

TOPEKA

JUNE 2024

Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE



FREE
TAKE ONE!

**“No more half
reps” - Looking
at spiritual
growth**

**15 FITNESS &
NUTRITION
TIPS JUST
FOR MEN**



**Taking
Charge of
Your Brain
Health**

Family Dinner Night Benefits
Simple Self-Care Techniques for Peace of Mind

Financial Tips for Widows and Widowers
4 Big Misconceptions About Hospice Care

Helping Topekans Live Happier, Healthier Lives Since 2015!

Men's Health Month

JUNE

Leading Causes of Death Among Men:

AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

AGES 35 - 44

AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

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

AGES 65+

TAKE PROACTIVE STEPS:

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



Source: CDC, 2011



A Free Monthly Magazine Promoting
Healthy & Happy Living in the Capital City

785-380-8848

2611 SW 17th St., Topeka, KS 66604
info@TopekaHealthandWellness.com

www.TopekaHealthandWellness.com

PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848

info@TopekaHealthandWellness.com

Topeka Health & Wellness is available at over 300 locations in the Greater Topeka area, including Hospitals, Medical Offices, Dental Offices, Spas, Fitness Centers, Restaurants, Coffeehouses, Groceries, Health Food Stores and other business & retail locations, including over 100 indoor & outdoor Display Racks.

Advertisers are offered exclusive rights to write articles in their area of expertise, by doctors and other experts within their companies. Therefore our readers are being educated and informed by local experts, and can easily reach out to them for more information.

Written materials submitted become the property of Topeka Health & Wellness, and all content in print or online is for informational purposes only and is not intended as professional medical advice or treatment. The statements and opinions contained in the advertisements and articles are not necessarily the views of Topeka Health & Wellness. Any reproduction of our print or online content without prior written consent is prohibited.

ON THE COVER:

Our cover this month features men getting healthy exercise. See more tips for men's health in the following pages. Check out what our experts have to say about about this and other health topics.



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

For more information, visit our website at www.TopekaHealthandWellness.com for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

We are also on Twitter at:
www.twitter.com/TopekaHealthMag

You can also find us on Facebook at
www.facebook.com/TopekaHealthandWellnessMagazine.



Pool and Beach Safety Steps for Summer

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

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

With children, constant supervision is key:

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

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

Other tips to keep in mind:

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

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

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

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

Celebrating Plant-Based Heroes

Thirty-three years ago, I was a microbiologist working for a global pharmaceutical company. It was what I saw first-hand that caused me to forever eliminate meat, dairy, eggs and fish from my diet. A few years later, I became pregnant with our firstborn. Our midwife and many concerned family members repeatedly urged me to add back at least a little bit of animal protein, “For the sake of your baby.”

I am so grateful today – that instead of following misguided advice, or giving in to fear others spewed, I went straight to the medical library (this was before we had internet) and dove into the published literature and discovered that populations of women consuming a whole-food plant-based diet in pregnancy not only had better pregnancy outcomes than any other groups of pregnant women, but also that their breast milk was far lower in toxic chemicals than that of women eating meat and dairy. I also learned that the milk of women consuming fish, which sit at the top of the food chain and thus bio-accumulate things like DDT, and thousands of other toxic substances was the most contaminated of all.

Even after I had two healthy children, who had never eaten meat, dairy or eggs (one of whom was doing back-hand-springs on the balance beam as a competitive gymnast – and was also one of the few on her team who never broke a bone) I still felt vulnerable to societal anxiety over what we were not eating. Over and over, I met smart, educated people including medical doctors who warned me that “There are no very old vegans.” Most imprinted upon my memory, was a seventy-year-old, well-respected healer I met in a workshop, who angrily shouted at me, “Well, god help you!” and then stormed off, upon learning that I never ate anything from an animal.

I share all of this, in the hope that you will begin to appreciate the profound cultural indoctrination and pressure we are all subjected to. Sadly, I have observed it derailing some of those who switch to a plant-based diet. So, I want to caution you to not underestimate the power of the pervasive, centuries-old belief system, known as, “Carnism” to act upon your mind-body and convince you that you might be harmed by a lack of animal protein.

That is why, in this month’s column, I want to celebrate my plant-based heroes, some of whom are not only turning 90 this year, after decades of eating only plants, but are also still living vibrant independent lives.

Doctors T, Colin Campbell, a nutritional biochemist and Caldwell Esselstyn M.D., now retired from, the Cleveland Clinic, who were the subjects of the fantastic 2011 documentary, Forks Over Knives (which you can watch for free online at ForksOverKnives.com.) come to mind first. Ruth Heidrich, who was also in that film is not only turning 90,

but just released an updated version of her 2000 bestseller, Race for Life (and I wrote the forward for the new edition.) It tells her story of being diagnosed with stage 4 breast cancer when she was 47 years old – and how instead of going along with the recommended chemo, she switched to a whole-food plant-based diet and since then, went on to finish the iron-man triathlon SIX times!

But some of my plant-based heroes are no longer living. Helen and Scott Hearing, who became famous when their books about “Living the Good Life.” made them world-renowned leaders of back-to-the-land living. They grew all their own food working only 4 hours a day in their gardens and using no animals on their farm, while living off-the-grid in a stone house they built with their own hands when they were 60 and 80 years old. They lived in that home in rural Maine right up to their deaths at ages 100 (Scott) and 90 (Helen). Scott died a peaceful death shortly after he turned 100 – he had intentionally quit eating for three weeks, saying he was ready to go. Helen died in a car accident ten years later when she was 90 -- living alone in that house without Scott for those ten years.

Ellsworth Wareham, MD passed in 2018. He was 104. Born vegetarian, he eliminated dairy and eggs in his fifties. He remained vibrant past the age of 100. You can find video clips of him mowing his own lawn – he was sharp as a tack to the end.

And then there is Donald Watson – the man credited with creating the word “Vegan.” Born in 1910 and not expected to survive, Donald was such a sickly child that doctors didn’t vaccinate him – saying it might be dangerous for him. Growing up, Donald visited his uncle’s small organic farm, and was so disturbed at learning that the pigs and chickens he had befriended would be killed, that he decided to never eat any animals again. He passed at age 95, and a year before his death, a friend of mine interviewed him and the two went hiking.

So let’s celebrate all of these heroes by making a **birthday cake** entirely from plants. This is a recipe that I used for my daughter’s 16th birthday, it contains no oil and is also gluten-free.

Ingredients:

1 cup sorghum flour
 1/2 cup quinoa flakes put into blender and ground into flour
 2 TBS ground golden flax seeds
 1/2 cup tapioca flour
 1-1/2 tsp xanthan gum
 1-1/2 tsp Rumford baking powder
 1 tsp baking soda
 1/2 tsp salt



3/4 c finely diced and smashed apple or 3/4 cup applesauce
 8 dates, pits removed and chopped
 6 TBS lemon juice
 2 tsp apple cider vinegar
 3 TBS raw cashew pieces
 3/4 c real maple syrup
 2 tsp lemon extract
 1 tsp vanilla extract
 2 nonstick cake pans
 parchment paper

Directions:

1. Preheat oven to 350 F
2. Cut two circles from the parchment paper that are exactly the size of the bottom of the cake pans and carefully set them in the bottom of the pans.
3. Add the first 8 ingredients together into a bowl and mix well with a wire whisk.
4. Place the smashed apple, chopped dates, lemon juice and vinegar into a blender (I use a Vitamix) and blend on high until all is totally liquified and smooth.
5. Add the cashew pieces to the blender, and again blend on high until smooth.
6. Add the maple syrup and extracts to the blender, blend once more and then add the wet ingredients to the bowl with the dry. Use a spatula to get every last drop. Mix just until blended -- be careful not to overmix.
7. Carefully split the batter between the two pans. It will be very thick. Use spatula to smooth the tops as flat as possible, and bake for 25 minutes.

-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.

The impacts of minority stress on the LGBTQ+ community

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

Pride Month is a time to highlight the diversity and resiliency of the LGBTQ+ community, and to celebrate the work of those who fought for the rights of LGBTQ+ individuals. It is a time for healing, connection, and community-building, but it is also a time to acknowledge how much work still needs to be done and to take action.



Mikki Burcher

Research shows that individuals in the LGBTQ+ community have an increased risk for anxiety, depression, post-traumatic stress disorder, substance use, and suicide. Lesbian, gay, or bisexual persons are twice as likely to have a mental health condition as a heterosexual person, and transgender persons are four times more likely to experience a mental health condition as cisgender (not transgender) persons.

One possible explanation for the health disparities faced by the LGBTQ+ community is minority stress. Dr. Alisha Powell, PhD, LCSW, defines minority stress as “the stressful situations and experiences someone encounters based on their race, ethnicity, sexual orientation, and/or gender identity.” These experiences are layered on top of the everyday stressors felt by those in the community at large, leading to long-term, highly elevated stress levels which can cause serious physical and mental illnesses or substance misuse.

Minority stressors can be internal or external, with many individuals experiencing both. External stressors include lack of political or public representation, discrimination, threats of violence, and more. Internal stressors could include feeling lonely or isolated, fear of rejection, the pain of concealing one’s true self, and internalized homophobia.

Minority stress may be even higher for individuals who are gender nonconforming, especially among gay and bisexual men. Research shows that gender nonconformity is strongly associated with experiencing discrimination and other prejudice. This may be because physical expressions of gender nonconformity can make an individual’s sexual orientation or gender identity more visible than a gender conforming individual’s would be.

Persons who are experiencing minority stress can utilize stress-reduction techniques such as mindfulness, regular self-care, and finding an affirming community to manage their stress. Dr. Powell recommends that persons should seek professional help if minority stress is causing significant sleep difficulties; leading to feelings of continual hopelessness; or harming your relationships with others.

However, it is unfair and impractical to put the burden of addressing minority stress onto members of marginalized communities without working to solve the larger issues at hand. An individualized solution of stress management will not solve the systemic problems that cause minor-

ity stress in LGBTQ+ and other communities. We must address the problems at their root and eliminate the stressors entirely.

For many in our community, minority stress is a part of daily life, and it is likely negatively and disproportionately impacting their physical health and mental wellbeing. The broader community must step up and do the work of calling out and dismantling the policies, systems, and ideologies that contribute to minority stress, not just for LGBTQ+ persons but for all marginalized groups. We must work to create social safety (connection, inclusion, protection, and acceptance) for all.

Despite the minority stress that many LGBTQ+ individuals face, the community has a long and proud history of resilience, strength, and joyful celebration. There is still work to do, but there is time, too, to celebrate a community that is thriving in the face of adversity.

And this June, I plan to do both.

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

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

National Suicide Prevention Life Line

Call or text 988 anytime 24/7/365

Shawnee County Suicide Prevention Coalition
SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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

Valeo
Behavioral Health Care


BEING LGBTQ+ IS NOT A MENTAL ILLNESS, BUT MANY LGBTQ+ PEOPLE EXPERIENCE MENTAL HEALTH ISSUES.

330 SW Oakley
Topeka, Kansas, 66606
Phone: 785-234-3300
24-Hour Crisis Line: 785-234-3300
24-Hour Helpline Number: 785-234-3448

VISIT US AT www.valeo.org

CELEBRATING OVER 55 YEARS OF RECOVERY SERVICES



GET HELP, FIND HOPE




BEING LGBTQ+ IS NOT A MENTAL ILLNESS. STUDIES HAVE SHOWN LGBTQ+ INDIVIDUALS ARE AT MORE RISK OF SUICIDAL BEHAVIOUR AND SELF-HARM.

330 SW Oakley
Topeka, Kansas, 66606

Phone: 785-233-1730
24-Hour Crisis Line: 785-234-3300
24-Hour Detox Number: 785-234-3448

VISIT US AT   or valsetopeka.org



GET HELP, FIND HOPE
CELEBRATING OVER 55 YEARS OF RECOVERY SERVICES

Consumer Cellular®

**NO HIDDEN FEES.
NO HIDDEN ANYTHING.
FREEDOM CALLS.**

Plans start at just \$20/month.

855-473-8579



Live life outside.®



Get the most out of your lawn this summer.

Save now with **50% OFF***
Your First Application

SCHEDULE YOUR APPOINTMENT TODAY!
1-855-206-9602

*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2024 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

Edward Jones® > edwardjones.com | Member SIPC



Life is full of moments that matter. We can help you get ready for that next moment.

We care as much about why you're investing as what you invest in. Our personalized approach to investing is what sets us apart.

We'll partner with you every step of the way. As your needs evolve throughout your life, we'll strive to help you build the future you desire. So you can enjoy all the special moments life has to offer.

Let's talk.

Scott D Van Genderen, CFP®, ChFC®, AAMS™
Financial Advisor
4009 SW 10th Ave
Topeka, KS 66604
785-273-2277

©2024 Edward Jones & Co. All rights reserved.



FINANCIAL FOCUS

Financial tips for widows and widowers

Losing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- **Review your finances.** Look at your entire financial picture — your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

- **Address insurance issues.** If you will receive a death benefit from your spouse's insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

- **Review your Social Security options.** If you are at least 60 and you were married at least nine months, you may be entitled to Social Security survivor ben-



efits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at www.ssa.gov.

- **Review your estate plans.** The death of a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't have to go it alone during this difficult time. If you're already working with a financial professional, they can help.

If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey.

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

Edward Jones




Scott D Van Genderen, CFP®, ChFC®, AAMS®
Financial Advisor

4009 Sw 10th Ave
Topeka, KS 66604-1916
785-273-2277

edwardjones.com

MKT 5824M-A



PHOENIX
HOME CARE & HOSPICE
New Beginnings and Dignity in Life's Journey...

- **Hospice • Home Health**
- **Privately Paid Services**
- **Comprehensive Disease Management**

*"When I thought I could not live **independently** in the comfort of my own home... I did with Phoenix Home Care & Hospice!"*

**For more information call
(785) 260-6444**

www.phoenixhomehc.com



THREE R'S PROGRAM

REMOVE • REPLACE • RECEIVE

<https://susonessentials.com/the-three-rs-medical-intuitive/>

Virtual – In Office – At Home



We Help Your Body Live With Ease and Grace. What Do You Want To Release Today?

- Stress • Anxiety • PTSD • Food Sensitivities • Blocked Energy
- Unwanted Patterns • Mindset • Spiritual Boundaries
- Parasites and Digestive Issues • Brain Health • Focus • Memory Issues
- Toxic Thoughts • Toxic Chemicals • Pain, Cellular Memories
- Inner Child Wounds • Past Life Issues/Akashic Records
- Blocked Access To Source Energy

#SCALAR #TESLA #TRUERIFE #SOUND FREQUENCY #PEMF #QUANTUM ENERGY HEALING
847-738-0242 | JODI@SUSONESSENTIALS.COM | WWW.SUSONESSENTIALS.COM



Rev. Jodi Suson-Calhoun | Suson Essentials
Emotional Healing Through Toxic Free Living
847-738-0242




785-235-3340
Voice@cox.net

www.MetroVoiceNews.com facebook.com/TopekaMetroVoice

- Local, Regional & National News
- Free Local Event Calendar
- Service to 20,000 readers monthly
- Family-friendly content
- Distribution to 500 Topeka outlets
- Low ad rates & free design
- Print & Online News & Advertising
- Serving non-profits
- Helping small businesses

Economical Advertising for Small Businesses

Reach 10,000 Families at lowest cost per thousand
Even small businesses need to advertise - We can help!
~ Print, digital, email, website, social media ~
Prices start at \$20 per month



The Functional Nurse Coach

Client-centered, Customized Plans

**"BRIDGING THE GAP BETWEEN
FOOD AND MEDICINE"**

Book a FREE nurse coaching consult call!

Rebecca Wharton, RN, Master of Science in Nursing in Public Health, Certified Personal Trainer, is a Certified Functional Nutrition Coach offering one-on-one personalized Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement.

thefunctionalnursecoach@gmail.com
913-298-1092
www.thefunctionalnursecoach.com



Clearing Up 4 Big Misconceptions About Hospice Care

Hospice care is a vital part of many patients' health care journey. That's why we believe that there shouldn't be any confusion about what hospice care is and what it isn't.

All patients deserve dignity as Phoenix Home Care & Hospice helps them manage their journey. Dignity includes having the correct information about what's available to you, so you can make the best decisions possible for your health.

If you're considering home hospice care, Phoenix Home Care & Hospice can provide thorough, compassionate hospice care. Read on as we debunk the many myths you may have heard about hospice care and explain the services we offer.



Myth: Hospice Care Patients Are Always At the Very End of Their Lives

Many view hospice care as "the end." When they think of a person receiving hospice, they automatically associate this with their final days of life. However, this is far from the truth.

Although hospice care patients must have a life-limiting diagnosis from a physician and have elected not to pursue treatment for this illness, this doesn't mean that you should expect a sudden downward spiral.

Patients should expect that a hospice physician, hospice nurse, and aides, and other health care professionals will provide relief from the pain and discomfort associated with that illness' symptoms, among many other benefits, including emotional and spiritual support.

Pain relief and avoiding the hospital and ER by receiving home hospice care near you may in fact increase your quality of life for some time.

Myth: Hospice Care Means a Patient Is Giving Up

Our team can't stress this enough: hospice is not for the hopeless. Electing hospice care at home does not mean that you've decided that there's nothing left you can do. Although your doctor may determine that your terminal illness is not responding to treatment, that doesn't mean that there isn't life left to live and experiences yet to be had with your family and friends.

Electing hospice care is actually a form of strength. You're taking control of your condition and advocating for your needs. You're seeking out what's best for you at this time in your life. If you have hope for what is yet to come and you're ready to receive support from a compassionate,

patient hospice team like Phoenix, you're showing strength, not weakness.

Myth: Hospice Takes Place In a Facility

Many patients view hospice as a "place" you go at the end of your life. It is true that hospice care facilities are available, but you can also receive hospice care at home.

Phoenix provides hospice care in the comfort of your home, so you can be in a familiar place, while you receive all the benefits available to you through hospice without having to stay in a facility or visit the hospital.

Myth: Hospice Care Is Provided Exclusively by a Nurse

A final, major misconception about hospice is that this service is only delivered by a nurse, who delivers pain medication. Although pain relief is a part of hospice care, this healthcare service is far more sophisticated and comprehensive.

When you elect home hospice care, you receive the following benefits:

- Comfort and pain-management.
- A dedicated hospice team including doctors, nurses, social workers, and aides.
- Special services including occupational, physical, and speech therapists, if needed.
- A hospice nurse case manager, who is available 24/7.
- Respite care, which is a break for family caregivers, when needed.
- A chaplain for spiritual counseling, support, and comfort.
- The equipment, medication, and supplies related to hospice treatment.
- Social workers and volunteers for emotional support,

resources, and more.

- Bereavement services for the family.

Hospice is far more than a single person. Phoenix Home Care and Hospice ensures that you receive all the benefits entitled to you as a person seeking hospice care at home.

Trust Our Compassionate Team for Hospice Care and All It Provides

When you seek any form of health care at home, you deserve the very best. That begins with understanding the truth about what services you can take advantage of.

Phoenix Home Care & Hospice provides our years of expertise so you understand your options for hospice care. We deliver premium services, so you can have the best possible quality of life and comfort at home.

Get in touch with Phoenix, the leading provider of hospice care near you, to experience the thorough support we provide for you, physically, mentally, and emotionally. It would be our honor to serve you.



Offering Comprehensive Disease Management, Acute Skilled Nursing through Home Health Service; Private Duty Nursing to children and young adults with Special Need; Privately Paid Services such as nursing, nurse-aide or companion level assistance with activities of daily living from a few hours a day to around-the-clock care; Hospice, Chronic Care Management through Keep Well ACO, Wellpack/Pharmacy.

Phoenix Home Care & Hospice was founded in 2011 and has 3500 employees.

Phil Melugin, President/CEO
Nick Carroll, Topeka Regional Manager

2945 SW Wanamaker Dr., Suite B, Topeka, KS

785-260-6444

www.phoenixhomehc.com

Living Lies Or Truth?

Over the years of coaching others to be the best version of themselves, I sometimes heard, “what good will it do to tell my (kids, parents, family) that truth.” This is why: Experiences are set up as lessons for us so we can grow. If we rob others of the truth, then ultimately, we are robbing them of an opportunity to gain insight and wisdom. My question to you is... Whose secrets are you keeping? I was asked many times to keep secrets... and I did. But then I learned as an adult that when I kept a secret, I was harming my own cells, my own DNA, because I was not living my truth or living by my highest values. That negative energy hurts all of us. Check out Masuro Emoto's study of water. We are 70% water and the energy behind what we do will impact our cell health.

Being true to yourself is key to both mental, spiritual and physical health. The energy that you add to your message will drive health outcomes for all parties. Next, I would suggest that there are many versions of the truth. The illusion will get in the way if we do not keep an open mind. The version of your TRUTH is not necessarily based upon reality. It is based upon the set of data points that you have at any point in time and may not be all the information that you need to make a decision.

There are a variety of definitions of the word “truth.” Some believe it is the opposite of fallacy or deception, but I believe that there are multiple allusions or versions of the truth.

Some believe that truth can come from a recognized authority, or from scientific studies. Yet, many authorities and studies manipulate data to get the outcome or story that they wish to tell. Some believe truth is a function of the masses who have the same opinions. But what if there are just a bunch of angry people that share a thought not based upon reality? Maybe they were manipulated by lies, frequencies or chemicals? My truths are a conclusion of what I witness, blended with divinely driven downloads. I hear Him and access His discernment.

Recognized sources are not always speaking truth. We need to teach ourselves to be critical thinkers. We can actively listen to other opinions, so that we can formulate our own truth with the Divine. Do you ever wonder if you are really listening to truth or just someone's opinion? What is the agenda behind what that person is saying? Is there a money trail? Do they want to sell you something? Are they leading from love or something else? What about someone's truth about your character? Ten different people can render an opinion about one person. In my experience, everyone has a different version of who that person is.

This is why truth, opinions and lies can be tricky.

Many perceived truths are driven by mass media. But who is driving the media? Are they manipulating the information to get you to do something that is not in alignment with your highest values? Is the information biased?

What is the solution? We can simply ask ourselves, what truths, lies or opinions are we living by? How do those interfere with our joy? To live with opinions is natural. However, we can choose to test our opinions for validity and not impose our truth on others. Of course, fight for your truth if there are crimes against humanity. The truth is, some of our programmed belief systems will drive poor outcomes. All these activities can bind our lives to anxiety and stress. There is a sense of freedom which comes from internalizing your own truth and belief system. My opinion is that the only validation needed comes from your higher self or Infinite Incorruptible Source Energy. Couple this validation with self-forgiveness and grace for others, as we all find our path in divine timing.

Accessing truth is a form of freedom and clarity. It



includes releasing programmed behaviors imprinted from childhood or past lives. When we release these programmed behaviors, we also release judgment and replace it with compassion. We can choose to see the beauty in everyone and love them where they are at. At the end of the day, everyone's truth will be different. Therein lies the illusion of truth.

To learn more, you can take the Three R's Program, Remove, Release Receive. There are single sessions and 90-day programs for individuals or partners. This is great for Twin Flame Relationships too! Connect with Rev. Jodi Suson-Calhoun today at 847-738-0242 or Jodi@SusonEssentials.com
<https://susonessentials.com/the-three-rs-medical-intuitive/>
<https://susonessentials.com/jodis-story/>

—By Rev. Jodi L. Suson-Calhoun
 SUSON ESSENTIALS, LLC
 Human Behaviorist, Nutritionist, NLP, Amen
 Clinics Brain Health Professional, Master of
 Divine Intervention Spontaneous Remission,
 Quantum Energy Healer, Medical Intuitive



MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

Services offered include:

- Hot Showers & Clean Clothes
- Food and Drinks
- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



SCHEDULE Tuesday & Thursday



**MOBILE ACCESS
PARTNERSHIP**
Topeka Rescue Mission's
homeless hotline:
785-230-8237

TRM

Clothing, Hot breakfast and lunch,
Hygiene items

VALEO

Showers, COVID testing,
City ID applications,

STORMONT

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

FREE LIFELINE PHONES

Government phone program (EBT
award letter and ID required to qualify)

STREET DOG COALITION

Vaccines for pets, Parasite control,
Spay/Neuter

SCHD

Hepatitis A vaccines, Tetanus shots
and Flu shots

KDHE

Voluntary blood draws for Hepatitis A,
Hepatitis C, STI Panels, and HIV
as well as rapid Syphilis tests.
Added Pneumovax, Tetanus, Shingles
and Flu shots.

June 4th • 9:00-3:00

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

June 6th • 9:00-3:00

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

June 11th • 9:00-3:00

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

June 13th • 9:00-3:00

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

June 18th • 9:00-3:00

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

June 20th • 9:00-3:00

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

June 25th • 9:00-3:00

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

June 27th • 9:00-3:00

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



Keep your home safe with concrete repair

Worrying about your uneven or cracked concrete can make owning a home very stressful. By investing in concrete repair, you can fix your driveway, walkways, patio, and more in one easy lift.

THRASHER
FOUNDATION REPAIR

GET A FREE ESTIMATE
866-571-8749



BECOME DEBT FREE IN AS LITTLE AS 24-48 MONTHS

If you owe more than \$10,000 in credit card or other unsecured debt, see how National Debt Relief can help resolve your debt for a fraction of what you owe.

Call today:

+1 (844) 954-5013



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

Americans Encouraged to Take Charge of Their Brain Health

This June during Alzheimer's & Brain Awareness Month, the Alzheimer's Association is encouraging all Americans to take charge of their brain health.

Today, there are nearly 7 million people age 65 and older in the U.S. are living with Alzheimer's dementia, including 54,500 in Kansas. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in which we can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors, such as genetics, lifestyle and environment. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age cannot be changed, others — including physical activity, smoking, education, social and mental activity, blood pressure and diet — may be modified to reduce a person's risk.

"Alzheimer's & Brain Awareness Month offers the perfect opportunity for Kansas residents to take charge of their brain health," said Juliette Bradley, Kansas Director of Communications for the Alzheimer's Association. "We want people to know there are steps they can take to potentially reduce their risk of cognitive decline. We also want to encourage anyone experiencing memory or thinking problems to talk to their doctor."

During June, the Alzheimer's Association is offering these **5 suggestions** to take charge of your brain health:

1. Incorporate healthy habits that may reduce the risk of cognitive decline: Research shows that adopting healthy habits may reduce the risk of cognitive decline. Based on mounting scientific evidence, the Alzheimer's Association encourages individuals to incorporate these 10 Healthy Habits ([alz.org/help-support/brain_health/10-healthy-habits-for-your-brain](https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain)) to potentially help reduce the risk of cognitive



decline. Whatever your age or stage of life, now is the time to take charge of your brain.

2. Learn the early warning signs of Alzheimer's and other dementia: Many people equate Alzheimer's to memory loss — and while that is one of the most common signs — there are other warning signs that can signal cognitive decline, including altered judgment, mood changes, challenges in decision-making, and planning and carrying out projects. Some memory changes can be a normal part of the aging process, but when changes start to interfere with daily living or stray drastically from the person's normal behavior, it's best to get it checked. The Alzheimer's Association offers these 10 Early Signs and Symptoms of Alzheimer's ([alz.org/alzheimers-dementia/10_signs](https://www.alz.org/alzheimers-dementia/10_signs)) to help people identify potential early warning signs of Alzheimer's or other dementia.

3. Be proactive in addressing memory and thinking problems: Studies show many individuals experiencing memory and thinking problems often put off discussing them with a doctor. A 2022 Alzheimer's Association report found that 60% of U.S. adults say they would not see a doctor right away if they were experiencing symptoms of mild cognitive impairment. Rather, they would wait until symptoms persisted, worsened or until family and friends expressed concern.

However, early detection and diagnosis of Alzheimer's and other dementia offers the best opportunity for care, management and treatment. It also provides diagnosed individuals more time to plan for the future, adopt lifestyle changes that may help slow disease progression, participate in clinical trials and to live with a higher quality of life, for as long as possible. In addition, there are now treatments that may slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critically important.

4. Help accelerate disease-related research: Clinical trials hold the key to new and better Alzheimer's disease treatments. Individuals living with Alzheimer's and other dementias, caregivers and healthy volunteers are needed to participate in clinical trials that help advance Alzheimer's research. Today, approximately 55,000 volunteers are needed for more than 180 clinical trials. The Alzheimer's Association TrialMatch® ([alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch](https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch)) is a free, easy-to-use service that connects interested individuals with appropriate trials.

5. Volunteer with the Alzheimer's Association: Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. When you volunteer with the Alzheimer's Association ([alz.org/get-involved-now/volunteer](https://www.alz.org/get-involved-now/volunteer)), you join a network of passionate people who are working to fight this devastating disease, honor loved ones, and bring care and support to those who need it.

ALZHEIMER'S ASSOCIATION

About the Alzheimer's Association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia. Visit [alz.org](https://www.alz.org) or call 800.272.3900.

How to Use Simple Self-Care Techniques for Peace of Mind

You've heard about self-care, but have you ever truly understood its profound impact on your mental health? In today's fast-paced world, taking a step back to focus on yourself isn't a luxury—it's a necessity. This guide, courtesy of Topeka Health & Wellness Magazine, delves into the essential ways self-care not only preserves but enhances your mental well-being, offering practical strategies that you can incorporate into your daily life. Let's take a look.

Combat Burnout

Imagine a life where burnout is a distant memory. Self-care does exactly that. By prioritizing your well-being, you establish a sustainable work-life balance, avoiding the pitfalls of overwork. It's about recognizing your limits and respecting them. This approach not only preserves your energy but also maintains your enthusiasm for your professional and personal pursuits. Consider this a permission slip to put yourself first, ensuring you remain productive and passionate.

Master Proven Strategies for Calm

Stress can often feel like an overwhelming force in our lives, but there are unique and effective ways to combat it. Here are five strategies to help you find your calm:

- **Explore Aromatherapy:** Using essential oils like lavender or chamomile can provide a soothing effect, helping to reduce stress and promote relaxation.
- **Practice Guided Imagery:** Visualizing peaceful and calming scenes in your mind can help reduce anxiety and stress, transporting you to a serene state of mind.
- **Join a Laughter Yoga Class:** Laughter yoga combines laughter exercises with yogic breathing, providing a fun way to relieve stress and boost mood.
- **Try Forest Bathing:** Immersing yourself in



the tranquility of nature, a practice known as forest bathing, can significantly lower stress levels and improve overall well-being.

- **Incorporate CBD:** Utilizing CBD products, including options like some available forms of THCA to try, can be an effective way to manage stress, offering a sense of calm and relaxation without the psychoactive effects often associated with other substances.

Emotional Healing

Your emotional scars deserve care. Self-care offers a healing space for self-reflection and understanding your emotional needs, along with seeking help when needed. Developing healthy coping mechanisms, such as journaling or attending counseling sessions, is essential for this nonlinear journey. Embrace this process for a stronger, more resilient you.

Cultivating Joy

Who doesn't want to seek happiness? Prioritizing self-care leads you to activities that bring joy and fulfillment, focusing on creating meaningful moments and finding joy in simple pleasures. This approach cultivates a more content and satisfying life, teaching you to nurture your happiness.

Creative Rejuvenation

Self-care serves as a catalyst for creativity and innovation. Stepping back to recharge allows you to return with a refreshed mind, breaking monotony and finding inspiration around you. This not only boosts creativity but also enhances productivity, showing that progress often requires a pause. Look for hobbies that allow you to get in touch with your creative side, such as crocheting, gardening, or painting.

Strengthening Connections

Your self-relationship influences your interactions with others. Practicing self-care equips you to better connect and empathize, being fully present and attentive in relationships. This approach ensures you can care for others more effectively, fostering healthy, reciprocal connections. Seek support from friends and family, or consider joining online groups that allow you to socialize with like-minded people.

Sharpen Your Mind

Self-care is your brain's best friend. Adequate sleep, a balanced diet, and mental exercises are not just good for your body; they enhance your brain's functioning. You'll notice improved concentration, sharper memory, and better problem-solving skills. It's about feeding your mind with what it needs to thrive.

Self-care is your secret weapon in maintaining and enhancing your mental well-being. It's a holistic approach that touches every aspect of your life, from emotional healing to boosting your creativity. By incorporating these strategies into your routine, you're not just surviving; you're thriving. Remember, self-care is not selfish; it's fundamental. So, take this moment to commit to your well-being—you deserve it.

—Sheila Johnson

Male Infertility Time Bombs: Becoming a Dad Again



(Ivanhoe Newswire) —

The number of couples seeking fertility treatments in the US has increased 33 percent over the past five years. It's a fact that fertility decreases sharply for women between the ages of 35 and 40. At age 30, there's a one in five chance of getting pregnant per cycle. By age 40, it drops to one in 20. But fertility issues are not just a woman's problem. In fact, the older the man is when fathering a child, the harder it is to conceive and to have a healthy baby. Male Infertility

Saul Alvarez never thought he'd live to see this day. He says, "I was told I was never gonna be able to have kids."

It was a long hard road to get here. Saul lost his first child, a little girl, and her mother, in a drunk driving accident. Then Saul was diagnosed with cancer — twice. While still battling cancer, Saul fell in love, got married and started thinking about having another child. But chemo was a problem ...

"My sperm count went from being healthy to being completely at zero, that was a big shock for me," explains Saul.

Another issue, Saul's age. He was in his mid-50s. Male Infertility Specialist Ranjith Ramasamy says that after age 40 — a man's sperm begins to mutate.

Doctor Ramasamy explains, "The number of mutations in sperm continue to accumulate that are more genetic changes that you know the body doesn't correct anymore."



The most common conditions associated with advanced paternal age are neuropsychiatric disorders. There is also an increased risk for leukemia and lymphomas. A 2021 study found that when a male in a couple was over forty, there were 20 to 40 percent more miscarriages. Doctor Ramasamy used medications used in women to boost egg counts to boost hormones in the pituitary glands and testosterone levels in Saul. After a year and a half of fertility treatments ...

Saul says, "This is our son, Alexander Rama Alvarez."

Alexander's middle name — Rama, in honor of the doctor who helped make Saul's dream of becoming a father again — a reality.

Saul is now in full remission from his cancer and is not ruling out the possibility of adding to his family. Doctor Ramasamy says it's just as important for men as it is for women to think about fertility preservation in their 20s. Frozen sperm is good for up to 15 years after its initially frozen and the recovery rates for a sperm after being frozen is up to 95 percent.

Infertility is defined as not being able to conceive after one year of unprotected sex. It is estimated in the United States, about one in five married women aged 15 to 49, with no prior births, are unable to get pregnant after one year of trying. Infertility in women is known to increase with age, usually in women aged 35 years or older.

Other risk factors are smoking; excessive alcohol use; extreme weight gain or loss; and excessive physical or emotional stress. Some signs and symptoms in women that can indicate infertility are irregular menstrual periods or no periods; endometriosis; a history of pelvic inflammatory disease; known or suspected uterine or tubal disease; a history of more than one miscarriage; and chemotherapy or radiation.

Male infertility is when a man is not able to get his partner pregnant and is considered a disease of the reproductive system. The most common problem in male infertility is the inability to make healthy sperm. The reason for this could include infections or inflammatory conditions; hormone or pituitary gland problems; immune problems in which you make antibodies against your own sperm; environmental and lifestyle factors such as tobacco use, heavy alcohol use, use of marijuana or steroids, or exposure to toxins; and genetic diseases, such as cystic fibrosis or hemochromatosis.

Sometimes, men can have a hormone disorder where the imbalance affects how sperm develop. There can also be an issue in how the hypothalamus, pituitary gland, and testes interact.

There are treatments for men that could help with infertility like artificial insemination; IVF, GIFT, and other techniques; and Intracytoplasmic sperm injection (ICSI).

Preparing for Springtime 5Ks

By Coach Lisa, Mile by Mile Running

Spring is a popular time of the year for 5ks (and many other races), but not everyone has been training throughout the winter. There was a time when I was able to jump into a 5k race at any moment and come close to running a PR. That is no longer the case! Over the years my natural speed has declined, and I don't feel like I can keep up with the same level of training year-round that I was once able to do. I need to put in some work to prepare for a 5k!

Preparing for a 5k doesn't need to take months if you already have a solid base built up. If you have been running regularly for at least a few months and have been incorporating some faster running like intervals or tempo runs, you can adjust your training to prepare for a 5k. 1-2 workouts each week along with your easy runs is enough to get you ready to run fast!

Keep in mind that beginners or very advanced runners will need to adjust accordingly. If this is your first 5k, just focus on covering the distance. For advanced runners, you may be able to handle higher mileage and more speedwork in order to reach your goals.

Stick to the basics

A great place to start out is with strides, hills, and fartleks. These types of workouts help you to get

faster without wearing you down as much as more intense speed workouts.

Keep your workouts simple

If you don't have access to a track, doing your workouts on the roads is a great option. In fact, it's a good idea to do some of your faster runs on roads so that you get used to the terrain. I love 1 and 2 -minute intervals. Here are a few examples:

Warm up + 8 x 1 minute hard/1 minute easy + cool down

Warm up + 6 x 2 minutes hard/2 minutes easy + cool down

Warm up + 2-3 x (1 minute hard/1 minute easy, 2 minutes hard/2 minutes easy) + cool down

Try a fun workout

While the basics are great, it can be fun to try new workouts too. Here are a few ideas!

5k Tune-Up Workout: This workout will get your legs moving at your goal pace without completely wearing them out. I've used this workout a week before a 5k to help me remember what race pace feels like.

Fast-finish Focused 5k Workout: This workout has you running faster with each set, so you are practicing how to run a fast finish at the end of a short race. It's a challenging workout but great for anyone like me who tends to slow down at the end of a 5k.

Hill Workouts: It's been said that hills are speed work in disguise. They can be a great way to build strength without having the same impact on your body as running really fast. I've been using this Lazy Runner's Short and Sweet Tread-



mill Hill Workout to get in some hill training on the treadmill. Running hills in training is especially important if you have hills in your race.

Fun Fartleks: If you're not sure of your 5k pace and just want to get in some faster runs to prepare for your race, fartleks are a great place to start. You can adjust the pace and just focus on running "hard" and "easy" versus trying to run a specific pace. Try this 45-minute Fartlek Workout or this Time Based Pyramid Workout.

Tempo Runs: A tempo run should focus on maintaining a challenging pace that you can hold for a few miles. When preparing for a 5k, you can focus on shorter tempo runs and include breaks as necessary. For example, you could run 3 x 1.5 miles at tempo pace with a half-mile recovery, and work up to longer intervals.

Completing some specific workouts and adjusting your schedule may be all you need if you are just looking to challenge yourself by running a 5k. Remember that these are challenging workouts and you should already have a solid base and be able to run more than 3 miles comfortably before adding these into your routine.

Keep in mind that 1-2 hard workouts a week is enough to prepare for a 5k, and it's ideal to take at least 1 easy day or rest day between hard workouts.

BLOOD DRIVE

DONATIONS SAVE LIVES

'Celebrate Summer'

A combined project by Topeka Service Clubs:

Friday, June 28 - 1 pm to 6 pm

Westridge Mall Lower Level North Entry

Donors get a Royals T-shirt & 2 tickets to a Royals game

Scan the QR code to make an appointment and help Topeka's Service Clubs save lives!

Appointments are preferred however walk-ins will be welcomed if space permits. For additional details contact Service Clubs Coordinator. Inmate News at 785-245-1913 or contact us www.topekaliions.org

Visit savealife.org/coronavirus for COVID-19 safety protocols.

Medical eligibility questions call 1-800-688-0900

877.468.6844 • savealifenow.org

#cbckc

15 Fitness & Nutrition Tips Just for Men

We often don't think about our health until something's really wrong and it's time to see a doctor. But there are steps any guy can take to stay well and reduce his risk of developing a chronic health issue.

"Why be well?" asks Knubian Gatlin, a dietitian at Houston Methodist. "When we take care of ourselves, our quality of life increases. We have more energy to do the things we love and for a longer period of time."

Jonathan Williams, a health fitness coordinator at Houston Methodist, echoes this message — adding that, overall, men could do a better job of prioritizing their health.

"When you look at the top 10 causes of death, men die at higher rates than women," says Williams. "It doesn't have to be this way. There are things we can do as men to reduce our risk of developing everything from heart disease and diabetes to stroke and liver disease."

The overall principles that make for a healthy man include:

- A healthy hormonal balance
- Being physically active
- Eating a well-balanced diet
- Maintaining good heart health

Fitness and nutrition are central to each of these, and Gatlin and Williams share their tips to help you along the way:

1. Understand the importance of testosterone on overall health

"Testosterone is the androgenic sex hormone responsible for hair growth, muscle mass and strength, sex drive, sperm production, bone density, fat distribution and more," says Gatlin. "We start seeing a natural decline in testosterone levels between the ages of 30 to 40. Some decline is to be expected, but certain habits and medical issues can drive these levels even lower."

Common causes of low testosterone, or low T, include:

- Being overweight, particularly belly fat
- Physical inactivity
- Poor nutrition
- Excessive alcohol consumption
- Medical problems, including untreated sleep apnea and unmanaged diabetes

Taking steps to reduce these factors can help you maintain healthy testosterone levels. And if you notice the signs of low testosterone, be sure to consult your doctor.

2. Reap the benefits of physical activity

The benefits of fitness include:

- Weight management
- Lower blood pressure, cholesterol levels and more
- Reduced risk of many chronic health issues, including



heart disease, type 2 diabetes, metabolic syndrome, certain cancers and more

- Stronger bones and muscles
- Improved mental health
- Better mobility
- Less joint pain
- Increased chances of living longer

Be sure to make plenty of time for exercise. Standard recommendations call for being physically active two to three days per week and totaling at least 150 minutes of exercise per week.

"Resistance training, in particular, decreases visceral fat, which is the waistline fat that lies underneath the abdominal wall and is seriously unhealthy," says Williams. "This type of exercise can also increase testosterone production, improving a man's overall wellness."

3. Meet your protein needs

Protein is a complex nutrient that, when broken down, provides our body with amino acids. These are molecules that play numerous roles in the body including muscle maintenance, tissue building (including hair growth), nutrient transport and more.

"Total protein needs per day vary depending on a man's weight," says Gatlin. "Rather than getting caught up in complicated calculations, I recommend just trying to eat 20 to 40 grams of protein at each meal of the day — with most men only needing around 25 grams per meal."

It's best to get most of your intake from lean protein sources, which include:

- Skinless chicken breast
- Tenderloin cuts of beef or pork
- Fish
- Low-fat dairy products
- Soy products, like tofu
- Beans, peas and lentils
- Nuts and seeds
- Certain whole grains, like quinoa & whole wheat pasta

4. Maintain a healthy weight

Gatlin emphasizes that it's not simply weight that's worrisome.

"Specifically, it is fat accumulation around the waistline that we're most worried about," says Gatlin.

Also called visceral fat, this fat is biologically active, secreting hormones and other molecules linked to many chronic diseases, including heart disease and type 2 diabetes.

A well-balanced diet is the first step toward reducing your waistline circumference, but exercise plays an important role, too. And in a world of trendy diets, Gatlin keeps things simple by recommending the Mediterranean diet — which is really more of an eating pattern than a diet.

"Really this emphasizes eating plenty of fruits, vegetables, whole grains and healthy fats," says Gatlin. "You can still eat meat, but the Mediterranean diet typically prioritizes fish and plant proteins over animal products."

5. Know your body type

"We've all met the guy who barely works out and looks like a bodybuilder," says Williams. "We've also all met the guy who works out often, but it hardly shows. This usually comes down to how each man's bodily physique conforms to a certain type."

The three main body types and their characteristics are:

- Ectomorphs — naturally slim and lean, without much body fat or muscle mass
- Mesomorphs — moderate-sized body frames, with naturally strong arms and legs
- Endomorphs — naturally curvier bodies, with larger bones, wider waists and hips, and a tendency to gain weight easily

Knowing your body type can help you understand what your physique naturally looks like and provide clarity around potential strengths and shortcomings.

"This isn't to say an ectomorph shouldn't try to build muscle — he should," says Williams. "And it's not to say an endomorph is doomed to be overweight — he's not. This information should just help you choose your fitness goals and can help you avoid comparing yourself to someone metabolically different than you. Because that's unfair to you."

6. Limit added sugars and refined carbohydrates

"Refined carbohydrates, including added sugars, decrease testosterone levels," says Gatlin. "Consumed in excess, they can also lead to weight gain and a number of chronic health conditions, including high cholesterol, high blood pressure and type 2 diabetes."

The American Heart Association recommends men limit

added sugar intake to 36 grams per day. There are the obvious sources, like sodas, cookies and candy bars. But foods you might not realize contain added sugars include:

- Energy drinks
- Coffee drinks
- Certain cereals (even the "healthy" ones)
- Ketchup and other condiments
- Some salad dressings

"Be on the lookout for sneaky sources of added sugar, since those 36 grams per day can add up quickly," says Gatlin. "Added sugar content is called out on the nutrition label in the carbohydrates section."

7. Remedy sedentary habits

For many men, the workday includes lots of sitting and little exercise. And even if your job keeps you on your feet, you might find yourself on the couch a lot on your time off.

"Our bodies were meant to move," says Williams. "Prolonged sitting can increase a man's risk of many health issues, including high blood pressure, type 2 diabetes, obesity and more."

Williams' tips for remedying sedentary behaviors include:

- Scheduling short breaks to get up and move every hour
- Stretching at your desk or taking a stroll around your office
- Choosing the stairs instead of the elevator, if you're able
- Limiting screen time, or moving around while enjoying entertainment
- Making time for light stretching before bed
- Consulting a fitness coordinator or your doctor if you're struggling to break sedentary habits

8. Drink plenty of water and be mindful of alcohol consumption

"Water is needed for many functions in your body, so be sure to drink plenty of it," says Gatlin. "Water helps your heart pump blood to your muscles, regulate your body temperature, promote normal bowel movements and more."

Men should aim to drink at least 13 cups of water per day, but this amount gets more personalized once you take into account age, health, fitness routine and any medications you're on.

"And be mindful and responsible with alcohol consumption," says Williams. "Be sure to limit your intake and be considerate of your overall well-being when drinking alcohol."

9. Prioritize fiber intake

According to the American Society for Nutrition, only 5% of men get enough fiber every day.

"This is a problem since fiber comes with many benefits, from helping to maintain normal bowel movements to reg-

ulating a healthy blood pressure," says Gatlin.

Men should aim to get 25-38 grams of fiber per day. Good sources of fiber include:

- Whole grains
- Non-starchy vegetables
- Fruits
- Nuts and seeds

"An easy tip I recommend is to start by just adding one cup of non-starchy veggies into your diet each day," says Gatlin. "And as you increase your fiber intake, be sure to maintain good hydration since it costs water for your body to utilize fiber."

10. Identify and rectify barriers to exercise

Even once you know how much exercise you need, life can often get in the way of getting it done.

"The stressors that commonly lead to inactivity include lack of time or motivation to work out, limited access to exercise facilities and bad weather if you're someone who likes exercising outdoors," says Williams.

Tips for removing these barriers to exercise include:

- Keep workout clothes on hand in your office or car
- Create an awesome workout playlist or listen to an audiobook or podcast
- Take a long walk, go for a jog or do bodyweight exercises, none of which require equipment or a gym
- Move your workout indoors. If you don't have access to a gym, try bodyweight exercises or invest in resistance bands or dumbbells

11. Be sure your diet provides plenty of vitamins & minerals

Is your body getting everything it needs from your diet?

"A well-balanced diet can help make sure you get all the vitamins and minerals you need to stay healthy and active, but two I really recommend men focus on are magnesium and zinc," says Gatlin. "Among many, many other roles, both magnesium and zinc help promote healthy testosterone levels."

They also both help with hair growth and immune support, and magnesium also plays a role in muscular strength and maintenance. Good sources of magnesium include:

- Pumpkin seeds and chia seeds
- Black beans
- Bananas
- Almonds
- Dark leafy greens, like spinach

Good sources of zinc include:

- Lean cuts of beef or poultry
- Whole grains, like quinoa, oats and brown rice
- Pumpkin, hemp and sesame seeds

12. Manage stress

It can be taboo for men to talk about their feelings. If that's

you — at least be sure to check in with yourself about your mindset.

"Ask yourself if you're prioritizing your well-being and, if you're not, set micro goals to get you there," says Williams. "Among other things, managing stress can help reduce the levels of hormones that lead to visceral fat collecting in the body."

Gatlin adds that the stress hormone cortisol is a particularly bad offender since it also blocks testosterone production.

"We need to find ways to reduce stress and restore our mindset, whether that's finding a relaxing hobby, exercising, slowing down and stretching before bed or meditating," says Williams.

13. Consider doing Kegels

"Pelvic floor exercises, like Kegels, benefit men by helping to maintain the pelvic muscles that support healthy urination," says Gatlin. "Kegels are linked to improved urinary control, better control of overactive bladder, reduced incontinence after prostate surgery and better sexual function in some men."

14. Know the healthy fats

"We don't need to avoid fat — it's the opposite, actually. We just need to be sure we're choosing healthy unsaturated fats instead of unhealthy saturated ones," says Gatlin. "Healthy fats are essential for making testosterone."

Foods rich in healthy fats include:

- Avocados
- Olive oil
- Salmon, trout and tuna
- Oil-based salad dressings
- Almonds, peanuts and pecans
- Pumpkin and sesame seeds

15. Make time for your annual checkup

We often wait to see a doctor until we're really sick, but it's important to see your doctor regularly. Not only can you doctor help you assess your diet and exercise routines, your doctor will also do the following at an annual exam:

- Check your vitals, including your blood pressure
- Listen to your heart and lungs
- Perform blood work and any screenings that can help prevent health problems like high blood pressure, high cholesterol and diabetes
- Remind you about other wellness exams you may need
- Evaluate your mental health

These checkups are critical for staying healthy — catching issues before they become chronic problems that require medications or more aggressive treatment.

Prostate cancer screening should begin at age 50 for men at average risk, and 40-45 for those more at risk

— Katie McCallum / HoustonMethodist.org

DENTAL Insurance

Great coverage for retirees.



Coverage for **cleanings, fillings, crowns** – even **dentures!** Get **dental insurance** from Physicians Mutual Insurance Company.



Go to any dentist, but save more with one in our network



Helps cover **over 400 procedures**



No deductible, **no annual maximum**



100% preventive care when you see in-network provider

Get your **FREE** Information Kit
It's easy! Call today
1-844-488-2656
or go to Dental50Plus.com/Topeka



A PERSONAL TRAINER CAN HELP YOU LIVE YOUR BEST LIFE!




- Private Personal Training • Online booking • In-person or Online Training
- Body Sculpting/Toning • Weight Loss & Tracking • Muscle/Definition/Endurance
- Bodybuilding • Sports & Fitness Instruction • Balance & Stability Training
- Flexibility, Hand-Eye coordination • Strength/Power Training • Nutrition guidance

Chaz Coates, NASM Certified Personal Trainer
2110 SW Randolph, Topeka, KS • (785) 383-8006
Cuttinreps@gmail.com • www.repsfitnessbodycomp.com

dish Authorized Retailer

Ranked #1 in Customer Satisfaction
6 Years in a Row



For J.D. Power 2023 award information, visit jdpower.com/awards

SAY GOODBYE TO COMMERCIALS

Call us now!  **1-855-970-2916**

Never watch another commercial during your favorite primetime shows

-  **Add Highspeed Internet as low as \$49.99/mo**
-  **FREE Google Voice Remote**
-  **Streaming INCLUDED, stream live TV on up to 5 devices**

-  **Free Next Day Professional Installation** (where available)
-  **Enjoy thousands of shows and movies included On-Demand**
-  **J.D. Power Award For Customer Satisfaction - 6 Years In A row**

CALL US NOW!
1-855-970-2916



*Courtesy Of PlanetDISH, call for full details.

Offer for new and qualifying former customers only. Important Terms and Conditions: Requires credit qualification and 2-year commitment. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 7/10/2024. 2-year commitment. Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 2-Year Price Guarantee: America's Top 120 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for 1 TV. Included in 2-Year Price Guarantee for additional cost: Programming package upgrade: \$99.99 for AT200, \$104.99 for AT250, monthly fees for up to 4 additional receivers \$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15. NOT included in 2-Year Price Guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. Premium Channels \$3/mo. Free After 3 mos, you will be billed \$3/mo. for Paramount+ with Showtime, Starz and DISH Movie Pack unless you call or go online to cancel. Remote: The DISH Voice Remote with Google Assistant requires internet-connected Hopper, Joey or Wally device. Customer must press the Voice Remote button to activate the feature. Other: All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected, you will be billed \$11.99/mo. for DISH Protect unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only.

Hello Garage®

Clean, Organized Spaces.



#1 Kansas City Garage Renovation Experts

 **Concrete Floor Coatings**

 **Cabinets & Shelving**

 **Garage Accessories**

Get your free estimate today!

855.408.9209



STROKE KILLS.
BE FAST! Call 911.

Know the Signs:

- Balance** | sudden loss of balance or coordination
- 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.



TCCP
TOPEKA COMMUNITY CYCLE PROJECT
http://www.tccp.org

Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

Central Park Community Center, 1534 SW Clay St.
Mailing Address: P.O. Box 504, Topeka, KS 66601
topeka@cycleproject.org • (785) 380-9827

Save on Windows and Doors!

BUY ONE, GET ONE **AND** \$0 Money Down
\$0 Interest
\$0 Monthly Payments
40% OFF for 12 months¹

INTEREST ACCRUES FROM THE DATE OF PURCHASE BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS - MINIMUM PURCHASE OF 4

★★★★★ 4.7 OUT OF 5 BASED ON 95,000+ REVIEWS

"My overall experience was great. I love the window, and from sales to scheduling, the experience was very good. The installers are highly skilled professionals and I would recommend Renewal by Andersen to all my contacts."
- LYNN F. | RENEWAL BY ANDERSEN CUSTOMER

Call by April 30
for your **FREE** consultation.

855-454-4135

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

CUSTOM BUILT IN THE USA

DETAILS OF OFFER: Offer expires 4/30/2024. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 money down, \$0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 12/25/2023 and 4/30/2024. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Subject to credit approval. Interest is waived during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenStar® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or marital status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. CA License CSB #1256316, Central CA License #1096271, License #RCE-50303, OR License #138571, WA License #REN018797784, WA License #REN018797784, FL License #CCL1527613. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2024 Andersen Corporation. All rights reserved. This was delivered via your local newspaper. BNA13669

NORTH AMERICA'S #1 Selling Walk-In Tub
Featuring our **Free Shower Package**

SPECIAL OFFER

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF
FOR A LIMITED TIME ONLY
Call Toll-Free 1-855-431-3053

SAFE STEP WALK-IN TUB

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

Call Today for Your Free Shower Package
1-855-431-3053

FINANCING AVAILABLE WITH APPROVED CREDIT | A BASE OF USE CERTIFIED | MADE IN TENNESSEE | BBB | LIFETIME LIMITED WARRANTY

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.



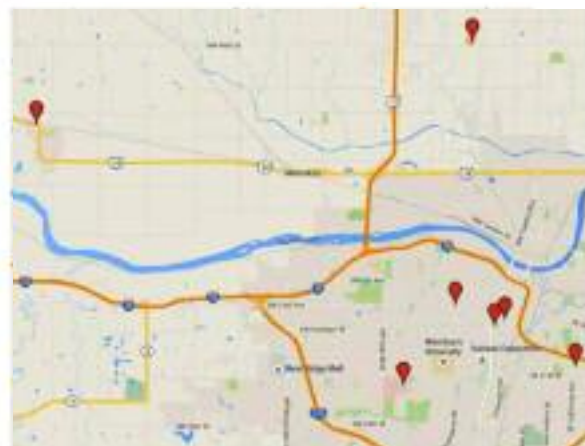
The Downtown Topeka Farmers Market is open 7:30am to noon on Saturdays. For info: 785-249-4704 or topekafarmersmarket@gmail.com.

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

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 or like us on Facebook.



Suggestions to Lissa Staley, lstaley@hscw.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 46th 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...

“No more half reps”: Looking at spiritual growth

I recently read an article by Arnold Schwarzenegger that got me thinking about our spiritual growth journey. He was talking about something I see far too often- people doing half reps in order to lift more weight and so not receiving the full benefit of the exercise. That's bad. Even worse, I have seen this often in the spiritual lives of many doing the same thing-half-reps in life.

Arnold speaks wisdom

With is in mind, here is what Arnold said: “these days, in the gym, the most common thing I’m telling people is to stop doing half-reps, quarter-reps, or three-quarter reps.

There is an epidemic of people not doing a full movement, and it worries me.

If you’ve ever been near me in the gym, you’ve probably heard me tell somebody to stop doing half-reps.

Here’s why it worries me.

We go to the gym for all the benefits of being fit and strong. But if you only do half of the movement, you’re only getting half of the benefits.

I worry that the people who do half-reps in the gym are there just to check a box. They aren’t concerned about whether they’re making the most of their half-hour or hour of training.

I completely understand that there are bad days where we all have to force ourselves to the gym just to go through the motions. But if that’s what you’re doing, then go through the motions.

We know that resistance training with a full range of motion is just as powerful as stretching for increasing flexibility and mobility. We know training with a full range of motion is the



most efficient way to gain strength and muscle mass.

But still, people go to the gym and do half-reps.

I’m worried because people are missing out on the fantastic benefits of progressive weight resistance training. But I’m even more worried about what it might mean for the rest of their lives.

If you don’t make the most of your time in the gym, I am willing to bet you aren’t making the most of your time, period. If you do half-reps of pull-ups, I’m guessing we can find other parts of your life you’re giving half the attention needed.”

I think Arnold is on to something that relates to our journey of spiritual growth.

Half reps in life?

As a pastor, and a coach, I see this happen far too often. People are cutting corners in order to ‘accomplish more’ and in the end they are finding less. This is not just the case in the physical realm, but I see this in the spiritual realm also. People are fooling themselves cutting corners in their spiritual development and learning to ‘fake it to make it’. God sees this and

is not impressed.

The book of Proverbs has a lot to say on this issue. One particular statement from this book of wisdom states: The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied. (Prov.13:4)

We are reminded that whatever you do, work heartily, as for the Lord (Col.3:23)

A well know verse is Philippians 4:13- I can do all things through him who strengthens me. This verse is often misused. What Paul is telling us here is God gives the ability to overcome anything we face. This includes spiritual sloth and struggles with motivation.

Give God your best

What all these verses tell us is that we are to give God our best and give it our all. That means not just Sunday morning, in your small group, or doing a bible study. It also means when you’re sitting down to dinner with your family, sending an email for work or doing full reps in the gym. Are you giving these things your all? Is this an act of worship?

So, the gym is representative of your life. There are good day and bad days of training. So too with our spiritual life. Success in spiritual growth demands struggle. Full effort beats half effort every time. Progress requires learning to love the process, the joy is in the doing. Now get to the gym and do full reps and then do the same in your ‘workout’ for God.

–Chris Timm /
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.

Healthy Recipes for the Spring Season

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

Spicy Macaroni and Cheese



This recipe is based on béchamel—butter, flour, and milk—which helps cut the calories in half.

Ingredients

2 Tbsp butter
 1/2 yellow onion, minced
 2 Tbsp flour
 3 cups milk
 2 cups shredded extra-sharp Cheddar
 Salt and black pepper to taste
 1 lb elbow macaroni, penne, or shells
 1/4 cup chopped pickled jalapeños
 2 oz prosciutto or ham, cut into thin strips
 1/2 cup panko bread crumbs
 1/4 cup grated Parmesan

Directions

Preheat the oven to 375°F.

Melt the butter in a large saucepan over medium heat. Add the onion and cook until soft and translucent (but not browned), about 3 minutes. Add the flour and stir to incorporate into the butter.

Pour in the milk a few tablespoons at a time, using a whisk to incorporate the flour and prevent lumps from forming.

When all the milk has been added, allow the sauce to simmer for 10 minutes, until it begins to thicken. Stir in the cheese and season with salt and pepper.

Cook the pasta according to the package instructions until al dente, drain, and return to the pot. Add the cheese sauce, jalapeños, and prosciutto and stir to fully incorporate.

Divide the mixture among 6 individual crocks or pour into a large baking dish. Top with the bread crumbs and sprinkle with the Parmesan.

Bake for 10 minutes. Turn on the broiler and broil until the bread crumbs are golden brown and crispy, about another 3 minutes.

Nutrition Information (Servings: 6)

480 calories, 9 g fat (5 g saturated), 450 mg sodium

-Source: eatthis.com

The Best-Ever Healthy Lasagna



A blend of American & Italian recipes.

Ingredients

1 Tbsp olive oil
 3 links raw chicken sausage, casings removed
 1 small onion, diced
 2 cloves garlic, minced
 Pinch red pepper flakes
 1 can (28 oz) crushed tomatoes
 Salt and black pepper to taste
 1 1/2 cups low-fat ricotta (Barilla makes a good no-boil lasagna that is widely available.)
 1/2 cup 2% milk
 16 sheets no-boil lasagna noodles
 16–20 fresh basil leaves
 1 cup chopped fresh mozzarella

Directions

Heat the olive oil in a large saucepan over medium heat.

Add the sausage and cook for about 3 minutes, until no longer pink.

Add the onion, garlic, and red pepper flakes and continue cooking for about 5 minutes, until the onion is soft and translucent.

Add the tomatoes and simmer for 15 minutes.

Season with salt and pepper.

Preheat the oven to 350 degrees Fahrenheit.

Combine the ricotta and milk in a mixing bowl.

In a 9" x 9" baking pan, lay down a layer of 4 noodles.

Cover with a quarter of the ricotta mixture and a quarter of the sausage mixture, then a few basil leaves and a quarter of the mozzarella.

Repeat three times to create a four-layer lasagna.

Cover with aluminum foil and bake for 25 minutes, until the cheese is melted and the pasta cooked through.

Remove the foil and increase the temperature to 450 degrees Fahrenheit.

Continue baking for about 10 minutes, until the top of the lasagna is nicely browned.

Nutrition Information (Servings: 8)

360 calories, 11 g fat (5 g saturated), 450 mg sodium

-Source: eatthis.com

High Protein Chocolate Mousse



Looking for a high-protein breakfast recipe that will keep you full for hours while still being delicious? This recipe, balanced with carbohydrates, fiber from raspberries, vitamins and minerals, and healthy fat, packs a whopping 41 grams of protein per serving, a surefire way to stabilize your blood sugar and curb hunger until lunchtime.

Ingredients

1/2 cup plain Greek yogurt (11 g protein)
 1/2 cup cottage cheese (12 g protein)
 1 scoop of chocolate protein powder (20 g protein)
 1/2 cup raspberries
 1 tablespoon chocolate chips

Directions

In a blender, combine cottage cheese, Greek yogurt, and protein powder. Add a little water if you want a thinner consistency.

Blend until smooth.

Add a tablespoon of chocolate chips and pulse quickly in the blender until roughly incorporated. We don't want to blend it completely, so the final product will still have some chocolate chunky textures.

Top with raspberries or your favorite fruit and serve as is in a bowl or glass with a spoon.

If meal prepping: Pour the mousse into an air-tight container and store it in the fridge until you're ready to eat.

Optional: Drizzle with chocolate syrup, a couple more chocolate chips, Chia seeds, or swap out for your favorite fruit. This could also easily be made with a vanilla protein powder or other flavors for variety.

Nutrition Information (Servings: 1)

425 calories, 11 g fat (5 g saturated), 469 mg sodium, 46 g fiber, 32 g sugar, 41 g protein

-Source: eatthis.com

New Health & Wellness Info at the Library

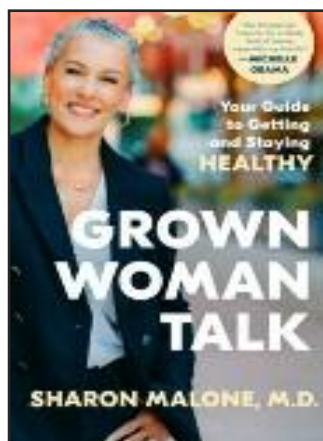
By Elizabeth Phelps

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

Grown Woman Talk: your guide to getting and staying healthy – by Sharon Malone, M.D.; Crown; New Health Books 613.0424 MAL

Grown Woman Talk is for every woman who has felt marginalized or overwhelmed by a healthcare system that has become more impersonal, complex, and difficult to navigate than ever. It's also for any woman who is simply standing at the intersection of aging and health, anxious and wanting solutions.

Part medical handbook, part memoir, and part sister-girl cheerleader, this book is filled with useful resources and real-life stories of victory and defeat. It not only highlights the current data around women's health issues, but it also places that data in a helpful context.

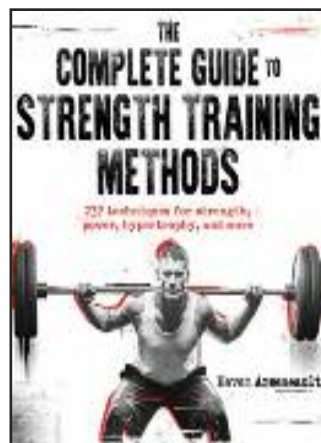


In a tone that is lively and intimate but unflinchingly direct, Dr. Sharon Malone details how to live better, age better, and get better medical treatment, especially when it's most needed. This is not a medical activism book designed to fight the power. This is a book designed to show women that they already have the power—they need only to increase their capacity and willingness to use it.

The complete guide to strength training methods – by Keven Arseneault; Human Kinetics; New Health Books 613.713 ARS

This book compiles more than 230 training techniques proven to increase strength, power, hypertrophy, endurance, flexibility, and cardiovascular capacity. Sport performance coach Keven Arseneault has spent over 20 years reading, researching, and testing various methods to determine the best training techniques. He assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts.

Each method is presented on a single page that highlights the technique's advantages and disadvantages, effects on different aspects of fitness, and trainer tips. The page also has a prescription table that includes intensity or load, reps, and sets. This practical approach provides you with everything you need to incorporate the method into your program immediately.



Whether you are a fitness enthusiast working out at home, a serious gym goer, an athlete, or a strength or fitness professional, *The Complete Guide to Strength Training Methods* is the comprehensive yet practical resource you need to keep your workouts fresh, challenging, and on point to reach your goals.

Age strong: a woman's guide to feeling athletic and fit after 40 – by Rachel Cosgrove; Human Kinetics; New Health Books 613.7045 COS

Internationally renowned personal trainer Rachel Cosgrove will help you increase metabolism, lose body fat, decrease osteoporosis risk, boost stamina, and increase self-confidence as you move toward and through menopause.

This book will help you get pumped about setting goals, eliminating excuses, and meeting the aging process head on. Read about real clients of the author and how they built muscle and confidence through strength training. Get detailed instructions, accompanied by full-color photos, on how to safely perform 73 traditional strength exercises and 41 mobility and warm-up movements that will help strengthen your core, lower body, and upper body and help you develop power.



Age Strong empowers you to take control of your body, gain muscle, improve body composition, and learn new skills so you can stay strong and feel capable for life.

The good eater: a vegan's search for the future of food – by Nina Guilbeault; Bloomsbury Publishing; New Health Books 613.262 GUI

A growing chorus of scientists, health experts, and activists champion the benefits of a plant-based diet. Nevertheless, change has been slow to arrive, and the chasm between our appetites and our collective well-being seems impossibly vast. We know we must transition to a more plant-based world. But what would such a world look like, and how do we realistically get there?



One group of people has been grappling with this question for decades: vegans. Once mocked for its hempy puritanism, the vegan movement has grown from a fringe identity into a veritable cultural juggernaut. Yet visions of what our food system should look like continue to conflict. Is the healthful vegan lifestyle appealing – or alienating? Are high-tech meat alternatives merely a repeat performance of harmful fast-food values? Is modern veganism itself misguided – a wrong answer to the right questions?

In *The Good Eater*, Harvard-trained sociologist (and vegan) Nina Guilbeault, PhD vividly explores the movement's history and its present-day tensions by grappling with the most fundamental question of all: Is there a truly ethical way to eat? What emerges is a fascinating portrait of how social change happens, with profound implications for our plates and our planet.

Gut: an owner's guide – by Dr. Austin Chiang; DK Publishing; New Health Books 616.3 CHI

An informative, practical, and engaging introduction to this hidden-away part of the body. We tend only to pay attention to our gut when it tries to tell us something – when it feels uncomfortable, or something goes wrong. This myth-busting book focuses on all aspects of gut health so you can steer clear of Dr Google and discover

what will make your gut happier and healthier.

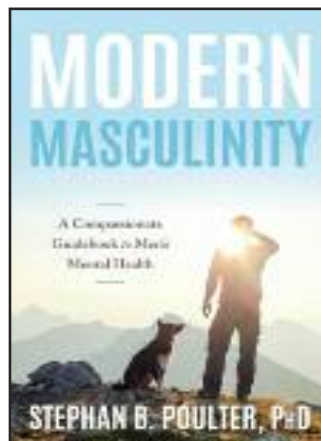
Dr Austin Chiang is a world-renowned expert in gut health who believes everyone has a right to know and understand their body. He translates medical jargon into simple, clear prose, answering frequently asked patient queries and investigating what we fear and most misunderstand about our gut.



In this book, you can find: Easy-to-follow science and lifestyle advice with simple FAQs; illustrations with data-driven images that show how certain lifestyle choices impact your health; best tips to help you know how to best care for your body and gut; and, chapters that outline how your gut works, how to have a healthy gut, and what to do to improve gut health.

Modern masculinity: a compassionate guidebook to men's mental health – by Stephan Poulter, PhD; Prometheus Books, an imprint of Globe Pequot; New Health Books 613.0423

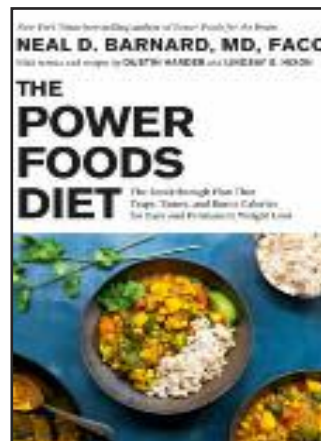
This book offers a fresh, thoughtful view of what it takes to be a man in today's society. Highlighting "silent, rugged cowboy" stereotypes and a focus on money and social status, Poulter explores how a male culture that sidelines emotional needs is perpetuated and offers in its place a "masculinity of compassion and kindness" that "empowers boys, young men, and adult men to change their world... from the inside out." Steps toward change include identifying one's emotional "blind spots" and fostering close male friendships instead of leaning on romantic partners to meet all of one's emotional needs. Interweaving his guidance with brief quizzes, question prompts, and step-by-step breakdowns of key concepts, Poulter provides a usefully interactive survey of a more balanced and evolved masculinity.



The power foods diet: the breakthrough plan that traps, tames, and burns calories for easy and permanent weight loss – by Neal Barnard, MD; Hachette Book Groups; New Health Books 613.25 BAR

Weight loss is one of our top health concerns, so much so that we keep looking for good ways to lose weight, preferably a way that is easy, effective, and permanent. It turns out that, when properly chosen, certain foods cause weight loss, with no need for the deprivation and planning that most weight-loss regimens require.

In this book, nutrition researcher and author Dr. Neal Barnard reveals breakthroughs that are supported by research, revealing that certain foods can reduce the appetite, trap and flush away calories, and increase the body's ability to burn calories for about three hours after each meal. He includes a simple to follow meal plan that includes delicious, and even indulgent recipes with foods we have often been told to avoid, like potatoes and pasta, so you can eat real food, and still lose real weight.

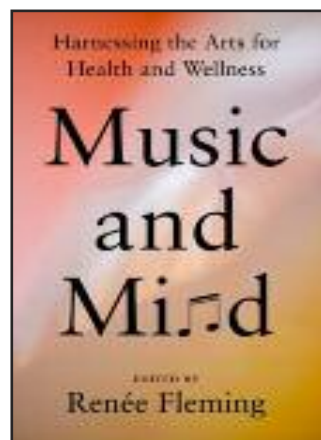


Music and mind: harnessing the arts for health and wellness – edited by Renée Fleming; Viking; New Health Books 615.85154 MUS

World-renowned soprano and arts/health advocate Renée Fleming curates a collection of essays from leading scientists, artists, creative arts therapists, educators, and health-care providers about the powerful impacts of music and the arts on health and the human experience.

Chapters include: Ann Patchett, "How to Fall in Love with Opera"; Yo-Yo Ma, "Nature, Culture, and Healing"; Aniruddh D. Patel, "Musicality, Evolution, and Animal Responses to Music"; Richard Powers, "The Parting Glass"; Daniel J. Levitin, "What Does It Mean to be Musical?"; Anna Deavere Smith, "Healing Arts"; Rosanne Cash, "Rabbit Hole"; Rhiannon Giddens, "How Music Shows Us What It Means to Be Human"; Robert Zatorre, "Musical Enjoyment and the Reward Circuits of the Brain"; and Concetta Tomaino, "Music and Memory".

A compelling and growing body of research has shown music and arts therapies to be effective tools for addressing a widening array of conditions, from providing pain relief and alleviating anx-



ety and depression to regaining speech after stroke or traumatic brain injury, and improving mobility for people with disorders that include Parkinson's disease and MS.

Here, Fleming draws upon her own experience as an advocate to showcase the breadth of this booming field, inviting leading experts to share their discoveries. In addition to describing therapeutic benefits, the book explores evolution, brain function, childhood development, and technology as applied to arts and health. Much of this area of study is relatively new, made possible by recent advances in brain imaging, and supported by the National Institutes of Health, major hospitals, and universities. This work is sparking an explosion of public interest in the arts and health sector.

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.

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

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at tscpl.org/downloads or tscpl.org/downloads/ebooks.



Contact Lissa Staley:

estaley@tscpl.org

**Topeka & Shawnee County
Public Library**

1515 SW 10th Ave., Topeka, KS 66604

785-580-4400 • 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.

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. KMCPA.com. • 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

PEDIATRIC DENTISTRY

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

PEDIATRIC VISION

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

ATTORNEY SERVICES

K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

- Free Parking
- Emergency Hospital Visits
- Evening & Saturday Appointments

We've Moved
Upstairs!



"36 years Experience"

112 SW 6th Avenue, Suite 509
Topeka, Kansas 66603

785-235-6977

k.nystrom@att.net

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

MEDICAL PRODUCTS

CPAP
Supplies & Services LLC
Specializing in all your CPAP needs
785-289-3188 2905 SW Gage

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.

SMJ SHANE M. JONES & ASSOCIATES, P.A.
COUNSELING YOU CAN TRUST
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.

Areas of expertise:

- Marriage & Relationships
- Depression
- Anxiety
- Adaption
- Addictions
- Foster Care
- Grief-Loss

PERSONAL NURSE COACHING

Client-centered, Customized Plans
"BRIDGING THE GAP BETWEEN FOOD AND MEDICINE"
Book a FREE nurse coaching consult call!

The Functional Nurse Coach

Rebecca Wharton, RN, MS Nursing/Public Health,
Certified Nutrition Coach, Certified Personal Trainer

thefunctionalnursecoach@gmail.com
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

TRM
MINISTRIES

TOPEKA
RESCUE MISSION
MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744

Donate: Text TRMgive to 77977

Non-Cash Donations: 785.357.4285

Volunteer Services: 785.354.1744 ext. 393

TRMonline.org

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

K-12 Christian Education
A Christ-centered, quality education, plus:
Athletics/Martial Arts/Chess/Instrumental/Scout
Fine Arts: Choir, Band, Drama, Speech, Art
Call 785-286-0427 today for a tour.

Heritage Christian School
"Spiritually Grounded, Academically Excellent, Faithfully Serving"

HCSTopeka.org | info@HCSTopeka.org | 2000 NW Clay, Topeka, KS 66608

Alpha Christian Children's Home & School

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



IN HIS HANDS

HOW YOU CAN HELP:

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



Find out more by calling
785-597-5235

Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66807

RETIREMENT COMMUNITY


Alderlygate Village
Innovative Care Solutions
Apartment Special
30 hours of dining assistance on us!
Plus 24-hour nursing experience on us!

Must Reserve by June 30th. Local/regional moves only.

2021 SW Embassy Drive
Topeka, Kansas 66614
tbrown@alderlygatevillage.org
785-288-7490

Call for details
785-266-7490

GRAPHIC DESIGN SERVICES

GRAPHIC DESIGN AND ADVERTISING CONSULTING - Printing, Promotional Products, Social Media & Website design & tutoring services. **I-DESIGN GRAPHIC SERVICES**

785-249-1913 • irene@idesigns.com
www.idesigns.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

Get Your Healthy Meat & Deli Items at

**HERMAN'S
BEEF & SAUSAGE HOUSE**

823 N.W. Gordon St. Topeka, KS 66608
(785) 233-7328

We Specialize In Meat & Deli Items

NUTRITION / SUPPLEMENTS

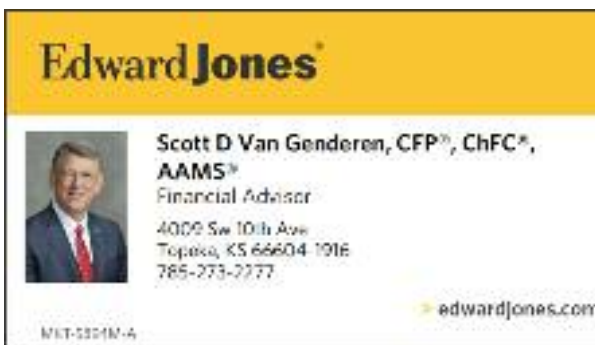

innov8tive
NUTRITION
IPA Innovative PATCH Application

A whole new way to be your best!
Take dietary supplements by wearing one patch each day!

Call Cindy Durkin 785-224-1918
Find out more at: Cindy.kouwho.innov8tivenutrition.com

FINANCIAL WELLNESS

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



Edward Jones

Scott D Van Genderen, CFP®, ChFC®, AAMS®
Financial Advisor
4009 Sw 10th Ave
Topeka, KS 66604 1916
785-273-2277

edwardjones.com

FOR RENT

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

HEALTH INFORMATION

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

785-580-4400. www.tscpl.org

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!
• 785-305-0549 • dronaldleecobb@gmail.com

COMMUNITY CARE LINE

WANT TO TALK AND IT'S NOT A CRISIS?
Feeling isolated & want to connect?
Shawnee Co. Community Cares line
1-800-972-8199 • M-F 9-5

FUNERAL & CREMATION SERVICES


Parker-Price & Davidson
Cremation • Funerals • Receptions

245 NW Independence • (785) 233-5850 • ppdfuneral.com

FARM & HOME SUPPLIES


PHONE: (785) 286-2390 FAX: (785) 286-2390
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBILE: (785) 224-4298

TARWATER FARM & HOME SUPPLY

RICH TARWATER
OWNER

4187 N TOPEKA AVE
TOPEKA, KS 66617

BECAUSE OF THE CUSTOMER... WE EXIST!

PET CARE

Doggie daycare, grooming, training and dog/cat boarding. Also pet food and supplies. THE DIRTY DOG, 3120 S. Kansas Ave. • 785-431-6694
www.thedirtydogtopeka.com

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care
Member - AVMA, IVAS, AVCA

7146 K-4 Hwy, Meriden, Ks
785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com

Healthy Event Calendar for Greater Topeka

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

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

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

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

BREAD BASKET FARMERS MARKET – Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

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

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.

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

CHRISTIAN WRITERS GROUP OF TOPEKA -1st & third Mondays, 7pm at the Hughes Room 205 of the Topeka Library. Workshop for aspiring writers. Each participant is asked to bring five copies of a two page type written sample of a work in progress. After reading the pages aloud each participant is allowed an equal number of positive and negative comments offered in a spirit of helpfulness. If you would like to read something email Charles at jcccw@gmail.com

MISS JUNETEENTH SCHOLARSHIP PAGEANT – Jun. 1, 5pm, Garvey Fine Arts Center, Washburn Univ. Free Adm.

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

NORTH TOPEKA COMMUNITY BAND CONCERT - June 3, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. (Also on June 17 and July 1) North Topeka Community Band concerts have been a summer treat since 1996. No admission cost. Bring your lawn chairs. Contact Info: Ginger Patterson, (785) 633-2438

FAMILY NIGHT AT COSMOS COURT – June 4, 5pm, Cosmos Court, 909 S. Kansas Ave. Every Tuesday night is family night – Pizza, salads, hot dogs, and more! Also table games, etc.

ING NETWORKING LUNCH – June 5, 11:30-12:30, Bradley.s Cafe.

EATS AND BEATS – June 6, 6pm, Everygy Plaza. Bryton Stolls, the Mikey Needleman Band

TOPEKA'S BACKYARD MUSIC FESTIVAL – Jun 7-9, Forest Park Conference and Retreat Center. *Camping Area *Arts & Crafts Vendors *Food Vendors. For info: Ronald Ruiz 785-817-4042, Steve Alley 785-969-7879. Tickets: holdmyticket.com/event/428703

GARAGE SALE – June 7, 8:30-4; June 8, 8-12 (half-price) noon-2=\$1/bag, Perry United Methodist Church, 219 Oak St. 785-597-5478-Paula Hladky

COMMUNITY BLOCK PARTY – June 7, 5-9pm, 1110 N. Kansas, Kaw Valley Bank celebrating 150 years in their parking lot. Food and live music. Kid friendly! Free Glory Days Pizza and Pineapple Dream while supplies last.

CAR SHOW – June 8, The 1890 Ice House in Meriden KS, 111 Main St. For a fun filled day of cornhole-car & bike show food, drink, and bands. At 7:30 am the Ice House will be serving biscuits and gravy, cinnamon rolls, coffee by Ms. Dany Guzman @ her Chaos Coffee truck, juice and Bloody Mary's. Pre register your car or bike: 785-640-8147 or Info@the1890icehouse.com. \$20 entry. Cornhole-

<https://share.scoreholio.com/tum13eBdgJb>. Lunch served at 11am. 6pm Music: Jeff "Bearcat" Bunch. 8pm: Clay Clear Band. NO COVER

MAETA TRUCK AND CAR SHOW – June 8, 8-2, Meriden Antique Engine and Threshers Association, 8275 KS-4, Meriden. No Entry fee! Chuckwagon and camping available. Free Admission! Flea Market! Contact Sarah for info: 785-640-7164

FLAG DAY CELEBRATION – June 8, 10-4, Great Overland Station. Plus, guests can bring their flags to be retired on site. Classic car show, vendors, live music, food trucks and more! Admission FREE! For info: greatoverlandstation@snco.us or 785-251-6944

JUNETEENTH PARADE – June 10, 11am-3:30pm, Everygy Plaza. Registration forms @ www.tffjc.org. Rodney Harmon 785-224-6525 or Chris Ware 785-806-2755

VACATION BIBLE SCHOOL - Fruits of the Spirit - Farm Theme – June 12-14 5:30-4pm. All Children welcome. Oakland Church of the Nazarene, 939 NE Oakland Avenue

C5Alive "POWER" LUNCHEON – June 13, 11:30-1, at Shopper's Kitchen, 250 SE 29th, featuring Sylvia Hopper and a group activity.

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

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



- ◆ TOPEKA'S COMMUNITY CELEBRATION CENTER
- ◆ DOWNTOWN TOPEKA'S FOOD COURT
- ◆ A MAKER SPACE FOR FOOD AND FUN
- ◆ UNFORGETTABLE EVENTS & EXPERIENCES
- ◆ A GREAT PLACE FOR FAMILIES
- ◆ INCREDIBLE PIZZA
- ◆ OPEN FOR LATE NIGHT EATS

WWW.COSMOSCOURT.COM
909 S KANSAS AVENUE—DOWNTOWN TOPEKA

OPEN
11A-11P
CLOSED SUNDAY



**Shawnee County
Warm Line
1-800-972-8199**

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

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

Monday - Friday from 10 am - 2 pm.

• 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, July 11, 11:30-1, featuring Barry Feaker.

EATS AND BEATS – June 13, 6pm, Every Plaza. Colin Nichols, Steve Kile Band

GOLD CITY QUARTET CONCERT – June 14, 7pm, Wanamaker Woods Church, 3501 SW Wanamaker Road. Doors open at 6pm. Dree-will offering. Contact 785-273-2248, office@wwnaz.org, wwnaz.org

MUSIC IN THE PARK – June 16, 7pm, Gage Park Amphitheater. Sante Fe Band

ING NETWORKING LUNCH – June 19, 11:30-12:30, Skinny's.

EATS AND BEATS – June 20, 6pm, Every Plaza. Justwynn-moore, Villians Dance

NOTO 3rd FRIDAY CONCERT SERIES – June 21, 7-10pm, Redbud Park. Wendy Woo

FREE MONTHLY HYGIENE GIVEAWAY- HANDS FULL OF PURPOSE on June 22, 3 to 4 pm, FAITH TEMPLE, 1162 SW Lincoln, OUTSIDE

ANNUAL FREEDOM FEST – June 22 4-8pm. Free Food, Games, Bouncer. Fun for All Ages! Oakland Church of the Nazarene, 939 NE Oakland Avenue

THE GREAT JUNGLE JOURNEY VBS – June 22-28. An epic cruise from Genesis to Revelation. Saturday, June 22nd, 2-4pm, VBS Kick-Off Carnival; Very Busy Sunday, June 23rd, 9:45am – noon; VBS - Monday - Thursday, June 24th - June 27th, 5:30 - 8pm; Family Fun Friday, June 28th, 5:30 - 8pm. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, & enemies! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene, Email: Lakenaz@aol.com

EATS AND BEATS – June 27, 6pm, Every Plaza. Thunderkat, Strong Like Bull

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.

CELEBRATE SUMMER BLOOD DRIVE – June 28, 1-6pm, West Ridge Mall. Everyone that donates blood gets a free Royals T-shirt and a ticket to a Royals game!

FREE MOVIE NIGHT - June 28, 6pm - Popcorn and Snacks provided, Oakland Church of the Nazarene, 939 NE Oakland Avenue

WOOD VALLEY PICKERS – June 29, 7pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

7TH ANNUAL SUNSHINE REGGAE ROOTS FESTIVAL – June 29, 4pm-12, corner of 8th & Jackson streets outside of The Celtic Fox. Featuring national, regional, and local Reggae and Ska bands, DJ's, Food Trucks, Arts & Crafts vendors, a kids corner, swag giveaways, and more! \$15 ADMISSION, *kids 10 & Under free. GATES OPEN AT 4PM. *For vendor or sponsorship opportunities please contact Sunshine: sunshinegmbblue@gmail.com

SUMMER FIREWORKS EXTRAVAGANZA – June 29, 7pm, hosted by Fellowship Hi-Crest at Avondale East Field. Food trucks, inflatables, live music from the Fountain City 45s, and giveaways. At 10 pm, a 20-minute professional fireworks show will light up the night sky. <https://bit.ly/2024SFE>

CHILDRENS MIRACLE NETWORK CAR

SHOW – Jun. 29, 10am, North Topeka Walmart.

ONGOING EVENTS:

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




SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each

HISTORIC LECOMPTON

TERRITORIAL CAPITAL

OF KANSAS 1855-1861

CIVIL WAR HISTORY

- National Landmarks
- Constitution Hall
- Territorial Capital Museum

9 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

TOURS 785-887-6148

WWW.LECOMPTONKANSAS.COM

Lecompton Turnpike Exit

10 miles East of Topeka on U.S. 40 & 24



*Developing and Uniting
Christian Leadership*

• Business • Non-profits • Churches

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

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

May 9, 11:30-1: "POWER" Luncheon
at Shopper's Kitchen, 250 SE 29th

Featuring: **Sylvia Hopper**

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



Save the Dates!

- July 11: POWER Luncheon, 11:30-1, with Barry Feaker
- Aug 8: POWER Luncheon, 11:30-1
- Sep 12: POWER Luncheon, 11:30-1

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

meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

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

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

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

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

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

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

TOPEKA LIONS CLUB – 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 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. To Join from Home via Zoom, contact Madon for the Zoom link.

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

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact the office at 785-249-3258 or email 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.

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

TOPEKA PUBLIC LIBRARY PLAY BUS – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco.

Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

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

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

HEALING AFTER 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 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 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.

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

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

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

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

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

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

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: slsmith@att.net or call (785) 633-8321



TOPEKA
Small
Businesses:

Has your business been
hurt by the pandemic?
WE WANT TO HELP!

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

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

Send your ad or information to
Lee Hartman at: voice@cox.net

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.nar-anonmidwest.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 hhhstopeka.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



Gold City Quartet
Concert at The Woods at Wanhale
June 14th 7:00pm
• Doors open at 6pm
• Freewill Offering
3501 SW Wanamaker Rd. • 785-273-2248 • wwoodsnaz@wnwanz.org



VOICE OF FAITH
RADIO BROADCAST
Sermons and Teachings of Rev Max L. Manning



Sundays – 9 am WIBW RADIO 580 AM
Daily (Mon–Fri) – 10 am KFGB 97.7 FM
www.global-missions.com
PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183



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
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
Saturday- www.SoleReasonSat.golfgenius.com
• Closest To Pin
• Longest Putt
• Silent Auction
• Raffle Prizes
For more information go to www.solereason.net or contact Jerry at (785-338-2965) or e-mail sole_reason@yahoo.com



\$1250 HIRING BONUS
within first 9 months!
NOW HIRING:
Direct Support Professionals
Case Coordinator
Training Coordinator
Finance Director
Paid training, great benefits including next day pay
Serving People with disabilities since 1971
3401 SW Harrison St. Topeka, KS 66611
EOE www.slitopeka.org

Family Dinner Encourages Healthier Eating Habits

When was the last time you sat down with your family at the table and shared food and conversation, without TV, tablets or phones? For most families, it's probably been a while.

Getting everyone together to share a meal makes more than wonderful memories. According to Johns Hopkins clinical dietitian Jaelyn Rose, there's research supporting health benefits for adults and kids who regularly dine together. And, with a few practical tips, family dinners can be quick and hassle-free.

Health Benefits of Family Meals

"Patterns developed in childhood can shape an adult's relationship with food and set a foundation for healthy eating habits," Rose says.

Regular family meals can be a part of that process, giving parents and guardians a chance to get more nutritious foods into their families' diets and model positive eating practices, with proven benefits:

- **Better nutrition.** "Family meals typically involve more fruits and vegetables than fast food or casual restaurant fare," Rose reports. "Plenty of research shows that regular family meals increase overall intake of calcium-rich foods, fruits and veg-



etables, fiber, folate and vitamins A, C, E & B6."

- **Healthier behaviors.** Family meals nourish and strengthen more than the body. "Research studies show that eating together regularly can reduce the chance of a child or teen engaging in risky behaviors such as using tobacco, alcohol and marijuana," she notes.

- **Smarter eating for life.** Preparing food at home and enjoying it with family members can help kids learn more about nutrients, sustainability, cooking techniques and other aspects of nutrition that can shape their food choices as they grow.

- **Staying safer with food allergies.** Since so many children nowadays have food sensitivities and allergies, learning how to make meals is a valuable skill to learn at home. "If your

child has a food allergy or food sensitivity, learning to cook with safe substitutes is a great skill to teach them," Rose says. "They can feel more independent knowing what ingredients are OK and how to use them in foods they enjoy."

It's OK to Keep It Simple

"Time constraints are the main barrier to regular family meals," Rose says. "But there are ways you can make it easy on yourself. A family dinner doesn't have to be an elaborate feast prepared from scratch. In fact, it's absolutely acceptable to keep things simple."

Here are some family-friendly dinner shortcuts to try:

- Bagged salad greens
- Frozen vegetables
- Rotisserie chickens
- Lean meat or meatless burgers with a healthy toppings
- Time-saving preparation methods such as crock pots and air fryers. ("Kids love chicken fingers and fries, and an air fryer offers a healthier way to prepare those," Rose says.)

If you're still drawing a blank on what to serve, Rose notes there are plenty of good ideas for family dinners, including healthy recipes, on Academy of Nutrition and Dietetics and U.S. Department of Agriculture websites.

Cosmos Court Family Night features pizza and healthy salads

Nothing says family and community like a hot and fresh pizza. When was the last time you sat down with your family and shared a meal to celebrate the good things in life and to connect with care about the challenges family members are facing? The owners of Cosmos Court and several other community partners believe that connecting in person and taking time to communicate is the best way to change and transform the Topeka metro area.

Chris Schultz, owner of Cosmos Court, and a well-known community leader, is committed to making a difference in Topeka. Chris and his family have operated several businesses downtown and are passionate about creating a culture of food and fun that will inspire families and friends to make our community a great place. Cosmos Court has announced its first Tuesday Night Family Night at Cosmos Court starting June 4, 2024, from 5-7 p.m. at 909 S. Kanas.

"We are challenging everyone in the Topeka metro area to take the Family Dinner Night Challenge," Schultz said



in an interview with Metro Voice staff. "Our family has had a family dinner night for years and it has been a healthy and effective way for us all to stay connected and invite other people to get to know our family too. As a community celebration center, Cosmos Court is inviting families and friends to gather, to connect and care for each other and Topeka, on Tuesday night with us at 909 S. Kansas Avenue."

All people in Topeka are welcome to be part of the cosmic family and to buy a Cosmos Pizza and have a Field of Green custom salad with your family, along with your downtown community, Shultz said.

Cosmos Court is a maker space for unforgettable experiences from 11 a.m. to 11 p.m. Monday through Saturday. It is closed on Sunday. Try their Cosmos Pizza Club Italian cheese sticks and pepperoni calzones. Customers can make their Break Room nachos and Nathan's quarter pound hot dogs any way they want. Cosmos Court also offers Mom's salad bar, soup, and spuds. And, you won't want to miss out on Schultz's soft-serve, sodas and slushes, as well as their Cosmic Cookies.

Everyone is welcome to be part of the Cosmos Court Tuesday Night Family Dinner Kick-off celebrating family and community. Families are welcome to stay and play games and enjoy the magic of Cosmos Court. A selection of table games is provided, or you can bring your own. More information about Cosmos Court can be found at CosmosCourt.com.