according to the Centers for Disease Control and Prevention (CDC).

With the 24 For Life program, you are given a trained lifestyle coach that will lead the program in a way that helps you make adjustments in your lifestyle such as eating healthier, reducing stress, and getting more physical activity. The research from the CDC shows that making modest behavior changes helped participants lose 5 to 7 percent of their body weight. These lifestyle changes re-

duced the risk of developing Type 2 Diabetes by 58 percent in people with prediabetes.

These modifications easily fit into your already busy lives. As these participant experiences show, you can be successful. The group support you will receive from those on the journey alongside you will be invaluable as you share your goals and struggles.

"The program reminds us of how to overcome stress in our lives and how it can affect our health. We talk through all the ways to help us get through these stressful times," said Vanessa, a 24 For Life participant.

"I was devastated when the doctor said I was prediabetic and I needed to start medication. Honestly, I was reluctant to start 24 For Life, but knew it was for my own good and besides, it was totally free. My first goal was to lose 5% of my weight, but at the half-way point, I lost 10%! My doctor even cut my medication in half," said Kelly, a 24 For Life participant.

During each session, your lifestyle coach will facilitate a lesson and group discussion. Some examples, of the things we will learn along the way are how to:

- Eat healthier
- Add physical activity to your life
- Manage stress
- Stay on track when eating out
- Understand your responses to food
- Stay motivated
- Solve problems that can get in the way of healthy changes

If you're interested in learning more about 24 For Life visit [www.midlandcare.org/24forLife](http://www.midlandcare.org/24forLife) or contact Donna Doel at 785-250-5210.

# Kansas Tobacco Quitline: 20 Years of Helping Kansans Quit

**T**he Kansas Department of Health and Environment (KDHE) is celebrating 20 years of helping Kansans achieve a tobacco-free life.

Since 2003, the Kansas Tobacco Quitline has provided free, one-on-one coaching for Kansans ready to quit using any form of tobacco, including vaping. Professional counseling is available 24 hours a day, seven days a week, in multiple languages. Participants will be matched with tailored programs designed for youth, pregnant women, American Indians, and individuals with behavioral health or substance use conditions. The Quitline can be reached by calling 1-800-QUIT-NOW or visiting the [ksquit.org](http://ksquit.org).

"Individuals who use any form of tobacco, including vaping, often try to quit multiple times before succeeding,



but proven treatments, including counseling and nicotine replacement therapy, are available to improve your chances to quit for good," Matthew Schrock, cessation coordinator, said. "Quitline participants can choose a lozenge, gum, or patch that will be mailed directly to their home at no cost to help combat nicotine cravings. The Quitline will distribute the nicotine replacement therapy in two-week doses after completion of the first and second phone coaching calls."

The Quitline's Pregnancy and Postpartum Program offers participants a \$30 Mastercard gift card for every phone coaching call completed. This program offers up to 5 coaching sessions during pregnancy and four sessions postpartum with the same female coach each time. Participants can also receive free text message support.

The Quitline is a proven treatment option to help Kansans stay tobacco-free. The Kansas Tobacco Quitline is available 24 hours a day, seven days a week and can be easily accessed by calling 1-800-QUIT-NOW (784-8669) or visiting the online website at <https://kansas.quitlogix.org/>. For additional resources and information about tobacco use in Kansas, visit [kdhe.ks.gov/823](http://kdhe.ks.gov/823).



# Spiritual Wellness

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

## Turning Your Garage Into a Place of Physical AND Spiritual Fitness

**I**t was August 2021. I had just returned from an overseas tour in the Middle East with the US Marine Corps to reunite with my wife and son in San Diego, CA. We were in the midst of multiple major transitions and challenges as a family on multiple levels. One of the biggest ones was my reintegration as a military spouse/parent returning from an extended time away from my family.

Going back to less time at work was nice and seeing my family was also nice not to mention now having weekends generally off. However, in my off-duty time, I now had a family to tend to at home, where free time overseas was spent hanging out with friends, working out, reading, or working on a personal project. As you can imagine, reunification was a stressful time that took a lot of time, work, and empathy. We as a family were in the midst of moving into a new home and faced a series of health challenges exacerbated by the COVID-19 pandemic. I started working out with a sandbag and doorway pull-up bar as the only equipment in my garage. Over the next few months, I added a box jump, bumper plates, and a barbell.

### The Birth of the Garage Gym Church Concept

I have always enjoyed working out as a way of relieving stress and while I was less than happy about being confined to the garage to workout by myself during that season of life, God used that time to work in me a new vision of what Christian outreach and discipleship could look like. Over time, God birthed in me a new concept of growing spiritually individually, and corporately, during my times alone working out in the garage with a concept I dubbed "Garage Gym Church."

When I started working out in my garage gym I faced a dilemma regarding the amount of time I had fitting in my personal devotional time in the morning, quality time working out in the garage, showering and changing for work, and my morning commute to get a parking spot on the military base I worked at before it filled up forcing me to walk a much further distance. Trying to do a personal devotional or working out in the afternoon/evening was almost a non-starter with a young kid clamoring for my attention after work. I started to consider that maybe I could integrate motivational and educational content I have amassed over the past few years that has been focused on my work with total force fitness in the military community. I decided to try listening to content during my workouts in my garage that were both secular and Christian in nature to help me develop my mental and spiritual toughness along with my physical toughness first in the morning.



I discovered that playing educational audio content whether watching it on a TV or listening to it during workouts was challenging because my mind would get caught up in counting reps, thinking through my next workout steps, or losing focus on the content due to difficulty in exercise technique or sheer difficulties in the workout scheme as I was gasping for air during challenging sets. However, I discovered that listening to high-energy "life trainers" such as retired Navy SEAL Jocko Willink, Bishop T.D. Jakes, Pastor John Hagee, Pastor Steven Furtick, Joyce Meyer, and other motivational thought leaders both secular and Christian especially integrated with background music typically found in the adventure and war scenes of epic movies was a powerful physical, mental, emotional, and spiritual experience!

Using motivational content during the workout I was able to concentrate on the content for some reason, I feel because it was somehow being psychologically tied to my mindset during and after the workout. Two, it literally pushed me harder as I felt the emotional uplift in the content give me literal physical strength and energy I previously didn't have. Three, I was able to immediately tie the content in my mind not only with the physical challenges I was putting myself through in my garage but also the challenges I was having at home, work, and in my ministry. Four, the challenges of thought leaders talking about the importance of applying principles in life such as the command to "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus" found in 1 Thessalonians 5:16-18 forced me to remember to think and speak positively vs. negative. Thoughts shape our feelings which shape our words, behaviors, and habits. I have learned to discipline my thinking both during physical exercise and in life in general.

Furthermore, because the workout was physically challenging, my emotions and my overall mental state was

more open to being challenged in the same way as well to suck up the pain and get stronger. I listened to multiple motivational videos from the Lion of Judah YouTube Channel including "Take a Stand: Never Give Up Child of God" while doing the "Jesus" Hero Workout of the Day and it was an incredibly uplifting experience to be reminded and challenged to go all out living for Jesus in my life when I considered all He had done for me.

### Starting Your Own Garage Gym Church Experience

After some time of tying in Christian and secular content to my garage gym workouts, I felt inspired by God that these training sessions could be easily something a small group of 1-4 other individuals could participate in, depending on equipment, space, use of the driveway, etc. What also made this concept in my mind start to emerge was logistically all it took was just one individual/family to open up their garage for a group fitness session. The amount and type of equipment vary but I was able to outfit my garage gym inclusive of a doorway pull-up bar, 145 pounds of bumper plates, a 45-pound barbell, a scalable 10-60lb sandbag, a 20" x 24" x 30" box jump, a jump rope, and a yoga mat for just under \$800. My wife also wanted a rower as well which completed the setup.

Even if you just want to try out the concept, you can literally do bodyweight workouts in your garage. From a Christian hospitality standpoint, turning your garage into a space for the neighborhood, co-worker, family, or friend outreach is not all that far-fetched when you consider many church life groups today operating out of lay leader home living rooms, kitchens, and patios.

Consider the "Garage Gym Church" concept as a way of developing yourself and others physically, mentally, and spiritually. If you are looking for a good playlist, subscribe to the Freedom Fitness America YouTube channel "Shoot, Move, Communicate" and join our brand new "Tactical Garage Gym" private Facebook Group where we will be posting a weekly workout challenge + personal development content. Furthermore, if you are looking for a regular "done for you" training program to follow in your garage gym, consider our "Tactical Garage Gym" training program that includes nutrition tracking, regular motivational content to listen to during your workout training sessions, and easy to follow functional fitness workouts designed originally for tactical athletes with exercise video links all delivered from the confines of your smartphone!

—Chris Reardon / [faithandfitness.net](http://faithandfitness.net)





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# Healthy Recipes for the Springtime

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

## Momma's Healthy Meatloaf



Extra-lean ground beef and fresh vegetables make this a healthier take on traditional meatloaf.

### Ingredients

- cooking spray
- 1 tablespoon olive oil
- 1 green bell pepper, diced
- ½ cup diced sweet onion
- ½ teaspoon minced garlic
- 1 pound extra-lean (95%) ground beef
- 1 cup whole wheat bread crumbs
- ¾ cup shredded carrot
- ¾ cup shredded zucchini
- 2 large eggs
- salt and ground black pepper to taste
- ¼ cup ketchup, or to taste

### Directions

Preheat the oven to 400 degrees F (200 degrees C). Spray a 9x5-inch loaf pan with cooking spray.

Heat olive oil in a skillet over medium heat; cook and stir green bell pepper and onion in hot oil until onion is transparent and bell pepper is softened, 5 to 10 minutes. Add garlic and cook until fragrant, 1 to 2 minutes. Remove the skillet from heat.

Combine ground beef, bread crumbs, carrot, zucchini, eggs, salt, pepper, and bell pepper mixture in a large bowl; mix well using your hands. Press meat mixture into the prepared loaf pan.

Bake in the preheated oven until no longer pink in the center, 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Spread ketchup on top of meatloaf and continue baking

until bubbling, about 5 minutes more.

### Nutrition Information (Servings: 4)

Per serving: 378 calories; fat 20g ; carbohydrates 24g; protein 26g; sodium 457g

Source: allrecipes.com

## Heart-Healthy Potato Salad



Easy and delicious!

### Ingredients

- 2 ¾ pounds Idaho® Russet Potatoes
- 8 large hard-boiled eggs
- 1 medium yellow onion, chopped
- ½ cup dill pickles, chopped
- ¼ cup mayonnaise
- ¼ cup Miracle Whip
- ½ cup plain nonfat Greek yogurt
- 3 tablespoons brine from a pickle jar
- 2 tablespoons yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Directions

Scrub Idaho® Russet Potatoes well, but do not peel. Place potatoes in a stockpot, add water to cover, and bring to a boil over high heat. Reduce heat to medium-high and cook 12 to 15 minutes, or until a knife can easily pierce the potatoes but they are still firm. Pour off the hot water and add cold water to the pot to help cool down the potatoes. Set potatoes aside while preparing the remaining ingredients.

Remove the yolks from 4 of the hard-boiled eggs. Discard or save for another use. Roughly chop the 4 egg whites and 2 of the whole eggs, saving 2 for garnish. Add the chopped eggs to a large mixing bowl. Add the onion and chopped pickles to the bowl.

In a small mixing bowl, combine the mayonnaise, Miracle Whip, Greek yogurt, dill pickle brine, yellow mustard, garlic powder, salt, and pepper. Whisk well to combine; set aside.

Remove the cooled potatoes from the pot of water.

With a paring knife, remove the potato peels (they will come off easily). Cut the potatoes into small cubes and add to the other ingredients in the mixing bowl. With a wooden spoon, gently toss the salad ingredients to mix. Add the dressing mixture and gently toss again to coat all ingredients well.

Transfer potato salad to a serving bowl. Cut the remaining 2 eggs into thin slices and arrange them around the salad to garnish. Cover and refrigerate at least 3 hours before serving (preferably overnight) to let the flavors combine.

### Nutrition Information (Servings: 12)

Per Serving: 112 calories; fat 9g; carbohydrates 3g; protein 5g, sodium 343g

Source: allrecipes.com

## No-Bake Energy Bites



A healthy take on traditional no-bake cookies. store in the fridge for up to a week, or keep frozen for up to six months. Tastes great frozen!

### Ingredients

- 1 cup rolled oats
- ½ cup miniature semisweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

### Directions

Stir oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.

Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.

### Nutrition Information (Servings: 24)

Per serving: 94 calories; fat 5g; carbs 11g; protein 3g; sodium 28g

Source: 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.

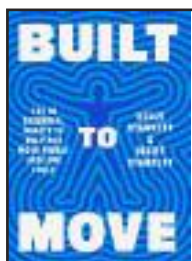
**Calm your gut:** a mindful and compassionate guide to healing IBD and IBS – by Cara Wheatley-McGrain; Hay House; New Health Books 616.342 WHE

A holistic guide to healing gut problems, such as IBD and IBS, with healthy, compassionate methods. Discover a unique toolkit of science, self-compassion, and intuitive eating practices to help you understand, love, and heal your gut.



**Built to move:** the ten essential habits to help you move freely and live fully – by Kelly Starrett and Juliet Starrett; Alfred A. Knopf; New Health Books 613.7 STA

After decades spent working with pro-athletes, Olympians, and Navy Seals, mobility pioneers Kelly and Juliet Starrett began thinking about the physical well-being of the rest of us. The result is an easy-to-use formula for basic mobility maintenance: 10 tests + 10 physical practices = 10 ways to make your body work better.



**Weathering:** the extraordinary stress of ordinary life in an unjust society – by Arline T. Geronimus; Little, Brown Spark; New Health Books 610.8089 GER

Fusing science and social justice, renowned public health researcher Dr. Geronimus offers an urgent book exploring the ways in which systemic injustice erodes the health of marginalized people.



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



A go-to fasting manual created specifically to address women's

needs based on their hormones and menstrual cycle. Includes a 30-day fasting reset that uses the power of your cycle, even if you no longer have one.

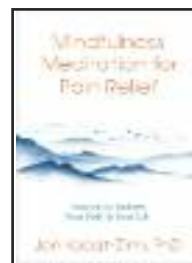
**The met flex diet:** burn better fuel, burn more fat – by Ian Smith, M.D.; Harvest, an imprint of William Morrow; New Health Books 613.25 SMI

The human body has the amazing ability to switch which fuels it uses for energy based on what fuel is available at the time--researchers call this metabolic flexibility. Bodies that are able to make this switch can burn sugars, proteins, and other food nutrients when available, and then switch to burning the body's fat storage or fatty acids when food calories are not available.



**Mindfulness meditation for pain relief:** practices to reclaim your body and your life – by Jon Kabat-Zinn; Sounds True; New Health Books 613.792 KAB

Provides a range of evidence-based mindfulness meditation practices that anyone can apply gently and effectively to even the most intense forms of pain and suffering. An illustrated book with accompanying guided meditations and teachings offered digitally.



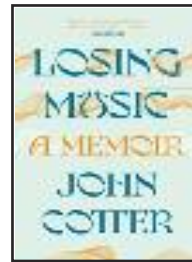
**If it sounds like a quack ...:** a journey to the fringes of American medicine – by Matthew Hongoltz-Hetling; PublicAffairs; New Health Books 610.24 HON

An indictment of some non-traditional health care treatments in the United States. Finds the comedy and horror in the earnest curative use of lasers, supplements, and bleach, while shedding serious light on the dangers of these quack treatments. Also describes the uneven attempts of the FDA to monitor and control poorly tested and potentially dangerous approaches.



**Losing music:** a memoir – by John Cotter; Milkweed Editions, New Health Books 617.882 COT

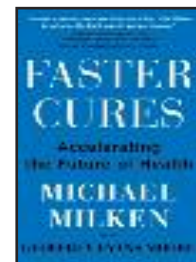
John Cotter was thirty years old when he first noticed a ringing in his ears. Soon it became a roar, then partial deafness, dizziness and vertigo that rendered him unable to walk,



work, sleep, or even communicate. A devastating memoir that sheds urgent, bracingly honest light on both the taboos surrounding disability and the limits of medical science

**Faster cures:** accelerating the future of health – by Michael Milken; William Morrow, an imprint of HarperCollins Publishers; New Health Books 616.65 MIL

What if cleaning early-stage cancers from your body could become as routine as going to the dentist to clean your teeth, or if a single vaccine could protect you against multiple viruses, or if gene editing could eliminate many birth defects and slow the aging process. Mike Milken believes these, and many other advances, are within reach.



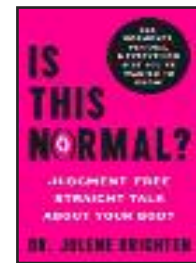
**Pregnant while Black:** advancing justice for maternal health in America – by Monique Rainford, MD; Broadleaf Books; New Health Books 618.2 RAI

A tragedy is unfolding all around us and is receiving well overdue attention. Black women are three times more likely to die from pregnancy than their white peers. But Dr. Monique Rainford is working to better understand these disparities and do something about them.



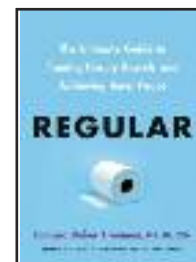
**Is this normal?:** judgment-free straight talk about your body – by Jolene Brighten; Simon Element; New Health Books 618.1 BRI

A naturopathic endocrinologist and certified sex counselor answers women's questions about their reproductive anatomy, with topics including menstruation, postpartum health, libido, acne, orgasms, and discharges and offers charts, checklists, and diagrams in an honest, easy-to-understand guide to the female body.



**Regular:** the ultimate guide to taming unruly bowels and achieving inner peace – by Tamara Duker Freuman; Hachette Go; New Health Books 616.3 FRE

Belly bloat, diarrhea, constipation, and irritable bowels may not seem like the sexiest topics--but they still affect millions of Americans every year. This book reveals the many





causes of irregularity, with tailored solutions for a dozen common--and some lesser-known--issues.

**Advanced parenting:** advice for helping kids through diagnoses, differences, and mental health challenges – by Kelly Fradin, MD; Balance; New Health Books 618.93 FRA

In this helpful guide, pediatrician Fradin serves up advice for parents of children who face such health challenges as organ transplants, severe allergies, sensory disorders, or mental illness.

**My father's brain:** life in the shadow of Alzheimer's – by Sandeep Jauhar; Farrar, Straus and Giroux; New Health Books 616.831 JAU

A doctor's memoir about his father's experience of dementia, and an overview of the history of and latest findings on the disease.

**Tell me what you want:** a therapist and her clients explore our 12 deepest desires – by Charlotte Fox Weber; Atria Books; New Health Books 616.891 WEB

Written with warmth and compassion, full of dramatic, intimate, and moving personal stories, and based on careful research as well as first-hand observations, this is an inspirational guide to living well.

**Pathogenesis:** a history of the world in eight plagues – by Jonathan Kennedy; Crown; New Health Books 614.4 KEN

According to the accepted narrative of progress, humans have thrived thanks to their brains and brawn, collectively bending the arc of history. But in this revelatory book, Professor Jonathan Kennedy argues that the myth of human exceptionalism overstates the role that we play in social and political change. Instead, it is the humble microbe that wins wars and topples empires.

**Adrenal transformation protocol:** a 4-week plan to release stress symptoms and go from surviving to thriving – by Izabella Wentz; Avery, an imprint of Penguin Random House; New Health Books 616.4 WEN

While adrenal dysfunction produces a constellation of ailments, the good news is that turning these around

does not have to be complicated. When we start supporting the adrenals--making a few small dietary and lifestyle changes and taking the right supplements--we can produce profound improvements within weeks or even days.

**Dementia prevention:** using your head to save your brain – by Mitchell Clionsky, PhD; Johns Hopkins Press Health Book; New Health Books 616.831 CLI

Worried about memory loss and dementia risk? This new book will guide you through a science-based tour of dementia, including how your brain works and how its function is affected by everything from blood circulation and blood pressure to sugar levels, medications, vision, and hearing. You will learn how your activity level, weight, habits, mental outlook, and social engagement may affect your likelihood of developing dementia.

**The invisible machine:** the startling truth about trauma and the scientific breakthrough that can transform your life – by Eugene Lipov, MD; BenBella Books, Inc.; New Health Books 616.8521 LIP

The world has long misunderstood trauma. Now, leading experts in the field have a radical new understanding of post-traumatic stress, and a surprising new treatment to reverse it could have profound implications for medicine, mental health, and society at large.

**Take control of your heart disease risk** – by John Whyte, MD; Harper Horizon, an imprint of HarperCollins Focus LLC; New Health Books 616.1 WHY

Heart disease is the leading cause of death among Americans. You have the power to reduce your risk, and WebMD's Dr. John Whyte, MD will show you just how easy it is to do it.

**Insomnia doc's guide to restful sleep:** remedies for insomnia and tips for good sleep health – by Kristen Casey; Mango Media; New Health Books 616.8498 CAS

If you have sleep issues, you're not alone. Whether we suffer from insomnia, depression, stress, or a hectic lifestyle, many of us have experienced sleeplessness. But don't fret--you can learn the tools to help you sleep well every night.

**Birth:** three mothers, nine months, and pregnancy in America – by Rebecca Grant; Avid Reader Press; New

Health Books 618.2 GRA

Follows three first-time mothers as they experience pregnancy and giving birth in modern America, recounting the ups and downs, fears, joys and everyday moments of each woman's pregnancy and postpartum journey and discussing the rising popularity of midwifery.

**The wellness trap:** break free from diet culture, disinformation, and dubious diagnoses--and find your true well-being – by Christy Harrison; Little, Brown Spark; New Health Books 615.5 HAR

The wellness industry promotes practices that often cause even more damage than the conventional approaches they're meant to replace. Weaving together history, memoir, reporting, and practical advice, Harrison illuminates the harms of wellness culture while reimagining our society's relationship with well-being.

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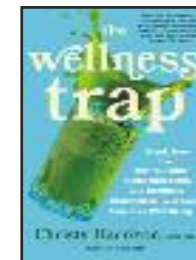
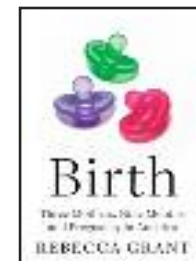
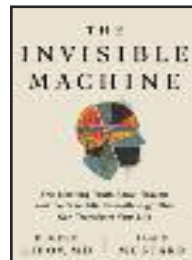
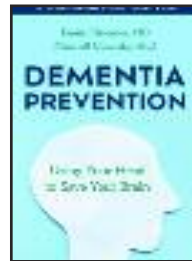
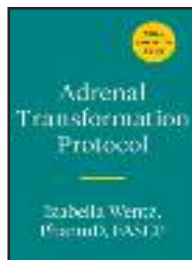
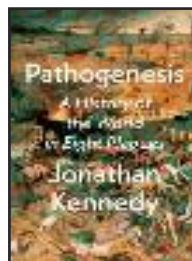
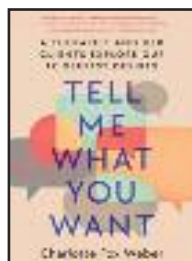
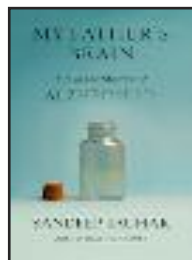
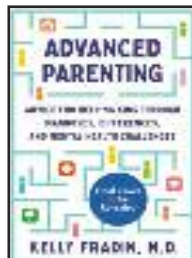
Check out our article [“Find Healthy Reading Options while you are Safer at Home”](#) at [tscpl.org](http://tscpl.org). Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)  
**Topeka & Shawnee County**  
**Public Library**

**1515 SW 10th Ave., Topeka, KS 66604**  
**785-580-4400 • [www.tscpl.org](http://www.tscpl.org)**





# Health & Wellness Marketplace

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

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## ATTORNEY SERVICES

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[www.nystromlaw.net](http://www.nystromlaw.net)

*"36 years Experience"*

*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)

## MEDICAL PRODUCTS

**CPAP**

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## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).

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A ASSISTANT, P.A.

**COUNSELING YOU CAN TRUST**  
[www.shanemjones.com](http://www.shanemjones.com)

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Topeka 785-266-7732

5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8638

Shane Jones, L.S.C.S.W.

**Areas of expertise:**

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- Depression
- Anxiety
- Adoption
- Addictions
- Foster Care
- Grief-Loss

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Mental Health Services  
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2015 SE 10th Ave, Topeka, KS 66607 • [www.advenatenth.com](http://www.advenatenth.com)

## MENTAL HEALTH - ADDICTION

**MENTAL HEALTH - ADDICTION TREATMENT** - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley. 785-233-1730

## EMERGENCY FOOD & SHELTER

**TRM MINISTRIES**

**TOPEKA RESCUE MISSION MINISTRIES**

**FAITH WITH ITS SLEEVES ROLLED UP**

Main: 785.354.1744  
Donate: Text TRMgive to 77977  
Non-Cash Donations: 785.357.4285  
Volunteer Services: 785.354.1744 ext. 393  
[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)

**K-12 Christian Education**

A Christ-centered, quality education, plus:  
Athletics/Wheelball, Soccer, Chess, Table Tennis, Football  
Fine Arts: Choir, Band, Drama, Speech, Art

Call 785-286-0427 today for a tour.

**Heritage Christian School**  
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[HCSTopeka.org](http://HCSTopeka.org) | [info@HCSTopeka.org](mailto:info@HCSTopeka.org) | 2000 NW Clay, Topeka, KS 66606

**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)

**WHAT WE DO:**

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

**HOW YOU CAN HELP:**

1. Pray
2. Volunteer
3. Refer Children in Need To Us
4. Monetary & Food Donations

Find out more by calling  
785-597-5235  
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**BICYCLES**

**BUILD YOUR OWN BIKE** during open shop with our tools in the Earn-A-Bike Program.  
Oakland Community Center, 801 NE Poplar St., Topeka, KS.  
Call 785-380-9827 or email topeka@cycleproject.org

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Find out more at [Cindylouwho.innov8tivenutrition.com](http://Cindylouwho.innov8tivenutrition.com)


**FINANCIAL WELLNESS**

**PEGGY'S TAX AND ACCOUNTING SERVICE** - 300 SE 29th St, Topeka, KS. Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-286-7899.

FrontDesk@peggystaxks.com  
www.peggystaxks.com

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**OFFICE SPACE** available, great for therapists, health & wellness companies, small bus. owners. Desks/chairs, all utilities & Wi-fi/Ethernet included. \$100 VISA card to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call/text 785-430-1657. info@cpofficesuites.com

**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)

**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery!  
• 785-305-0549 • [drdonaldleecobb@gmail.com](mailto:drdonaldleecobb@gmail.com)

**COMMUNITY CARE LINE**

**WANT TO TALK AND IT'S NOT A CRISIS?**

Feeling isolated & want to connect?  
Shawnee Co. Community Cares line  
1-800-972-8199 • M-F 9-5

**FUNERAL & CREMATION SERVICES**

**Davidson Funeral Home & Cremation Services**

Family Owned & Operated for over 100 years  
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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)

**COMMUNITY BLOCK PARTY** – June 2, 5-9pm, 1110 N. Kansas, Kaw Valley Bank celebrating 150 years in their parking lot. Food and live music by Chance Encounter. Kid friendly! Free face painter, balloon artist, obstacle course. Free Glory Days Pizza and Pineapple Dream while it lasts.

**DOGGIE DATE NIGHT** - Jun. 3, 5-7pm, Every Plaza. A free event with food, drinks, and other items for sale. Prizes, a photo booth and a "paw print station" too

**FOOD TRUCK NIGHT** – June 3, 4-8pm, HHHS, 5720 SW 29. Featuring music and food trucks. Helps homeless animals.

**"JUNGLE CRUISE" ON THE YAGER STADIUM JUMBOTRON** – Jun. 3, gates open at 6:30pm, movie at 7:30 – 9:45 p.m. Concession stands will be selling popcorn, hot dogs, drinks & other snacks, and attendees are welcome to eat in the stands, concourse or on the grass, or bring your own food and non-alcoholic beverages

**FITNESS BOOT CAMP** – June 3, 9-10am, Quinton Heights Hill. Cardio exercises, strength training, endurance

training. [www.Omnicycle.co](http://www.Omnicycle.co)

**GERMANFEST** – June 3-4, 312 NE Freeman, Sacred Heart-St. Joseph Parish

**FREE SHREDDING EVENT** – June 3, 11am-2pm, Silver Lake Bank back parking lot, 201 NW Hwy 24. Limit 5 boxes per household.

**YOUTH IN THE OUTDOORS** – June 3, 9am-1pm, Ravenwood Lodge, 10147 SW 61st St. Free activities for kids ages 6-16. Laser shoot, archery clinic, BB gun clinic, Turkey clinic, Fishing & fly fishing demos, Black powder, Hunter Safety, Clay target clinic, Water fowl calling, Wildlife Habitat education. 785-438-2065

**MISS JUNETEENTH SCHOLARSHIP PAGEANT** – Jun. 3, Garvey Fine Arts Center, Washburn Univ. Free Adm.

**MULVANE ART FAIR** – June 3-4, Mulvane Art Museum, Washburn University

**WOMEN ON WHEELS CAR SHOW** – June 3, 4-7pm, KTWU on the Washburn University campus. Featuring women and their motor vehicles, including motorcycles. <https://ktwu.org/womenonwheels/> or call 785-670-1111

**GARAGE SALE** - Friday, June 3-4: Perry United Methodist Church Activity Center. Friday 8-4; Saturday 8 am to noon 1/2 price sale and \$1 bag from noon to 2 pm. To make donations to the sale, write to Paula Hladky at [cathouse4000@hotmail.com](mailto:cathouse4000@hotmail.com).

**CHILDRENS MIRACLE NETWORK CRUISE NIGHT**

– June 4, 7-9pm, Sams Club parking lot. 1401 SW Wana-maker. Food trucks, live DJ, more. [Events.topekasamsclub@gmail.com](mailto:Events.topekasamsclub@gmail.com)

**NORTH TOPEKA COMMUNITY BAND CONCERT**

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

**LIVE AT LUNCH** – June 7, 11-1, Every Plaza. R & J Productions

**EATS AND BEATS** – June 8, 11-1, Every Plaza. Undercover

**C5Alive "POWER" LUNCH-**

**EON** – June 8, 11:30-1 at The Peak, 1930 SW Gage! Featured speaker is Clint Decker, a writer, speaker, pastor & evangelist who has shared his message with over two million people around the world.

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, July 13, 11:30-1.

**OPEN HOUSE TOURS** – June 8, 6pm, Jayhawk Theatre. RSVP at [jayhawktheatre.org](http://jayhawktheatre.org)

**FRIDAY FLICKS: BACK TO THE FUTURE** – June 9, 8pm, Every Plaza

**FAIRLAWN PLAZA SIDEWALK SALES** – June 9 & 10, 10am-5pm. Bargains, dining, refreshments, activities.

**FAIRLAWN PLAZA CRUISE NIGHT** – June 10, 5pm

**LADY SHAKES' ROMEO & JULIET** – June 9-10, 7pm, and June 11 at 2pm, Jayhawk Theatre. Come early at 6pm for dinner with DJ's Catering and drinks from Norseman Brewing. A benefit for Jayhawk Theatre and Lady Shakes Theater Co. Tickets \$12 (\$8 students) at: [jayhawktheatre.org](http://jayhawktheatre.org)

**VENDORS MARKET** – June 10, 9-3, Barb's Country Barn.

**TACO TOPIA STREET FEST** – June 10, 4pm, Topeka Vendors Market, 528 SE Adams St. Live music, taco eating contest, play area, fresh fruit stand, margarita tent, more.

**JUNETEENTH PARADE** – June 10, 11am, Williams Magnet School, 1301 SE Monroe St. Community gathering at noon at Cushinberry Park.

**HEARTLAND MILITARY DAY** – Jun. 10, 7am - 4pm, Museum of the Kansas National Guard, 125 SE Airport E. Dr. Free day of Military Equipment Exhibits, WW II Battle Reenactments, Civil War Artillery Drills, Topeka Big Band, Sante Fe Band, Vietnam War Exhibits, Pancake Feed 7 to 10 (Donations), Cookout Meal 11 to 2 (Donations), and free admission to all Museum exhibits, inside and out. [office@kngmuseum.org](mailto:office@kngmuseum.org). 785-862-1020

**OUTDOOR FLEA MARKET** – June 10, 10-3, 10th & MacVicar

**CRPS STRONG LET'S RIDE** – June 10, 9am registration, Kickstart Saloon. 78.1 mile ride, \$20/bike, ending at Victoria's, \$10/plate pulled pork & sides. Raffle. 785-249-9702.

**FLAG DAY** – June 14. Great Overland Station will have an outdoor concert, kids activities and a ceremony to retire all of last year's flags and present new ones.

**LIVE AT LUNCH** – June 14, 11-1, Every Plaza. Delta Haze  
**EATS AND BEATS** – June 15, 11-1, Every Plaza. Stranded in the City

**NATIONAL NIGHT OUT PLANNING MEETING** - June

## Community Walk

Passport  
to Health

Hosted by Topeka Lions Club/Twilight Branch and Midland Care/24 for Life

**June 24, 2023 - 8 am to 10 am**

**Gage Park, Corral #2, 4330 SW Conservatory Drive, Topeka KS**

- Free Screening for risk factors for diabetes
- Free Registration online and onsite the morning of
- Free Health Information and Health Screenings
- Complete your passport for a chance to win prizes
- Water in coolers provided – Bring your own water bottle
- Bring your used eyeglasses to be recycled by the Lions Club

**FREE - Come out and take a walk in the park!**

Kid friendly, strollers welcome, dogs on leashes. Water for dogs onsite.

Walk & collect stamps on your passport for a chance to win prizes!

Registration online: [TopekaLions.org/community-walk](http://TopekaLions.org/community-walk)



Sponsors as of 05-23-23

15, 6:30pm, Topeka and Shawnee County Public Library. Get info, register your neighborhood, order t-shirts, etc. 785-266-8666 or info@parstoepka.org

**RAIDERS OF THE LOST ARK** – June 15, 7pm, Jayhawk Theatre. Tickets \$10 (\$7 students & seniors & military) at: jayhawktheatre.org

**JUNETEENTH COMMUNITY CELEBRATION** – June 17, Noon, Hillcrest Community Center.

**TOPEKA KIDS FEST** – June 17, 10-3, The Woodshed. Food, kids events, crafts, bounce house, photo booth, vendor market, men's items, kids items.

**SUNSHINE REGGAE ROOTS FESTIVAL** – June 17, 4pm, 8th & Jackson downtown. Reggae & Ska bands, food trucks, beer garden, vendors. Adm \$15

**SUMMERTIME BLUES** – June 21, 7pm, Gage Park Amphitheatre. Orphan John & the Abandoned

**LIVE AT LUNCH** – June 21, 11-1, Every Plaza. Hoodoo Brothers

**EATS AND BEATS** – June 22, 11-1, Every Plaza. Switch in Time

**ELMONT OPRY PRESENTS HELEN RUSSELL & COMPANY** – Jun. 23, 7pm; and Jun. 24, 1pm, Elmont UMC, 6635 NW Church Ln. Doors open 90 minutes early for lunch or dinner. Tickets \$15 – call 785-249-0908.

**THE MIX IN CONCERT** – June 23, 7pm, TPAC.

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

**COMMUNITY WALK/PASSPORT TO HEALTH** – June 24, 8am, Gage Park Corral #2. Free event with information provided by local health organizations, plus chances to win prizes when you complete the walk and have your passport

stamped! Hosted by the Topeka Lions Club/Twilight Branch and 24 for Life by Midland Care. Register to get your free event passport at the event or earn extra chances for the prize drawings when you register online and complete the Risk Test for pre-diabetes from 24 for life. Both links are at topekalions.org/community-walk

**THE PENNANT 5TH ANNIVERSARY BLOCK PARTY** – June 24, 4pm, 900 Block Downtown. Aaron Kamm and the One Drops, The Mix Band & Mike Babb, vendors, fun activities.

**LAST SUNDAY FREE BREAKFAST BUFFET** – June 25, 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.

**LIVE AT LUNCH** – June 28, 11-1, Every Plaza. Pastense

**EATS AND BEATS** – June 29, 11-1, Every Plaza. Steve Kile Band

**AZURA FIREWORKS** – July 1, 7pm, Avondale East Field. Food trucks, DJ, inflatables. Fireworks at 10pm.

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

**TEE-PAC GOLF TOURNAMENT** – July 21, Shawnee Country Club. A fundraiser for mainstage programming and capital improvements at the Topeka Performing Arts Center. The early bird registration price for a team of 4 is \$375, available until April 30th. Online registration deadline is July 7th. Registration will include lunch, 18-hole course and golf cart. Individual person registration is \$100. Lunch sponsor Iron Rail Brewing. Also silent auction and 50/50 raffle. <https://www.topekaperformingarts.org/events/2023/teepac-golf-tournament>

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

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

**YOUTH FOR CHRIST GOLF CLASSIC** – Sep.

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

## ONGOING EVENTS:

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



**Developing and Uniting  
Christian Leadership**


• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!  
Luncheons & Tradeshows & other events open to the general public!

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

**June 8, 11:30-1: "POWER" Luncheon at The Peak, 1930 SW Gage. Featuring: Clint Decker, author, pastor & evangelist with a world-wide ministry and newspaper columns published nation-wide.**

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



• July 13: POWER Luncheon, 11:30-1  
• Aug. 10: POWER Luncheon, 11:30-1  
• Sep. 16: Topeka FALL FEST, 10-3 at Great Overland Station

Save the Date!

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



**TOPEKA  
Small  
Businesses:**

**Has your business been  
hurt by the pandemic?**

**WE WANT TO HELP!**

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

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

Send your ad or information to  
**Lee Hartman at: [voice@cox.net](mailto:voice@cox.net)**

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



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

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

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

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

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

**HEARTLAND HEALTHY NEIGHBORHOODS** - 2nd

Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

**OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP** - Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

**OSTOMY SUPPORT GROUP** - First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 - 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

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

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

**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

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

**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 conversation and sharing. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at highlandheightsscc.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

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

## SATURDAY, JUNE 24TH, 2023



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

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

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

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





BENEFITING LOCAL CHILDREN AT RISK!

## FREE Vision ! Screening Service



## Now Scheduling

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

#### Who can use this service?

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

#### What equipment is used?

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

#### Who does the screening?

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

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

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



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; Jen-nie (English/Spanish) 231-0763.

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

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

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

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

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

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

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

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

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

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

**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.nar-anonmidwest.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**





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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.

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