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*Chaz Coates, Personal  
Trainer at REPS Fitness*

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Health in a  
Changing  
World**

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Failure to plan: Is it planning to fail?

**The benefits of exercise for detoxifying the body**  
How my new hobby made me healthier in unexpected ways

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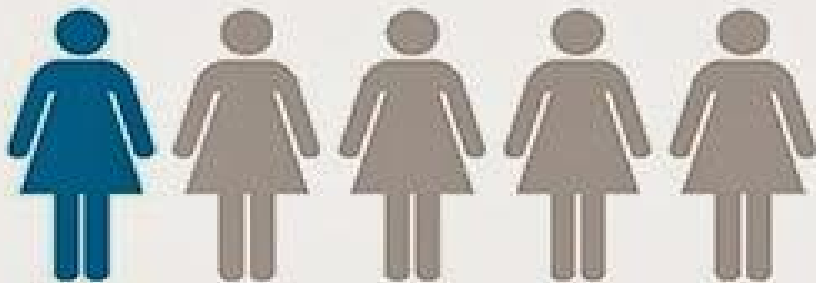
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# Pay Attention to Your Mental Health



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



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

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.<sup>2</sup>

Women are more than **twice** as likely as men to develop **PTSD**.<sup>3</sup>





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## ON THE COVER:

Our cover this month features a client of Chaz Coates, Personal Trainer and owner at REPS Fitness. Read the articles in this issue to find out how personal trainers can help you live a longer, healthier life. Check out what our experts have to say about about this and other health topics.



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## May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY  
**232,000**  
NEW CASES OF BREAST CANCER ARE  
DIAGNOSED EVERY YEAR IN THE  
UNITED STATES.<sup>1</sup>



**1 IN 8**  
U.S. WOMEN WILL GET  
BREAST CANCER AT SOME  
POINT IN THEIR LIVES.<sup>1</sup>

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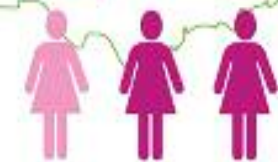
BREASTFEEDING

AICR estimates that

**38%**

of U.S. breast cancer cases or about,

**1 in 3**



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

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

**The Promise  
of Survival**



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

<sup>1</sup> National Cancer Institute, 2024.

<sup>2</sup> American Institute for Cancer Research, AICR/WCRF Continuous Update Project Report: Breast Cancer, 2020.

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

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# Why Oil is NOT a Health Food

If you have been reading my column these past few months, (past columns posted here: <https://joannfarb.weebly.com/thw>) you may have noticed that the recipes I share don't use oil. This is for a good reason. For the vast majority of Americans, consuming oil actually increases their risk of developing chronic health problems.

Reading these words, you may be shocked, or disagree. We hear over and over about how much healthier the Mediterranean Diet is compared to the Standard American Diet, (SAD) and how olive oil is part of the Mediterranean dietary pattern. Maybe even, you have tried the Paleo Diet and experienced feeling better on it. Certainly, the Paleo Diet can be beneficial when compared to the SAD because it does eliminate dairy and gluten -- which many people feel lousy after consuming and it eliminates most processed foods. It may also get people to consume more greens and berries -- which IS great. But it does allow, even encourages the consumption of "healthier" oils -- like olive oil. So why do I believe we are better off not consuming oil -- even a supposedly "healthy" one like extra-virgin olive oil or at least keeping it to under a teaspoon per day?

Imagine eating a pound of freshly boiled beet roots. They are rich in carbohydrates, but those carbs come packaged with fiber and thousands of different phytochemicals and antioxidants -- all of which work synergistically to help our body use those carbs (and the 1000s of critical nutrients they come with) to our benefit while mitigating the harmful metabolic reactions and the cellular aging that result if we extract the pure carb calories to make sugar. Do you think that the metabolic impacts would be the same from eating the pound of beets vs the extracted sugar from those beets? Of course not. Oil is just as much a processed food as is sugar, and our paleolithic ancestors would have been just as unlikely to extract oil from olives, as they would have been to extract sugar from beets. So we can see the hypocrisy of the Paleo philosophy when it doesn't apply the same logic to oil as it does to sugar.

Think of it this way. Oil is to healthy whole-food fats (avocado, raw nuts and seeds) what refined sugar is to healthy whole food carbs (fruits, vegetables, beans.)

That said, we DO need to consume some healthy whole-food fat from plants -- hemp, flax, chia, walnuts, almonds and avocado are a few of the optimal ones. And when we consume these as part of the same meal that includes a big serving of dark leafy greens, these healthy fats in addition to providing us with essential fatty acids necessary for health, also enable us to absorb more of the fat soluble nutrients in the greens such as beta carotene. But there are thousands of others too.

There is a 90-second video (you can watch it at <https://www.youtube.com/watch?v=jpQ5QrWY1sQ>) from the T. Colin Campbell Center for Nutrition Studies

compares 100 grams of olives to 100 grams of olive oil:



It also points out that the answer to the question "are oils healthy?" needs more context. We will get a more meaningful answer by asking "Are oils (like olive oil) healthy compared to a piece of chicken?" (yes) or compared to a palm-ful of raw almonds? (no)

Since the major chronic conditions afflicting Americans (coronary artery disease, high blood pressure, obesity, diabetes and breast, colon and prostate cancer) can be caused or exacerbated by the over-consumption of calories, and there is no food that packs more calories per tablespoon, than oil, eliminating oil from the diet can be very helpful to reducing the risk of these diseases -- especially for those who struggle with over-eating or portion control. That said, for people who are underweight or have difficulty eating enough calories, and don't have cardiovascular disease, high blood pressure, diabetes or breast cancer, there might be more benefit than risk from consuming plant based oils -- especially a high-quality olive or avocado oil. (But that is a very small sub-group of Americans!)

So if you are interested in reducing your use of oil and getting your needed fats from whole plant foods, here are two recipes you can try. Enjoy!

## Chia Breakfast Pudding:

### Ingredients:

- 2 TBS chia seeds
- 1/4 cup water
- 1/2 cup of your favorite non-dairy plant milk
- 3 drops of stevia extract -optional for more sweetness
- 1/8 tsp vanilla extract
- 1 TBS ground flax seed
- 1 TBS raw pumpkin seeds
- 1 TBS chopped walnuts
- 1/2 banana sliced
- 1/2 cup of your favorite fresh or frozen berries (with no added sugar)

### Directions:

1. Place the chia and water into a bowl and stir immediately and continuously for 1 minute until the chia swell and absorb all of the water.
2. Add the plant milk, stevia (if using) and vanilla and mix well.
3. Add remaining ingredients, mix and serve.



## Raw Kale Sala

### Ingredients:

- large bunch of kale
- 2 tsp lemon juice
- 1/2 cup mashed avocado
- 1 TBS gluten-free tamari
- 2 TBS almond butter
- 1 cup of chopped lettuce or spinach
- 1 carrot shredded
- 1 cup of shredded red cabbage
- 1 apple diced
- 1/4 cup of finely diced red onion
- 2 TBS chopped raw walnuts
- 1/4 cup chopped raisins

### Directions:

1. wash the kale and remove the stems (they are not be used in this recipe.) Then chop the Kale leaves very fine, place them into a large bowl and drizzle the lemon juice over them while massaging the kale with your fingers until it turns dark green and shrinks in volume.
2. In a separate small bowl mash the avocado with tamari and almond butter until well blended.
3. Add all the remaining ingredients to the kale and mix well -- then stir in the avocado mixture until it covers everything and serve immediately.

-By JoAnn Farb



JoAnn Farb

JoAnn Farb is a former microbiologist with a global pharmaceutical company and the author of *Compassionate Souls – Raising the Next Generation to Change the World, and Get off Gluten*. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at [www.JoAnnFarb.com](http://www.JoAnnFarb.com).

# Mental Health in a Changing World

MAY IS MENTAL  
HEALTH MONTH

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

**F**or the past 75 years, the United States has recognized May as Mental Health Awareness Month. This initiative was started in 1949 – in a very different world than we live in today. It is fitting, then, that this year’s theme for Mental Health Awareness Month is “Where to Start: Mental Health in a Changing World.”



Mikki Burcher

Mental health challenges are common. “About half of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives,” and anyone can face challenges that impact their mental health and wellbeing, regardless of diagnosis.

There are many experiences that impact mental health, such as trauma, grief, and loneliness. And, as we become more globally connected, we are bombarded with information about the world’s problems, which are often outside of our direct experience or control.

Having the internet in your pocket increases exposure to news coverage, which is often negative. Seeing graphic or upsetting images

can trigger your body’s “fight or flight” response, which dumps adrenaline and cortisol into your bloodstream – stress. Prolonged levels of high stress can cause serious physical and mental illnesses, including anxiety, depression, heart disease, and stroke.

You are more likely to experience stress when the news is personally relevant to you or if you share an identity with someone involved. “Because the BIPOC and LGBTQ+ communities are more often targets of violence and hate crimes, the mental health of people from these communities is impacted more severely by the news.”

This global connection contributes to decreased mental health in other ways. We are always “reachable,” which can lead to burnout. Social media use can cause FOMO (anxiety triggered by the fear of being excluded), reduced self-esteem, and increased levels of dissatisfaction.

So, what can we do when it feels like we have the weight of the world on our shoulders?

**Work on your relationship with technology.** Set tech boundaries and cut back on screen time.

**Create a personalized “coping menu.”** Take time to figure out what helps you manage

stress and keep a list for easy reference when you’re feeling out-of-sorts.

**Ask for help when you need it.** Whether you turn to friends and family or seek help from a mental health professional, know when you’ve hit your limit and reach out.

After all, we’re all figuring out how to manage our mental health in this ever-changing world, so we might as well do it together!

*All quoted material in this article was taken from the Mental Health America 2024 Mental Health Month toolkit. You can find more information, helpful worksheets, and a month-long “Where to Start” mental health tips calendar at [mhanational.org/may](http://mhanational.org/may).*

**If you or a loved one are struggling with mental health challenges, professional help is available. Valeo’s Crisis Center, 400 SW Oakley Avenue in Topeka, is open 24 hours a day, 7 days a week for walk-in mental health emergencies. In case of a behavioral health crisis, contact 988 or the Valeo 24-Hour Crisis Line at 785-234-3300.**

## Valeo Behavioral Health Care

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## National Suicide Prevention Life Line

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## Shawnee County Suicide Prevention Coalition

SCSPC.org

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

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# FINANCIAL FOCUS

## Failure to plan: Is it planning to fail?

**B**enjamin Franklin once said, “If you fail to plan, you are planning to fail.” But as you chart your financial course, what steps should you take to help you keep moving forward to where you want to go?

Consider these suggestions:

- **Establish and quantify your goals.** Throughout your life, you’ll have short-term goals, such as an overseas vacation or a home renovation, and long-term goals, the most important of which may be a comfortable retirement. You’ll want to identify all your goals and put a “price tag” on them. Of course, it’s not always possible to know exactly how much it will cost to achieve each goal, but you can develop reasonably good estimates, revising them as needed.

- **Create an investment strategy to achieve your goals.** Once you know how much your goals will cost, you can create the appropriate savings and investment strategies to potentially help you reach the needed amounts. For your retirement goal, you will likely need to contribute regularly to your IRA and 401(k) or other employer-sponsored retirement plan. But for shorter-term goals, you may need to explore other types of investments. For all your investment moves, though, you’ll need to consider your risk tolerance. You won’t want your portfolio to have such a high-risk level that you’re constantly uncomfortable with the inevitable fluctuations of the financial markets. On the other hand, you won’t want to invest so conservatively that you jeopardize your chances of achieving the growth you need to reach your goals.

- **Control your debts.** We live in an expensive world, so it’s not easy to live debt-free. And some debts, such as your mortgage, obviously have value. But if you can control other debts, especially those that carry high interest rates, you can possibly free up money you can use to boost your savings and investments.

- **Prepare for obstacles.** No matter how carefully you follow the strategies you’ve created to achieve your goals, you will, sooner or later, run into obstacles, or at least temporary challenges. What if you incur a



large, unexpected expense, such as the sudden need for a new car or a major home repair? If you aren’t prepared for these costs, you might be forced to dip into your long-term investments – and every time you do that, you might slow your progress toward achieving your goals. To help prevent this, you should build an emergency fund containing several months’ worth of living expenses.

- **Review your strategy.** When you first created your financial strategy, you might have planned to retire at a certain age. But what if you eventually decide to retire earlier or later? Such a choice can have a big impact on what you need from your investment portfolio — and when. And your circumstances may change in other ways, too. That’s why it’s a good idea to review your strategy periodically to make sure it still aligns with your up-to-date objectives.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the

right steps at the right times, you can greatly improve your chances.

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

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# Sweat It Out: The Benefits of Exercise for Detoxifying the Body

**I**n our modern world, our bodies are constantly bombarded with toxins from various sources, including pollution, processed foods, and stress. These toxins accumulate in our bodies over time, causing feelings of sluggishness, fatigue, and lead to inflammation and disease. However, we have a powerful, detoxifying, and stress-relieving tool to combat this toxic overload: EXERCISE. Regular physical activity not only helps us stay fit and strong but also plays a crucial role in detoxifying the body and promoting overall health and well-being. Let's explore the many benefits of exercise for detoxification and optimal health.



Rebecca Wharton

## Sweat Out Toxins

One of the primary ways exercise helps detoxify the body is by inducing sweat. Sweat is our body's natural way of cooling down, but it also serves as a means of eliminating toxins. Think of what happens with a stagnant pond: the accumulation of bacteria, algae, and mosquitoes is similar to disease in the body. When we exercise, our body temperature rises, and our sweat glands kick into gear, helping to flush out toxins through our skin. This process can help remove heavy metals, environmental pollutants, and other harmful substances that have accumulated in our bodies.

## Boost Circulation and Lymphatic System

Regular exercise improves blood circulation, which is essential for detoxification. When our blood circulates efficiently, it carries oxygen and nutrients to our cells while removing waste products through our urine, feces, breath, and sweat. Additionally, exercise stimulates the lymphatic system, which plays a vital role in eliminating toxins and waste from our bodies. The lymphatic system relies on muscle contractions to move lymph fluid, and exercise provides the necessary movement and muscle contractions to keep this system functioning optimally.

## Support Liver Function

The liver is our body's primary detoxification organ, responsible for filtering toxins and waste from our bloodstream. Exercise has been shown to support liver function by increasing blood flow to this vital organ. Improved blood flow helps the liver efficiently process and eliminate

toxins, reducing the burden on this hard-working organ. Consider how well your car would run if you never changed the oil filter. That is how important the liver is to overall health.

## Enhance Digestion and Elimination

Regular exercise can also improve digestion and elimination, further aiding in detoxification. Physical activity stimulates the muscles of the digestive tract, promoting healthy bowel movements and preventing constipation. Ideally, you should be having two to three healthy bowel movements per day. Efficient elimination is crucial for removing waste and toxins from our bodies, preventing the reabsorption of waste that can build up and cause potential harm to your overall system.

## Reduce Inflammation

Chronic inflammation is a common underlying factor in many diseases. When things that we eat, drink, or rub on our skin are toxic and not removed from our body, the body recognizes it as a foreign invader and will start to attack the toxin to get rid of it. The problem with this is that chronic inflammation leads to chronic disease. Exercise has been shown to reduce inflammation in the body, which is essential for overall health and detoxification. By reducing inflammation, exercise helps protect our cells and tissues from damage caused by toxins and supports the body's natural healing processes.

## Manage Stress and Mental Health

Stress is a significant contributor to toxin accumulation in the body. When we are stressed, our body releases stress hormones (cortisol) that can disrupt our natural detoxification processes. Regular exercise is a powerful stress management tool that releases endorphins that help keep us happy and pain free, while also helping to reduce stress hormones and promote a sense of

well-being. By managing stress through exercise, we can support our body's natural detoxification mechanisms and maintain optimal health.

## Choosing the Right Exercise

To maximize the detoxification benefits of exercise, try to choose activities that increase your heart rate, breathing, and stimulate warmth and sweating. Cardiovascular ex-



ercises like running, cycling, high intensity interval training (HIIT), speed walking, or swimming are excellent choices. Additionally, incorporating strength training exercises can help build strong bones and lean muscle mass, which supports overall detoxification, anti-aging, posture, balance, and metabolism.

\*\* If you notice that you are always tired, stressed, and sick, it is important to start low and go slow with gentle exercises, like walking, swimming, yoga, and Pilates. A stressed body WILL get more stressed and inflamed with strenuous and intense exercise. \*\*

## Conclusion

Exercise is not just about physical fitness; it is a powerful tool for detoxifying the body and promoting optimal health. By inducing sweat, boosting circulation, supporting liver function, enhancing digestion, reducing inflammation, and managing stress, exercise plays a crucial role in eliminating toxins and preventing disease. So, lace up your sneakers, get moving, and experience the transformative benefits of exercise for a detoxified and vibrant body. I challenge you to move your body for 30 minutes, five times a week, minimum. Let's get started!

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at [thefunctionalcoach@gmail.com](mailto:thefunctionalcoach@gmail.com) or 913-298-1092. For more information, visit [www.thefunctionalcoach.com](http://www.thefunctionalcoach.com).



The Functional Nurse Coach

# Life-giving sun can be damaging to skin

By Joseph Gadzia, MD, KMC Dermatology

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

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

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

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

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

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

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



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

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

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

within a matter of weeks.

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

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

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



Close-up of actinic keratosis skin lesion

## The ABCD's of Melanoma

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

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

## 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.

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- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



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#### May 2nd • 9:00-3:00

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

#### May 7th • 9:00-3:00

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

#### May 9th • 9:00-3:00

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

#### May 14th • 9:00-3:00

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

#### May 16th • 9:00-3:00

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

#### May 21st • 9:00-3:00

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

#### May 23rd • 9:00-3:00

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

#### May 28 • 9:00-3:00

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

#### May 30th • 9:00-3:00

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# How My New Hobby Made Me Healthier in Unexpected Ways

**F**or decades, I resisted invitations to try, learn, and play golf. Too frustrating, I said. Too expensive. Too much to learn. Too time-consuming.

I too-too-too'd myself out of giving it a shot.

A lifelong hobby dabbler, I finally decided to give golf a whirl last summer.

I bought cheap clubs and took a few lessons. I went to the driving range and slugged around for nine or 18 holes every few weeks. I logged bad scores but hit just enough so-satisfying shots that I fell in love-hate with the sport.

It *felt* right.

Then something unexpected happened. Without trying, I started improving in other areas of my life. I didn't miss a workout. I went from walking 9,000-11,000 steps a day to regularly more than 14,000 (even on non-golf days). I drank less. I – *stop the presses* – asked for doggie bags when I ate out.

I never would have believed that golf had anything to do with these subtle but important changes, but maybe it did.

Psychologists call this the spillover effect – the notion that one healthy behavior leads to others, often effortlessly. Many people who start exercising regularly, for example, naturally begin to eat healthier.

In some ways, it could be one of the most important concepts in behavior change – the less we have to work to make changes, the more automatic being healthy can be.

“It's likely more efficient – for exercise, eating, alcohol – when we can shift from one behavior, people start to improve their confidence and



**Ted Spiker, left, can now spend more time with his twin sons.**

start other behaviors,” said psychologist María Marentes-Castillo, PhD, a postdoctoral researcher at the University of Valencia in Spain who has studied the spillover effect.

Research shows this effect is largely controlled by systems in our brain that influence competence (how well we do) and confidence (our belief that we can do it).

**Of course, you can take out the word “golf” and sub in any other new interest – gardening, surfing, yoga, chess – to see the bigger point.**

The stage of change influences how well we can latch onto other behaviors. Later stages of the change process – taking an action or maintaining that action – can have higher spillover success than earlier stages when people are still thinking about or preparing for change.

Of course, you can take out the word “golf” and sub in any other new interest – gardening, surfing, yoga, chess – to see the bigger point. Improving in one area of your life can help you improve in others – if you can stick with it and not be totally derailed by the inevitable

bad shots.

Here are some strategies to help you do just that.

## Expand Your Definition of Mindfulness

On the golf course is one of the very few times that I put away my phone and don't feel the urge to check it. I attributed that to mindfulness – being focused on the present moment of the game – but I didn't understand the whole story.

“The definition [of mindfulness] has been diluted. We think it's about being present, but it's much more nuanced than that,” said Shauna Shapiro, PhD, a professor at Santa Clara University in California and author of *Good Morning, I Love You: Mindfulness & Self-Compassion Practices to Rewire Your Brain for Calm, Clarity and Joy*. “Specifically, it's also about how and why you're paying attention, not that you're just doing it.”

I know why I'm doing it: To spend more time with my adult sons who play and to find something that engages me in a different way than my fulfilling work life.

But the how? The how, Shapiro said, involves kindness.

“As people start paying attention with kindness, they start to take care of themselves better,” she said. “That's one of the superpowers of mindfulness: Your choice.”

I can see how that applies to golf or any attempt at change: Don't crush your own soul after a bad shot or a blown diet or a missed workout; understand that setbacks are part of the process. Mindfulness can help with that.

“The word mindfulness means to see clearly. When we see clearly, we can respond wisely and

effectively,” Shapiro said. “When you shame and judge yourself, it shuts down the learning centers of the brain.”

Being kind to yourself, on the other hand, releases oxytocin – the hormone of safety and connection, she said. And it releases dopamine, the neuromodulator of learning and motivation.

“When you make a mistake, it’s the perfect moment to learn,” Shapiro said. “Instead of giving up, you go forward.”

### Believe in the Why as Well as the What

While you might think that grinding it out is the crucial element for growth, a study of nearly 1,000 adolescents published this year in the journal *Sports* showed that having interest and perseverance – that is, the “grit” personality – isn’t enough for healthy behavior change. It’s the self-perception that you’re effective at doing so that’s key.

The vital trait here: Confidence.

I get that. Granted, I spend more time looking for balls in water/woods/backyards than I do actually swinging. But I’ve hit enough good shots that immediately deliver a dopamine IV to keep me coming back.



One reason why confidence is crucial, Marentes-Castillo said, is because it taps into internal/intrinsic motivation – when you’re motivated by internal drive rather than external goals. People who rationalize unhealthy behaviors with healthy ones (I’ll eat 14 pizzas because I did two sets of biceps curls) are less motivated by intrinsic reasons – and thus less likely to have the positive spillover effect.

The trick, she said, is to not just focus on the outcomes and everyday successes and failures, but to really tap into the bigger-picture motivations. Being in tune with how you feel about what you’re doing when you make changes –

and not just the fact that you’re doing it – can help you adjust other areas.

### Trust the Effect of Unintended Consequences

There’s no doubt that playing golf influences my mind and body for other reasons too, and similar effects would happen with any healthy hobby. So, if you’re looking for health changes, maybe you don’t have to start with a difficult diet or exercise program – but by finding something that *feels right to you*. After all, just engaging in a hobby has positive health effects.

Hobbies can activate different pathways that improve health, said Karen Mak, PhD, a senior research fellow in the Department of Behavioral Science and Health at University College London. Many of them deal with mental health, social systems, and purpose.

“The more we engage in hobbies in terms of engaging in a variety of leisure activities and a higher frequency of engagement, the more we are exposed to active ingredients that are known to benefit our health and well-being,” she said.

Research has shown that hobbies can benefit us by providing distraction, novelty, mental stimulation, creativity, and relaxation, said Ciara McCabe, PhD, a professor of neuroscience at the University of Reading in the United Kingdom. Hobbies specifically also provide sensual engagement, self-expression, creativity, and relaxation.

And that’s not even mentioning the benefits specific to your activity. For me:

- Golf gets me outside more. One study of 20,000 people found that spending at least 2 hours a week in green spaces was linked to good health.
- Golf appears to help the heart, blood vessels, muscles, and bones, according a review of more than 20 studies.
- Walking has been shown to curb cravings.
- Most times, I play with others. One study showed that social connections during exercise improved energy, which then improved performance.

And of course, there are the lessons golf taught me that spilled over into other areas of my life:

**Mind the details:** Learning all the things that go into a golf swing – position, grip, speed, where to place your feet, where to keep your eyes – reminded me that even seemingly minute details have consequences. Efficiency has its place, but not rushing does too. Important for work, important for relationships, important for life.

**Move forward:** My golf friends tell me to forget about the last shot; the only important one is the next one. It’s a good reminder about not getting too far ahead – and being patient. The next meal will get me to my weight loss goals, not worrying about Friday’s half-cup of queso.

**Enlist help:** We all want to have success on our own merits, but the greatest strides I made were because I took four different lessons with three different people. They all taught me different but crucial things, and they’re the only reason I’ve made some progress. Use your support systems to jet-fuel your education.

**Enjoy the moment:** Whether I’ve had a bad score, a horrible score, or a horribly bad score, we always say, “never a bad day to be out here.” And that goes for whenever I’m playing with my friends or my sons, or even by myself.

–By Ted Spiker / webmd.com

# Redefining Allergy Treatment Options



(Ivanhoe Newswire) —

**M**ore than 100 million Americans have allergies, making it the sixth leading cause of sickness in the U.S. Allergies are the body's response to foreign items in your system.

Traditional ways to treat it include antihistamines, dietary changes, or herbal remedies, but a researcher at the University of Central Florida has discovered a new approach at treating allergies that could possibly eliminate them.

Coughing, sneezing, and difficulty breathing are all signs and symptoms of allergies.

Assistant Professor of Medicine at the Burnett School of Biomedical Science at the University of Central Florida, Justine Tigno-Aranjuez, PhD, explains, "We are exposed to allergens, we mount a specific kind of immune response – it's called a Type 2 response."

Professor Tigno-Aranjuez and her team at the University of Central Florida are looking into redefining allergy treatment with a technique called LRC TriCeps – which identifies a cell receptor for common allergens. The research demonstrated the allergen and a common receptor, LMAN1, binding together to inhibit the allergic reaction. This discovery was groundbreaking.



"We have the potential to, potentially, you know, modify the disease course, or there's a potential for it to have a greater affect than just trying to, basically, suppress the symptoms," Professor Tigno-Aranjuez adds.

Currently, the best way to prevent your allergies from flaring up is by avoiding those allergens. Also, vacuum and dust often, and change out your air filters at least two to three months.

Allergies are a widespread health issue in the United States, affecting millions of people of all ages. An allergy is an abnormal immune response to substances that are typically harmless, such as pollen, dust mites, pet dander, or certain foods. The prevalence of allergies in the United States has been steadily increasing over the past few decades, making it a significant public health concern.

Allergies can affect any person, but you are more likely to experience or develop allergies if your parents have them as well. The most common food allergies adults include milk, eggs, wheat, peanuts, soy, tree nuts, and shellfish.

Diagnosing allergies in adults involves a system-

atic approach to identifying specific allergens that trigger allergic reactions and allergies can manifest in various ways. Healthcare providers begin by conducting a comprehensive medical history interview. They ask questions about the patient's symptoms, including the nature, duration, and severity of allergic reactions, as well as any known triggers or patterns of symptoms. A physical examination is performed to assess the patient's general health and look for physical signs of allergies, such as skin rashes, nasal congestion, or swelling. Various allergy tests can include skin prick testing, intradermal testing, blood testing, and challenge testing.

According to John Hopkins Medicine, an alternative to allergy shots is sublingual immunotherapy. This can provide relief from symptoms of some common allergies. Sublingual immunotherapy works by exposing the body to small amounts of the substance you are allergic to. It is available as tablets that are approved by the Food and Drug Administration and drops that are not approved by the FDA. The drops are however customized for each person and can be taken at home by placing them under the tongue. Sublingual immunotherapy can help patients address various airborne allergies.

# How-to for Running with Allergies

By Ashley Mateo | Runners World

**R**unning with allergies can bring on unexpected challenges that ultimately effect your performance or halt your run entirely. The reason: “Running increases your breathing rate, which makes you more likely to inhale more allergens,” explains Vijay Jotwani, M.D., a primary care sports medicine physician at Houston Methodist.

That means you’ll not only be dealing with spring-induced wheezing, but also common symptoms of seasonal allergies such as congestion, runny nose, a scratchy throat, and eye irritation—basically, everything that would make you swear off nature and embrace treadmill training for the foreseeable future.

But just because the slightest tinge of yellow dust in the air makes you sneeze doesn’t mean you need to give up outdoor miles. Rather, it’s all about knowing what you’re getting yourself into and properly preparing for it.

## HOW TO MANAGE RUNNING WITH ALLERGIES

### Pinpoint Your Allergens

First, if your seasonal allergies are bad enough that they’re affecting your run, you may want to get tested by an allergist to find out what you’re allergic to (tree pollen? grass pollen? other outdoor allergens?) and how sensitive you are, says Stanley Fineman, M.D., a spokesperson for

the American College of Allergy, Asthma and Immunology. “Know what conditions will make your symptoms flare can help you avoid a lot of grief,” he says.

### Check Pollen Counts

Once you know your triggers, you can check local pollen counts on sites such as pollen.com. Pollen concentrations are usually highest from 5 a.m. to 10 a.m., according to the American Academy of Allergy, Asthma, and Immunology. “Waiting until the afternoon and evening may be more helpful to reduce exposure and make your run feel easier,” says David Erstein, M.D., a New York-based allergist and immunologist.

### Take Meds as Prevention

Knowing what sets off your symptoms can also help you take preventative measures before heading outside. “If your symptoms aren’t too bad and only warrant an ‘as needed approach,’ taking an oral antihistamine like Allegra, Zyrtec, or Claritin at least one to two hours before a run may be a good enough strategy for you,” says Erstein.

Otherwise, an allergist may recommend a nasal steroid spray or additional prescription meds to make the run more bearable, adds Fineman. If you’re dealing with itchy eyes, over-the-counter antihistamine eye drops like Zaditor can provide serious relief on the run.

### Take Precautions

When you are outside, you should take some precautions to limit your exposure to pollen. “I recommend wearing a hat with a brim and wrap-around sunglasses to keep the pollen out of your eyes, because that’s a very sensitive area,” says Fineman. Plus, “wearing a neck gaiter or bandana to cover your nose and mouth can limit the amount of pollen that gets into your respiratory passages,” says Erstein.

It may also be worth decreasing your intensity and pace, says Jotwani. Remember, the heavier you’re breathing, the more allergens you’re inhaling, so



if the pollen count is super high, you may be better off taking your interval run into the gym.

### Pay Attention to Practices After a Run

What you do after your run is just as important as how you protect yourself during it. “Get out of those workout clothes ASAP and shower as soon as you get home,” says Erstein. “Pollens can stick to you, and changing and showering will minimize residual and continuous exposure.” That doesn’t mean you’re completely in the clear, though. “Once you trigger the body’s immune response, it can take some time for allergy symptoms to resolve,” says Jotwani.

### Stay Inside When Necessary

There are a few times where you’d be better off skipping your outdoor run completely.

Warm fronts tend to cause a rise in pollen counts, says Jotwani, while windy days whisk the pollen around, which can cause more suffering. And during allergy season, you’ll also want to avoid running when you’re super tired or sick; “a lowered and overworked immune system can make you more sensitive to allergens that may not have otherwise bothered you,” says Erstein.

Meanwhile, a great time to pound the pavement is immediately after a storm. “A good rain shower helps wash away the pollens suspended in the air,” he adds.

The good news? It’s pretty easy to run allergy symptom-free (most days, at least!). The bad news: There goes one of your excuses for flaking on that tough workout.

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# Getting Fit for Life: Do you need a personal trainer?

Is physical fitness just about being physically fit? What about your mental fitness? Can it also affect recovery from an injury or illness? Or is there something spiritual about it?

Although different people may approach their fitness journey for different reasons, they may find that physical fitness benefits their lives in ways they didn't ex-



pect. They may find they heal quicker, have more energy, and just “feel better” as they have a better attitude and enjoy life more.

Chaz Coates, owner and personal trainer at REPS Fitness, says that clients come to him for many different reasons.

“Some are just wanting to live healthier,” he says. “But others come for specific reasons, like recovering from an injury, or losing weight.”

As a personal trainer, Coates tailors a program to fit the specific needs of each individual client.

“There was a time where I had a client that was hit by a vehicle,” Coates said. “She had recovered and was on disability, and was



training to get more function. She ended up getting more nerve function in the side of her face, and more stability out of the foot that she could not feel, and ended up feeling that foot again all the way up, and all of the numbness was resolved. She had really good strength and stability after that.”

Coates sees a wide variety of clients.

“I’ve had clients that were waiters and I’ve also had clients that were bankers or in the medical field,” he said.

And while workout gyms may have been looked on as a male domain in the past, Coates finds that he has just as many female clients as male these days.

“One of my recent female clients lost 60 pounds with me, and is actually doing a bikini show,” Coates noted.

“I’ve also had couples come in on a fitness journey together and work with me for at least six months. One guy had lost 90 pounds and the wife lost 30.”

## Goal Achievement

A personal trainer helps you define your fitness goals. A trainer takes into account your current fitness level and discusses what you want to achieve through your workouts. While you may have some idea of the goals you want to set, a professional is able to help you break them down into smaller goals that are specific and realistic. The personal trainer also helps assess and document your progress toward those goals.

## Efficiency

A professional personal trainer is able to make the most of your workout time, which increases the efficiency of your exercise program. This is especially beneficial when you have a limited amount of time to exercise. For example, if you have to cut your 1-hour training session short one day, your trainer can complete a routine with you that burns the same number of calories and provides the same physical bene-



fits in half the time.

## Accountability

One problem when starting a fitness journey is lack of commitment to a regular exercise program. When you exercise on your own, it is easier to skip a session here and there, or fall off the wagon completely since there's no one to hold you accountable for your actions. When you work with a trainer, they help keep you accountable, making it more likely that you'll stick with your training program.

## Motivation

Motivation is often difficult to maintain when you exercise on your own. Regular sessions with a personal trainer enhance your motivation to continue with a workout regimen. Even if you don't use a personal trainer for every session, knowing that you'll meet with your trainer soon will motivate you during workouts. You also get the satisfaction of showing your trainer the improvement you've made as your exercise program proceeds.



A recent client of Coates lost 59 pounds on the personal fitness program he tailored for her.



## Instruction

A professional trainer teaches you the proper way to perform each exercise movement in your routine. They often demonstrate the movement and watch you perform it so they can correct any issues with your posture or technique. Learning how to perform exercises properly reduces your risk of injury. You also will be able to do the exercises on your own at home or at the gym after getting professional fitness instruction.



Coates creates a personal fitness program for each client and tracks their progress.

“I started my fitness journey 15 years ago and never turned back,” Coates said. “I learned many things along the way, and challenged myself on a regular basis. That regular challenge turned into regular self-accomplishment.”

“My goal is to bring that mindset and sense of accomplishment to each and every client that joins my program. Not only will you be challenged on a regular basis but you will get that sense of accomplishment, progression and physical change you are looking for.”

How much you use a personal trainer and how much you rely on them can be up to you.

“As a personal trainer I take my clients fitness goals seriously,” Coates said. “I understand that losing weight and gaining muscle tone can be challenging, and my goal is to help you overcome hurdles and reach your goals. I analyze your body type, BMI, and metabolism, to create



Coates makes sure each client knows the proper execution of each exercise on their program.

your individualized fitness plan. Routines are set up weekly, so a plan is already laid out in front of you. You just have to go get it. On days you workout at the facility with me we will work on execution of the exercises to perfect them and remember them.”

That’s where the term “REPS” comes in:

R epetition  
E xecution  
P rogress  
S uccess

With Coates’ program, you get access to an online app to store body measurements, pictures, deliver routines, facilitate meal planning, etc. That way, you can track progress and store it all in your phone.

## Always There to Assist You

“As Personal Trainer and an Online Coach, I am available 24/7,” Coates said. You just message and I will assist.

“With years of success and experience, I am capable of analyzing your body and creating a fitness plan that will help you reach your goals. Most plans include healthy eating and weekly scheduled exercise, to ensure the best results for my clients. I will work with you to keep you on track and motivated to reach your goals.”

## Does this work for beginners?

Yes! in fact, it's a great way for you to learn about exercise and fitness, as you'll have someone knowledgeable teaching you right from the start!

## Do you need to join a gym?

Not if you don't want to!

“An important goal for me is that you're comfortable when you workout,” Coates said. “REPS Fitness is a private facility. So when we train, it’s truly 1 on 1. There’s no distractions, or waiting on a machine that is occupied. I can set you up to workout in any setting you want – that means if you prefer to workout outside, I’ll set up a plan for you. I can also provide online training and consultations via email – a quicker, easier way to complete a consult without wasting gym time.

## What kind of results can you expect?

“It all depends on you! We’ll go at your pace to reach



your goals.” Coates says. “How fast we do that depends on the time and effort you put in!”



Chaz Coates, NASM Certified Personal Trainer

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**BE FAST! Call 911.**

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- Eyes** | sudden change in vision
- Face** | sudden weakness of the face
- Arms** | sudden weakness of an arm or leg
- Speech** | sudden difficulty speaking
- Time** | time the symptoms started

During a stroke 32,000 brain cells die every second.  
**BE FAST! Call 911.**



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# Farmers Markets a healthy tradition

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.



The Downtown Topeka Farmers Market is open 7:30am to noon on Saturdays. For info: 785-249-4704 or topekafarmersmarket@gmail.com.

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 State 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 [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.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 [heartlandhealthynighborhoods.org](http://heartlandhealthynighborhoods.org) or like us on Facebook.



Suggestions to Lissa Staley, [lstaley@hscsl.org](mailto:lstaley@hscsl.org)

### Breadbasket Farmers Market

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

Open April 6



### 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 13 - Oct. 26



### 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 4 - Oct. 5



### 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 46<sup>th</sup> St., Topeka, KS 66618  
Saturdays: 8:30-11:30 am

Open July 6

### Lawrence Farmers Market

Sat. 7:30-11:30  
824 New Hampshire Street  
Open April 6

### Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts  
Open May 7

### Perry Lecompton Farmers Market

Bernie's/Cenex parking lot, Ferguson & Hwy 24  
Friday 4-6:30pm  
Open May 3

- 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.



# Spiritual Wellness

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

## Just Ask: Seeing fitness as more than a physical need

**A**s a woman in my fifties, the last thing I would have imagined would be for God to call me to start a community fitness ministry. However, that is exactly what He did.

God called me to begin a fitness ministry as I began to see a deeper need while I was working as a fitness instructor at a local gym. I saw a need that goes deeper than just physical fitness. We are all made up of a body, a mind and a spirit. We all need to be healthy and strong in each of those areas to live out the life God has for us.

God led me to Ephesians 2:10 where He tells us that we are His workmanship, created for good works that He prepared for us to do beforehand. We need to be ready and able to do and be all that He created us to be. I willingly obeyed His call with no preconceived notion of how this ministry would look. I found that when I surrender to His call and say, "Here I am; send me", he works out the details. God gave me the vision of Faithfit [in Paducah, Kentucky]. A beautiful journey in fitness ministry began.

### THE PLAN: GET SERIOUS – YOU WON'T BE DISAPPOINTED

A few years ago, I walked into the gym where I participated in group fitness classes, like I did most every morning. This particular morning, however, God had a divine appointment planned for me. One of my group fitness instructors said something to me that God would use to set things in motion that He had planned. She told me of an upcoming training to be a certified group fitness instructor in our area and encouraged me to go, get trained, and teach a class. I decided to go for it and I am so glad I did.

I started teaching classes at the gym and fell in love with it. God kept telling me He wanted to use this as a ministry. I didn't know how He would accomplish this, but I told Him, "Here I am. Use me any way You want!" One Wednesday night in church, God spoke to my heart that I should go to a local addiction recovery center called Lifeline and workout with the ladies and lead a Bible study. I had no idea if Lifeline needed or wanted such a thing, but I spoke with the director anyway.



I found out they had been praying for something like this for the ladies. We went and looked at the little chapel they have on campus as a possible space for the workouts. It was perfect. A stage in front with a large wooden cross on the wall is the focal point when you walk into the building. There are large windows lining both sides of the chapel, letting sunlight pour in. A beautiful space for a fitness ministry and workout class!

We then asked for donations from the community and generous donors helped us get all the equipment we needed. By this time, I had designed a logo and we were off and running. FaithFit is now a big part of the ladies' recovery and healing from their addictions. Several groups of ladies have come through the FaithFit program and I can see how God is using the workouts and Bible study to allow them to see themselves the way God sees them; strong, beautiful and confident.

### BUILDING STRONGER TEMPLES IN THE CHURCH

While doing the workouts with the ladies at Lifeline, God continued to lay on my heart to take FaithFit into the community, as well as Lifeline. God had brought a good friend along to partner with me in this ministry and we began to pray about how and where we could hold the classes and make it truly a community wide ministry.

I didn't want it to feel "churchy" or be affiliated with any one denomination. I wanted FaithFit to meet the need of helping people get healthier and stronger physically, spiritually and mentally. Not "religious," but I wanted each class to exude the love of Christ to anyone who walked through the doors. I didn't know where this space would be. I wanted FaithFit to be free of charge, open to anyone and feel free of judgement to anyone on any fitness level.

Finally after much prayer, I spoke with my pastor at my church, Heartland Church in Paducah, Kentucky. I told him

my vision that I felt God had given me. He was completely on board with allowing FaithFit to meet in our church's youth building. This space is perfect. We have amazing lighting, sound and plenty of room for a large group. God provided all the equipment we needed, too.

A year and six months later, God keeps blessing Faithfit! More and more people are attending from all over the community and surrounding areas. The participants are from all denominations, and some who do not attend church at all. People are getting stronger, healthier and more confident.

We have 13 group fitness classes per week with a team of many volunteers ranging from instructors to Bible study facilitators and a welcome team. We have all the equipment we need and plenty of space for both the workout and storage. All of the workouts are to Christian music and we have a practical devotion from God's Word at the end of each workout that we



call our "Spiritual Fitness Challenge." Faithfit is such a Spirit-led ministry that is both worshipful and fun. Our fitness ministry is full of unity and amazing encouragement.

At Lifeline, I have worked with several groups of ladies going through the program. Many have told me how this ministry helped them greatly in their recovery of addiction.

### ORCHESTRATED TO BEAR GREAT AND PERPETUAL FRUIT

God continues to show me that all He wants is my heart and a willingness to be obedient to His call. He provides the space and everything else I need. Faithfit is His. He continues to provide, lead and equip this ministry. It is quite the spiritual journey I am on watching Him work in so many lives!

Go back to Ephesians 2:10. God has called us as believers to live a life in obedience to His calling on our lives. We need to be ready. I encourage anyone who may feel led to begin a ministry like Faithfit, to pray big, be willing and just ask! Be open and flexible and watch God work. He always provides and equips what He has called us to do.

—By Lisa Vasseur Jarvis/faithandfitness.net



# Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

## *Will you help us?*

We need partners to help us provide expertise in these and other areas:

- Family medicine practitioner • Optometrist
- Dentist • Massage therapist • Sports Medicine
- Fitness coaching • Pediatrician • Emergency Care • Nursing
- Health insurance provider • Ear, nose, and throat doctor • Pet care
- OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).

# Healthy Recipes for the Spring Season

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

## The Healthiest Potato Salad



This classic potato salad recipe is perfect and easy. To make it even healthier, you can swap out the mayo for plain Greek yogurt.

### Ingredients

- 3 lb red potatoes, all similar in size
- Salt and black pepper to taste
- 2 stalks celery, chopped
- 1/4 cup chopped pickles (preferably gherkins or cornichons)
- 1 small red onion, chopped
- 2 Tbsp Dijon mustard
- 1/2 cup mayonnaise
- 2 Tbsp white wine vinegar
- 3 hard-boiled eggs, chopped
- Smoked paprika (optional)

### Directions

Place the potatoes in a large pot and fill with enough cold water to easily cover.

Season the water with 1 teaspoon salt and bring to a boil.

Cook the potatoes until tender all the way through (The tip of a paring knife inserted into a potato will meet little resistance). Drain.

When cool enough to handle, chop the potatoes into 3/4" pieces.

Place in a large bowl and add the celery, pickles, onion, mustard, mayonnaise, vinegar, and eggs. Toss to coat.

Season with salt and pepper and sprinkle with the paprika (if using).

### Nutrition Information (Servings: 10)

190 calories, 10 g fat (2 g saturated), 320 mg sodium

Source: [eatthis.com](http://eatthis.com)

## Best-Ever Healthier Chicken Pot Pie



Say goodbye to unnecessary calories while still indulging in the beloved comfort food.

### Ingredients

- 2 Tbsp butter
- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves garlic, minced
- 2 cups stemmed and quartered white or cremini mushrooms
- 2 cups frozen pearl onions
- 2 cups chopped cooked chicken (leftover or pulled from a store-bought rotisserie chicken)
- 1/4 cup flour
- 2 cups low-sodium chicken broth, warmed
- 1 cup 2% or whole milk
- 1/2 cup half-and-half
- 1 1/2 cups frozen peas
- Salt and black pepper to taste
- 1 sheet puff pastry, defrosted
- 2 egg whites, lightly beaten

### Directions

Heat the butter in a large sauté pan or pot over medium heat.

When it's melted, add the onion, carrots, and garlic and cook until the onion is translucent and the carrots begin to soften, about 5 minutes.

Add the mushrooms and pearl onions and cook, stirring occasionally, for another 5 minutes.

Stir in the chicken and the flour, using a wooden spoon to ensure the vegetables and meat are evenly coated with flour.

Slowly pour in the chicken broth, using a whisk to beat it in to help avoid clumping with the flour (having the broth warm or hot helps smooth out the sauce).

Once the broth is incorporated, add the milk and half-and-half and simmer for 10 to 15 minutes, until the sauce has thickened substantially and lightly

clings to the vegetables and chicken. Stir in the peas. Season with salt and pepper.

Preheat the oven to 375°F. Cut the pastry into quarters. Roll out each piece on a floured surface to make a 6" square.

Divide the chicken mixture among 4 ovenproof bowls. Place a pastry square over the top of each bowl, and trim away the excess with a paring knife; pinch the dough around the edges of the bowl to secure it.

Brush the tops with the egg whites and bake until golden brown, about 25 minutes.

### Nutrition Information (Servings: 4)

350 calories, 15 g fat (8 g saturated), 650 mg sodium

Source: [eatthis.com](http://eatthis.com)

## Low-Calorie Sliders



You're going to want to add these on the appetizer list for your next party.

### Ingredients

- 2 Tbsp mayonnaise
- 1 Tbsp chipotle pepper
- 1/2 lb ground sirloin
- Salt and black pepper to taste
- 1/2 oz shredded sharp cheddar cheese
- 4 small soft rolls, about 2" in diameter
- 4 strips cooked bacon
- Caramelized onions

### Directions

Mix the mayo and chipotle pepper.

Prepare and cook the burgers as described for the mushroom-blue cheese sliders, omitting the steak sauce and subbing cheddar for the blue cheese.

Spread the rolls with a bit of the mayo mixture, then top with the burgers, bacon, and caramelized onions.

### Nutrition Information (Servings: 4)

Per serving: 320 calories, 18 g fat (7 g saturated), 400 mg sodium (average of both)

Source: [eatthis.com](http://eatthis.com)

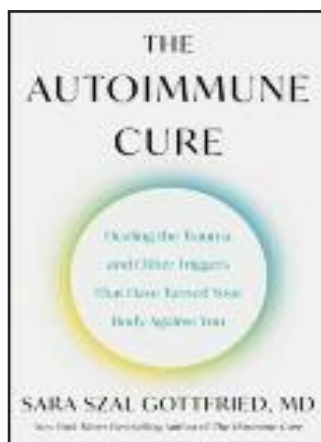
# New Health & Wellness Info at the Library

By Elizabeth Phelps

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

**The Autoimmune Cure:** healing the trauma and other triggers that have turned your body against you – by Sara Gottfried; Harvest, an imprint of William Morrow; New Health Books 616.987 GOT

We know that autoimmune disease – a condition when the body's immune system attacks its own healthy tissue and cells – affects about one in ten Americans, with prevalence increasing worldwide. But as New York Times best-selling author Dr. Sara Gottfried explains in this eye-opening new book, autoimmune disease may be even more pervasive than we realize – and its root cause may surprise you.

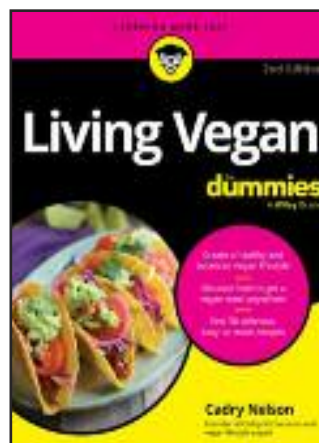


Conventional medicine falls short when it comes to both diagnosing and treating autoimmune disease. Many people suffer from mysterious symptoms – like severe fatigue, brain fog, aches and pains, feelings of tingling and numbness, stubborn weight gain, abdominal pain, digestive problems, hair loss, insomnia, and even anxiety – and don't realize their immune system is at the root of their symptoms. In her precision medicine practice, Dr. Gottfried noticed a seemingly unusual pattern: many of her patients who suffer from autoimmune disease and symptoms have a history of trauma. Emerging research shows that up to 80% of patients with autoimmune disease experienced significant emotional distress before getting sick. Dr. Gottfried has created a powerful program designed to break the vicious cycle of autoimmune disease, reset your immune system, and restore your health.

**Living Vegan: For Dummies** – by Cadry Nelson; John Wiley & Sons; New Health Books 613.262 NEL

This book provides a practical look at veganism for those who have already embraced the lifestyle, for anyone who

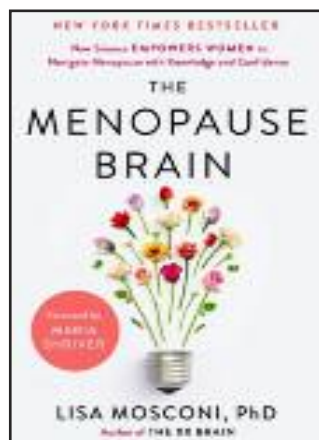
is on the fence about trying it, or for those who want to understand the choices of the vegans in their midst. You'll learn what it means to be vegan and why this animal-friendly diet is on the rise. Discover tasty vegan ingredients and easy recipes, money-saving tips, advice for talking to people about veganism, and ideas for dealing with the skeptics. If you're ready to start transitioning to a vegan way of life, you'll love this book's simple action plans for making the switch, and making it stick. With this friendly Dummies guide, you've got answers to all your questions.



Lots of things you'll learn here: what veganism is, how it's different from vegetarianism, and why people choose to "go vegan." Decide whether veganism is for you and get pointers on cutting out animal products. Help friends and loved ones understand your dietary and lifestyle choices. Get ideas for vegan cooking, eating out, and being vegan on a budget.

**The Menopause Brain:** new science empowers women to navigate menopause with knowledge and confidence – by Lisa Mosconi; Avery, an imprint of Penguin Random House; New Health Books 618.175 MOS

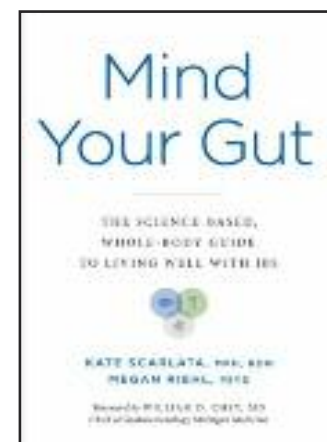
Menopause and perimenopause are still a black box to most doctors, leaving patients exasperated as they grapple with symptoms ranging from hot flashes to insomnia to brain fog. As a leading neuroscientist and women's brain health specialist, Dr. Mosconi unravels these mysteries by revealing how menopause doesn't just impact the ovaries – it's a hormonal show in which the brain takes center stage.



The decline of the hormone estrogen during menopause influences everything from body temperature to mood to memory, potentially paving the way for cognitive decline later in life. To conquer these challenges successfully, Dr. Mosconi brings us the latest approaches – explaining the role of cutting-edge hormone replacement therapies like "designer estrogens," hormonal contraception, and key lifestyle changes encompassing diet, exercise, self-care, and self-talk. Best of all, Dr. Mosconi dispels the myth that menopause signifies an end, demonstrating that it's actually a transition. Contrary to popular belief, if we know how to take care of ourselves during menopause, we can emerge with a renewed, enhanced brain – ushering in a meaningful and vibrant new chapter of life.

**Mind Your Gut:** the whole-body, science-based guide to living with IBS – by Kate Scarlata; Hachette Go, an imprint of Hachette Books; New Health Books 616.342 SCA

IBS affects 45 million Americans; it's also a tricky disease – hard to diagnose, miserable to live with. With the advent of the low FODMAP diet, nutrition is one of the primary treatments; but most folks don't know how to connect the dots between our brain and our gut health. Enter world-renowned digestive health specialist and registered dietitian Kate Scarlata, and prominent GI psychologist Dr. Megan Riehl; their new book provides a comprehensive, holistic approach to IBS. Mind Your Gut shares valuable information on: The gut, brain, and food connection; stress overload - its heavy impact on IBS; easy to implement, symptom-specific interventions; nutrition remedies to calm your belly and maximize your gut health; how to make healthy food choices in a food-fear and weight-obsessed culture; IBS mimickers; and when to re-examine your symptoms with your doctor.



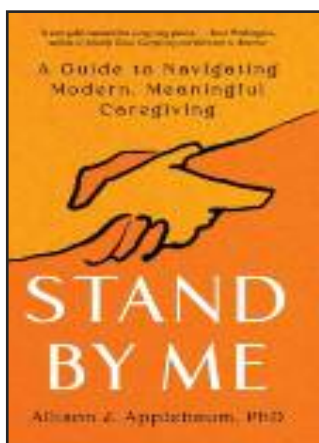
Offering everything from science-based interventions, targeted mind-gut behavioral strategies (such as body relaxation methods and stress management skills), as well as delicious gut-soothing recipes and nutrition tips, Mind Your Gut combines diet and behavioral interventions for



a full toolbox of therapeutic options for your IBS.

**Stand By Me:** a guide to navigating modern, meaningful caregiving – by Alison Applebaum; Simon Element; New Health Books 610.84 APP

As the founder of the only devoted Caregivers Clinic in the country, clinical psychologist Dr. Allison Applebaum is no stranger to the intensity of being an unpaid, untrained family caregiver. She also understands that it is often the strength and well-being of these very caregivers – the parents, children, partners, siblings, and friends of patients – that are the true linchpin determining each patient's illness experience.



This book puts the practical tools and transformative support of the Caregivers Clinic in your hands, empowering you to provide your loved one with the best quality of life and care possible, while promoting your own well-being. The book covers crucial topics including: Getting the most from any healthcare system; productive advance care planning; navigating changing roles and relationship dynamics; and, finding meaning and purpose in the caregiving experience.

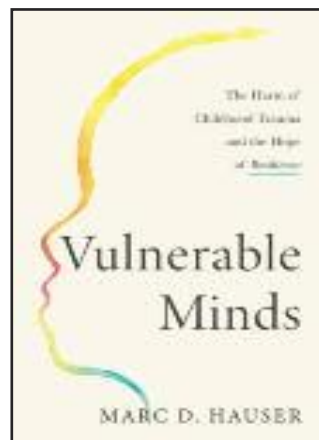
Stand By Me draws on a decade of clinical and research experience as well as Dr. Applebaum's personal journey as the primary caregiver for her own father, legendary composer Stanley Applebaum, at the end of his life. Dr. Applebaum recognizes caregivers for who they truly are: invaluable healthcare team members. Offering critical insight and takeaways, Stand By Me can be an essential resource throughout your caregiving journey.

**Vulnerable Minds:** the impact of childhood trauma and the path to resilience and recovery – by Marc Hauser; Avery, Penguin Random House LLC; New Health Books 616.8521 HAU

Each year at least a billion children around the world are victims of adverse childhood experiences (ACEs) that range from physical abuse to racial discrimination to neglect and food deprivation. The brain plasticity of our most vulnerable makes the adverse effects of trauma only that much more damaging to mental and physical development. Those dealt a

hand of ACEs are more likely to drop out of school, have a shorter life, abuse substances, and suffer from myriad mental health and behavioral issues.

The crucial question is: How do we intervene to offer these children a more hopeful future? Neurobiologist and educator Dr. Marc Hauser provides a novel, research-based framework to understand a child's unique response to ACEs that goes beyond our current understanding and is centered around the five T: the timing during development when the trauma began, its type, tenure, toxicity, and how much turbulence it has caused in a child's life. Using this lens, adults can start to help children build resilience and recover, even benefit, from their adversity through targeted community and school interventions, emotional regulation tools, as well as a new frontier of therapies focused on direct brain stimulation, including neurofeedback and psychedelics.

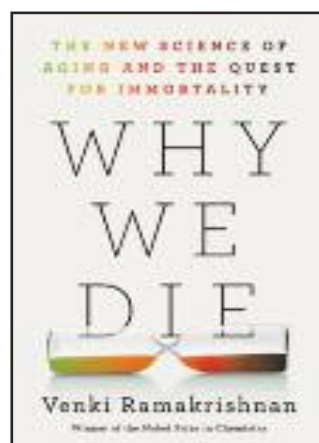


While human suffering experienced by children is the most devastating, it also presents the most promise for recovery; the plasticity of young people's brains makes them vulnerable, but it also makes them apt to take back the joy, wonder, innocence, and curiosity of childhood when given the right support. Vulnerable Minds is a call to action for parents, policymakers, educators, and doctors to reclaim what's been lost and commit to our collective responsibility to all children.

**Why We Die:** the new science of aging and the quest for immortality – by Venki Ramakrishnan; William Morrow, an imprint of HarperCollins Publishers; New Health Books 610.875 RAM

A groundbreaking exploration of the science of longevity and mortality, from Nobel Prize-winning molecular biologist Venki Ramakrishnan.

The knowledge of death is so terrifying that we live most of



our lives in denial of it. One of the most difficult moments of childhood must be when each of us first realizes that not only we but all our loved ones will die – and there is nothing we can do about it. Or at least, there hasn't been. Today, we are living through a revolution in biology. Giant strides are being made in understanding why we age, and why some species live longer than others. Could we eventually cheat disease and death and live for a very long time, possibly many times our current lifespan? Covering the recent breakthroughs in scientific research, this book examines the cutting edge of efforts to extend lifespan by altering our physiology.

*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

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**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)

**Topeka & Shawnee County  
Public Library**

**1515 SW 10th Ave., Topeka, KS 66604**

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

# Health & Wellness Marketplace

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

## MEDICAL

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

## DIABETES PROGRAM

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

## PEDIATRIC DENTISTRY

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

## PEDIATRIC VISION

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[k.nystrom@att.net](mailto:k.nystrom@att.net)

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

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

## HEALTH ADVERTISING

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

## MEDICAL PRODUCTS

**CPAP**  
Supplies & Services LLC  
Specializing in all your CPAP needs  
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## COUNSELING

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

**SMJ SHANE M. JONES & ASSOCIATES, P.A.**  
COUNSELING YOU CAN TRUST  
[www.shanemjones.com](http://www.shanemjones.com)

2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732

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

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

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- Anxiety
- Adaption
- Addictions
- Foster Care
- Grief-Loss

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[www.thefunctionalnursecoach.com](http://www.thefunctionalnursecoach.com)



913-298-1092

## MENTAL HEALTH - ADDICTION

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

## EMERGENCY FOOD & SHELTER

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MINISTRIES

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RESCUE MISSION  
MINISTRIES

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Non-Cash Donations: 785.357.4285

Volunteer Services: 785.354.1744 ext. 393

[TRMonline.org](http://TRMonline.org)

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

## CHRISTIAN EDUCATION

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

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[HCSTopeka.org](http://HCSTopeka.org) | [info@HCSTopeka.org](mailto:info@HCSTopeka.org) | 2000 NW Clay, Topeka, KS 66608

## Alpha Christian Children's Home & School

[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)

WHAT WE DO:

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



HOW YOU CAN HELP:

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3. Adopt Children in Need To Us
4. Monetary & Food Donations



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tbrown@aldersgatevillage.org  
785-286-7490

Call for details!  
785-286-7490

Vote for Aldersgate, Community Choice Awards, May 7th-21st

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www.idesigngs.com

**BICYCLES**

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

**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.

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691  
www.midlandcareconnection.org

**DELI MEATS**

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**HEALTH INFORMATION**

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

785-580-4400. www.tscpl.org

**HONEY**

**HONEY** for sale, local, new crop. Tecumseh area. Pick up or we deliver. All types of honey products. Call 785-215-5280. Prairie School Honey.

**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery!  
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**COMMUNITY CARE LINE**

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# Healthy Event Calendar for Greater Topeka

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

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

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

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

**WOODSHED FLEA MARKET** – Sundays 10-3, 1901 N. Kansas Ave.

**TULIPS AT TWILIGHT** - Every evening April 11-28, Thur.- Sat., 7-10pm. Family fun! A luminary walk & electric light show. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Admission for adults is \$5.00 with children 5 and under free. No pets allowed. Located at Old Prairie Town & Ward-Meade Park, 1st & Clay St., Topeka, KS.

**BREAD BASKET FARMERS MARKET** – Every Saturday in the West Ridge Mall parking lot, south end.

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's thru Oct. 26, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

**GARAGE SALE** - Friday, Apr. 26-27, 8-1: First Christian Church, 1880 SW Gage. Enter from Stone St.

**MONTHLY FARMERS /FLEA MARKET** – Apr. 27, 8-2, Meriden Antique Threshers, 8275 K4 Hiway.

**CELEBRITY PANCAKE FEED** – Apr. 27 7am-12pm, Combat Air Museum at Forbes Field. All you can eat Perkins pancakes for \$7 donation, plus sausage, juice & coffee. Free tour of museum is included. 785-862-3303.

**TOPEKA ACAPPELLA UNLIMITED REHEARSALS** - April 30, May 7 and May 14 at Topeka Bible Church at 7:00 p.m. All singers invited as our guests, you will rehearse with us, learn about us and can sing with us at our performances this summer. For more information, contact [info@acappellaunlimited.com](mailto:info@acappellaunlimited.com) or see our website at [www.acappellaunlimited.com](http://www.acappellaunlimited.com)

**ING NETWORKING LUNCH** – May 1, 11:30-12:30, Big biscuit.

**LIVE AT LUNCH** – May 1, 11-1, Evergy Plaza. Rewind

**EATS AND BEATS** – May 2, 11-1, Evergy Plaza. The Bash

**WHITE CLOUD FLEA MARKET** – May 2-5, 8-2, White Cloud, KS

**MORNING'S LIGHT NATIONAL DAY OF PRAYER MEETING** – May 2, 7-8am, Topeka Reformed Presbyterian Church, 8345 SW 33rd St. Gather with others desperate to seek the Lord's face and blessing upon our nation. Pastor Brad Johnston, 785-207-7007 or [brjusa@gmail.com](mailto:brjusa@gmail.com)

**NATIONAL DAY OF PRAYER RALLY AT THE CAPITOL** – May 2, 11:45am, 1st Floor Rotunda of the Capitol. Gather with others for prayer, Honor Guard, Homeschool Children's Choir and more. (316) 516-0777 [www.nationaldayofprayer.org](http://www.nationaldayofprayer.org); [donna@cultureshield.com](mailto:donna@cultureshield.com)

**WOOD VALLEY PICKERS** – May 3, 7:30pm, Classic Bean, Fairlawn Plaza. Folk & Country,

Free admission. 785-271-5005

**MARIA THE MEXICAN** – May 3, Compass Point, 800 N. Kansas Ave.

**WOOD VALLEY PICKERS** – May 3, 7pm, Classic Bean, Fairlawn Plaza. Bluegrass, folk & country. Free admission.

**WASHBURN TECH CAR SHOW** – May 3, 9am-2:30pm, 5724 SW Huntoon. Silent Auction, Bake sale, music. Pre-register here: [https://washburnvpaa.qualtrics.com/.../SV\\_26w9IgcK4kEwDjM](https://washburnvpaa.qualtrics.com/.../SV_26w9IgcK4kEwDjM)

**REDBUD FESTIVAL** – May 3-5, NOTO area on N. Kansas Ave. Chalk Walk event for all ages.

**DUGOUT CAR SHOW** – May 4, 8-2. 17th & Fairlawn.

**FLEA MARKET AT THE BARN** – May 4, 10-4, 4701 SW Auburn Rd.

**TOP CITY TACO LOCO** – May 4, 12-4, Vail Event Ctr.

**FOOD TRUCK NIGHT AT HHHS** – May 4, 4-8pm, 5720 SW 21st. Food and live music. Bring your lawn chair. Helps homeless animals.

**CINCO DE MAYO** – May 5, 11am-9pm, Evergy Plaza. Live bands, Mexican dancers, authentic food, family fun, crafts. Bring your lawn chair.



Join us at the Capitol in Topeka for the National Day of Prayer

May 2, 2024 • 11:45 AM

## National Day of Prayer Rally

Kansas Capitol - 1st Floor Rotunda

- Honor Guard
- Homeschool Children's Choir
- Prayer for our nation, children, families, military and leaders
- Prayer for protection and creative strategies to bring His Kingdom to earth

*"Behold how good and pleasant it is when brothers dwell together in unity." Psalm 133:1*



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Feeling worried, lonely or isolated?  
Call to request regular check-in phone calls,  
or call when you want to talk!  
We are here to listen and to provide  
helpful community resources!  
Monday - Friday from 10 am - 2 pm.



**SHAWNEE CHORAL SOCIETY PRESENTS... AMERICA THE BEAUTIFUL**; May 5; 7:00 PM; White Concert Hall, Free admission, donations gratefully appreciated, Special thanks to CoreFirst Bank & Trust and Washburn University; www.shawneechoral.com

**GRAND REOPENING OF SHOPPERS KITCHEN** – May 7, 12-1pm, 250 SE 29th. Ribbon cutting and light snacks. Full lunch menu also available.

**C5Alive “POWER” LUNCHEON** – May 9, 11:30-1, Harley Town meeting room. Featured Speaker: Anthony Blanco, Business Coach & Trainer.

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

• \$20 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

**SAVE THE DATE: C5 POWER Luncheon**, June 13, 11:30-1, at Shoppers Kitchen, featuring Sylvia Hopper.

**LIVE AT LUNCH** – May 8, 11-1, Every Plaza. Blacktop Thunder

**EATS AND BEATS** – May 9, 11-1, Every Plaza. Alter Ego

**MIDLAND CARE CELEBRATION WALK** – May 10, 6pm, 200 SW Frazier Circle. Music by Sante Fe Band. Food Trucks, childrens entertainment.

**MILLTOWN BAND** – May 10, 7-10pm, Compass Point, 800 N. Kansas Ave.

**LIVE AT LUNCH** – May 15, 11-1, Every Plaza. Colin Nichols

**ING NETWORKING LUNCH** – May 15, 11:30-12:30, Harley Davidson.

**EATS AND BEATS** – May 16, 11-1, Every Plaza. Megan Luttrell - Departure

**COMMUNITY CHAMBER ORCHESTRA** - May 17, 7pm, Morganville (closed) School, 307 Main, Morganville, KS. Family-friendly classical music program presenting KSU's new violin and viola faculty member, Dr. Madeleine Jansen, as our violin soloist on the first work by Dvorak, followed by famous works of Barber, Telemann and Mozart. Contact: Dr. Anne Clark, 785-926-4725 or baclark@twinvalley.net. website: www.kansas-music.net. Admission: \$8/person or \$18/family

**LIVE AT LUNCH** – May 22, 11-1, Every Plaza. Howard Mahan and Mike P

**EATS AND BEATS** – May 23, 11-1, Every Plaza. B Howard Crist – Chance Encounter

**RED CROSS BLOOD DRIVE** – May 23, 9am-3pm, Christ Lutheran Church, 3509 SW Burlingame. To make your life-saving appointment call 800-RED-CROSS or visit www.redcrossblood.org (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior to your appointment. Save time at your appointment by completing RapidPass - pre-reading and questions - the DAY OF your appointment via the blood donor app or visit www.redcrossblood.org/rapidpass.

**SPRING TUNE UP CLASSIC CAR SHOW** – May 25, 11-2, 1550 Wana-maker.

**LIVE AT LUNCH** – May 29, 11-1, Every Plaza. Michael Eichten

**EATS AND BEATS** – May 30, 11-1, Every Plaza. Big Harry Blues Band - Nucklehead Jones

**MULVANE ART FAIR** – June 1-2, Mulvane Art Museum, Washburn University Fine Art, food trucks, music, childrens activities

**GERMANFEST** – June 1 & 2, 312 NE Freeman, Sacred Heart-St. Joseph

Parish

**SOLE REASON GOLF TOURNAMENT** – June 28, 2pm shotgun, Cypress Ridge Golf Course. Sole\_reason@yahoo.com or 785-338-2965 or register at solereason.net. Benefits children that need sneakers. Lots of prizes and silent auction items. \$380 per team includes green fees, carts, drinks, meal.

## ONGOING EVENTS:



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

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

May 9, 11:30-1: “POWER” Luncheon  
at Harley Davidson Meeting Room

Featuring: **Anthony Blanco,**  
**Business Coach** Open to the public.

RSVP to info@C5Alive.org



Save the Dates!

- June 13: POWER Luncheon, 11:30-1, with Sylvia Hopper
- July 11: POWER Luncheon, 11:30-1, with Barry Feaker
- Aug 8: POWER Luncheon, 11:30-1

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

sponders and members of the armed forces. For info, call 785-224-4232 or go to [www.hopeandhealingacademy.com](http://www.hopeandhealingacademy.com)

**SENIORS NUTRITIONAL LUNCH** – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215- 0064.

**THE HEAT** – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkansan.org](http://www.flocritkansan.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

**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@tsclp.org](mailto:nhonl@tsclp.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@rhctopeka.org](mailto:office@rhctopeka.org)

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

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

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

**TOPEKA LIONS CLUB** – 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. [TopekaLions.org/contact-us](http://TopekaLions.org/contact-us) to RSVP.

**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](mailto: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](mailto:davemathias@sbcglobal.net), or Betsy Thompson, [betsyjthompson@gmail.com](mailto:betsyjthompson@gmail.com).

**SHEPHERD'S CENTER BOOK CLUB** - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Ccontact the office at 785-249-3258 or email [shepherdstopeka@yahoo.com](mailto:shepherdstopeka@yahoo.com) for the book of study.

**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](mailto: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](mailto:janescola@hotmail.com).

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

**HEALING AFTER LOSS TO SUICIDE (HeALS)** - Topeka

support group meets the 1st and 3rd Tuesday of each month from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: [Topeka.heals@gmail.com](mailto:Topeka.heals@gmail.com) or 785-380-9309.

**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](http://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](mailto:TopekaCFS@outlook.com).

**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



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WE WANT TO HELP!**

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

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

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

**Free Vision  
Screening Service**




Spencer Smith with the Vision Screener

**Now Scheduling**

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

Who can use this service?  
Any Daycare, Pre-school or School with children 6 months to 6 years old

What equipment is used?  
NC Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

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

How do I get the Screener scheduled?  
Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith,  
e-mail: [slsmithkz@att.net](mailto:slsmithkz@att.net) or call (785) 833-8321

**LAWN  
MAINTENANCE**

**Michael's Lawn Care**

We service advanced and basic lawn care. Need trimming, debris removal, or a remodel of landscape we can help!

Tree removals, Snow removal and junk removal we can help! We have equipment for our ever changing landscape.

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Call or text:  
520-861-0524  
email:  
[amaryh1978@gmail.com](mailto:amaryh1978@gmail.com)

**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 jim-baer73@gmail.com to register.

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

**BRIDGE GROUP** - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th Make arrangements 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 GEM AND MINERAL SOCIETY** - 4th Friday of the month. 7:15pm, 1st Congressional Church, 1701 SW Collins.

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

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

**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](mailto:info@TopekaHealthandWellness.com)

See complete updated calendar at  
[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)



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785-267-5777  
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**Sole Reason's 6th Annual Sneakers & Smiles Golf Tournament**

Benefiting Local Kids In Need  
4 Person Scramble Tournament

Friday, June 28th Shotgun start: 2pm	OR	Saturday, June 29th Shotgun start: 8am
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Cypress Ridge Golf Course  
2533 SW Urish Rd, Topeka, KS 66614

**Entry Fee: \$380 per team**  
Includes Green Fees, Cart, Drinks, Breakfast and Lunch

To register scan or go to:  
Friday- [www.SoleReasonFri.golfgenius.com](http://www.SoleReasonFri.golfgenius.com)  
Saturday- [www.SoleReasonSat.golfgenius.com](http://www.SoleReasonSat.golfgenius.com)

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- Silent Auction
- Raffle Prizes

For more information go to [www.solereason.net](http://www.solereason.net) or contact Jerry at (785-338-2965) or e-mail [sole\\_reason@yahoo.com](mailto:sole_reason@yahoo.com)



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