

**TOPEKA**

**SEPTEMBER 2023**

# Health & Wellness

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

**MAGAZINE**

## HEALTHY AGING

The Four Key Types of Exercise

**FREE TAKE ONE!**

**HEALTH & WELLNESS FAIR 2023**

Presented by  
Emerald City  
Cosmopolitan  
Club

See page 3 for  
information about  
front page photo

The epidemic of childhood obesity  
Take steps to prepare for a long retirement

It's OK – and important – to talk about suicide  
How the City of Topeka ID Card Program works

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

# Healthy AGING Month

## eat a healthy & balanced diet

- Enjoy a diet filled with lowfat protein and dairy, whole grains and lots of fresh fruits and vegetables
- Cut down on unhealthy foods that are processed and high in sugar and fat as your body begins to store them easier and they are linked to heart disease and diabetes
- Add extra fiber into your diet—it can help lower your risk of heart disease, type 2 diabetes and cancer as well as keeping your colon working as it should



## stay active & fit

- Regular exercise can reduce your risk of heart disease, diabetes, arthritis pain, and even anxiety and depression
- Find a physical activity that you enjoy, whether it's bicycling, yoga, swimming, or strength training
- Incorporate elements of aerobic exercises to get your heart pumping, strengthening exercises to prevent muscle loss, stretching to keep you flexible, and balance exercises to prevent falls as you get older.

## get regular checkups

- One of the best ways to stop health problems is to catch them before they start, or at least in the early stages.
- Getting regular checkups is the best way to spot health problems and disease so that your chances of a cure and recovery are much greater
- Work with your doctor to decide what tests and screenings you will need based on your age, lifestyle habits, family history, and your personal medical history



## decrease stress & stay relaxed



- People who are depressed, guilty, or anxious are more likely to have major health problems than people who have a healthy outlook on life
- Lack of sleep and fatigue from being tense all day can harm your overall health
- Stop smoking as it harms nearly every organ of the body and leads to lung cancer, lung disease, heart and blood vessel disease, stroke, and cataracts as well as speed up the aging of your skin

# STAY HEALTHY

**"It's never too late to start exercising!"**

## REGULAR EXERCISE

### HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

### CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



## WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN BREAK THAT UP

MORNING

10

AFTERNOON

10

EVENING

10

## Improve Your Balance

# 4 Basic Exercises



### KNEE BENDS *Hold on to a sturdy chair or countertop*

- 1
  - Keep back straight
  - Lower body and bend knees
  - Raise body back up
  - Repeat 10-15 times



### HEEL RAISES *Hold on to a sturdy chair or countertop*

- 2
  - Stand straight
  - Raise up on toes slowly
  - Lower heels to ground slowly
  - Repeat 10-15 times



### SIDE LEG RAISES *Hold on to a sturdy chair or countertop*

- 3
  - Keep back straight
  - Raise one leg out to side
  - Return leg to standing
  - Repeat 10-15 times
  - Switch sides



### SIT TO STAND *Use a sturdy chair*

- 4
  - Sit in chair, feet on ground
  - Stretch both arms out front
  - Rise up to standing position
  - Sit back down
  - Repeat 10 times





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## ON THE COVER:

Our cover this month features a previous health fair put on by Emerald City Cosmopolitan Club. This year, their Health Fair 2023 will be at Great Overland Station on Sep. 16.

You will find lots of other health information in this issue.



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

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We are also on Twitter at:  
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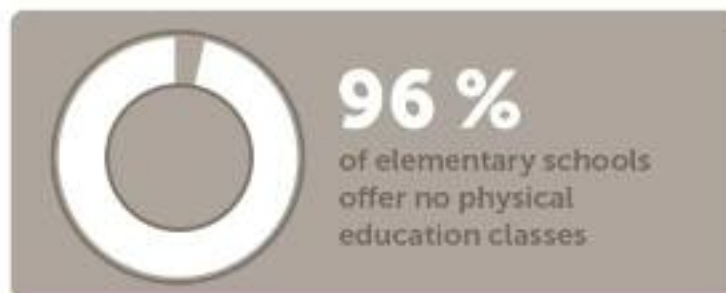
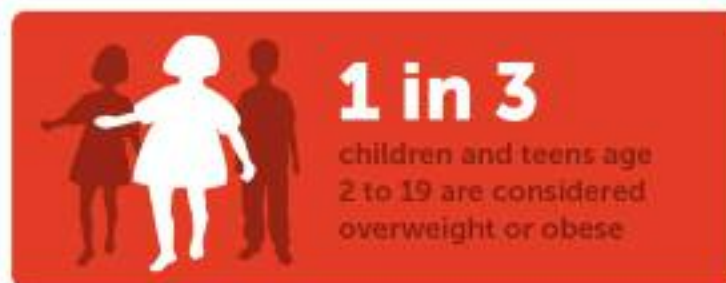
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[www.facebook.com/TopekaHealthandWellnessMagazine](https://www.facebook.com/TopekaHealthandWellnessMagazine).



AN EVERYDAY HEALTH INFOGRAM

# CHILDHOOD OBESITY BY THE NUMBERS

Many U.S. kids are overweight or obese, and most don't exercise.



Source: CDC

everyday HEALTH

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# It's OK – and important – to talk about suicide

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

Last month, the Center for Disease Control and Prevention released the latest provisional estimates for suicide deaths in the United States in 2022. The data is troubling. Rates of death by suicide have risen over the past decade, with significant increases in both 2021 and 2022. 2022 had 49,449 deaths by suicide, the highest number ever recorded.



Mikki Burcher

This means that 1 American dies by suicide every 11 minutes.

National Suicide Prevention Month, which happens each September, is a timely reminder that we NEED to talk about suicide. We should not only be aware of the signs and symptoms that indicate someone might be thinking about suicide, but also how to talk to them and what to do to keep members of community safe when they express suicidal thoughts.

If someone has a radical change in behavior, such as sleeping too much, avoiding contact with others, or being very angry, they may be having suicidal thoughts. People who are thinking about suicide may say that they are a burden to others or talk about feeling empty, hopeless, numb, or trapped. A person who is considering ending their life may begin putting their affairs in order, giving away their possessions, talking about dying, or saying goodbye to loved ones.

If you think that someone you know might be considering suicide, you should ask them directly. Many people will ask vague questions (such as “Are you going to hurt yourself?”) because they think bringing up suicide will put the idea into someone’s mind. However, research shows that asking about suicide does not increase the likelihood that someone will commit suicide or increase thoughts of suicide. Vague questions can lead to vague answers, which may minimize the seriousness and urgency of the situation.

Instead of using indirect language, ask: “Are you having thoughts that you want to kill yourself, or have you attempted suicide?” If thinking about asking someone this question feels overwhelming, you can practice saying it out loud until you no longer feel discomfort.

If someone indicates that they are having suicidal thoughts, be ready to ask more questions. Try to assess how urgent the situation is by asking short, specific questions. You can ask if they have made a plan to end their life, if they have taken steps to carry out their plan (such as acquiring a weapon), or if they have made any attempts in the past. You should also ask if they have been using alcohol or other drugs, as intoxication can increase the risk of a person acting on suicidal thoughts.

Always encourage others to seek professional help when they are experiencing suicidal thoughts. If you believe that the person is in immediate danger, work with that person, when possible, to keep them safe. You can offer to call their emergency contact, mental health provider or primary care physician; call or text the 988 Suicide & Crisis Lifeline; or, if in Shawnee County, call

the Valeo Crisis Line at 785-234-3300. If you believe the person is in immediate danger, call 911.

When we openly talk about suicide, we reduce stigma and increase awareness about the importance of mental health care in our community. By engaging in these hard but necessary conversations, we actively show care for our friends and neighbors who may be in crisis and do our part to decrease the number of deaths by suicide.

## 988 Suicide & Crisis Lifeline

We can all help prevent suicide. You can dial 988 for help. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

## Valeo Behavioral Health Care Crisis Services

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

### Valeo Behavioral Health Care (Adults)

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

### National Suicide Prevention Life Line

1-800-273-8255

### Shawnee County Suicide Prevention Coalition

SCSPC.org

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

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

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

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

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# FINANCIAL FOCUS

## Take steps to prepare for a long retirement

**H**ow long will you live? Of course, your longevity is somewhat unpredictable. But it may be a good idea to plan for a long life — and the financial issues that go along with it.

It's reasonable to think you've got a long way to go. In fact, 72% of retirees now think they will live longer than their parents, according to a recent survey from Age Wave and Edward Jones. Their optimism may be justified: A 65-year-old woman can expect to live almost 20 more years, while a 65-year-old man can anticipate about 17 more years, according to the Centers for Disease Control. And these figures are just averages — if you're healthy at 65, you could spend two or even three more decades as a retiree.

To help maintain the resources necessary to pay for these years, you may need to take several steps, such as the following:

- **Seek income and growth from your investments.** Once you're retired, you'll probably need to rely more heavily on your investment portfolio to help pay for your cost of living. That means you will need a mix of investments that provide income — to supplement your Social Security and any pensions you might have — and growth — to help keep you ahead of inflation. You might also consider specific investments designed for longevity, such as a fixed annuity, which can provide you with a regular income stream you can't outlive.

- **Establish a reasonable withdrawal rate.** You'll need to establish and maintain a reasonable withdrawal rate — the percentage of your portfolio you take out each year. As a general rule, many people start out in retirement by designating a 4% annual withdrawal rate, but your individual figure will depend on a variety of factors, such as your age, the size of your portfolio, other sources of income and so on. And keeping an emergency fund on the side can



help you with unforeseen costs that could otherwise cause you to withdraw more than you'd like. Unsurprisingly, the goal with choosing the appropriate withdrawal rate and monitoring it throughout retirement is so you don't outlive your portfolio.

- **Consider adding some earned income.** Once you've formally retired from your career, you might consider working part time or doing some consulting. The added income can improve your cash flow and take some of the pressure off your investment portfolio. Keep in mind that your income level in retirement will determine what tax rate you pay on your Social Security benefits. If you take Social Security early and are earning above a certain amount, your benefits could be temporarily reduced.

- **Don't underestimate health care costs.** Even with Medicare or Medicare Advantage, your out-of-pocket health care costs can be considerable. Upon first retiring, it's often a good idea to budget between \$4,500 to \$6,500 per person annually, though depending on your health, prescriptions and supplemental insurance, your costs could certainly be higher or lower than this range. And these figures

don't include the costs of long-term care, which can be enormous and aren't typically covered by Medicare. To help protect yourself — and your family — from long-term care expenses, you may want to work with a financial professional, who could recommend insurance strategies or other techniques.

A long life can certainly be rewarding — and even more so when you're prepared for it.

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

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# Shawnee County, KS



## 1 in 9 people over the age of 65 are living with Alzheimer's.

16.7% of the state and 19.1% of the county population are over the age of 65.

That tells us that over 3,797 people live with Alzheimer's in Shawnee County, Kansas.



### Educational Programs

Our programs are offered in-person or virtually. Topics include First Responder Training, The 10 Warning Signs, Money Matters, and Understanding Alzheimer's and Dementia. To schedule a class, contact [programskc@alz.org](mailto:programskc@alz.org).



### Volunteer Opportunities

There is a volunteer fit for everyone! Consider training as a community educator, support group facilitator, or public policy advocate. You can also volunteer for the Walk Committee or as a Walk day volunteer. Learn more at [alz.org/kansascity/volunteer](http://alz.org/kansascity/volunteer).



### Research and Funding

TrialMatch® is the Association's clinical studies matching service for people with Alzheimer's, caregivers, and healthy volunteers. The database includes hundreds of studies conducted at sites nationwide and online. To learn more and sign up for TrialMatch®, visit [alz.org/tm](http://alz.org/tm).



### Support Groups

Support groups are for individuals with memory loss, their care partners, and their family. Groups offer general support, education, and helpful tips. Support groups are always free and open to the public. Contact [programskc@alz.org](mailto:programskc@alz.org) for information. Learn more and register at [alz.org/crf](http://alz.org/crf).



Shawnee Co.



Kansas

Total	178,909	2,937,880
Aged 65+	34,172	490,626
Aged 65+ with Alzheimer's	3,797	54,514



## Add Your Flower to the Fight to End Alzheimer's



Walk to End Alzheimer's - Northeast Kansas

Saturday, September 23

Evergy Plaza, Topeka

Opens at 9 a.m. | Ceremony at 10 a.m. | Walk at 10:15

To sign up or donate to the Walk, visit [www.alzwalkneks.org](http://www.alzwalkneks.org) or scan the QR code.



To learn more about joining, sponsoring, or volunteering for the Walk, contact Margaret Haden at 785.447.0434 or [mhaden@alz.org](mailto:mhaden@alz.org).



# Four Types of Exercise That Are Key to Healthy Aging

**M**ost people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise. No matter your age, you can find activities that For workout videos of the exercises listed below, visit NIA's YouTube channel.meet your fitness level and needs!

## Endurance Exercises for Older Adults

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Increase your endurance or "staying power" to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

### Safety Tips

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be exercising outdoors, be aware of your surroundings.
- Dress in layers so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, use safety equipment, such as a helmet when bicycling.



### Quick Tip: Test Your Exercise Intensity

When you're being active, try talking: if you're breathing hard but can still have a conversation easily, it's moderate-intensity activity. If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.

## Strength Exercises for Older Adults

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength "strength training" or "resistance training."

Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. Below are a few examples of strength exercises:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight

- Using a resistance band

### Safety Tips

- Don't hold your breath during strength exercises and breathe regularly.
- Breathe out as you lift or push, and breathe in as you relax.
- Talk with your doctor if you are unsure about doing a particular exercise.

## Balance Exercises for Older Adults

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Balance exercises include:

- Tai Chi, a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply.
- Standing on one foot.
- The heel-to-toe walk. (Walking a line)
- The balance walk. (Slow walk, raising knees high, arms straight to side)
- Standing from a seated position.

### Safety Tips

- Have a sturdy chair, a wall or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about a particular exercise.

## Flexibility Exercises for Older Adults

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Flexibility exercises include:

- The back stretch exercise. (Twisting upper body while sitting in chair.)
- The inner thigh stretch. (Lie on back, knees up, spread each leg to side and hold.)
- The ankle stretch. (While sitting with legs outstretched, point toes down & hold, then up & hold)
- The back of leg stretch. (Lie on back, knees up, lift one leg up & pull upright with hands & hold)

### Safety Tips

- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally while holding a stretch.
- Talk with your doctor if you are unsure about a particular exercise.

—National Institute on Aging (NIA)

# FINANCIAL HEALTH & WELLNESS

## Educational assistance programs can be used to help pay workers' student loans

The Internal Revenue Service is reminding employers and employees that under federal law, employers who have educational assistance programs can use them to help pay student loan obligations for their employees.

As part of a wider effort to promote this benefit the IRS will hold a free webinar on Sept. 14 to help interested taxpayers and tax professionals better understand this special provision.

"The IRS wants to remind both employers and employees about this special feature that can help with student loans," IRS Commissioner Danny Werfel said. "There is a limited window of time for this educational assistance program, and the IRS wants to make sure employers don't overlook this option that can help businesses attract and retain workers."

Though educational assistance programs have been available for many years, the option to use them to pay student loans has been available only for payments made after March 27, 2020, and, under current law, will continue to be available until Dec. 31, 2025.

Traditionally, educational assistance programs have been used to pay for books, equipment, supplies, fees, tuition and other education expenses for the employee. These programs can



now also be used to pay principal and interest on an employee's qualified education loans. Payments made directly to the lender, as well as those made to the employee, qualify.

By law, tax-free benefits under an educational assistance program are limited to \$5,250 per employee per year. Normally, assistance provided above that level is taxable as wages.

Employers who don't have an educational assistance program may want to consider setting one up. In a tight labor market, worthwhile fringe benefits such as educational assistance programs can help employers attract and retain qualified workers.

These programs must be in writing and cannot discriminate in favor of highly compensated employees. For information on other

requirements, see Publication 15-B, Employer's Tax Guide to Fringe Benefits. For details on what qualifies as a student loan, see Chapter 10 in Publication 970, Tax Benefits for Education.

The IRS is taking a number of steps to highlight this important provision.

A free 75-minute webinar will begin at 2 p.m. ET on Thursday, Sept. 14 and will include a question-and-answer session. To register for the webinar or for more information, visit the Webinars for Tax Practitioners page or the Webinars for Small Businesses page on IRS.gov.

The IRS will also be sharing more information about this through e-newsletters that reach the small business, tax-exempt and tax professional communities as well as highlighting this through IRS social media channels.

—Peggy Beasterfeld, EA



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**Frontdesk@peggystaxks.com**



# Farmers Markets continue into fall

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

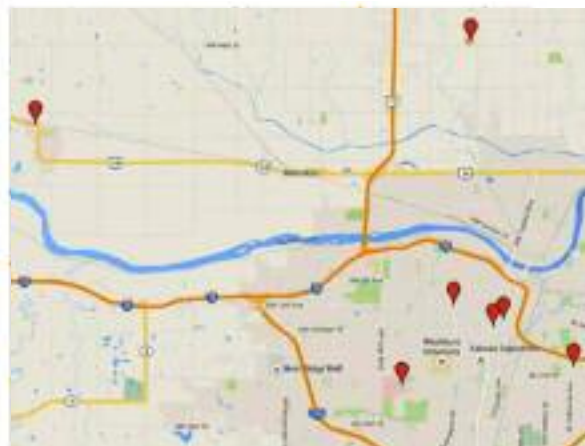


According to the Centers for Disease Control 2013 State Indicator Report on Fruits and Vegetables, 41.4% of adults report consuming fruits less than once per day and 22.2% report consuming vegetables less than once per day. The United State Department of Agriculture recommends making at least half of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

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

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

Learn more about our community's health at [heartlandhealthyneighborhoods.org](http://heartlandhealthyneighborhoods.org) or like us on Facebook.



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

### Breadbasket Farmers Market

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

Open April 1



### Downtown Topeka Farmers Market, Inc.

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

Open April 8 - Oct. 28



### Monday Market @ Your Library

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

Open May 8 - Oct. 2



### Silver Lake Farmers Market

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

Open June - August

### Mother Teresa's Farmers Market

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

Open July 1

### Lawrence Farmers Market

Sat. 7:30-11:30  
824 New Hampshire Street  
Open April 8

### Lawrence Tuesday Market 4-6pm

South Park, 1141 Massachusetts  
Open May 9

### Perry Lecompton Farmers Market

Bernie's/Cenex parking lot, Ferguson & Hwy 24  
Friday 4-6:30pm  
Open May 5

- Some markets accept SNAP and offer Double-Up programs to provide twice the amount of produce to consumers using their SNAP/EBT card.
- Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
- In Kansas, the program is known as the Food Assistance Program.
- Learn about eligibility and complete the Online Application for Benefits at <http://www.dcf.ks.gov/> to or visit DCF Office Location for Topeka/Shawnee County, 500 S.W. VanBuren, Topeka, KS 66603 or call 785-296-2500.



## MAP vehicle serves homeless in Topeka

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

Services offered include:

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



## SCHEDULE Tuesday & Thursday



MOBILE ACCESS  
PARTNERSHIP

Topeka Rescue Mission's  
homeless hotline:  
785-230-8237

### TRM

Clothing, Hot breakfast and lunch,  
Hygiene items

### VALEO

Showers, COVID testing, Mental  
Health Assessments, City ID  
applications, Backpacks

### STORMONT

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

### FREE LIFELINE PHONES

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

### STREET DOG COALITION

Vaccines for pets, Parasite control,  
Spay/Neuter



### Sept. 5th • 9:00-3:00

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

### Sept. 7th • 9:00-3:00

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

### Sept. 12th • 9:00-3:00

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

### Sept. 14th • 9:00-3:00

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

### Sept. 19th • 9:00-3:00

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

### Sept. 21st • 9:00-3:00

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

### Sept. 26th • 9:00-3:00

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

### Sept. 28th • 9:00-3:00

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

## The Pet Assistance Network of Topeka (PANT) was formed in 2007

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



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

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

The client is reunited with their pet when circumstances improve.

### HOW YOU CAN HELP

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

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

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

### HOW PANT WORKS

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

**PANT**  
Pet Assistance Network of Topeka  
www.topekapant.org

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

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

**PAWBLO PICASSO**

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

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

**\$30**  
per ticket

**2 tickets for  
\$50**  
if purchased  
by 10-14-23

Proceeds from fundraisers & donations help to provide shelter and care for pets whose owners are temporarily out of home and assist one of our partner agencies: Topeka Rescue Mission & Jayhawk Area Agency on Aging

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

Dinner ✦ Silent auction ✦ Cash Bar  
Art project ✦ Basket raffle  
Live Music

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

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

# How the City of Topeka ID Card Program works

## City of Topeka ID Card Program

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

### About the Program

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

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



### Frequently Asked Questions (FAQs)

#### How do you apply for an ID card?

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

#### What should I bring with me to the open house?

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

#### How long does it take to receive my ID card?

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

#### Where do I pick up my ID card?

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

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

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

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

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

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



# Aging: How Important Are Positive Perspectives?



(Ivanhoe Newswire) —

**W**hile the connection between physical health and longevity is well-established, researchers are now finding even our attitude towards aging can add, or subtract, years to our life. But how do we keep a positive perspective when we're bombarded with images of old wicked witches and grumpy old men? We are in a new age of how we think about aging, and it may just help us all live longer, healthier lives.

The negative images of aging are being replaced with the 60 plus crowd making the most out of life.

Brenda Mosby says "Someone said this to me a long time ago, that age is a number. It's a number. And we mentally put these caveats on top of it. And it's like, that doesn't make sense."

Brenda will not let a number define her.

"I am surprised to say at 68 I am on no medications. I just feel so good. And I feel happy all the time," states Brenda.

In just the past few years, Brenda married, started studying ballet and has taken center stage in a play—all of that and Brenda is blind!

Brenda says "I lost my sight, and I found my vision. My life after blindness has been a fairytale."

Research out of Yale University finds people with



an upbeat, optimistic view of getting older lived an average of seven and a half years longer than their negative peers.

Aditi Gurkar, PhD, Cell Biologist & Aging Expert at University of Pittsburgh explains, "There's been tons of studies that have shown that being optimistic in life somehow it's this, you know, your mind playing tricks on your body in some sort, where you just have a healthier perspective in life."

Ways to help lift your aging attitude toward aging — find positive role models. Don't blame your age. If you lose your car keys, it happens to everyone. Stop turning down fun opportunities and never say you're too old. Make sure you mix with millennials. And find your purpose. A study out of Boston University found that having a purpose lowered the risk of death for men by 20 percent, and 34 percent in women.

For Brenda, she has found her groove.

Brenda says, "My purpose is to be an example of love and joy and happiness in everything in everything I do."

## THE BAD NEWS

You've heard the good, and now for the bad. Research at Berkley found a negative attitude about

growing older could increase your risk of dementia, heart disease and even menopausal symptoms such as hot flashes and insomnia. One theory is that poor mental health can lead to unhealthy coping mechanisms such as substance abuse, poor diet and lack of exercise.

Researchers from Northwestern University have discovered that individuals who have positive attitudes are less likely to experience memory decline as they get older. The team monitored adults at certain time periods over a decade, each time surveying their mood in the previous 30 days and their memory recall. They concluded that having positive attitude was associated with a less steep decline in memory. However, it's not just the brain that benefits from positive thinking but also the heart and cardiovascular health.

Another study, out of the University of Illinois, found that adults who were more optimistic were more likely to have better cardiovascular health and improved cholesterol and blood sugar levels. The thinking behind this is based on the acute stress response that we experience when we have negative, fearful, or pessimistic emotions. Science is beginning to add weight to the importance and impact of positive thinking on many of our different physiological systems, which all combine to add benefit to our health, resulting in positive thinking being studied in relation to increasing our lifespan.

# Spiritual Wellness

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

## Back-to-School Nutrition

### Empower Your Kids Through Better Food

It's "back-to-school" time and that means back to the school cafeteria. More and more parents are realizing the critical link between what we



**VAUGHN LAWRENCE**

Owner,  
Spiritual  
Health

Designed for Health

eat and our overall health. Children who eat nutritious foods simply function better, do better in school, have better focus, have better behavior and are sick less often. The public school cafeteria certainly does not cater to good health and unfortunately, not much has changed over the last few decades in spite of mounds of research showing how critically important our food choices are to our health and well being.

For example, I decided to pull up the lunch calendar for our local school district. Keep in mind this is a menu for elementary school children who are in the prime years of physical and mental growth and learning. Here is a sample of the food offered during a typical week:

Biscuits & gravy, fruit juice, macaroni & cheese, fish sticks, pancake on a stick (really?), breakfast pizza, tater tots, sweet bread, toasted cheese, chicken nuggets.

God designed the body to eat fruits, vegetables, whole grains, nuts, seeds and quality animal meat. This menu is full of processed man-made foods. The example I often use is to consider your family dog, cat or fish. What if you fed your pet the above menu? How long do you think your pet would survive? If we wouldn't do this to our animals, why would we ever feed this to our children?!? This is the reason any decent cat or dog food must contain vitamins and minerals. This is a reflection of how lost our American culture is related to understanding

health and nutrition. Fortunately a few are pioneering the way to restoring health in our schools. In 1997, a study was done in Appleton, Wisconsin where a school completely changed their menu from standard American fare to fresh, organic foods. The school, Central Alternative High School, showed immediate improvement in test scores and behavior throughout the school. The story of the Appleton project has been documented on a short DVD, **Impact of Fresh, Healthy Foods on Learning and Behavior.**

Here is an excerpt from their website:

*Principal LuAnn Coenen is amazed at the change she has seen in her school. Each year principals are required to file a report with the state of Wisconsin, detailing the number of students who have: dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide. Since the start of the program, she reported, the numbers in every category have been "zero."*

*Mary Bruyette, a teacher at the high school, believes "If you've been guzzling Mountain Dew and eating chips and you're flying all over the place I don't think you're going to pick up a whole lot in class." She reports that the students are now calm and well behaved. "I don't have to deal with the daily discipline issues; that just isn't an issue here."*



Can you imagine? A school where the grades are good, kids don't drop out and there are no behavior issues. It seems like a fantasy, but nutrition was the answer! Here are some tips for healthy back-to-school options:

1. Consider home-schooling. This puts you in control of your children's health and nutrition.
2. Pack a lunch. Give your children healthier options made from whole unprocessed foods...that actually taste good! Learning what healthy foods your child likes will hopefully prevent the infamous trading or throwing away of lunch items.
3. Call the school district. Are things ever going to change if parents don't cry out about this? By remaining silent you are allowing the government and the food industry to determine your children's future health.

Children are our future. We are already seeing record levels of sickness and disease in our youth, and the biggest reason is poor nutrition. You have the opportunity to sow into your children and future generations through life giving foods provided by God.

—Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: "We Love God. We Love People. We Love Health. [www.spiritofhealthkc.com](http://www.spiritofhealthkc.com)



# Emerald City Cosmopolitan Club to present Health & Wellness Fair 2023

**E**merald City Cosmopolitan Club will present Health & Wellness Fair 2023 on Saturday, September 16 at the Great Overland Station in North Topeka.

The event will take place from 10:00 a.m. to 3:00 p.m. that day, and will feature health screenings, demonstrations and information on various health topics.

Various local businesses and non-profits will present education and information on diabetes, mental health, fitness, personal safety, and other topics. Various vendors will also offer demonstrations of fitness and exercise routines. Other vendors will offer information on assisted living, home safety, health products, healthy foods and more.

Healthy food and drink items will be available for purchase.

Businesses and organizations represented at the health fair will include Stormont Vail Health, Midland Care, Thornton Place, GraceMed, SoulFire Nutrition, Sunshine Connection, MyGym, SHopper's Kitchen, Emerald City Cosmos, Moore's Mar-



Members of the Emerald City Cosmopolitan Club will facilitate Health & Wellness Fair 2023. They have the experience of putting on health fairs for several years in Topeka. The Cosmos Club has a special emphasis on fighting diabetes.

tial Arts, Bonkers, Jayhawk Area Agency on Aging, Kokaro Kids Yoga, Blueline Health, Lions Club and more.

### More activities for the family

The Health Fair is part of the 2023 Topeka Fall Fest, to be held that day inside and outside of Great Overland Station. In addition to the health fair, families will be able to listen to live music, visit over

80 vendors & food trucks, and take part in the kids activities such as inflatables, Cupcake Walks, pumpkin decorating and face painting. Many of the vendors will have healthy activities and other games for kids.

This annual event, which takes place from 10am to 3pm, is coordinated by Emerald City Cosmopolitan Club, C5Alive, Metro Voice newspaper, and Health & Wellness magazine.



Get off the fence and call TODAY to schedule your visit!

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Fun activities for kids, like the Cupcake Walk, will be available at the event.

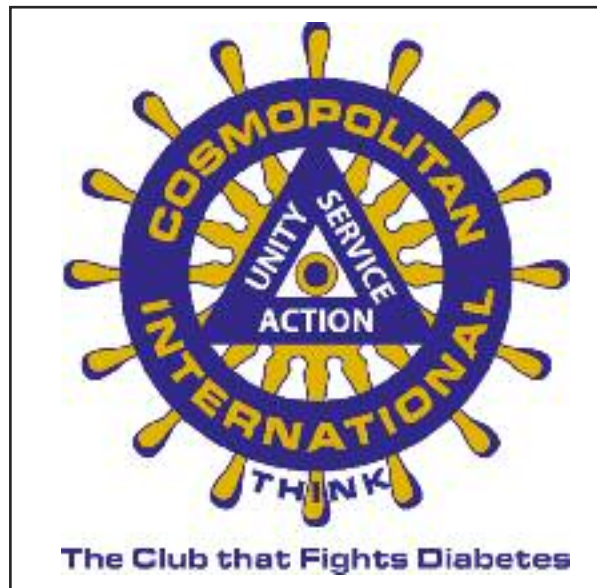
Other sponsors include Stormont Vail Health, Ernest-Spencer Metals, ServPro, College HUNKS Moving, Patton & Patton, Capital City Flooring, SoulFire Nutrition, WIBW, Magic 107.7, KMBC-FM, WREN, TV25. and more.

There is still room for more sponsors and participants for the Vendor Market, Food Court and Health Fair. For more information, visit Topeka Fall Fest on Facebook, email info@C5Alive.org or call 785-640-6399.

Thousands of people have attended in the past, with a similar amount expected this year. Admission to the event is free.

### What is the Cosmo Club?

The Emerald City Cosmopolitan Club of Topeka, Kansas was chartered in 2009. The Club is affiliated with Cosmopolitan International and is known as “the club that fights diabetes.” Emerald City Cosmo club members meet for monthly dinner and business meetings, participate in community events and fundraising efforts that support local diabetes-related projects in addition to assisting various other community needs.



Club members also enjoy club sponsored social events that help develop new and lasting friendships among members.

The Emerald City Cosmopolitan club is dedicated to raising money to aid in the fight against

diabetes as well as assisting local charities via fundraising.

The mission of every Cosmopolitan member is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to both prevent and find a cure for diabetes.

For more information about Emerald City Cosmopolitan Club, visit the website at [www.emeraldcitycosmos.org](http://www.emeraldcitycosmos.org), or email [emeraldcitycosmos@gmail.com](mailto:emeraldcitycosmos@gmail.com).



Emerald City Cosmopolitans help various local organizations raise funds, including Sole Reason, which furnishes new shoes for kids that need them.



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# This Mom Has Maintained a 9.5-Year Run Streak

By Liz Ferguson/Runner's World

Age: 46

Hometown: Austin, Texas

Occupation: Stay at home mom/part-time fitness coach

Time Running: 30 years

I played lots of sports growing up. I was never the star player, but I loved the process and the training. In college, I began running more often because it helped me keep a routine and gave me an outlet that wasn't school-related.

In 1995, when I started dating my husband, I began running with him. He was on the cross-country and track teams at Virginia Tech. He taught me about shoes, distance, and pacing, and we still have running dates when we want to talk and catch up. I simply loved the progress and the results I could get with running, and how I could challenge myself in different ways. More importantly, I liked how strong and accomplished I felt after running. There is no sweat like a sweat from a good run—it feels cleansing.

In the beginning, I didn't think of myself as a "runner," but more as someone who ran as a form of exercise. I remember being so scared lining up for my first 5K in 1995 in Charlottesville, Virginia. After that

race, I gradually added more distance and signed up for my first full marathon, The Marine Corps Marathon in 1999. I am now in the Marine Corps Runners Club, which you can enter if you run the marathon at least five times.

Some of my most memorable runs have not been races, though. On one of my first dates with my husband (while in college) we went on a run and I ended up running for one whole hour—which, at the time, was my longest run. I felt so proud of that milestone.

Today, some of my favorite runs are my Saturday morning long runs with my neighborhood mom friends, and anytime my sister and I get to run together is the best, because we live in different places.

My love for running has led me to a nine-and-a-half-year run streak, which means I run at least two miles continuously every day.

I started my run streak on Sunday May 4, 2014. I went out for a run and felt really good, so the next day I ran again. I knew I wanted to make a commitment to my health and my family, to take that time for myself, and to just do something challenging. I decided to run every day for the rest of the summer. When I did that, I told myself I would run until the end of the year. Then, of course, once that passed I kept going to make it a full year.

After one year, I decided to see how far this journey could take me. I fully invested in it, and I realized the more I gave running, the more it gave me. Now I can't imagine life without my run streak.

Since I started running, I have completed several marathons, half marathons, and a few ultramarathons. I like competing and pushing hard in some races, but I



also like running a race for the enjoyment of the sport, and to run hard enough so I am still having fun but am also able to be a mom after the race.

Having races on the calendar is a great way to keep myself accountable each day. I love the process and training—the long runs, the hot runs, running alone, running with friends, running in the rain, and the runs when you don't have the motivation to run. The races for me are the icing on the cake and the celebration that I get to move my body and be around other people who like to do the same.

For me, running is non-negotiable—it's like brushing my teeth. Luckily it helps to have such a supportive family who knows this and who understands that running makes me better at all my roles in life. I have more energy, patience, and more to give if I run.

Staying healthy and injury-free is important for my run streak. I do a lot of my runs at an easy pace, especially if I am focused on marathon training or running more distance. I also believe in cross training—having your body move in different planes and training different muscles is so important, since running is a forward-only motion. I love lifting weights, swimming, and taking classes at the gym. Since college, I have done the same 15- to 20-minute stretch routine everyday.



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# The Epidemic of Childhood Obesity

**Today, 1 in 3 children and adolescents, ages 2-19, are overweight or obese - triple the rate from just one generation ago.**

**T**hirty years ago, having an overweight child was a challenge for a few. And, there was no medical terminology for the condition. By 2008, more than 20% of children were impacted by this phenomenon of the “energy in: energy out imbalance” we now know to be labeled “childhood overweight” and then for those with excessive body weight, “childhood obesity.”

## What Causes Obesity in Children?

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

## What Diseases Are Obese Children at Risk For?

Obese children are at risk for a number of conditions, including:

- High cholesterol
- High blood pressure
- Early heart disease
- Diabetes
- Bone problems
- Skin conditions such as heat rash, fungal infections,

and acne

## How Do I Know if My Child Is Overweight?

The best person to determine whether or not your child is overweight is your child's doctor. In determining whether or not your child is overweight, the doctor will measure your child's weight and height and compute his "BMI," or body mass index, to compare this value to standard values. The doctor will also consider your child's age and growth patterns.

## How Can I Help My Overweight Child?

If you have an overweight child, it is very important that you allow him or her to know that you will be supportive. Children's feelings about themselves often are based on their parents' feelings about them, and if you accept your children at any weight, they will be more likely to feel good about themselves. It is also important to talk to your children about their weight, allowing them to share their concerns with you.

It is not recommended that parents set children apart because of their weight. Instead, parents should focus on gradually changing their family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child does not feel singled out.



## How Can I Involve My Family in Healthful Habits?

There are many ways to involve the entire family in healthy habits, but increasing the family's physical activity is especially important. Some ways to accomplish this include:

- Lead by example. If your children see that you are physically active and having fun, they are more likely to be active and stay active for the rest of their lives.
- Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
- Be sensitive to your child's needs. Overweight children may feel uncomfortable about participating in certain activities. It is important to help your child find physical activities that they enjoy and that aren't embarrassing or too difficult.
- Make an effort to reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.
- Plan healthy meals for the entire family that all can enjoy.

Whatever approach parents choose to take regarding an overweight child, the purpose is not to make physical activity and following a healthy diet a chore, but to make the most of the opportunities you and your family have to be active and healthy.

*Source: Alliance for a Healthier Generation and WebMD*

# We want to hear from you!

**Help us know more about the type of content you enjoy reading in Topeka Health & Wellness by completing this very short survey. A few minutes of your time will help us better publish more relevant content to help you lead a healthy life!**

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For questions email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)



# Healthy Recipes for the Summertime

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

## Grandma's Chicken Noodle Soup



Very savory and tasty, and everyone will like it. Use smoked chicken for even more flavor!

### Ingredients

- 2 ½ cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 ½ tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- ⅓ cup cornstarch
- ¼ cup water
- 3 cups diced, cooked chicken meat

### Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil until noodles are tender, about 8 minutes. Drain, rinse under cool running water, and drain again.

Bring broth, salt, and poultry seasoning to a boil in a Dutch oven. Stir in celery and onion; reduce the heat, cover, and simmer until vegetables have softened, about 15 minutes.

Mix cornstarch and water together in a small bowl until cornstarch is completely dissolved; gradually stir into soup. Stir in noodles and chicken, and cook until heated through, 2 to 3 minutes.

### Nutrition Information (Servings: 12)

Per serving: 147 calories; fat 4g ; carbohydrates 11g; protein 16g; sodium 1664mg

Source: allrecipes.com

## Crispy Air Fryer Chicken Breast



Perfect for busy weeknights! So tasty, crunchy, and healthy! Easily made gluten free!

### Ingredients

- 1 Lb Chicken breast
- 2 tsp Olive oil
- Salt
- 1/2 Cup Panko (GF if needed)
- 2 tsp Seasoning salt
- 2 tsp Paprika
- 2 tsp Ground mustard powder
- 2 tsp Garlic powder
- 2 tsp Onion powder

### Directions

Preheat your air fryer to 400 degrees.

Place the chicken breast between two layers of parchment paper. Use a rolling pin or meat mallet to gently press the chicken so it's an even width throughout. Dry chicken breasts off with paper towel.

Pour the oil onto the chicken (I do this right on the parchment) and rub all over, coating it equally. Sprinkle with a pinch of salt.

Combine the rest of the ingredients in a small bowl, shaking together. Pour onto a large rimmed plate.

Cover each of the chicken breasts well with the panko mixture, and then place onto the mesh basket of your air fryer, making sure to leave room between the breasts – they would not be touching.

Spray the tops of the chicken with cooking spray and cook 8 minutes. Gently flip and cook another 6-8 minutes until the chicken is crispy and golden and an instant read thermometer reads 165 degrees Fahrenheit inserted into the chicken

### Nutrition Information (Servings: 4)

Per Serving: 167kcal; fat 2.4g; carbohydrates 6g; protein 29g, sodium 48mg

Source: allrecipes.com

## Texas Caviar



This Texas caviar features black-eyed peas, black beans, and chopped vegetables marinated in a fiery, flavorful dressing. Great with tortilla chips or bread — and plenty of cold iced tea!

### Ingredients

- 1 pint cherry tomatoes, quartered
- 1 (15 ounce) can black-eyed peas, drained
- 1 (15 ounce) can black beans, drained
- 1 (8 ounce) bottle zesty Italian dressing
- 1 green bell pepper, chopped
- ½ onion, chopped
- 1 bunch green onions, chopped
- 2 jalapeno peppers, chopped
- 1 tablespoon minced garlic
- ½ teaspoon ground coriander
- 1 bunch chopped fresh cilantro, or to taste

### Directions

Mix together tomatoes, black-eyed peas, black beans, Italian dressing, bell pepper, onion, green onions, jalapeño peppers, garlic, and coriander in a large bowl. Cover and chill salad in the refrigerator for about 2 hours.

Toss salad with desired amount of cilantro to serve.

### Nutrition Information (Servings: 16)

Per serving: 107 calories; fat 5g; carbs 12g; protein 4g; sodium 415mg

Source: allrecipes.com

# New Health & Wellness Info at the Library

By Elizabeth Phelps

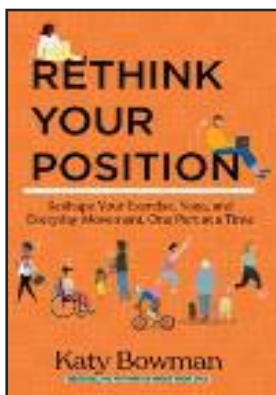
**F**ulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

**Ultra-processed people:** the science behind food that isn't food – by Chris van Tulleken; W.W. Norton & Company; New Health Books 613.2 TUL

In this book, Chris van Tulleken, father, scientist, doctor, and award-winning BBC broadcaster, marshals the latest evidence to show how governments, scientists, and doctors have allowed transnational food companies to create a pandemic of diet-related disease. The solutions don't lie in willpower, personal responsibility, or exercise. You'll find no diet plan in this book--but join Chris as he undertakes a powerful self-experiment that made headlines around the world: under the supervision of colleagues at University College London he spent a month eating a diet of 80 percent UPF (ultra-processed food), typical for many children and adults in the United States. While his body became the subject of scientific scrutiny, he spoke to the world's leading experts from academia, agriculture, and--most important--the food industry itself. But more than teaching him about the experience of the food, the diet switched off Chris's own addiction to UPF.



**Rethink your position:** reshape your exercise, yoga, and everyday movement, one part at a time – by Katy Bowman; Propriometrics Press; New Health Books 613.78 BOW

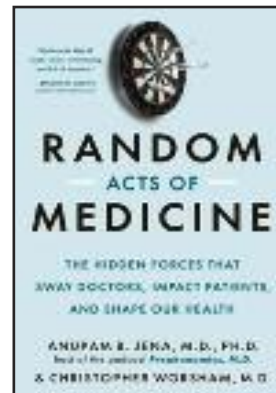


From lifestyle choices to exercises and changes in body alignment, Rethink Your Position takes a part-by-part approach to addressing common aches and pains

and how to move ourselves for optimal functioning. She describes how to address "tech neck" with simple positional changes, how choosing different footwear can help stop "sneeze pees," how to hold our torso and pelvis so that our core muscles can get to work, and more. Some readers will bring the benefits of good alignment to their weightlifting, yoga, running, or exercise class. Some will bring them to carrying their child or grandchild, gardening, or just living day-to-day in a body that doesn't hurt all the time. All bodies benefit from good alignment!

**Random acts of medicine:** the hidden forces that sway doctors, impact patients, and shape our health – by Anupam Jena; Doubleday; New Health Books 610.8 JEN

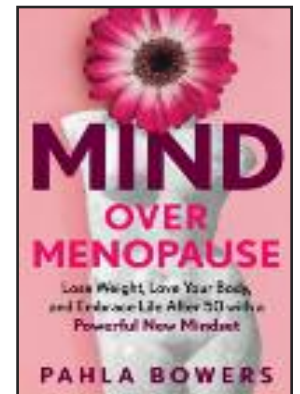
Does timing, circumstance, or luck impact your health care? This groundbreaking book reveals the hidden side of medicine and how unexpected--but predictable--events can profoundly affect our health. Is there ever a good time to have a heart attack? Why do kids born in the summer get diagnosed more often with A.D.H.D.? How are marathons harmful for your health, even when you're not running? As a University of Chicago-trained economist and Harvard medical school professor and doctor, Anupam Jena is uniquely equipped to answer these questions. And as a critical care doctor at Massachusetts General who researches health care policy, Christopher Worsham confronts their impact on the hospital's sickest patients. In this singular work of science and medicine, Jena and Worsham show us how medicine really works, and its effect on all of us.



**Mind over menopause:** lose weight, love your body, and embrace life after 50 with a powerful new mindset – by Paula Bowers; The Experiment; New Health Books 618.175 BOW

Weight-loss life coach Pahla Bowers is here to help with a radically simple and powerful method to flip the script on menopause--by adjusting how you think. Pahla teaches how to target Really Unhelpful Thoughts (RUTs), to shed extra pounds and stay healthy. With this book, you will learn to: transform the way you think about

food--and no longer fear calories and carbs, practice moderate exercise, stay hydrated, get plenty of sleep, develop awareness about how you feel, with journaling prompts, accept your body, choose a realistic weight goal, and never slow down! Combining exercise science, cognitive and behavioral psychology, and an inspiring, pragmatic perspective, Mind Over Menopause equips you with the tools and confidence to achieve your goals.



**Food, we need to talk:** the science-based, humor-laced last word on eating, diet, and making peace with your body – by Juna Gjata; St. Martin's Press; New Health Books 613.25 GJA

A cut-to-the-chase book that makes you realize that not everything you know about dieting and weight loss - no matter how much you've read or experienced before - is true, and that way too much of your brain, your time and your pocketbook has been taken up with the endless (and futile) quest. Gjata and Phillips take turns diving into scientific insights on nutrition and weight loss to provide guidance on exercising and eating right. The research surprises, as when the authors explain that losing weight lowers metabolism because the body becomes more efficient at conserving energy, and that restrictive dieting primes the body to regain lost weight by creating more cells to store fat. Even when the science gets complicated, Gjata's humor leavens the proceedings.

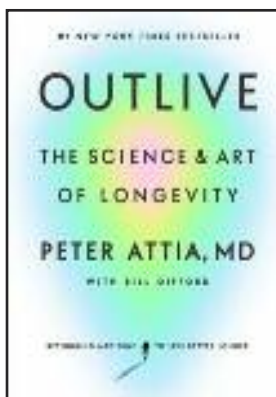


**Outlive:** the science & art of longevity – by Peter Attia, MD; Harmony; New Health Books 613.0438 ATT

A groundbreaking manifesto on living better and longer that challenges the conventional medical thinking on aging and reveals a new approach to preventing chronic disease and extending long-term health, from a visionary

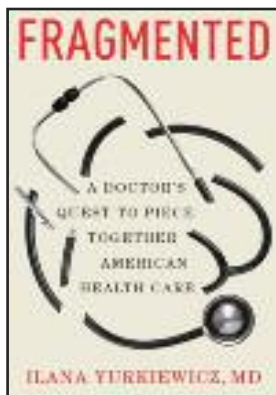


physician and leading longevity expert. In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health. Dr. Attia's aim is less to tell you what to do and more to help you learn how to think about long-term health, in order to create the best plan for you as an individual.



**Fragmented:** a doctor's quest to piece together American health care – by Ilana Yurkiewicz; W.W. Norton & Company; New Health Books 610.8 YUR

An award-winning physician-writer exposes how pervasive cracks in the health care system cost us time, energy, and lives—and how we can fix them. There's an unspoken assumption when we go to see a doctor: the doctor knows our medical story and is making decisions based on that story. But reality frequently falls short.

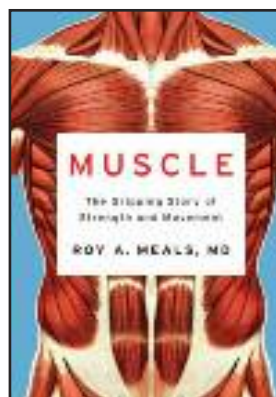


Medical records vanish when we switch doctors. Critical details of life-saving treatment plans get lost in muddled electronic charts. The doctors we see change according to specialty, hospital shifts, or an insurer's whims. Physician Ilana Yurkiewicz calls this phenomenon fragmentation, and, she argues, it's the central failure of health care today. The system is hanging by a thread, and we need better solutions. Urgent, humane, and hopeful, *Fragmented* is a prescription for what really needs fixing in modern medicine.

**Muscle:** the gripping story of strength and movement – by Roy Meals; W.W. Norton & Company; New Health Books 612.74 MEA

Muscle tissue powers every heartbeat, blink, jog, jump, and goosebump. It is the force behind the most critical bodily functions, including digestion and childbirth, as well as extreme feats of athleticism. We can mold our muscles with exercise and observe the results. Orthopedic surgeon Roy Meals takes us on a wide-ranging journey through anatomy, biology, history, and

health to unlock the mysteries of our muscles. He breaks down the three different types of muscle—smooth, skeletal, and cardiac—and explores major advancements in medicine and fitness, including cutting-edge gene-editing research and the science behind popular muscle conditioning strategies. Along the way, he offers insight into the changing aesthetic and cultural conception of muscle, from Michelangelo's David to present-day bodybuilders, and shares fascinating examples of strange muscular maladies and their treatment. Brimming with fun facts and infectious enthusiasm, *Muscle* sheds light on the astonishing, essential tissue that moves us through life.



**We've got you covered:** rebooting American health care – by Liran Einav; Portfolio/Penguin; New Health Books 610.8 EIN

Few of us need convincing that the American health insurance system needs reform. But many of the existing proposals focus on expanding one relatively successful piece of the system or building in piecemeal additions. These proposals miss the point. As the Stanford health economist Liran Einav and the MIT economist and MacArthur Genius Amy Finkelstein argue, our health care system was never deliberately designed, but rather pieced together to deal with issues as they became politically relevant. The result is a sprawling yet arbitrary and inadequate mess. It has left 30 million Americans without formal insurance. Many of the rest live in constant danger of losing their coverage if they lose their job, give birth, get older, get healthier, get richer, or move. It's time to tear it all down and rebuild, sensibly and deliberately.



**Breathe deep:** an illustrated guide to the transformative power of breathing – by Misha Maynerick Blaise; Adams Media; New Health Books 613.792 BLA

Take a deep breath and get lost in this illustrated guide to the transformative power of breathing combining inspiration, instruction, and amazing illustrations to create

a one-of-a-kind book about the popular practice of breath work. All day long you are sustained by the movement of air in and out of your lungs. Because it's a natural function most people don't give much thought to it. But when you consciously engage your breath, incredible things can happen. Filled with vibrant art, meaningful quotes, practical exercises, and lighthearted humor, *Breathe Deep* stokes the curious mind and inspires a deeper relationship with the power of breath.



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**FARM & HOME SUPPLIES**

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**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  
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Air Museum, 7016 SE Forbes Ave. Fundraiser for Be Filled of South Topeka.

**CORNHOLE TOURNAMENT & CAR/BIKE/TRUCK SHOW** - Sep. 16, 8am-11pm, 1890 Ice House, Meriden. Nucklehead Jones performs

**HILLSBORO ARTS & CRAFTS FAIR** - Sep. 16, 9am-4pm. Over 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. Hillsboroartsandcraftsfair.org.

**HEALTH & WELLNESS FAIR** - Sep. 16, 10am-3pm, at the Great Overland Station. Hosted by the Emerald City Cosmopolitan Club. Free screenings, demonstrations, vendors and healthy food. Get the information you need about diabetes and other health topics. Live music, vendor fair and carnival outside at the same time!

**NATIONAL DAY OF REMEMBRANCE FOR ABORTED CHILDREN PRAYER GATHERING** - Sep. 16, 1pm, Heart of America Memorial Wall for the Unborn, 1216 SE Republican. Christians for Life invites you to a pro-life prayer gathering for all pro-life people. All faiths are welcome. Bring a lawn chair. Questions? Please call 785-267-5777

**KANSAS BOOK FESTIVAL** - Sep. 16, 9-4, Maybee Library, Washburn University. Hear 50+ authors discuss their fiction, nonfiction, poetry, and children's books, including winners of major U.S. writing awards. Purchase a signed copy. Browse at outdoor vendor booths. Donate a used or new book to improve libraries at Kansas jails. Grab a chili dog or tropical treat from the food trucks, then sit and listen to live music. Free event. www.kansas-bookfestival.com

**ZION LUTHERAN CHURCH GERMANFEST**, Sep. 16, 11-3, Vassar, Ks. German Bierocks, potato salad and strudel. Live music, beer garden, childrens activities, vendors

**GARAGE SALE** - Sep. 16, 7am, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Call the church office for info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene. Email: LakeNaz@aol.com

**ANNUAL "HOEDOWN" COMMUNITY EVENT** - Sep. 16, 4-6:30pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Entertainment by The Heartstrings, games, activities for children. Free food while supplies last.

**TASTE OF TOPEKA FESTIVAL** - Sep. 17, 5:30pm, Everygy Plaza. Topeka's Human Relations Commission (HRC) wants to bring to-

gether newcomers and long-term residents. Contact Ernestor De La Rosa at edelarosa@topeka.org or 785-600-0660 or Zaynah Afada at zafada@topeka.org or 785-817-8586

**SUMMERTIME BLUES CONCERT SERIES** - Sep. 20, 7-9pm, Gage Park Amphitheater. Mark & The Sharks.

**LIVE AT LUNCH** - Sep. 20, 11-1, Everygy Plaza. Brothers Blue **ROOTS & BOOTS CONCERT** - Sep. 22, 7:30pm, TPAC. Sammy Kershaw, Aaron Tippin, Collin Raye. TopekaPerformingArts.org

**NOTO LIVE** - Sep. 22-23, NOTO Arts District. A weekend celebration with performance artists, live music, buskers and talent of all kinds sprinkled throughout the entire district. Vendor fair and food trucks too - Sat. 10-4!

**OAKNAZ FREE FALL FESTIVAL** - Sep. 23, 5-8pm, Oakland Church of the Nazarene, 939 NE Oakland Avenue. Free Food: Popcorn, Caramel Apple Slices, Lemonade, Water and more, while supplies last! Bake Sale: Proceeds to Hope House

Ministries Compassionate Ministry Outreach. Free Fun Family Activities: Dress the scarecrow race, Football Toss, Corn Hole Toss, Pumpkin Bean Bag toss, Kids Pumpkin Relay Race, Treasure in the Haystack, Pie Eating Contest. Music: Karaoke and live music. Come Watch M. Ramirez paint a mural on our Church Garage. The kids participate painting the other side! Contact: Pastor Jeanette Cook - 785.232.0142

**CIDER DAYS FALL MARKET** - Sep. 23-24, Exhibition Hall - Stormont Vail Events Center. Explore over 250 makers, creators, artisans and pickers at this weekend filled with amazing shopping, unique food and live entertainment. Early Bird Tickets (\$8) are being sold at all Topeka Dillons locations; ReHome (out at Forbes Field); and at the ticket box

**FRIENDS OF WARD-MEADE** Present  
**GARDEN GLOW**  
Luminary Walk & Light Show  
September 8-24 | 7-10PM  
Old Prairie Town & Ward-Meade Park  
Entertainment: Fri., Sat., Sun. 7:30-9pm  
Sep. 8: Sunflower String Trio • Sep. 9: Simple Pieces  
Sep. 10: DoubleStuf Quartet • Sep. 15: Jeff & Deb w/Bill  
Sep. 16: Blues Healer • Sep. 17: Joyful Brass Notes  
Sep. 17: Silver Wings Flute Assemble • Sep. 22: Church Ladies  
Sep. 23: Olathe Dance Club • Sep. 24: Infinity Dance Studio

**C5Alive** 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.  
Sep. 14, 11:30-1: "POWER" Luncheon at The Peak, 1930 SW Gage; Featuring: Ron & Shelly Brush, of Healing Hearts Ministries.  
Sponsored by Christians For Life  
Open to the public. RSVP to info@C5Alive.org  
Save the Dates!  
• Sep. 16: FALL FEST, 10-3 at Great Overland Station  
• Oct. 12: POWER Luncheon, 11:30-1 Featuring La Manda Broyles, Ex. Dir. of TRM Ministries  
• Nov. 9: POWER Luncheon, 11:30-1, Nat'l Guard Museum  
For info: www.C5Alive.org or Facebook.com/C5Alive

**2023 Kansas City Renaissance Festival**  
New in 2023!  
Mermaid Cove Adventure  
Hawk Walk  
House of the Dragon Pub  
Dog Park  
New Games & Rides  
Free parking provided by  
633 N. 130th St.  
Bonner Springs, KS  
Open Weekends (Sat. & Sun.) • Sept 2nd - Oct 15th  
Plus Sept 4th & Oct 9th  
10am - 7pm (10am - 5pm Oct. 9th) - Rain or Shine  
913-721-2110 krenfest.com  
Buy tickets online or at:  
Costco HyVee  
Dillons MENARDS

office at the event center. The tickets will go on sale August 3rd. Tickets will be \$10 at the door the day of the event.

**TEACHER PRAYER BRUNCH** – Sep. 23, 10am-noon, Family Life Church, 1211 NW 46th St. All Educators are encouraged to come for Prayer, Food, Encouragement & Fellowship. RSVP to wescottlinda@yahoo.com

**FREE MONTHLY HYGIENE GIVEAWAY** – Sep. 23, 10-11am & Oct. 28, 3-4pm, Faith Temple, 1162 SW Lincoln

**LAST SUNDAY FREE BREAKFAST BUFFET** – Sep. 24, 9am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

**YOUTH FOR CHRIST GOLF CLASSIC** – Sep. 25, 9:00 reg.; 10:00 shotgun start, Lake Shawnee. Several sponsorship levels

available. Lots of prizes! 785-232-8296 or topekayfc.org

**GARY'S PUMPKIN PATCH & FALL FESTIVAL** – Sept. 29-Oct 29, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. garysberries.com, garysfarmfest.com; 785-246-0800

**INTERNATIONAL NIGHT OUT** – Sep. 29, 6-9pm, Redbud Park. Live performances along with vendors, Soup and so much more! Celebrate cultures world-wide. Sunflower Community's Mission is to create educational opportunities and activities for the youth. The funds will go towards scholarships for instruction, investigation and innovation for tutoring, STEM and music.

**SHHS BAND CRAFT FAIR & FOOD TRUCKS** – Sep. 30, 9-3, S.H. High School. Entertainment, food, vendors, family fun.

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

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

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

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

**MAX MANNING FUNDRAISING DINNER** – Oct. 21, 5pm, Stout Elementary School Gym, 2303 SW College Ave. Live interview with Rev. Manning, testimonials from

friends, catered dinner, live music. Funds raised to be used for mission trip to Uganda.

## ONGOING EVENTS:

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

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

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

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

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

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

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

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

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

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

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

**TAI CHI FOR HEALTH** – Mon. 10-11 at Lowman United

**YOUTH FOR CHRIST  
ANNUAL GOLF CLASSIC**

**Tournament of  
Champions  
for Teens**

**Monday September 25th**

**SUPPORT MINISTRY  
TO AREA TEENS**

LAKE SHAWNEE GOLF COURSE  
4 PERSON:18 HOLE SCRAMBLE

ENTRY FEE: \$500 PER TEAM OR  
\$125 PER INDIVIDUAL

REGISTRATION BEGINS AT 9:00 A.M.  
SHOTGUN START: 10:00 A.M.

**YOUTH FOR CHRIST**  
GIVE LIFE TO YOUR STORY

**SIGN UP AND SPONSORSHIP  
INFORMATION ONLINE AT:**  
[www.topekayfc.org](http://www.topekayfc.org)

For more information call  
the YFC Office at  
785-232-8296



Free admission and open to the general public  
Author Presentations • Book Signings • Book Sales  
Children's Activities • Entertainment • Food Trucks  
[www.kansasbookfestival.com](http://www.kansasbookfestival.com)



**12TH ANNUAL KANSAS BOOK FESTIVAL**

Saturday, September 16, 2023  
Washburn University, Topeka



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**LINE DANCING** - 2nd & 4th Thu. 1:30-3:30 at First Bap-

tist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jim-baer73@gmail.com to register.

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

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

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

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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** – 3rd 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.

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

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

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

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



**When...**  
**Thursday, September 7, 2023**  
11:00 - Registration Opens  
11:30 - Best Putt Competition  
12:00 - Lunch and Live Auction  
12:30 - Shotgun Start - Four Person Scramble

Several Sponsorship levels available!  
Or just enter a team - \$125/person  
Call Brian Blevins at 785-840-8733  
or email bblevins@breakthroughhouse.org  
or visit www.breakthroughhouse.org





## Germanfest

Zion Lutheran Church  
22167 Topeka St. • Vear, KS

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# Saturday, Sept. 16, 2023

11 a.m. to 3 p.m.

Germanfest will be a celebration of the German heritage of our church.

The jovial day will include:

- Live music from the Alpen Spiders
- German Inspired Food
- Beer garden with German beer
- Multiple vendors to browse
- History of the church's German Heritage
- Children's activity area




www.zionlutheran.org

*C5Alive and Emerald City Cosmopolitan Club Present*

**3RD ANNUAL  
TOPEKA**

# Fall Fest

**SATURDAY, SEPTEMBER 16, 10 AM - 3 PM**

**AT**

**GREAT OVERLAND STATION**

Free Admission!

Volunteers Needed!

## FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Live music</li> <li>• Craft &amp; vendor fair</li> <li>• Food trucks</li> <li>• Kids games &amp; activities</li> <li>• Inflatables</li> </ul> | <ul style="list-style-type: none"> <li>• Petting zoo</li> <li>• Face painting</li> <li>• Gifts &amp; Décor</li> <li>• Clothing &amp; accessories</li> <li>• Non-profit information</li> </ul> | <ul style="list-style-type: none"> <li>• Pet care services</li> <li>• Carnival Games</li> <li>• Cake Walk for kids</li> <li>• Trunk or Treat</li> <li>• Pumpkin decorating</li> </ul> |
|--|---|---|

## HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Health screenings</li> <li>• Safety instructions &amp; education</li> <li>• Health &amp; Wellness products &amp; samples</li> <li>• Health information &amp; education</li> </ul> | <ul style="list-style-type: none"> <li>• Fitness information &amp; demonstrations</li> <li>• Gymnastics &amp; Exercise demonstrations</li> <li>• Personal Safety Items &amp; Education</li> <li>• Emotional &amp; Mental Health Information</li> </ul> |
|--|--|

**100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!**

 Find us on Facebook: Topeka Fall Fest, or email [info@C5Alive.org](mailto:info@C5Alive.org)

