

TOPEKA

OCTOBER 2023

Health & Wellness

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MAGAZINE

EMOTIONAL WELLNESS

What is it?



Participate in World Mental Health Day
Mindfulness & Meditation in Hospice Care

Emotional Healing and Our Water Supply
Pickleball Isn't for Sissies - Injuries Are Common

Helping Topekans Live Happier, Healthier Lives Since 2015!

WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take **a step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)



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ON THE COVER:

Our cover this month features a woman who appears to be in a state of emotional wellness.

You will find lots of other information about emotional wellness and other health topics 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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How you can participate in World Mental Health Day

By Mikki Burcher, Mental Health First Aid Instructor
Valeo Behavioral Health Care

October 10th is World Mental Health Day! Here are some easy ways you can celebrate:



Mikki Burcher

Start a conversation about mental health. Talking about mental health is one of the easiest ways to fight against the negative stereotypes and stigmas surrounding mental illness. With close friends or family members, you could share about your own mental health or ask about theirs. Try “How has your stress level been lately?” or “I’ve noticed that you haven’t been (eating/sleeping/going out) as much as you usually do. Is everything OK?”

In a larger group, such as with coworkers, in a PTA meeting, or at a church function, consider starting a broader discussion about the importance of mental health. Consider questions such as: “What are some signs and symptoms of mental illness that we should be aware of?”; “In what ways can we encourage self-care and positive mental health?”; or “How can our business/organization support someone who is struggling with a mental illness?”

Eliminate stigmatizing language. Avoid phrases that cast mental illness in a negative light. “You’re acting bipolar” or “Stop being so OCD” are some examples of how people might misuse a mental health

diagnosis to describe behaviors they don’t like. This could frame those illnesses as being “bad” and often diminishes the severity of symptoms + lived experiences of people with those diagnoses. Phrases such as “She’s nuts” or “he’s crazy” rely on negative stereotypes of mental illness to convey meaning. Avoid using terms like this in your own day to day life, and don’t be afraid to compassionately correct others if they use stigmatizing language around you.

Put local and national resource numbers into your phone contact list. You’ll be able to give the information to someone in need immediately, and you’ll have it for yourself just in case. Start with Valeo’s 24-Hour Crisis Line (785-234-3300) and the 988 Suicide & Crisis Lifeline, which is available nationwide. Please note that you can call OR text 988 for help. For a list of additional community resources, visit Valeo’s website and click on Outreach > Community Resources.

Learn more about mental health. Consider taking a webinar or class to learn more about mental health. You can find free educational videos and courses online (make sure they’re from trustworthy, reliable sources), or you can contact Valeo to enroll in a FREE Mental Health First Aid training or set up a private Mental Health First Aid class for your place of business, church, or friend-group. To learn more or find out about upcoming classes, please email mhfa@valeotopeka.org. You could also try listening to a new podcast about mental health.

Prioritize your own mental health. Improving your own mental health is a great way to honor World Mental Health Day! If you need professional mental health care but have been hesitant to reach out, this is your sign! Now is the time to take that first step. Make sure to take time to engage in your favorite self-care activities and try something new. Take a hike or walk, eat lunch away from your desk, have coffee with a friend, start a gratitude journal, stretch, dance, read a book, or try meditation. Even 5 minutes of self-care can have a huge impact on your mental health.

How will you be celebrating World Mental Health Day? We’d love to hear from you over on the Valeo Facebook page @ValeoBehavioralHealthCare.

Valeo Behavioral Health Care Crisis Services

If you or a loved one are struggling with mental health challenges, professional help is available. Valeo’s Crisis Center is open 24 hours a day, 7 days a week for walk-in mental health emergencies. It is located at 400 SW Oakley Avenue. You can also call the Valeo Crisis Line, available 24 hours a day, at 785-234-3300.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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



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FINANCIAL FOCUS

Start moving toward retirement security

It's not as well-known as Halloween, but National Retirement Security week happens every October – the third week, to be precise — and while it doesn't involve ghosts and goblins, it does deal with something even more frightening: the risk of not being able to enjoy a comfortable retirement. Through various events, this occasion highlights ideas about building retirement security. What steps can you take?

Here are some suggestions:

- **Don't underestimate your longevity.** Consider this: 65-year-old men can expect to live another 20 years, while 65-year-old women can anticipate almost 22 more years, according to the Society of Actuaries. And these figures are just averages, meaning you could well exceed these ages, perhaps by many years. So, in thinking about how much money you'll need as a retiree, be aware that you could spend two, or even three, decades in retirement.

- **Don't underestimate health care costs.** When you retire, some of your expenses — such as transportation, wardrobe and other costs associated with your career — will drop. Others will not and may even increase. Health care is a prime example: Many people assume that Medicare or their Medicare Advantage plan will take care of virtually all their health care costs in retirement, but that's not the case. Generally speaking, you could plan on spending \$4,500 to \$6,500 per year on health care costs during retirement, excluding the large expenses connected with long-term care. Your actual costs could be higher or lower, depending on your health, prescription drugs and supplemental insurance coverage, but make sure you plan for sizable health care costs in your projected retirement budget.

- **Contribute as much as you can afford to your retirement plans.** Try to put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan and try to increase your contribu-

tions whenever your salary goes up. You may also be eligible to contribute to a traditional or Roth IRA, which offers tax benefits and a wide variety of investment options. (Contributions to a Roth IRA may be limited based on your income.)

Once you reach retirement, you can still make some moves that could help boost your financial security:

- **Maintain an appropriate investment mix.** When you retire, you might be tempted to shift most of your portfolio into highly conservative investments to “lock in” gains and avoid being over-exposed to market volatility that could cause short-term losses. Yet, even in retirement, you should still own some growth-oriented investments that can potentially help keep you ahead of inflation. In fact, it's important to periodically rebalance your investments back to your preferred mix to avoid taking too much or too little risk, so you may want to consult with a financial advisor.

- **Identify a suitable withdrawal rate.** You don't want to take out so much from your portfolio each year that you run the risk of outliving your money. So,

you'll want to determine an annual withdrawal rate that can reduce this danger. A common withdrawal rate to start retirement is 4%, but your own rate should be based on several factors: your age, size of portfolio, other sources of income and so on.

It can be challenging to make all the moves necessary to help achieve retirement security — but it's worth the effort.

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



Edward Jones



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WKT 5214M A

Emotional Healing and Our Water Supply

If you are feeling depressed, have anxiety, racing thoughts, panic attacks, pain, or know someone who is experiencing this, please keep reading and share as well.

It is important to stay connected to others but honestly, it can be hard when we are struggling to avoid all the toxins that complicate the heck out of brain. These toxins are not obvious because they are hidden. It's not like your tap water or bottled water has an ingredient label on it. If it did, you would think twice before showering or drinking it. We have a false sense of security because it does not dawn on us that our water supply could be contaminated. Yet our water is filled with toxins, and these interfere with our central nervous system and voids us of self-love, compassion, grace, balance and centeredness.

These low vibration emotions, are driven by our toxic lifestyle, starting with our water supply. The toxins stop us from processing information with ease and grace. We can't think straight, we feel overwhelmed, and we have the power to change this easily. We have a divine right to pure water.

Our brain is made up of 70% water - the flow of life. In the United States, our water is contaminated from the exposure to fertilizers, pesticides, poor manufacturing processes, toxic cleaning supplies, and the medications that your neighbor is taking. If you are not filtering your water, you are being medicated against your consent.

Evidence shows that exposure to environmental toxins can increase the risk of depression, suicide, ADD/ADHD, learning problems, memory problems, dementia, brain fog, autism, temper outbursts, and psychotic behavior.

Physically, symptoms will include autoimmune diseases, diabetes, cancer, fatigue, numbness, tingling, tremors, allergies, abdominal pain, diarrhea, smelly stools, bad breath, weight issues, skin rashes, sweats, and more.

What's in Topeka's Water?

The contaminants that exceed the EWG.Org Guidelines in the City of Topeka include Arsenic, Atrazine, (known for turning male frogs into female frogs), Chromium (hexavalent), Desethylatrazine, Desisopropylatrazine, Nitrate, Total trihalomethanes, Haloacetic acids (HAA5), Haloacetic acids (HAA9), Radium, combined (-226 & -228), Total trihalomethanes (TTHMs) and the potential effect for these include cancer and/or harmful effects to developing fetuses.

In addition, other contaminants detected have included Acetochlor, 1,4 Dioxane, Aluminum, which contributes to early onset dementia and Alzheimer's, Barium, Chlorate, Chromium, Fluoride, which is a neurotoxin and is known to calcify your pineal gland, Manganese, over exposure can lead to symptoms of Parkinson's, Molybdenum, consumed in high amounts can lead to symptoms of Gout and cause a copper deficiency, Strontium, at elevated concentrations can adversely affect bone development and mineralization and Vanadium, which in excess can produce gastrointestinal issues.

If you are not filtering your shower and tap water, your body is the filter, and the toxins are being stored in your fat cells and manifesting as disease. Time to make a change.

For me, I was in Illinois, so I was exposed to just as many toxins in the water. I ended up with Fibromyalgia, Small Fiber Neuropathy, depression, anxiety, panic attacks and emotional outbursts just to name a few. Now, when I help others with their health, the first change I suggest is that they filter their tap and shower water to experience the fastest change in their health. And don't be fooled by bottled water, on average, bottled water has 38 total contaminants and researchers found microplastic contamination in 93% of tested bottles from eleven brands.

Filters Are Not Created Equal

Water filters are not created equal. Reverse Osmosis takes everything out including the minerals which we all need for optimal brain function. In addition, if the electricity goes out, so does your filtered water.

Some filters are not transparent about what they do. Some remove only 3 or 4 toxins. One of the biggest hypes is the PH level. There is a big focus on alkaline water which is important. However, what they fail to mention is that when you remove the toxins, the water PH level naturally raises to an alkaline state. This does not need to cost you a fortune. The filters that I use are third party tested with clear reports of the 200+ toxins that they remove. I feel better, my skin looks amazing, I have great mental acuity and I live as toxic free as anyone



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Sources:
<https://www.foodpackagingforum.org/news/microplastics-in-bottled-water#>

<https://www.ewg.org/consumer-guides/five-reasons-skip-bottled-water>

<https://www.amenclinics.com/blog/10-scary-ways-toxins-poison-your-brain/>

Rev. Jodi L. Suson-Calhoun is Available for Speaking Engagements and Consulting On Toxic Free Living, Holistic Health, Mindset and Divine Guidance. 847-738-0242 | Jodi@SusonEssentials.com | www.susonessentials.com



How Can Mindfulness & Meditation Play a Role in Hospice Care?

When facing a life-limiting illness, it can be hard to find self-care strategies that help reduce physical and emotional stressors. You can rely on your hospice care providers for pain management and medication, but even then, it sometimes isn't enough for symptom prevention.

However, there are additional solutions you can try. Some people find that a mindfulness practice can provide relief.

Family members of hospice patients, too, can also benefit from mindfulness in conjunction with the emotional and spiritual support hospice organizations provide.

How does one begin a mindfulness practice? And what does "mindfulness" mean, anyway? Keep reading to learn more about just how easy this meditation can be.

What Is Hospice Care?

Sometimes called comfort care, hospice services focus on ensuring the best possible quality of life for those facing a life-limiting terminal illness. Hospice care provides pain and symptom relief for patients, but also helps with spiritual and emotional needs of family members.

Many patients and their families prefer to receive hospice care at home, in lieu of moving to an unfamiliar facility. It is often more comfortable to receive hospice services in a setting you're familiar with, surrounded by your loved ones and your own possessions.

What Is Mindfulness? What Is Meditation?

Mindfulness is a state of awareness of the present moment without judgment. It is accepting the here and now with acceptance and curiosity. Mindfulness is a form of meditation and is not aligned with any particular religion or spiritual belief.

More generally, meditation is simply a practice of focused concentration, whereas mindfulness hones in on sensations you're feeling in the present moment.

How Can Hospice Care Patients Practice Mindfulness?

During a mindful meditation, focus completely on what you are doing – drinking coffee, taking in the outdoors, or simply resting peacefully on your sofa. Some mindfulness practitioners prefer to focus on their breathing in moments of solitude, which can help relieve stress and promote relaxation.

If you find your thoughts drifting, return your focus back to the activity you have chosen. Think only about the sensations you're feeling as you perform the task. For ex-



ample, you may focus on the flavor or temperature of your coffee, the feeling of the wind against your face, or how your sofa cushions feel on your body as you recline.

Guided mindfulness meditations can be helpful to direct your practice. These can come from your mental health counselor or even a meditation app or YouTube video.

How Can Mindfulness Complement In-Home Hospice Care?

The best hospice services in your area increase patients' and their loved ones' quality of life, and studies show that mindfulness can help support the achievement of this goal.

Not only can mindfulness help put the end-of-life into perspective, but it also has shown a reduction in chronic pain by 57% in patients who are new to the practice. Studies also show that mindfulness reduces pain even more in those who are more advanced in their meditation practice.

Mindfulness is also a wonderful practice for hospice patients' family members who serve as primary caregivers. Because they can use mindfulness as a form of self care, they enjoy an improved sense of well-being and reduce their risk of burnout. Another method of reducing burnout is by scheduling private duty care services for your loved one.

Where Can I Learn More About Mindfulness?

To begin a mindfulness practice while you or a loved one receives hospice care, explore these carefully vetted resources that you may find helpful.

- Mindfulness.org's "How to Meditate"
- Meditation for Caregivers" from the Family Caregivers Council blog
- A Guided Meditation for Hospice & Palliative Care" on Audible.com

- A variety of guided meditations from the Stanford Health Library, including those for help with pain, hospice care, and palliative care
- Freemindfulness.org's library of free resources, including guided mindfulness meditations

Where Can I Find the Best In-Home Hospice Care in My Area?

When it's time to transition to hospice care, you want to ensure you're receiving only the best services available to you.

To help you find reputable hospice services near you, be sure to:

- Look at online reviews and patient testimonials, such as those on HealthGrades or Google Reviews.
- Ask your physician or your assigned hospital social worker for their recommendations.
- Ask family members or colleagues if they are familiar with any hospice care agencies in the area.
- Call hospice services in your area to find the best fit for you and your loved one. Be sure to ask them how they support emotional and spiritual needs in addition to physical or medical ones.



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FINANCIAL HEALTH & WELLNESS

IRS announces sweeping effort to restore fairness to tax system

The Internal Revenue Service announced the start of a sweeping, historic effort to restore fairness in tax compliance by shifting more attention onto high-income earners, partnerships, large corporations and promoters abusing the nation's tax laws.

The effort will center on adding more attention on wealthy, partnerships and other high earners that have seen sharp drops in audit rates for these taxpayer segments during the past decade. The changes will be driven with the help of improved technology as well as Artificial Intelligence that will help IRS compliance teams better detect tax cheating, identify emerging compliance threats and improve case selection tools to avoid burdening taxpayers with needless "no-change" audits.

As part of the effort, the IRS will also ensure audit rates do not increase for those earning less than \$400,000 a year as well as adding new fairness safeguards for those claiming the Earned Income Tax Credit. The EITC was designed to help workers with modest incomes. Audit rates of those receiving the EITC remain at high levels in recent years while rates dropped precipitously for those with higher income, partnerships and others with more complex tax situations. The IRS will also be working to ensure unscrupulous tax preparers do not exploit people claiming these important tax credits. Key elements of this new effort include:

Major expansion in high-income/high wealth and partnership compliance work

Prioritization of high-income cases. In the High Wealth, High Balance Due Taxpayer Field Initiative, the IRS will intensify work on taxpayers with total positive income above \$1 million that have more than \$250,000 in recognized tax debt.



Expansion of pilot focused on largest partnerships leveraging Artificial Intelligence (AI). The complex structures and tax issues present in large partnerships require a focused approach to best identify the highest risk issues and apply resources accordingly.

Greater focus on partnership issues through compliance letters. The IRS has identified ongoing discrepancies on balance sheets involving partnerships with over \$10 million in assets, which is an indicator of potential non-compliance.

Priority areas for targeted compliance work in FY 2024

Among some of the additional priority areas the IRS will be focused on that will touch the wealthy evaders include:

Expanded work on digital assets. The IRS continues to expand efforts involving digital assets, including work through the John Doe summons effort and last month's release of proposed regulations of broker reporting.

More scrutiny on FBAR violations. High-income taxpayers from all segments continue to utilize Foreign Bank

accounts to avoid disclosure and related taxes. A U.S. person with a financial interest over a foreign financial account is required to file a Report of Foreign Bank and Financial Accounts (FBAR) if the aggregate value of all foreign financial accounts is more than \$10,000 at any time.

Labor brokers. The IRS has seen instances where construction contractors are making Form 1099-MISC/1099-NEC payments to an apparent subcontractor, but the subcontractor is a "shell" company that has no legitimate business relationship with the contractor. Monies paid to shell companies are exchanged at Money Service Businesses or flowed through accounts in the name of the shell company and returned to the original contractor.

Helping working taxpayers through improving compliance selections; protecting taxpayers and businesses from aggressive scams and schemes

In addition to expanding compliance attention on high-income, partnerships and others, the IRS will be focused on ensuring audit fairness and protecting all taxpayers from a variety of scams and schemes. While IRS compliance work will be increasing on the wealthy, scammers and fraudsters frequently target average taxpayers with more modest incomes, so the IRS will be focused on raising consumer awareness on these issues.

—Peggy Beasterfeld, EA



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Farmers Markets are winding down

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

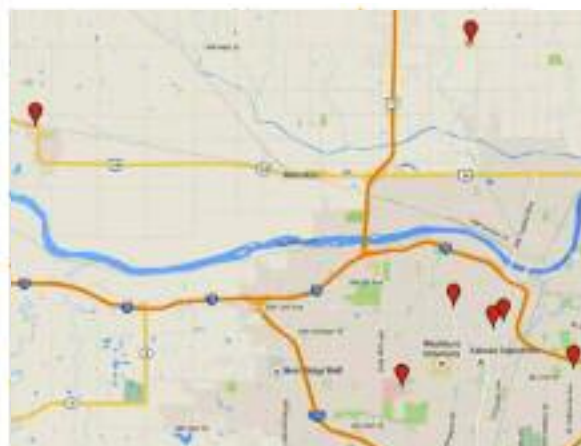


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United States Department of Agriculture recommends making at least half of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

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

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

Find a Farmers Market Near You



View each market on the map at heartlandhealthyneighborhoods.org

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

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

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



Suggestions to Ussa Staley, estaley@tsccol.org

Breadbasket Farmers Market

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

Open April 1



Downtown Topeka Farmers Market, Inc.

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

Open April 8 - Oct. 28



Monday Market @ Your Library

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

Open May 8 - Oct. 2



Silver Lake Farmers Market

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

Open June - August

Mother Teresa's Farmers Market

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

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
Screenings, City ID applications,

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

SCHD

Hepatitis A vaccines & Tetanus shots

KDHE

Voluntary blood draws for Hepatitis A,
Hepatitis C, STI Panels, and HIV as well
as rapid Syphilis tests



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

Oct. 3rd • 9:00-3:00

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

Oct. 5th • 9:00-3:00

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

Oct. 10th • 9:00-3:00

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

Oct. 12th • 9:00-3:00

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

Oct. 17th • 9:00-3:00

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

Oct. 19th • 9:00-3:00

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

Oct. 24th • 9:00-3:00

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

Oct. 26th • 9:00-3:00

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

Oct. 31st • 9:00-3:00

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

The Pet Assistance Network of Topeka (PANT) holding fundraiser

Concerned volunteers formed the Pet Assistance Network of Topeka (PANT) in 2007. PANT helps pets caught up in homelessness and other life hardships by temporarily placing them in licensed, professional animal shelters. PANT pays for these services until the owner is able to get back on their feet and permanently reclaim their family pet.



ices, like spaying, neutering and medical care, are also provided.

3. PANT pays the provider's bill using funds from donors like you!

The client is reunited with their pet when circumstances improve.

HOW YOU CAN HELP

Grab your spouse, your relatives, your co-workers and your friends and hurry to purchase your

tickets for the 3rd Annual Pawblo Picasso gala event on Saturday October 21st at the Foundry Event Center (400 SW 33rd). The event will include the food stylings of Chef Hall, music by Simple Pieces, a silent auction, an art project, a cash bar, a silent auction and basket raffles. Go to our giving portal link to order tickets. \$30 per ticket or 2 for \$50 if purchased by 10-14-2023. Send a high-quality photo of your pet to go along with your ticket purchase to pant-topeka@gmail.com so that we can have it ready for you at the gala for the take home art project. Include the name of your pet and your name and email address.

Pet Assistance Network of Topeka (PANT), an all-volunteer organization, keeps people and animals safe by helping provide temporary shelter for pets in need thanks to the generous support of donors.

HOW PANT WORKS

1. A client arrives with a pet at a partner agency. The client signs an agreement and a partner agency liaison takes the pet to a PANT service provider for evaluation.
2. The provider determines the pet's suitability for boarding. If the pet is accepted, it receives the services needed. Other serv-

Join PANT as we host our third annual, Pawblo Picasso fundraiser.

**October 21, 2023
6:00 pm - 9:30 pm**

**DINNER & ART-THEMED
BENEFIT FOR PANT**

PAWBLO PICASSO

@ THE FOUNDRY EVENT CENTER
400 SW 33rd Street, Topeka, KS 66611

\$30 per ticket
OR 2 tickets for \$50 if purchased by 10-14-23

Proceeds from fundraisers & donations help to provide shelter and care for pets whose owners are temporarily out of home and unable to care for them. Topeka Rescue Mission & Jayhawk Area Agency on Aging

Grab your spouse, relative or friend & enjoy an evening that includes:

**Dinner • Silent auction • Cash Bar
Art project • Basket raffle
Live Music**

order tickets online:
<https://topekapant.org/>

What Women Need to Know About Stroke Risks

It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke Association, a division of the American Heart Association:

Monitor Your Blood Pressure

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

Plan for Pregnancy

In the United States, high blood pressure during pregnancy is becoming more common, according to the CDC, and medical conditions including preeclampsia, gestational diabetes and blood clots during pregnancy all increase stroke risk during and immediately following a pregnancy.

Managing conditions like high blood pressure before getting pregnant helps keep you and your baby healthy during pregnancy and beyond. In addition, your health during and immediately after a pregnancy can shape the lifelong health of you and your child. If you're planning to become pregnant or are currently pregnant, it's important to regularly monitor your blood pressure.



sources of stress are money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being. Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

Learn the Warning Signs

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death. Learn how to spot a stroke F.A.S.T:

- Face drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- Arm weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."
- Time to call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Talk to your doctor about ways to improve your well-being and help prevent stroke. Find more wellness tips at stroke.org.

—Family Features



Take Care of Your Mental Health

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top

Pickleball Isn't for Sissies - Injuries Are Common



(Ivanhoe Newswire) —

If tennis and racquetball married, their first-born would be pickleball. Pickleball play has grown so much recently, that the hardest part of the game now is finding an empty court, and it's not just for grandparents. Pickleball increased 158 percent in the US, according to what's called, 'Picklehead Statistics,' but for those 40 million players, the odds of being injured also skyrocket. We visited the Annapolis Pickleball Club and talk with one player who's spent months healing from a severe knee injury.

Bob Friend, an Injured Pickleball Player says, "It's a short paddle. It's not a string game, and it's with a plastic ball as opposed to a core rubber ball."

Pickleball is social and that's an appealing part of the game. Lots of laughter, but competitive spirits lead to getting hurt.

"I've had two injuries playing pickleball. The last one that I had, which was my patella tendon tear in my left knee, was playing in a tournament," explains Bob.

Anyone can play pickleball, but 90 percent of injuries occur in those over 50.

John-Paul Rue, MD, Fellowship-trained Board-



Certified Orthopedic Sports Medicine Surgeon at Mercy Medical Center says, "One of the common misconceptions about pickleball, is that it's less injury provoking than other sports. In most of the injuries that we see occur in the lower extremity, so in the knees and the ankles. They're usually from a sudden lunging, jumping, twisting type of maneuver."

Bob's patella injury to his knee was intense.

Doctor Rue explains, "He did, sort of, a sudden lunge, and what happened was, his quadriceps, his thigh muscles, contracted suddenly and actually ripped the tendon from off of the bone, just below the kneecap."

Bob states, "The first four to six weeks, you're pretty immobile. Then, you start to gain confidence, and the brace starts to come off, because you sleep with a brace for the first five weeks."

So, how can you keep pickleball fun but safe from strains, sprains, and dislocations? Doctor Rue says, warm up, know your limitations and stretch before and after playing.

Doctor Rue says it will take Bob two to three years to get back to his, 'full, explosive, compet-

itive level.' He reminds players that fractures are common, especially for low bone density in later years. So, he advises you to perhaps play a little slower than you think you need to, and you'll play a lot longer!

Pickleball is one of the fastest-growing recreational sports in the United States. Some of the most common injuries seen as a result of pickleball are extremity injuries.

Many upper extremity injuries are due to overuse and repetitive wear and tear. Lower extremities can occur as the player moves to get to the ball. Injuries like low back strains; muscular strains; ankle sprains; and rotator cuff injuries.

Approximately 90 percent of pickleball-related injuries affect people aged 50 and older and about half are either sprains or fractures.

There are ways to prevent injuries like doing stretches to warm up the muscles and start stretching out the tendons; wearing the proper court shoes; clear any debris on the court; and make sure you drink plenty of water. This can prevent heart stroke and dizziness in warmer weather.

Spiritual Wellness

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

The 1-Meal Fast

It's lunch time and everyone in the office has either gone to the break room or headed out to one of the nearby restaurants. Everyone that is except you. Today, you slide away to the vacant spare office at the end of the hallway. The one with the lights out and the blinds drawn.

Fasting – the act of abstaining from food. Some do it solely based on the physical science and others do it as a religious practice. This one honestly doesn't fall into the strict parameters of either. To be clear this is not the one-meal-a-day (OMAD) diet often referred to as the 23:1 intermittent fast (IF). It also isn't the Daniel Fast, Jonah Fast, Ezra Fast or a 1,7, 10, 21 or 40 day fast – yep the kind Jesus did. This is, simply put, intentionally not eating 1 meal so that you can instead get alone for some quality time with God.

If you go to church with any regularity, you've likely heard the preacher talk about fasting. There's a ton of scripture that can be cited and incredibly in-depth examinations of how to do it based on how people in the Bible did it. And, if you were to conduct an honest poll of people walking out of a Sunday morning sermon on fasting you'd likely find they are willing to try to fast but not confident they'll really be able to do it.

A strategic pastor will schedule a 3-week sermon series right around the end of the year when you yourself already feel guilty about all the holiday overeating you're doing. It's a build up, a preparation, for a nicely timed all-church 21-day fast at the beginning of the new year, which coincidentally you may have been planning to do anyway as you join more than 64 million Americans who have a gym membership. The annual January pilgrimage to gyms is followed by the annual February Exodus from them. Gyms bank on it, regular gym members dread it. A sharp church preacher will capitalize on it with genuine hope that the fasting sermons and the fitness good intentions may actually result in you achieving at least some fresh spiritual gains and commitment. If the preacher goes easy on the congregation, you may get to choose the 1 thing instead of food from which you'll fast. Like abstaining from social media for 21 days.

However while the much touted statistic/myth that in 21 days you can form a new habit may be true for some and certainly compelling to all of us (on average it's actually 66 days – yikes!), making your faith in God a lifestyle requires something other than a 21-day group “we can do this”.



ALL OF THAT TO SAY: DO A 1-MEAL FAST

OK, so one of the primary reasons for fasting, from a Christian faith perspective, is to enrich your prayer time with God. In the below self-evaluation mentally check all that describe your prayer life:

- ✓ 1. I cry out to God or would try to cry out to God in an emergency (like right before an automobile impact)
- ✓ 2. I say a short prayer before I eat
- ✓ 3. I used to pray, “Now I lay me down to sleep, I pray the Lord my soul to keep”. Now, at least, I try to talk with God a bit before I fall to sleep.
- ✓ 4. When a group of people pray (like at church) I join along.
- ☒ 5. I regularly get some quality time with God – AND God get's some quality time with me.

Most of us can check 1-4. The last one, number 5, not so much.

LET'S TALK SIMPLE STRATEGY TO FAST

Could you fast 1-meal once in a month? That's maybe 30 minutes out of 720 hours in a month. Start simple to get started and then you can do more as you experience it. Breakfast, lunch or dinner? You decide but don't cheat. Measure how much time you take for a meal and give your time with God at least that much time.

Where? Probably not in the break room, restaurant or home table. Identify in advance where that quiet, undistracted and uninterrupted place will be. It is you ALONE with God or perhaps it is you and someone else alone with God. Look forward to that. No mobile phone, no texting, no emails, no waiting for a Zoom meeting to begin, NO INTERRUPTIONS.

What do you do? Focus on God. That might include some Bible reading, some praise and worship, some prayer (talking with God). But, it most certainly requires that you LISTEN to God – that is a skill that may take time to develop.

You might do several 1-meal fasts before you start to really get a sense of how you can listen to God and what you are hearing. When you commit to slow up you'll find that you can't get any better input/feedback or use of your time than with God. No one knows you better than the maker.

That's it. It's really that simple. Sure, if you need some water to drink while you're doing your 1-meal fast then go for it but it's unlikely that you'll die of dehydration over this relatively short period of time.

SO WHAT'S THE POINT?

No, this fast isn't going to help you loose weight. It isn't really even intended to help you build discipline with your appetite although you might gain that as a possible additional outcome. And it's not likely that you'll have that biblically heroic moment that people talk about and go, “Wow, I wish I had that kind of faith.” But, the 1-meal fast is an intentional trade off of not eating so that you can capture some time and nurture commitment toward God. It lets you settle down and listen up.

PHYSICAL AND SPIRITUAL FITNESS BENEFITS

- Taking time in prayer can help reduce stress and nurture peace in you from God's Spirit.
- Listening to God can guide you into being in God's perfect will and plan for your life.

What is emotional health and well-being?

Emotional wellness or well-being refers to the awareness and understanding a person has about their emotions and how well they are able to manage through different life events.

Emotional well-being, or emotional health or wellness, refers to how well people are able to accept and manage their emotions and cope with challenges throughout life.

Emotional well-being can affect how well someone can function day to day or how they are able to deal with change or uncertainty.

Difficulties in emotional well-being may have a negative effect on a person's mental and physical health.

The National Center for Emotional Wellness (NCEW) describes emotional wellness or well-being as an awareness, understanding, and acceptance of feelings and an ability to manage effectively through times of change or challenge.

Uncomfortable or painful emotions and overwhelming thoughts can affect how well individuals function and may make people feel they are losing control of their lives.

By gaining awareness of the emotions each person feels and how to process them, the NCEW says people can regain a feeling of control, minimize difficulties, and continue to function healthily.

Why is emotional well-being important?

According to the National Institutes of Health (NIH), emotional well-being is important because it can affect how people function and carry out everyday tasks.

It can also affect how well individuals are able to handle stressful situations and challenges, how they adapt to change, and how they respond to difficult life events.

Emotional well-being can affect relationships, work, and overall mental and physical health.

Issues with emotional well-being can also affect physical health and may lead to higher blood pressure, a weakened immune system, and increased illness.

Factors that influence emotional well-being

Factors that can influence emotional well-being may include:



- challenges with work, school, relationships, or home life
- changes in health
- changes in relationships
- retirement, which may affect social circles or sense of purpose
- losing loved ones
- moving away from family and friends

In children and adolescents

A child's emotional well-being is equally as important as their physical health. The Centers for Disease Control and Prevention (CDC) note that being mentally healthy can help children to:

- reach emotional milestones
- reach developmental milestones
- learn healthy social skills
- learn how to cope when problems arise
- have a positive quality of life
- function at home and in school

Emotional well-being issues in children can lead to problems in school, at home, and in their ability to form relationships.

Tips to improve emotional well-being in children and adolescents

At home, the United Kingdom's National Health Service (NHS) recommends that parents and caregivers:

- be there to listen
- regularly ask them about how they feel
- stay involved in their life and show an interest in what they find important
- support them through difficulties and help them work through it
- encourage their interests
- build positive routines
- take what they say seriously

If a parent or caregiver has concerns about a child's emotional well-being, they may find it beneficial to speak with their teacher, pediatrician, or other health-care professional.

A person can also find help through:

- the American Psychological Association's psychologist locator tool
- the American Academy of Child and Adolescent Psychiatry research tool
- the Association for Behavioral and Cognitive Therapies search tool

In older adults

According to the American Seniors Housing Association (ASHA), getting older does not directly influence quality of life, but emotional health difficulties can reduce it.

The changes with getting older may affect health, social relationships, or sense of purpose, which may all affect

emotional well-being. In turn, this may have a negative effect on physical health. For example, a 2015 review/Trusted Source states that older adults with coronary heart disease, chronic lung disease, and arthritis had high levels of depression.

Signs a person is experiencing difficulties with their emotional well-being

Signs that people are experiencing difficulties may include:

- persistent feelings of sadness or hopelessness
- feeling irritable, tearful, or angry
- withdrawing socially
- loss of interest in activities that are usually enjoyable
- changes to eating or sleeping patterns
- feeling restless or agitated
- fatigue or lack of energy
- difficulty concentrating
- neglecting self-care
- difficulties with work or studies, or carrying out everyday tasks
- mood swings
- thoughts of death or suicide
- self-harm
- substance misuse

In children

Parents and caregivers can look for the following signs:

- ongoing sleeping difficulties
- changes in behavior that is significant
- withdrawing from social situations
- self-harm
- a lack of interest in activities they usually enjoy

Tips to improve emotional health and well-being

The NIH offers the following strategies for improving emotional health and well-being:

Be mindful

Staying in the present moment may help people become more aware of everything going on internally and in their surroundings and release thoughts or worries. To practice mindfulness, individuals can:

- Breathe deeply: Inhale through the nose for four counts, hold for 1 second, then exhale through the mouth for 5. Repeat when necessary.
- Take a walk: While walking, pay attention to breathing and engage the senses to take in the surroundings. Notice any thoughts or worries that come into the mind, but then bring awareness back to the present moment.



- Eat mindfully: Take time to smell and taste food thoroughly, and notice the textures and flavors with each mouthful. Pay attention to when the body feels hungry or full.
- Body scan: Mentally scan through the body from head to toe and bring awareness to how each part of the body feels.

Manage and reduce stress

Some stress can be helpful when carrying out tasks, and it is typical to feel it now and then, but long-term stress can be unhealthy. People can help lower stress by:

- trying to get 7 or more hours of quality sleep each night
- exercising regularly
- creating a positive social support network
- setting priorities and scheduling time to relax
- practicing self-compassion by focusing on achievements, rather than what they did not achieve
- speaking with a healthcare professional

Try to develop a positive mindset

Holding onto positive emotions for longer, noticing and appreciating the good things in life, and quickly bouncing back from challenges are all signs of emotional resilience. People may be able to build this by:

- recognizing any good deeds they have done for others
- forgiving themselves for any mistakes they have made
- writing down what they are grateful for each day
- spending time with positive people
- focusing on beliefs and values that feel important to them and letting them guide life decisions
- taking care of physical and mental health through a balanced diet, regular exercise, and good quality sleep

Reinforce social connections

Healthy social connections may help improve emotional, physical, and mental well-being. To create a positive support system, people can try:

- joining a group that focuses on an enjoyable hobby or activity

- creating positive relationships with their children, family, or friends
- asking for help from others
- trying a new class to learn something new
- volunteering with a cause they care about
- traveling to new places or meeting people from different backgrounds

Cope with loss

Losing a loved one can have a huge impact on emotional well-being and may feel overwhelming. To help cope, people may try:

- talking with individuals they love or trust
- prioritizing self-care, and taking time to

exercise, sleep well, and eat healthily

- finding a grief support group
- avoid making any major life decisions while grieving
- consider counseling, therapy, or consulting a health-care professional

The NCEW recommends the following tips for improving and taking care of emotional health and well-being:

- Aim to become more aware of feelings by labeling them, such as “I am feeling nervous.”
- Avoid judging any feelings as right or wrong and accept them for what they are.
- Try to notice how feelings relate to thoughts, such as “I am thinking about what I said to that person, and I’m feeling angry.”
- Think before acting and make decisions according to goals.
- Be aware of choosing thoughts and what to focus on.
- If thinking about something repetitively is causing emotional discomfort, try to recognize the thought and release it.
- Realize that feeling uncomfortable emotions during times of challenge or uncertainty is expected.
- If feeling emotional discomfort, try talking it through with someone, take a walk, exercise, or listen to music.
- Try communicating thoughts or feelings face-to-face with a person who is a good listener.
- Work on becoming the person they wish to be.

Resources and support

A person can find more support for their emotional well-being using the following:

- NIH’s *Emotional Wellness Toolkit*
- Neighbourhood Outreach Access to Health
- Anxiety and Depression Association of America’s *Find a Therapist Directory*
- Mental Health America
- National Alliance on Mental Illness (NAMI)
- Association for Behavioral and Cognitive Therapies

How Many Calories Are Burned Walking vs. Running?

By Ashley Mateo

If someone asks how many calories are burned when walking vs. how many calories are burned when running, it's pretty commonly known that running burns more in a shorter period of time.

But there are way more benefits to running and walking than your calorie burn. Walking provides a lot of the same benefits as running, and it can be a valuable workout in its own right. For instance, a good walk can do wonders for your mental health—research shows that just 30 minutes of walking per day can reduce symptoms of depression.

Walking vs. Running: By the Numbers

Running one mile and walking one mile aren't going to burn dramatically different calorie amounts, says Alex Harrison, Ph.D., a USA Track & Field-certified run coach and sport performance coach for Renaissance Periodization. However, it's going to take you a lot longer to do the latter—and so the caloric difference between walking and running comes down to how many calories you burn per minute, not per mile.

A 160-pound person burns approximately 15.1 calories per minute running, according to the American Council of Exercise. That same person would burn approximately 8.7 calories per minute walking. For a 30-minute run, that works out to around 453 calories burned running compared to around 261 calories burned while walking for 30 minutes.

“There's a difference in calories per mile between walking and running of maybe 10 to 30 percent depending on the conditions, a runner's experience, etc.,” Harrison explains. “Running burns loads more calories per minute than walking because that mile that costs 10 to 30 percent more calories is being completed in as little as half the time.”

To estimate the amount of energy—remember, energy equals calories—the body uses during physical activity (versus when you're at rest), scientists use a unit that measures the metabolic equivalent for task (MET). Your body burns one MET while lounging on the couch. Walking, a “moderate” exercise, uses 3 to 6 METs; running, which is typically classified as “vigorous,” uses 6 METs or more.

Here's why that calorie burn is so different when you're walking vs. running: “Muscle action that propels you from point A to B requires the utilization of a thing called ATP,” explains Janet Hamilton, C.S.C.S., an exercise physiologist and owner of Running Strong. “Your body stores only a limited amount of ATP (enough for only a few seconds of activity), so it needs to replenish that supply, and it does so by metabolizing your stored fuels (glycogen and fat). The process of making useable energy (ATP) from stored fuel (glycogen and fat) is dependent on how much you need and how quickly you need it.”

Translation: The more intense the activity, the greater the demand



for fuel—and since walking is less intense and demanding than running, it doesn't demand that ATP be produced at the same rate.

The Bottom Line

In the end, vigorous running wins out for calorie burn, but remember that calories aren't everything.

“‘Fitness’ and ‘caloric expenditure’ are two very different things,” says Harrison. “Fitness equals some level of cardiovascular exercise performance; calorie expenditure is how much mechanical and physiological work is actually done. It's possible to do less calorie expenditure, and get a massive training stimulus for fitness improvement. Just think about a short, very intense 10 or 15 minutes of hard intervals—it's probably not the best for weight loss, but will certainly cause a larger increase in fitness than longer bouts of walking or slower running.”

Obsessing over exactly how many calories you consume or burn is just as unhealthy as not exercising at all. So choose the activity you love the most—whether it be walking or running!—and focus less on the calories and more on how much better you feel after doing it.



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Preventing Bug Infestations at Home Can Reduce Anxiety

A new survey reveals a pervasive fear of bugs among Americans. This is bad news considering that the average home has more than 100 kinds of bugs living in it.

According to a Proctor & Gamble survey, 71% of Americans suffer from what Zevo calls “bugxiety.” Much more than a mere nuisance, many respondents confessed to extreme reactions and big emotions after a bug sighting.

But you don't have to live in fear. Here's your five-part plan for handling insects and achieving a sense of calm:

1. Seal cracks around windows and doors. It's a cost-effective, DIY project to keep bugs out.



2. For round-the-clock protection, use strategically placed Zevo Flying Insect Traps, or other insect catchers, in the kitchen, garage and areas where doors and windows are open and closed frequently.

3. Wash up after meals. Regularly sweep and vacuum to prevent crumbs.
4. Make a thick line of used coffee grinds around your home's perimeter. Not only will it naturally prevent ant invasions, it's beneficial mulch for your garden, too.
5. Apply insect repellent, such as Zevo On-Body, before heading outdoors for peace of

mind and up to 8 hours of protection from mosquitos and ticks.

To learn more, visit zevoinsect.com or follow the conversation on Facebook and Instagram with the #ZEVOit hashtag. While bugs are an inevitable part of life, having a plan to handle them at home and while on the go, can help you react with less stress and fear.

–*Statepoint*

zevo™

Although the average home has more than **100 kinds of bugs living in it**, most Americans are woefully unprepared to deal with them. Why?

BUGXIETY

71%
TURNS OUT THE MAJORITY OF THE POPULATION SUFFER FROM A FEAR OF BUGS – OR WHAT ZEVO CALLS “BUGXIETY.”

Zeno conducted a 2023 survey to learn more about consumer attitudes toward bugs and how people respond to being around them.

READY FOR SOME INTERESTING FINDINGS?

**More Americans
rated their anxiety
of bugs (46%)
higher than
their anxiety of
getting fired (44%).**

46% 44%

A handful of people even confessed to

**crashing their
car to escape
from bugs!**

48%

**of Americans say
Bugxiety directly
affects their daily
life in more ways
than one.**

How the City of Topeka ID Card Program works

City of Topeka ID Card Program

The Topeka Police Department's City of Topeka ID Card Program is the first of its kind in the state of Kansas. The ID program is designed to help the unsheltered and indigent population in Topeka.

About the Program

The City of Topeka ID Card Program is designed to bridge the gap for the unsheltered or those who otherwise wouldn't be able to afford or have the proper documentation to apply for a state issued ID. The city issued ID cards are free and available to anyone in need. The city issued ID cards will include the person's legal name, photo, signature, date of birth, personal demographics, address or last known location and a Kansas State ID card number if applicable.

In order to qualify, individuals must go through the Topeka Police Department for this process. The City of Topeka ID cards can be used to apply for a job through Day Labor Services, apply for residency and more. It is important for people to understand that the City of Topeka ID cards are free, but they do not come with the same rights as a state issued ID card, driver's license or passport.



Frequently Asked Questions (FAQs)

How do you apply for an ID card?

Applications must be filled out in person during our weekly open house. The open house takes place every Thursday from 3:00 p.m. – 5:00 p.m. at the Law Enforcement Center located at 320 S Kansas Ave. Topeka, KS 66603.

What should I bring with me to the open house?

If you have any form of ID, such as a birth certificate, a social security card or an expired driver's license, please bring it with you. If you don't have any forms of ID, you are still able to fill out an application. Please be aware that if you don't have any forms of ID, it may take longer to verify your identity.

How long does it take to receive my ID card?

On average, it takes between one and three weeks to verify your identity and complete your ID card. If there are any issues confirming your identity, you can expect delays.

Where do I pick up my ID card?

Your ID card can be picked up during the weekly open house. Hours for the open house are listed above.

Once I pick up my ID card, how do I apply for a state ID?

When you pick up your ID card, you will need to sign up for an appointment. Appointments take place weekly, on Thursday's at 10:00 a.m. at the Kansas Department of Revenue's License Office. The office is located at 300 SW 29th St. **Note: You must sign up for an appointment. You cannot show up at the KDOR office without an appointment. There are no exceptions.**

What do I need to bring with me to the state ID appointment?

You are responsible for getting yourself to the state ID appointment on time. You will need to bring your city ID card with you, as well as at least one document with your proof of address on it (if you have one). The state ID costs as much as \$25 including tax. You are responsible for bringing this payment with you to your appointment.

Anyone with questions about the City of Topeka ID Card Program can email cotid@topeka.org. Otherwise, questions will be answered at the weekly open house.



Healthy Recipes for Your Fall Table

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

Coconut Flour Chocolate Brownies



Not only dark, rich, and delicious, but they're also gluten free, dairy free, and healthier for you, using coconut flour and coconut oil

Ingredients

- ½ cup cocoa powder
- ⅓ cup virgin coconut oil
- 1 cup white sugar
- 6 eggs
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- ½ cup coconut flour, sifted
- 1 tablespoon semisweet chocolate chips, or more to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.

Stir cocoa powder and coconut oil together in a saucepan over low heat until coconut oil has melted, about 5 minutes. Remove from the heat and let cool, about 5 minutes.

Beat sugar, eggs, salt, and vanilla in a bowl with an electric mixer. Stir in cooled cocoa mixture, then whisk in coconut flour until no lumps remain. Pour batter into the prepared baking dish and sprinkle chocolate chips over top.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35 minutes.

Nutrition Information (Servings: 12)

Per serving: 162 calories; fat 9g ; carbohydrates 19g; protein 4g; sodium 129mg

Source: allrecipes.com

Authentic German Potato Salad



Unlike mayonnaise-based American potato salads, German potato salad is tossed in a vinegar-based dressing made with bacon drippings. It is usually served warm instead of cold, but some people prefer to serve it at room temperature.

Ingredients

- 3 cups diced peeled potatoes
- 4 slices bacon
- 1 small onion, diced
- ¼ cup white vinegar
- 2 tablespoons water
- 1 ½ tablespoons white sugar, or more to taste
- 1 teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley

Directions

Place potatoes in a large pot and add water to cover by at least 1 to 2 inches; bring to a boil. Cook until potatoes are easily pierced with a fork, about 10 minutes. Drain, and set aside to cool.

While the potatoes are cooking, place bacon in a large, deep skillet over medium-high heat. Fry until browned and crisp, 10 to 12 minutes, turning as needed. Transfer bacon to a paper towel-lined plate and crumble when cool enough to handle. Leave bacon grease in the skillet.

Cook onion in the bacon grease over medium heat until browned, 6 to 8 minutes. Add vinegar, sugar, water, salt, and pepper to the pan and bring to a boil.

Once boiling, add potatoes, and 1/2 of the crumbled bacon. Cook until heated through, 3 to 4 minutes.

Transfer warm potato salad to a serving dish and sprinkle remaining bacon over top. Garnish with parsley. Serve immediately.

Nutrition Information (Servings: 4)

Per serving: 183 calories; fat 4g ; carbohydrate 32g; protein 5g; sodium 796mg

Source: allrecipes.com

Balsamic-Roasted Vegetables



Unique flavors of balsamic vinegar, garlic, and thyme combine.

Ingredients

- cooking spray
- 10 medium potatoes, peeled and cubed, or more to taste
- 4 large carrots, peeled and cut into 1/2-inch chunks
- 1 medium onion, cut into 1/4-inch slices
- ⅓ cup balsamic vinegar
- ¼ cup unsalted butter, melted
- 8 sprigs fresh thyme
- 1 teaspoon minced garlic
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Directions

Preheat the oven to 425 degrees F (220 degrees C). Coat a 9x13-inch baking pan with cooking spray.

Mix potatoes, carrots, onion, balsamic vinegar, butter, thyme, garlic, salt, and pepper together in a large glass bowl. Spread mixture into the prepared pan in an even layer. Cover with foil.

Roast in the preheated oven, giving the pan a shake every 15 minutes to ensure even cooking, for 45 minutes.

Remove foil and continue to roast, uncovered, stirring occasionally, for another 30 minutes.

Nutrition Information (Servings: 8)

Per serving: 312 calories; fat 7g; carbs 60g; protein 8g; sodium 338mg

Source: allrecipes.com

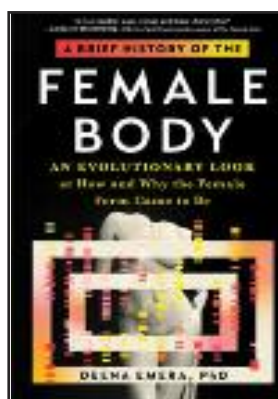
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

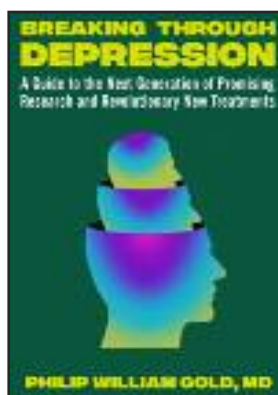
A brief history of the female body: an evolutionary look at how and why the female form came to be – by Deena Emera; Sourcebooks; New Health Books 613.9 EMU

Evolutionary geneticist and educator Dr. Deena Emera has spent much of her career studying the evolution of female reproduction. A Brief History of the Female Body draws on her vast expertise as a biologist, her experience as a mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and, more importantly, why the female form has transformed over the years and its effects on women's health.



Breaking through depression: a guide to the next generation of promising research and revolutionary new treatments – by Phillip Gold; Twelve; New Health Books 616.8527 GOL

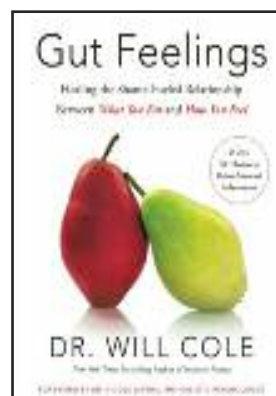
Breaking Through Depression explores how the anatomy of the brain and the biochemistry of nerve impulses play a major role in how we view ourselves and the world. Drawing from his long-term research, Dr. Philip W. Gold makes the case for depression arising at the intersection of genetic vulnerability with stressful, disturbing life experiences that get encoded in our emotional memory. Breaking Through Depression will delve into the interplay between our anatomy and our lived experiences as the key to understanding why there are such individual differences in how we make connections with others, deal with adversity, or re-



cover from trauma. More importantly, Dr. Gold reveals the latest breakthroughs that can heal people struggling with depression.

Gut feelings: healing the shame-fueled relationship between what you eat and how you feel – by Dr. Will Cole; Rodale Books; New Health Books 616.3 COL

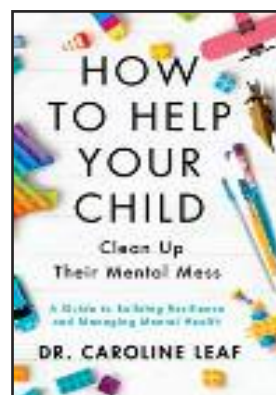
The definitive guide to understanding the connection between what you eat and how you feel, offering a 21-day plan to reset your relationship with your body and heal the gut inflammation caused by stress, shame, and trauma--from the New York Times bestselling author of Intuitive Fasting and Ketotarian.



It's easy to suffer from frustration and confusion when it comes to nutrition and health. With so much focus on what, when, and how to eat, the emotional component of eating tends to get left behind. Dr. Will Cole sheds light on the relationship between your physical and emotional health, providing a framework for you to better understand the gut-brain connection and influence that connection for the better. He illustrates how stress and shame can cause gut inflammation and sabotage your health in a process called Shameflammation. On the other end, problems with the gut can often present themselves in the form of mood swings, anxiety, and food cravings. True health isn't just about what you eat, but how you feel.

How to help your child clean up their mental mess: a guide to building resilience and managing mental health – by Dr. Caroline Leaf; Baker Books; New Health Books 616.89 LEA

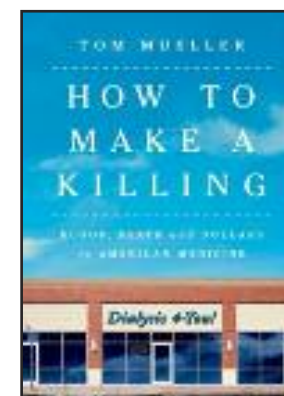
Is your child struggling with toxic thoughts or mental health challenges brought on by stress, breaks in routine, isolation from friends, bullying, or social pressure? If left unaddressed, these mental messes can follow your child into their teens and adulthood, causing mental, emotional, rela-



tional, and physical problems that will steal their peace and joy in life. If you're seeing the signs of a mental mess, there's hope. With deep understanding and compassion, bestselling author Dr. Caroline Leaf teaches you how to help your child, recognize negative feelings and respond in a healthy way, navigate a world that can feel scary and overwhelming, manage uncomfortable or challenging situations, replace toxic thoughts with brain-building practices that produce better outcomes, develop resilience and emotional strength. Backed by clinical research, easy-to-understand mind-management skills, and practical application for the problems kids are facing today, How to Help Your Child Clean Up Their Mental Mess provides a clear and effective five-step plan to teach your child how to manage their mind so they can live a life with greater resilience, health, and happiness.

How to make a killing: blood, death and dollars in American medicine – by Tom Mueller; W.W. Norton & Company; New Health Books 616.61 MUE

Six decades ago, visionary doctors achieved the impossible: the humble kidney, acknowledged since ancient times to be as essential to life as the heart, became the first human organ to be successfully replaced with a machine. Yet huge dialysis corporations, ambitious doctor-entrepreneurs and Beltway lobbyists soon turned this medical miracle into an early experiment in for-profit medicine--and one of the nation's worst healthcare catastrophes.



With powerful insight and on-the-ground reporting, New York Times best-selling author Tom Mueller introduces an unforgettable cast of characters. Heroic patients, including a Hollywood stuntman and body double, risk their lives to blow the whistle on how they've been mistreated. An unpaid activist living in a south Georgia trailer park fights to save patients from involuntary discharge from their lifesaving care. Industry insiders put their careers on the line to speak out about the endemic wrongs and pervasive inequality they've witnessed--and about dialysis executives who dress as musketeers and Star Wars characters to exhort their employees to more aggressive profit-seeking.

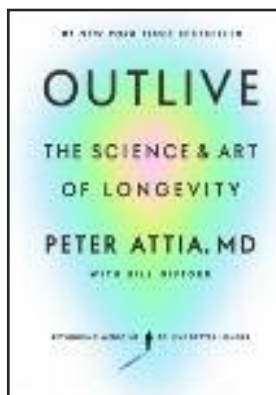
How to say goodbye: the wisdom of hospice caregivers – by Wendy MacNaughton; Bloomsbury Publishing; New Health Books 610.8756 MAC

As artist-in-residence at the Zen Hospice Project Guest House, Wendy MacNaughton experienced firsthand how difficult it is to know what to do when we're sharing final moments with a loved one. In this tenderly illustrated guide to saying goodbye, with a foreword by renowned physician and author BJ Miller, MacNaughton shows how to make sure those moments are meaningful. Using a framework of "the five things" taught to her by a professional caregiver, *How to Say Goodbye* provides a model for having conversations of love, respect, and closure: with the words "I forgive you," "Please forgive me," "Thank you," "I love you," and "Goodbye," each oriented toward finding mutual peace and understanding when it matters most.



Outlive: the science & art of longevity – by Peter Attia, MD; Harmony; New Health Books 613.0438 ATT

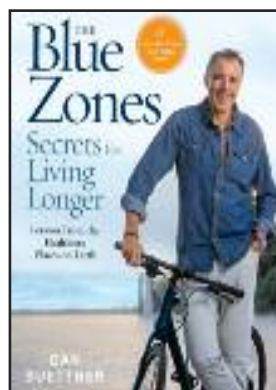
Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.



For all its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, Alzheimer's disease, and type 2 diabetes. Too often, it intervenes with treatments too late to help, prolonging lifespan at the expense of healthspan, or quality of life. Dr. Attia believes we must replace this outdated framework with a personalized, proactive strategy for longevity, one where we take action now, rather than waiting. This is not "biohacking," it's science: a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health.

The Blue Zones secrets for living longer: lessons from the healthiest places on earth – by Dan Buettner; National Geographic; New Health Books 613.0438 BUE

National Geographic Explorer and best-selling author Dan Buettner has traveled the globe to uncover the best strategies for longevity, which he found in the blue zones: places around the world where higher percentages of people enjoy remarkably long, full lives. Buettner returns to Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Costa Rica's Nicoya Peninsula; and Loma Linda, California to check in on the super-agers living in the blue zones and interprets the not-so-secret sauce of purpose, faith, community, down-time, natural movement, and plant-based eating that has powered as many as 10 additional years of healthy living in these regions. And Buettner reveals an all-new blue zone – the first man-made blue zone yet explored.



When a loved one has dementia: a comforting companion for family and friends – by Eveline Helmink; The Experiment; New Health Books 616.831 HEL

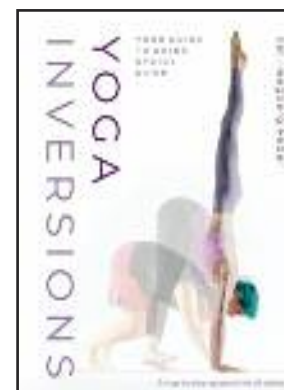
Dementia enters life through the back door, slipping in unnoticed. Once it's there, it can make you feel powerless, angry, and unsure how to move forward. When her mother developed dementia, Eveline Helmink wasn't prepared. As she learned firsthand, when your loved one is suffering, it takes a toll on you, too.



As you navigate finding professional caregivers and adapting to your loved one's behavioral challenges, this book will help you confront all the complexities of the experience. Identify healthy and unhealthy coping mechanisms. Work through feelings of denial, grief, guilt, shame, and fear. Summon the courage to make decisions in your loved one's best interest. Live in the present, find laughter, and show love in the face of dementia. When *A Loved One Has Dementia* weaves together Eveline's unflinching personal account and her empathetic guidance, allowing you to walk through the endless tunnel and illuminating the path to acceptance, forgiveness, and love.

Yoga inversions: your guide to going upside down – by Kat Heagberg Rebar; Shambhala Publications, Inc.; New Health Books 613.7046

An approachable, user-friendly guide to inversions of all kinds for anyone who wants to try going upside down, featuring 85 practices that explore the physical, emotional, and spiritual aspects of yoga. An easy-to-follow guide with 175 beautiful color photos. For each pose Rebar offers adaptations, challenging variations, and everything in between. She also shares options to prepare safely and practices to build strength. In addition to teaching the physical practice of inversions, Rebar addresses the mental, emotional, and spiritual aspects of this often-challenging practice.



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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

HOME CARE AND HOSPICE

PHOENIX HOSPICE & HOME CARE - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444.

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www.midlandcareconnection.org

DELI MEATS

Get Your Healthy Meat & Deli Items at

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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

PERSONAL INJURY

PERSONAL INJURY ATTORNEY - Call us for a free consultation. Patton & Patton. 785-273-4330 • 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

COMMUNITY CARE LINE

WANT TO TALK AND IT'S NOT A CRISIS?

Feeling isolated & want to connect?
Shawnee Co. Community Cares line
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Healthy Event Calendar for Greater Topeka

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

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

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

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

TOPEKA COSMOPOLITAN CLUB: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

KANSAS CITY RENAISSANCE FESTIVAL – Sep. 2 - Oct. 15, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 9. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

GOING OUT OF BUSINESS WAREHOUSE SALE - 5606 SW Topeka Blvd., Ste. D. Sep. 27-28 & Oct. 4-5: 8am - 5pm; Sep. 29-30 & Oct. 6-7: 8am - 4pm. New Flooring: carpet tile, LVT, tile, adhesive, cove base, underlayment, grout, epoxy, etc.; New & Used: designer clothes, jewelry, shoes, purses, scarves, home décor, kitchen items, Christmas, Easter, Halloween, books, bedding, pillows, electronics, pictures, collectables; Hand Tools: buffers, tile tools, cutting boards, grabo, shelving, pallet racks, tables, display racks, trowels, etc.; Miscellaneous: fishing poles, fishing reels, safety fence, Bob Ross easel, adjustable trailer hitch, garage accessories, gloves, etc.

GARY'S PUMPKIN PATCH & FALL FESTIVAL – Sept. 29-Oct. 29, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre

Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm! garysberries.com, garysfarmfest.com; 785-246-0800

JOSH HOOVER – Sep. 30, 7pm, Classic Bean Fairlawn Plaza
SHHS BAND CRAFT FAIR & FOOD TRUCKS – Sep. 30, 9-3, S.H. High School. Entertainment, food trucks, 100 vendors & family fun. Free admission.

AARON DOUGLAS ART FAIR – Sep. 30, 10am, Aaron Douglas Art Park, 12th & Lane.

THUNDERBIRD SQUARE BLOCK PARTY – Sep. 30, 11am-2pm, 29th & Croco. Live music, lawn games, hot dogs, ice cream, fun for all.

COMBAT AIR MUSEUM CAR SHOW – Sep. 30, 10-2, Combat Air Museum Forbes Field. Food trucks, raffle prizes.

VINTAGE FASHION SHOW – Sep. 30, 2:30pm, Territorial Capitol Museum, Lecompton, KS. 785-887-6148. Clothing from the 1800s to the 1930s. Free will donation.

LECOMPTON TERRITORIAL DAYS – Sep. 30, Lecompton, KS. 7am pancake feed, kids bike race, parade, touch a truck, chainsaw art, lawn mower race, inflatables, fashion show, cake walk, carnival games, ice cream social, talent show, laser tag, street dance. Vendor Signup: bit.ly/TDayVendor23 Volunteer Signup: bit.ly/TDaySignup23

TOPEKA MODEL RAILROADERS TRAIN SHOW – Sep. 30, 9-5 and Oct. 1, 9-3, Great Overland Station. Admission is \$7 ages 13 and up, \$5 ages 6 thru 12, and free to age 5 and under. There will be 9 layouts (O – HO – N – Z scales), 30-35 vendor tables, clinics, railroad history, and railfanning. There will be 6 costumed characters (engineer, conductor, oil man and 3 Harvey Girls).

LIFE CHAIN SUNDAY – Oct. 1, 2 – 3:30pm, 21st & Wanamaker and 29th & California. Rain or shine, Stand for Life! (or bring a lawn chair). Gather with pro-lifers across the nation. Families, children, welcome! Signs will be provided. For info: 785-969-2706

OPEN HOUSE – Oct. 1, 1-4pm, 3345 SW Gage. Body Heart and Sole and Empower, a collaborate wellness center. Get a bag of goodies, enjoy healthy snacks and be entered in several prize drawings to win a free service.

COFFEE WITH A COP – Oct. 4, 8-10am, Kwik Shop, 45th & S. Topeka Blvd. Coffee and conversation.

LUNCH & LEARN – Oct. 5, 10-4, Blacksmith Event Center, 101 W. Railroad, Silver Lake. "Navigating Life's Final Milestones." Hear from Bankers Life & Casualty, Weaver Solutions, Nystrom Law Office, LastingLegacyOnline.com, Penwell-Gable/Dove Cremations, CoreFirst Bank, on topics like Staying in Your Own Home, Your Life's Legacy, Understanding Medicare, Trusts & Wills, End of Life Planning, Identity Theft & more. Free portraits & chair massages during lunch. Register at <http://bit.ly/nlfn> by Sep. 30. All free.

WOMEN IN BUSINESS SOCIAL – Oct. 5, 4-7pm, 3416

SW 6th Ave. Free social event to support & highlight women in business. Sponsored by Assn of Women Entrepreneurs.

CASTING CROWNS IN CONCERT – Oct. 6, 7pm, TPAC. TopekaPerformingArts.org

JARROD GUTH – Oct. 6, 6-9pm, Redbud Park in NOTO

FRIDAY FLICKS: "BATMAN FOREVER" – Oct. 6, 8-10pm, Every Plaza. Food trucks on hand.

2ND ANNUAL FALL FESTIVAL CAR SHOW – Oct. 7, 8am, Meriden

OCTOBERFEST – Oct. 7, 10am, Prince of Peace church, 36925 SW Wanamaker

SOUP/CHILI SUPPER FUNDRAISER - Oct. 7, 3:30-6:30, Berryton United Methodist Church. Free will donation. Carry out available and Sweet Shop, too!

OZTOBERFEST 2023 – Oct. 7, 10 am, Wamego

HHHS FOOD TRUCK NIGHT – Oct. 7, 4-8pm, HHHS, 5720 SW 29. Featuring music by Sloppy But Lucky and food trucks. Helps homeless animals.

BUMPERS 4 BOOBIES FUNDRAISER – Oct. 7, 4-8pm, 3220 SW Topeka Blvd. Jeep Girls Mafia and All American Jeep Squad Breast Cancer Charity event Raffles, prizes, food trucks, face painting and more

TOPEKA JOB FAIR – Oct. 10, 12:30-3pm, Crestview Community Center

TRUNK OR TREAT – Oct. 11, 5-8pm, Oakland Church of the Nazarene 939 NE Oakland Ave

C5Alive "POWER" LUNCHEON – Oct. 12, 11:30-1, featuring Christian Stringfellow, Deputy Director of Shelter Services at Topeka Rescue Mission Ministries.

Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door. • \$20 for non-members & repeat guests.

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

SAVE THE DATE: C5 POWER Luncheon, Nov. 9, 11:30-1, at Nat'l Guard Museum, Forbes Field. Sponsored by ServPro

OKTOBERFEST – Oct. 13-15, 9-5, West Ridge Mall. Vendor show and more.



October 14
11 am - 2 pm
HARVEST FESTIVAL
Games, Food, and Family Fun as we Celebrate God's Provision!
Highland Heights Christian Church
29th & Tecumseh Rd • 785-379-5642



Mark Trammell Quartet
STILL STANDING
Concert at The Woods at 7:00pm
October 20th
Doors open at 8pm
Free will offering
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OPEN WEEKENDS SEPT. 29 THRU OCT. 29
FRIDAY, SATURDAY, and SUNDAY!
FIREWORKS EVERY FRIDAY NIGHT!
Fall Family Fun
One pumpkin at a time.
Corn Maze, Sunflower Photos, Live Music, Pig Races, Pumpkin Patch, Hayrides, Corn Train, Kids games, unique eats & special events all season long!
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HARVEST FESTIVAL – Oct. 14, 11am-2pm, Highland Heights Christian Church, 29th & Tecumseh

NOTO ESCAPES HAUNTED FUNDRAISER FOR THE PERFORMING ARTS DEPT. – Oct. 14. 20% of Haunted Escape Rooms proceeds goes to the cause. THS students created the décor & props for this event. Haunted Escape Rooms open every Fri. & Sat. in October, and also at Vail Event Center and Haunted Woods – Forest Park.

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

PANCAKE FEED – Oct. 14, 7-11am, Jefferson West Elementary School, 301 Main, Mediden

SUNNY DAYS VENDOR MARKET – Oct. 14, 10-4, 29th & Adams

VOLKSTEMBER IN NOTO – Oct. 14, 10am, NOTO Arts District. See many VWs, also wiener dig races

BONE APPETIT – Oct. 14, 5-9pm, Prairie Band Casino. HHHS Fundraiser. <https://www.hhhstopeka.org/boneappetit>

WHITE CANE SAFETY DAY EVENT – Oct. 15, 1-4pm, Topeka Public Library. In order to educate the public about Vision issues, The Sunflower Lions Club of Topeka will be handing out small commemorative white canes with an information sheet explaining National White Cane Safety Day to educate the world about blindness and how blind and visually impaired people can live and work independently.

ENTREPRENEURIAL SOCIAL – Oct. 19, 4-7pm, 3416j SW 6th. Free event for Entrepreneurs and Entrepreneurial Groups. Great night to network, relax and meet new people.

MARK TRAMMELL QUARTET CONCERT – Oct. 20, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. No tickets necessary. Free will offering, doors open at 6pm. 785-273-2248, office@wnnaz.org

LIVERPOOL LEGENDS – Oct. 21, Liberty Hall, Lawrence

KC LEGENDS ALL-STAR JAZZ REUNION – Oct. 21, Jayhawk Theatre

MAX MANNING FUNDRAISING DINNER – Oct. 21,

5pm, Stout Elementary School Gym, 2303 SW College Ave. Live interview with Rev. Manning, testimonials from friends, catered dinner, live music. Fundraiser for mission trip to Uganda.

MAPLE LEAF FESTIVAL – Oct. 21, 8-5, Baldwin City. 300+ craft exhibits, performing arts, music, food, fun

BOO AT THE ZOO – Oct. 21 & 28, 9-3pm, Topeka Zoo. Free with admission

PAWBLO PICASSO BENEFIT – Oct. 21, 6-9:30pm, Foundry Event Center.

Fundraiser for Pet Assistance Network (PANT). Dinner by Chef Hall, music by Simple Pieces, art project, Raffle baskets, silent auction, cash bar. <https://giv.li/thx826>

HARVEST DINNER, BAZAAR, & BAKE SALE – Oct. 27, 4 - 6:30pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Featuring chicken-fried steak, Mashed Potatoes & Gravy, Corn or Green

Beans, Roll, Salad, Pie & Drink. Cost is \$10 for adults, \$5 for children under 8.

SILENTS IN THE CATHEDRAL – Oct. 27, 7-10pm, Grace Cathedral

FREE MONTHLY HYGIENE GIVEAWAY – Oct. 28, Nov. 18, & Dec. 16, 3 to 4pm, Faith Temple, 1162 SW Lincoln

TRUNK OR TREAT – Oct. 28, 3-5pm, St. Davids Episcopal, 17th & Gage

TRUNK OR TREAT – Oct. 28, 9-3, Vail Event Center.

TRUNK OR TREAT CARNIVAL – Oct. 28, 4-6:30pm, Capital Gymnastics, 3740 SW Park Ave.

TRUNK OR TREAT & TROOP 10 CHILI FEED – Oct. 28, 4-6pm, First Baptist Church, 3033 SW MACVicar

FREE MONTHLY HYGIENE GIVEAWAY – Oct. 28, 3-4pm, Faith Temple, 1162 SW Lincoln

TRUNK OR TREAT – Oct. 28, 3-5pm, NOTO Arts District

LAST SUNDAY FREE BREAKFAST BUFFET – Oct. 29, 9am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted to help vets in Topeka area.

TRUNK OR TREAT – Oct. 29, 6-8pm, First Southern Baptist, 19th & Gage.

TRUNK OR TREAT – Oct. 31, 5-7:30pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Hot Chocolate, Hayrack Ride, Hotdogs, Candy, Fun, Games, Popcorn! 785.266.3247

TRUNK OR TREAT – Oct. 31, 5:30-7:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha. Bounce house food trucks, games

170 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 1, 10am-4pm Mon-Sat., & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 170 Christmas Trees decorated in antique, Victorian, vintage and

theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. lecomptonkans.com

TAILS ON THE TRAIL – Nov. 3, 11:30am, HHHS. 2023TOTT.givesmart.com

TURKEY SUPPER – Nov. 4, 4-8 pm, Clinton Presbyterian Church, 590 N. 1200 Rd in Clinton. Turkey, dressing, mashed potatoes, green beans, roll, homemade pie and drinks. Free will donation.

ELECTION DAY – Nov. 7. Don't forget to vote!

FOCUS ON HUMAN TRAFFICKING – Nov. 7, 9:30-10:30am, Sunflower Foundation on the former Menninger

C5 Alive *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.

Oct. 12, 11:30-1: "POWER" Luncheon at Harley Davidson, 21st & Topeka Blvd; Featuring: Christian Stringfellow, Deputy Director at Topeka Rescue Mission Ministries

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

Save the Dates!

- Nov. 9: POWER Luncheon, 11:30-1, Nat'l Guard Museum
- Dec. 14: CHRISTMAS Luncheon, 11:30-1, Fairlawn Plaza Mall
- Jan. 12: POWER Luncheon, 11:30-1

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

2023 Kansas City Renaissance Festival



New in 2023!
Mermaid Cove Adventure
Hawk Walk
House of the Dragon Pub
Dog Park **New Games & Rides**

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913-721-2110 kcrenfest.com

Buy tickets online or at:

Costco **HyVee**
Dillons **MENARDS**

Campus, 5820 SW 6th. Substance use and its impact on relationships. Prevention and Resiliency Services (PARS) and Safe Streets present a community education event, designed to spark engagement, increase awareness and understanding, and empower the community to be informed and vocal on challenges faced in Topeka. RSVP - <https://tinyurl.com/2p4yse37>

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



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NOTO Escapes is an interactive, immersive puzzle room experience located in the NOTO Arts and Entertainment District.
Great for families, date night, group outings focusing on teamwork, communication and bonding.
Email for specialized events or times!

JOIN US
October Friday & Saturdays
2 additional haunted Escape Rooms at each
Nightmare on the Blvd - Stormont Vail Event Center
and
Topeka Haunted Woods - Forest Park

Special Event 10/14/2023 20% of all NOTO Escapes proceeds donated to THS Performing & Rhetorical Arts Dept.
See the décor & props THS students created for this event!

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 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, 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@tscpl.org

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

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

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

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

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

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

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

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

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy

may attend. The goal is to provide education and ongoing support. Call 295-5555

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

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

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



GOING OUT OF BUSINESS
WAREHOUSE SALE AT GARAGE SALE PRICES!
5606 SW TOPEKA BLVD., STE. D TOPEKA, KS 66609
WED. & THURS: SEP. 27-28 and OCT. 4-5: 8AM TO 5PM
FRI. & SAT: SEP. 29-30 and OCT. 6-7: 8AM TO 4PM
New Flooring: carpet tile, LVP, tile, adhesives, cove base, underlayment, grout, epoxy, etc.
New & Used: designer clothes, jewelry, shoes, purses, scarves, home décor, kitchen items, Christmas, Easter, Halloween, books, bedding, pillows, electronics, pictures, collectables
Hand Tools: buffers, tile tools, cutting boards, grabo, shelving, pallet racks, tables, display racks, trowels, etc.
Tons of Miscellaneous: fishing poles, fishing reels, safety fence, Bob Ross easel, adjustable trailer hitch, garage accessories, gloves, etc.
MORE NEW STUFF PUT OUT AS THINGS SELL! EVERYTHING MUST GO!!!

785-249-3792

NARVE Meeting (Nat'l Assn of Railroad Veteran Employee) - 2nd Tuesday of each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

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

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

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

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

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

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

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

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

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jimbaer73@gmail.com to register.

BRIDGE GROUP - 1st & 3rd Thu. 1-3:30pm, at Our Savior Lutheran Church, 2021 SW 29th Make arrange-

ments by Mon. 5pm with Joan Arterburn at 408-5174.

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

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

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

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

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

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

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

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

TOPEKA NAR-ANON FAMILY GROUP - For families & friends who are affected by someone else's narcotic addic-

tion. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.nara-nonmidwest.org

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

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 & share ideas & feelings. 235-1367. 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com



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