

***Geared Up Dad's***

***The Dads Playbook***





## *Introduction*

- ***As a new father or even just a father new to the area, Geared Up Dads know how hard it can be to find information. We hope to deliver helpful information and resources to fathers in the Geary County area through our “Dads Playbook”. There is a wide range of information, including contact information, for multiple agencies in the Geary County area. We know how important fathers are to families and we know that it takes the ultimate playbook to be successful at taking care of those families!***



Health Care

Dental Care

Mental Health  
Resources

Healthy Eating  
Habits

Exercise Hints  
& Tricks

Education  
Resources

Job Resources

Recreation

Other  
Resources

## *Table of Contents*



■ **Geary Community Hospital**  
***1102 St. Mary's Road Junction City, KS  
66441***

***Todd Frieze, MD: 785-762-4488***

***Teran Naccarato, MD: 785-762-4884***

***Geary Community Hospital Rural  
Health: 785-762-2585***

***Marc Felts, MD***

***Dana Williams, APRN***

***Tiffany Naccarato, APRN***

***Carissa Horton, PA-C, CLC***

***JC Pediatrics: 785-762-5437***

***Rahel Getachew, MD***

***Tessa Bandhan, MD CLC***

***Flint Hills OB/GYN: 785-223-5555***

***Anwar Khoury, MD***

***Terrah Stroda, CNM***

*Health Care*



- **Konza Prairie Community Health Center**  
361 Grant Ave Junction City, KS 66441 785-238-4711
- **Geary County Health Department**  
1212 West Ash Street Junction City, Kansas 66441 785-762-5788
- **Irwin Army Community Hospital(IACH)\***  
650 Huebner Rd, Fort Riley, KS 66442 785-239-7000
- **VA Junction City Clinic \***  
1169 Southwind Dr, Junction City, KS 66441 785-761-2007
- **Flint Hills Medical Home\***  
623 Southwind Dr Junction City, KS 66441-785-240-9200

■ **\*Tri Care Only Entities**

Health  
Care(Cont.)



- **Konza Prairie Community Health & Dental Center**

**361 Grant Ave Junction City, KS 66441  
785-238-4711**

- **Junction City Family Dentistry**

**3462, 1038 W Ash St, Junction City, KS  
66441 785-762-4313**

- **Prairie Family Dental**

**404 W 6th St, Junction City, KS 66441  
785-238-4149**

- **Total Care Dentistry**

**903 W 6th St, Junction City, KS 66441  
785-238-3500**

- **Tindall Orthodontics**

**505 N Washington St, Junction City, KS  
66441 785-238-8151**

*Dental Care*



- **Konza Prairie Community Health & Dental Center**  
**361 Grant Ave Junction City, KS 66441**  
**785-238-4711**
- **Pawnee Mental Health**  
**814 Caroline Ave Junction City, KS 66441**  
**785-762-5250**
- **Family Care Center of Junction City**  
**132 N. Eisenhower Junction City, KS**  
**66441 785-762-4210**
- **Courser Lapo Clinical & Family Services**  
**715 Southwind Dr, Junction KS 66441**  
**785-560-3101**

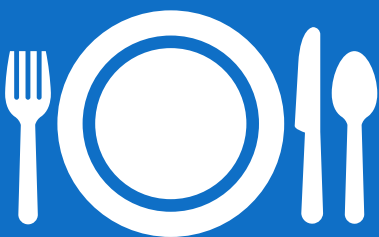
*Mental Health  
Resources*



- ***At least 2 cups of fruits and 2½ cups of vegetables each day for vitamins, minerals, fiber and phytochemicals.***
- ***Whole grains. Eat at least half of all grains as whole grains each day. Examples of whole grains; bread, cereal, pasta, brown rice or oats.***
- ***At least two to three servings of fish per week.***
- ***At least 38 grams of fiber per day for younger men; 30 grams of fiber per day for men older than 50.***
- ***Unsaturated fats such as oils, nuts and oil-based salad dressings in place of saturated fats including full-fat dairy foods, butter and high-fat sweets.***
- ***3,400 milligrams a day of potassium from fruits, vegetables, fish and milk.***

***Healthy Eating  
Habits***





# 10

SOURCE: MEDICINETNET.COM

## Foods to Boost Male Health



### oysters

Oysters can deliver a full day's supply of zinc, which may protect against causes of prostate cancer and increase sperm counts.



### bananas

Bananas are a great source of quick energy, potassium and vitamin B-6. Eating bananas can aid your immune system, nervous system, and assist with protein metabolism.



### fatty fish

Polyunsaturated fats can benefit the heart, circulation, and immune system and reduce the risk for prostate cancer.



### broccoli

Cruciferous vegetables like broccoli are helpful in the prevention of heart disease and cancer.



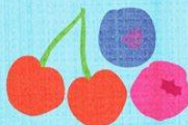
### Brazil nuts

These nuts are packed with antioxidants that may help prevent heart disease, cancer and protect prostate health.



### plant stanols

Stanols are naturally occurring substances in fruits and vegetables that have been shown to lower mildly elevated blood cholesterol levels.



### berries or cherries

Adding berries to your diet may help slow a decline in brain function that can occur with aging.

### whole grains

A diet rich in whole grains can help lower LDL or "bad" cholesterol, and are also good for prostate and muscle health.



### soybeans

Soy is rich in isoflavones, which protect prostate health and have been shown to lower the risk of prostate cancer.



### red-orange vegetables

Nutrients from red bell peppers, carrots, pumpkin, or sweet potatoes help preserve healthy skin cells and prevent oxidation from the sun.



Aetna.Tumblr.com

**aetna**



***Here's what we need to know about exercise!***

- ***Regular exercise helps prevent: Stroke, Metabolic syndrome, High blood pressure, Type 2 diabetes, Depression, Anxiety, Many types of cancer, and Arthritis.***
- ***Regular exercise controls weight, health conditions, diseases, improves mood, energy and promotes better sleep!***
- ***At least 150 minutes a week of moderate aerobic activity.***
- ***75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous strength training for all major muscle groups twice a week.***
- ***Spread your activities throughout the week. If you want to lose weight, make specific fitness goals.***

***Exercise Hints & Tricks***



- **Great Life Golf & Fitness**  
***1301 W 8th St, Junction City, KS 66441***  
***785-579-6050***
- **Planet Fitness**  
***435 E Chestnut St, Junction City, KS***  
***66441 785-530-5523***
- **Geary Rehabilitation & Fitness**  
***104 S Washington St, Junction City, KS***  
***66441 785-238-3747***
- **YMCA**  
***1703 McFarland Rd, Junction City, KS***  
***66441 785-762-4780***

*Exercise Hints &  
Tricks(Cont.)*



- **USD 475**

**123 N. Eisenhower Drive Junction City,  
Kansas 66441 785-717-4000**

**<http://www.usd475.org/>**

- **Cloud County Community College**

**631 Caroline Ave, Junction City, KS 66441  
785-238-8010**

- **Barton County Community College**

**100 Continental Dr, Junction City, KS 66441  
877-620-6606**

- **Manhattan Area Technical College**

**2499, 3136 Dickens Ave, Manhattan, KS  
66503 785-587-2800**

- **Flint Hills Job Corps Center**

**4620 Eureka Dr, Manhattan, KS 66503 800-  
733-5627**

- **Kansas State University**

**118 Anderson Hall 919 Mid-Campus Drive  
North Manhattan, KS 66506 785-532-6254**



- **Junction City Workforce 1012 W 6th St A, Junction City, KS 66441 785-762-8870**
- **LaborMax Staffing 719 N Washington St, Junction City, KS 66441 785-238-3600**
- **ATA Bus(Transportation) 5815 Marlatt Ave, Manhattan, KS 66503 877-551-6345**  
**<http://rileycountyks.gov/ata>**

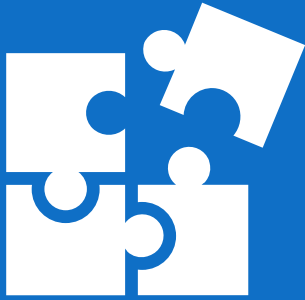
*Job Resources*





- **Milford State Park**  
3612 State Park Rd, Milford, KS 66514  
785-238-3014  
<https://ksoutdoors.com/>
- **12th Street Community Center**  
1002 W 12th St, Junction City, KS  
66441 785-238-7529
- **City of Junction City**  
700 N Jefferson Junction City, KS 66441  
785-238-3103  
<https://www.junctioncity-ks.gov/default.aspx>
- **CL Hoover Opera House**  
135 W 7th St, Junction City, KS 66441  
(785) 238-3906  
<http://www.jcoperahouse.org/>
- **Junction City Little Theatre**  
135 W 7th St, Junction City, KS 66441  
785-238-3871  
<https://www.jclittletheater.org/>

Recreation



- **Geary County WIC(Nutrition)**  
1212 West Ash St Junction City, KS 785-762-5682
- **Fort Riley WIC(Nutrition)**  
650 Huebner Rd, Ft. Riley KS 785-239-2288
- **Geary County Infant & Toddler Services**  
1120 W. 8<sup>th</sup> St Junction City KS 785-762-7859
- **Catholic Charities**  
323 Poyntz Ave, Manhattan KS 785-323-0644
- **Open Door**  
136 W 3<sup>rd</sup> St Junction City KS 785-238-3599
- **Geary County Food Pantry**  
136 W 6<sup>th</sup> Junction City KS 785-762-8830
- **DCF Geary County(Social Service)**  
1010 W 6<sup>th</sup> St Junction City KS 785-762-5445
- **KanCare Eligibility Specialist Pat Satterlee(Insurance)**  
785-776-4779 EXT 7635
- **Car seat specialist (Junction City Fire Department & Health Department)**  
700 N Jefferson St Junction City KS 785-238-6822
- **Central Kansas Foundation(Drug & Alcohol)**  
839 N. Eisenhower Dr, Junction City, KS 66441 785-762-3700
- **Restoration Center**  
235 West 7th Street , Junction City, KS 66441 785-762-4470
- **Parents as Teachers**  
1833 Elmdale Ave. Junction City, Kansas 66441 785-717-6900

Other  
Resources



*The Dad's Playbook was created by Geared Up Dads President Alex Tyson. Along with the assistance of Delivering Change The Playbook will be distributed to Junction City and Geary County Residents.*

PO Box 3015  
1102 St. Mary's Rd.  
Medical Arts Building, Suite 106  
Junction City, KS 66441  
785-238-0300

**[www.deliveringchange.org](http://www.deliveringchange.org)**