

TOPEKA

DECEMBER 2020

Health & Wellness

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MAGAZINE



**Give a Gift of
Fitness this
Christmas**

**How to
Have a
Healthy
Happy
Holiday
Season**

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information about
front page photo*

24 for Life Diabetes Program Gets CDC Approval
Home Health Care Benefits Available to Veterans

17 Great Ways to Get Motivated for a Run
Produce Farm Offers All-Natural CBD Line

Helping Topekans live happier, healthier lives since 2015!

GO RED FOR WOMEN DECLARATION

WE BELIEVE IN THE POWER OF A WOMAN'S HEART
 — THE POWER TO LOVE, THE STRENGTH TO FIGHT —
AND THE WILL TO OVERCOME.
 BUT THERE IS A FORCE THAT THREATENS OUR HEARTS
 AND IS KILLING OUR MOTHERS, SISTERS, DAUGHTERS, AND FRIENDS.
THE TIME IS NOW
TO TAKE A STAND AGAINST HEART DISEASE
AND FIGHT SIDE BY SIDE FOR AS LONG AS IT TAKES.

WE GO RED FOR WOMEN
 WHO ARE ROCKED BY A DIAGNOSIS AND STRUGGLING THROUGH
 TREATMENT, SO THEY MAY EMERGE VICTORIOUS TO EMBRACE LIFE.

WE GO RED FOR WOMEN
 WHO TOUCHED SO MANY LIVES BEFORE THEY LOST THEIR OWN.

WE GO RED FOR WOMEN
 TO SPEAK UP FOR MORE RESEARCH AND SWIFTER
 ACTION FOR WOMEN'S HEALTH.

WE GO RED FOR WOMEN
 BECAUSE IT'S TIME TO PUT OUR HEALTH FIRST.

WE GO RED FOR WOMEN
 BECAUSE NO ONE SHOULD FIGHT ALONE. FOR EACH OTHER, WE
 ARE A HAND TO HOLD, A SHOULDER TO CRY ON, A BACKBONE THAT ALWAYS STAYS STRONG.

WHEN WE GO RED FOR WOMEN, WE STEP UP WHENEVER AND WHEREVER SO THAT
 EVERY WOMAN MAY LIVE, AND WE WILL NEVER STOP UNTIL THIS FIGHT IS WON.



**BECAUSE THE POWER OF A WOMAN'S HEART IS
 THE DIFFERENCE BETWEEN DEATH AND LIFE.**



1 OUT OF **3**

women die of heart disease

80% of heart disease can be prevented

Women's HEART Health

GET THE FACTS

Every 60 seconds 1 woman dies of heart disease

Heart disease is the # 1 cause of death in women


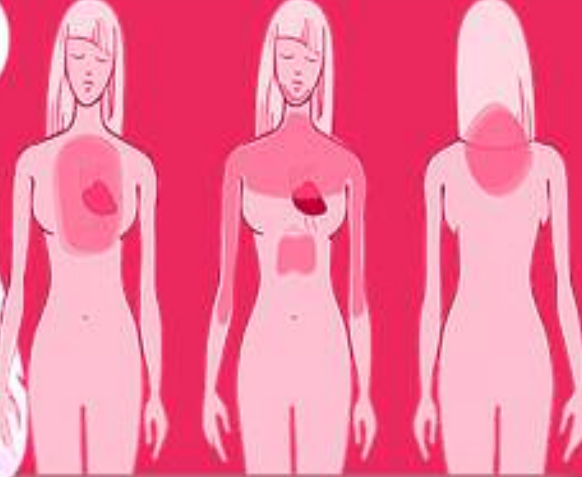

23% of women die within 1 yr of having an attack

KNOW THE SYMPTOMS

Shoulder Pain
 Neck, Jaw, Arm, Back Pain
 Dizziness or Nausea
 Clammy Sweats
 Heart flutters
 Paleness
 Anxiety, Fatigue or Weak
 Abdominal pain
 Difficulty breathing

TAKE A HEART SUPPLEMENT

- Red Yeast Rice
- UBQH
- Lipotropic Complex
- Boluoke
- Ubiquinol
- Green Tea Kombucha
- Daily Detox Decaf Green Tea
- Omega-3 EPA/DHA Fish Oil
- Omega 3 Purified Fish Oil
- Vectomega Omega 3 DHA/EPA



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ON THE COVER:

Our cover story this month features a fitness-savvy couple having fun with fitness gifts.



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

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



Topeka's Safe Streets organization wants you to have the best holiday possible! This is a great time of year with lots of activities, celebrations and events. However, remember that with this there also comes more opportunities for crime. Here are a few things you can do to help keep your family and home safe this year:

Holiday Safety

- AVOID SHARING INFORMATION ON SOCIAL MEDIA about vacation/travel plans or expensive gifts you're purchasing/receiving.
- Cut down boxes and put them INSIDE your trash cans. Don't advertise your new possessions to passers-by!
- Keep your home well-lit! Good lighting discourages criminal activity.
- If you park your vehicle outside, make sure to lock it and remove valuables, especially your garage door openers!
- If you're leaving town, stop mail and newspaper deliveries. Work with a trusted neighbor to check in on your house.
- If travelling, stay informed of weather conditions — call "511" for weather road closings. Have an emergency kit in your car. For what to include, visit Ready.gov.
- Get to know your neighbors! Start, or join your neighborhood watch. Call 266.4606 today!

And, if you're considering taking advantage of the sales this holiday season, we have a few tips for you as well. Whether you are committed to weekday shopping, online purchases or last-minute deals, Safe Streets has a few tips to keep you safe while shopping this holiday season.

Shopping Safety

- Know your surroundings and put the cell phone away when you're walking in public. Walk confidently, in well-lit areas, paying attention to the people around you.
- Never leave a purse or wallet unattended — especially in a shopping cart, vehicle or restroom stall floor. Ladies, consider wearing a "cross-body" style purse.
- Avoid carrying large amounts of cash and take only the credit card(s) you need.
- Never leave purchases in plain-sight in your vehicle. Store them in your trunk or take home!
- Be patient with people and with other vehicles!
- If ordering online, here are a couple of things you can do to ensure your package is received:
 - Request a signature confirmation of delivery
 - Ask neighbors to watch for deliveries and agree to secure each other's packages
 - Deliver to workplace (if allowed)
 - Track packages online
 - Sign up for text notifications of delivery status.



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Diabetes affects over 30 million people
That number is growing every day.



24 for Life is part of the National Diabetes Prevention Program that has proven to be an effective lifestyle change program to help prevent or delay Type 2 Diabetes. The program can also lower your risk of having a heart attack or stroke, improve blood pressure, improve your health overall, and help you feel more energetic.

www.midlandcare.org/24forlife



MIDLAND CARE

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24 for Life Diabetes Prevention Receives Full Recognition by CDC

Midland Care Connection has earned CDC Full Recognition for their 24 for Life Diabetes prevention program. The program seeks to help individuals with prediabetes implement lifestyle changes that reduce the risk of Type 2 Diabetes developing.

“The 24 for Life program has been helping community members for the last two and a half years,” said Donna Doel Assistant Coordinator of 24 For Life. “We teach people about healthy lifestyle changes and provide support through their journey.”

The designation by the CDC is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition.

“Being recognized by the CDC is important to our community because it provides the vital assurance that the information we share, and lifestyle changes we encourage are evidenced-based and trustworthy information. Commu-

nity members can be rest assured that we effectively deliver a quality program that meets all of the standards that CDC expects,” said Doel.

The 24 for Life program has continued throughout the pandemic via Zoom meetings and teleconferencing. New classes are forming, and community members can sign up to participate.

“Type 2 Diabetes is preventable. We want to connect with as many community members as possible that may be at risk for developing Type 2 Diabetes,” said Bushra Hashmi, Director of Medical Services for Midland Care. “We know changing your lifestyle can be hard but with the help of 24 for Life, you can prevent Type 2 Diabetes.

To learn more about 24 for Life and find a program near you, call Donna Doel at 785-250-5210 or email: ddoel@midlandcc.org. For more information, go to www.midlandcareconnection.org/24forlife.

You can also find more information on the Facebook page at: @24ForLifeDiabetesPrevention

You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active less than 3 times a week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



Donna Doel

785-250-5210

ddoel@midlandcc.org

24forlife@midlandcc.org

www.midlandcareconnection.org/24forlife



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THE HOLIDAYS CAN BE A DIFFICULT TIME OF THE YEAR.



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for mental health
emergencies.



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24-Hour Detox Number: 785.234.3448
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How to Have a Healthy Happy Holiday Season

By Courtney Rooks, Health Promotions Specialist

For many people the holiday season is one of the best times of the year, filled with joy and celebration.

But for others, it can be a time of stress and sadness. It can be overwhelming to get everything accomplished in time, finding all the right presents, and making the season perfect for everyone. It can also be a time of sadness and loneliness for those who are not sharing the season with loved ones. Due to the pandemic, this year may bring new challenges with social distancing from family and friends. Here are some tips to help you overcome the stress and disappointment and find joy in the holiday season.



Courtney Rooks

1. Set realistic expectations.

Even before the pandemic, the holiday season did not always go smoothly. This can be a stressful time of year for many people. Adjust your expectations for what this season will look like. Avoid focusing on what you are missing out on this year. That will only leave you with a lingering feeling of disappointment. Focus instead on what is possible right now and be proactive in doing those activities.

2. Deal with Loneliness.

Loneliness is an issue for many people during this time of year. With social distancing, this year looks like it will be even more difficult than usual. Make it a point to reach out to friends and family in safe ways. Whether it is over the phone, or zoom, or socially distanced, do not let yourself isolate. Reach out to other people that you know that could use some extra support this year.

3. Set a budget and stick to it.

Determine beforehand how much money you can spend on gifts, decorations, and food and do not go over your budget. Do not rely on material items to buy happiness. Overspending can lead to stress, financial insecurity, and debt. Get creative with gifts to help keep costs low. Homemade gifts or having a gift exchange can reduce the expense of the season. Also for the gifts that you do purchase, remember that small businesses have been hit particularly hard by the pandemic and will benefit from your support during the holiday season.

4. Maintain healthy habits.

During stressful times, it is especially important to maintain the habits that support mental health. Get enough sleep every night and find time to fit rest into your schedule. Find fun ways to stay physically active. Use moderation when indulging in holiday treats and include nutritious food in your daily diet. Spend time outside in nature often. Bundle up in appropriate winter gear

if it is cold outside. Not only is nature a great stress reliever and mood booster, but it will also help increase exposure to sunlight which many individuals lack in the winter.

5. Enjoy the season.

There are many simple joys of the season that we can still take part in. Take time to enjoy these activities this year whether it is Christmas music, cheesy movies, lights and decorations, or certain holiday foods. Ensure that there is time in your schedule for simple and fun holiday traditions.

6. Get professional help if you need it.

A study conducted by the National Alliance on Mental Illness showed that 64% of people with mental illness reported that the holidays make their mental health worse. If you are feeling overwhelmed, depressed, or anxious, getting professional mental health support can help. Call Valeo Behavioral Health Care at 785-233-1730 to set up a mental health assessment.

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

THE HOLIDAYS CAN BE A DIFFICULT TIME OF THE YEAR.

Valeo's Crisis Center
is always open
for mental health
emergencies.



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400 SW Oakley Topeka, KS 66606
VISIT US AT: [f or valeotopexa.org](https://www.valeotopexa.org)

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FINANCIAL HEALTH & WELLNESS

Do you need help with your IRS problem?

The first problem would be if you have not filed tax returns for several years. After 3 years, the taxpayer will not get his refund if one is due him. The IRS does have penalties for late filing of returns when there are taxes due. To solve this problem, you can try do the returns yourself if you can find the blank forms. You can also call a tax expert who deals with this kind of problem all the time. The Enrolled Agent (the tax expert) can get the income information that may have been misplaced. They can talk with the IRS and get you current with filing. The Enrolled Agent can also negotiate a payment agreement.

Another problem some taxpayers have is the dreaded letter with an Internal Revenue Service return address. The Enrolled Agent can help reply to these letters. Some may be a simple answer and can be handled by a phone call or letter. Others may be more complicated. Don't wait until the day the letter has to be answered. It is easier if the EA has time to re-

search the problem.

There are several letters the IRS sends out, from "you missed reporting some income that was reported to the service," to "we are auditing your tax return," to an "intent to Levy" the taxpayer's assets.

The "We are going to audit your 20XX tax return" letter should be answered by an Enrolled

Agent. They are trained to respond to all sorts of situations regarding audits. They will know exactly what the IRS wants.

The only letter worse than the audit letter is the Intent to Levy Assets letter. This letter is a collection letter for past due taxes, and is nothing to take lightly. You could find all the money gone from your bank account one day. You will probably need professional help with this, and an EA knows what to do.

As a reminder, if you filed an extension to file your 2018 tax return, the due date for the return is

October 15, 2019.

—Peggy Beasterfeld, EA



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How to Reduce Stress While Stuck at Home: 7 Tips

Being shut-in during the pandemic only intensifies the stress and anxiety we feel. Here are a few tips on how to reduce stress while you're stuck at home.

My husband and I often walk through our neighborhood park. Recently, our 9-year-old daughter wanted to tag along. While Robbie and I grumbled about the stress of being stuck at home for so long, Katherine gathered "wishes" (dandelion seed pods) and blew them across the grassy lawns.

At one point, with a handful of the fluffy puffs, Katherine came skipping from behind us as fast as she could, hair flowing in the breeze with "wishes" flying all around her. She burst into laughter as she watched the seeds scatter through the air.

In the midst of chaos and irritation, Katherine was carefree, even enjoying the extra family time. I wanted to be her in that moment—a carefree child, assured all is well.

HOW TO REDUCE STRESS WHILE STUCK AT HOME

God gave us a longing for that kind of peace and rest. Unfortunately, most of us maintain a life of continual anxiety, especially during a national crisis. Instead of taking time to enjoy our situation and the quietness of the mind, imaginations run wild with all the "possibilities" of a fallout.

That kind of fear takes a toll on our bodies, our attitudes, and our relationships.

Dr. Archibald Hart is an expert on the effects of stress on the body, and he explains how prolonged time with others actually creates anxiety. In his book *The Hidden Link Between Adrenaline and Stress*, he says:

Ninety-five percent of stress is caused by other people ... How do people cause us stress? Chiefly they make us fearful and angry, by threatening our security or withholding the love or approval we crave. And the emotions of fear and anger, which in turn cause more fear and bring out self-protecting instincts, push buttons at the very core of our survival mechanisms. When we become angry or fearful, the message we send our bodies is "Danger!"

And in the case of a life-threatening illness, the stress level goes up. In order to have healthy marriages and families, we must learn how to reduce stress in our lives. Particularly if it's at an overwhelming level.

Wondering how to reduce stress now? Here are seven ideas to help.

1. Evaluate your stress level. Dennis and Barbara Rainey designed *The Pressure Test* in their book, *Pressure Proof Your Marriage*. It helps you measure the amount of stress weighing on your marriage and family. Just total up the



points and check your score. This test will give you a broad view of the commitments and challenges in your life and identify major pressure points.

2. Refresh daily with the Bible. Psalm 1:3 says the man who delights in God's Word will be "like a tree planted by streams of water ... In all that he does, he prospers." Reading Scripture will equip you with wisdom, peace, and courage to help your daily battles. It's a necessary investment in your life as you struggle with how to reduce stress.

Find a place to get alone with God. Jesus said, "Come to me, all who labor and are heavy-laden, and I will give you rest" (Matthew 11:28).

You may be thinking, "I wish I could get away, but my children constantly beg for my attention!" Susanna Wesley was mother to 19 children (including John Wesley). When she wanted to spend time with God, she covered her head with an apron, a sign to leave Mother alone.

You may not even own an apron, but the moral of the story is circumstances don't have to be perfect to spend time with God. He can meet you wherever you are.

3. Take a day each week to rest. God thinks rest is so important He made it one of the Ten Commandments (Exodus 20:8). God Himself even rested after six days of creating the world (Genesis 2:2). If He needs rest, you do, too!

While planning your weekly activities, set aside one day with no plans or meetings. Make it a family night. Connect by solving a jigsaw puzzle, playing games, or making popcorn and ice cream floats and watching a movie.

Dr. Hart says, "I am convinced that most of us could improve our physical and emotional health dramatically if we just slept or rested a little longer than usual."

4. Seek peace with others, especially at home. Unresolved conflict can cause high anxiety. Proverbs 29:9 says, "If a wise man has an argument with a fool, the fool only rages and laughs, and there is no quiet."

As Christians, we're told to be at peace as much as possible (Romans 12:18). That includes your spouse and children. Being stuck at home with tension makes life harder and more stressful.

Pray for a heart of forgiveness for those who offend you and a heart of humility as you face how you might offend others. Then make a list of relationships that need restitution. For a complete guide on how to resolve conflict, i.e. how to reduce stress, visit *Peacemaker® Ministries*.

If tackling sensitive issues makes your marriage suffer more, put off the major topics until you can meet with a counselor. Some counseling offices offer video meetings.

5. Take one day at a time. Humanity thrives on schedules. We like routine and knowing what to expect. The coronavirus has ruined plans for weddings, graduations, school schedules, births, and even funerals. How can you plan vacations or birthday parties if the future is unreliable? How do you reduce stress when this contributes to the stress you already have?

You may feel out of control, but God is still in control. As Job marveled, "Does not he see my ways and number all my steps?" (31:4). Put your life in His hands and try not worry. Jesus said, "Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble" (Matthew 6:34).

6. Create a schedule. As previously stated, humankind thrives on schedules. Your life will be less chaotic and run more smoothly if you create loose schedules. Don't keep it too rigid. Allow for last minute surprises.

When you're feeling frazzled and wondering how to reduce stress, some order will help. Here are a few ideas:

- Wake up at the same time each day.
- Take a shower and get dressed. Even if you wear jeans and a t-shirt, you'll feel ready to tackle the day.
- Create a daily/weekly schedule for reoccurring activities. Don't forget to include times for rest and play.
- Eat healthy meals, regulate sleep, and do some form of daily exercise.

7. Remember, this too shall pass. The book of Ecclesiastes reminds us God has set a proper time for everything under heaven (see chapter 3). He is the controller of the universe, so you don't have to be.

There will be mistakes and misunderstandings, but there is no problem too big for God to handle. As Solomon said, "He makes all things beautiful in His time" (Ecclesiastes 3:11). Instead of stressing over difficult circumstances, use this time as a faith-building experience, and trust God to take care of everything.

— Sabrina Beasley McDonald | *FamilyLife.com*

Many Home Health Care Benefits Are Available to Veterans

We owe a lot to our veterans. These heroic men and women have risked their lives for our safety and freedom. For that reason, the folks at Phoenix Home Care & Hospice are proud to partner with the United States Department of Veterans Affairs (VA) to make sure our veterans receive the best care possible during their golden years. They view one of their key roles with vets is to educate them on the benefits that are available to them.

Aid and Attendance

Wartime veterans receive a variety of healthcare benefits from the VA. For example, the Aid and Attendance Benefit is a tax-free benefit for veterans and their surviving spouses who are 65 years or older. This benefit provides financial aid to help offset the cost of long-term care for veterans. This is especially helpful for those who need help with everyday activities like bathing and eating. Although there are a few limitations on these benefits – for example, applicants must meet certain service, disability, income, and asset requirements – they can certainly be a great way to support your loved one as they grow older. Additionally, the benefits are a great way to keep your loved one in their own home. Contact your local VA facility to learn more.

Help for Caregivers

Families want to take good care of their loved ones, but caregiving is hard work. It can be mentally and physically challenging to support someone who is injured or disabled. Fortunately, the VA's Family Caregivers Program provides support to caregivers – specifically, those caring for veterans and service members seriously injured in the 9/11 tragedy. In fact, eligible caregivers can receive a variety of benefits including mental health services and a stipend to support in-home respite care. Although the benefits are currently limited to 9/11 responders, caregivers of veterans injured in other events will become eligible for this benefit in early 2019.

In-Home Services

The VA promotes organization-wide “I CARE” values: integrity, commitment, advocacy, respect, and



excellence. Phoenix Home Care is committed to living up to those values every day as VA partners. They can tailor a wide variety of in-home services to the needs of each veteran seeking VA home health care. Because of their commitment to safety, efficiency, and ethical practices, their in-home health care services are authorized by the Division of Senior & Disability Services and regulated by the Division of Senior and Disability Services. VA home health care options include a variety of services:

- Personal care (grooming, bathing, dressing, and toileting)
- Nursing services
- Basic housekeeping
- Respite care for caregivers
- Social outings and companionship
- Meal preparation and planning
- Pet care

Private Duty Care Services

Phoenix Home Care is passionate about promoting dignity and independence in the lives of our heroes. That's why they service VA clients through their Pri-

vate Duty Care Services Department, allowing veterans to remain in the comfort of their own home. Unfortunately, as individuals age, the home can present a variety of dangers including falls, cooking fires, and other emergencies. Furthermore, those risks are particularly dangerous if the patient has lingering injuries from their time in military service. For those reasons, Private Duty Care services are a great way to help patients avoid unnecessary hospital or nursing home stays.

At Phoenix Home Care & Hospice, we strive to promote positivity, improve our patients' quality of life, and meet the challenges that life brings with compassion, grace, empathy, and respect. We take great pleasure in helping our clients find the services that they need to thrive, including services that support veterans. To learn more about VA home health care, contact us today.



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

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

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

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Carbon Monoxide: The Invisible Hazard in Your Home

The arrival of colder weather means more homes will be turning up the heat with fuel-burning appliances. These appliances include furnaces, ovens, space heaters, generators, indoor grills, and fireplaces that can unknowingly cause dangerous levels of carbon monoxide (CO) to build up in the home.

According to the Centers for Disease Control and Prevention, in 2015 there were 393 deaths from unintentional carbon monoxide poisoning in the United States. Over one-third of these deaths occurred during the colder weather months of December, January and February. In Kansas, from 2012 to 2016, there were annually an average of 130 emergency department visits, 23 hospitalizations, and 11 deaths due to unintentional carbon monoxide poisoning. As of May 2018, KDHE updated regulations for the reporting of notifiable disease conditions adding carbon monoxide poisoning to Kansas' list of reportable diseases.

"Between May 2018 and May 2019, which was our first full year of reporting, we had 174 cases of carbon monoxide poisoning reported to us," said Dr. Farah Ahmed, Environmental Health Officer and State Epidemiologist with the Kansas Department of Health and Environment. "After investigating the reports that occurred in public settings in Kansas, we have started to plan prevention efforts focused on restaurants, which were among the most common public places for unintentional carbon monoxide poisoning."

"Carbon monoxide is known as the invisible killer because it is colorless and odorless," said Cherie Sage, Safe Kids Kansas. "The symptoms of CO poisoning are similar to those of common winter ailments, like the flu. Without a CO alarm in your home, your family can be poisoned with-



out even realizing it's happening."

Carbon monoxide poisoning can happen suddenly or cause poisoning over a longer amount of time. Carbon Monoxide alarms cost approximately \$20 and can be purchased at most hardware and retail stores.

TIPS TO PREVENT CO POISONING

Tips to protect your family from CO poisoning:

- Prevent CO buildup in the first place - make sure heating appliances are in good working order and used only in well-ventilated areas. Don't run a car engine or any other gas powered tool in the garage, even with the garage doors open. If you need to warm up your vehicle, move it outside first.
- Install alarms in the hallway near the bedrooms in each separate sleeping area and on every level of the home. Keep alarms at least 15 inches from all fuel-burning appliances.
- Follow manufacturer's directions for installation, testing, and using CO alarms. There are many options and styles to choose from in-

cluding hardwired, combination smoke and CO alarms, and battery operated. When you check your smoke alarm batteries each month, check the batteries on your CO alarms at the same time.

- Never use an oven or gas range for heating.
- Only use portable generators, gas camp stoves, and charcoal grills outside with proper ventilation. They cannot be used indoors, inside of a garage or enclosed porch.
- If more than one person in the home suddenly feels ill for no apparent reason, or if a CO alarm goes off, get everyone outside immediately and call 911 from a pre-arranged meeting place. Pay attention to pets, some-

times they will show signs of illness first. Don't go back inside until the fire department or gas company says it is safe.

"Early detection can mean the difference between life and death when it comes to Carbon Monoxide poisoning," said State Fire Marshal Doug Jorgensen. "CO alarms, along with smoke alarms, are one of the best ways to provide protection in your home for your family."

FREE ALARMS ARE AVAILABLE

The Kansas Office of the State Fire Marshal, through its "Get Alarmed, Kansas," program, is working with fire departments across the state to deliver and install free smoke alarms, which include CO detection. For more information on "Get Alarmed, Kansas," visit, www.GetAlarmedKS.org.

In Topeka the local Fire Department is at 324 SE Jefferson St. The phone number is (785) 368-4000.

For more information about CO poisoning, visit www.safekids.org, or call the Poison Control Hotline at (800) 222-1222.



For most of us, the holiday season represents a time for family festivities and good cheer. What few of us consider is that the holiday season is a time when there is an increased risk of home fires and other injuries. The Office of the State Fire Marshal (OSFM) and Safe Kids Kansas reminds parents and caregivers to take a few precautions when decorating for Christmas, Hanukkah, Kwanzaa and other winter festivities.

“Christmas trees, candles and holiday decorations significantly contribute to the seasonal causes of home fires,” said Doug Jorgensen, Kansas Fire Marshal. “Add to that the hectic nature of the holidays, when people are trying to accomplish multiple tasks at one time, and the chance for home fires grows even more.”

Holiday celebrations often include cooking or baking. It’s important to know that unattended cooking is the leading cause of home fires and home fire injuries in the United States. Most cooking fires involve the stovetop, so keep your counter space nearby free from anything that can catch fire. Turn off the stove when you leave the kitchen, even if it’s for a short period of time. If you’re simmering, boiling, baking or roasting food, check it regularly and use a timer to remind you that you’re cooking. Also, create a “kid-free zone” of at least three feet around the stove and areas where hot food and drinks are prepared or carried.

Candles are widely used in homes throughout the

holidays, and December is the peak month for home candle fires. According to the National Fire Protection Association’s (NFPA), two out of every five home decoration fires are started by candles. Consider using flameless candles, which look and smell like real candles, and will keep children safe from burns. If you do use traditional candles, keep them at least 12” away from anything that can burn, and remember to blow them out when you leave the room or go to bed.

If you decorate a tree, be sure to take these precautions:

- Never leave a lit Christmas tree or other decorative lighting display unattended. Inspect lights for exposed or frayed wires, loose connections and broken sockets. Do not overload extension cords or outlets and do not run an electrical cord under a rug.
- Decorative lighting should be labeled with the seal of an independent testing lab. If it’s not labeled for outdoor use, don’t use it outdoors
- Natural Christmas trees always involve some risk of fire. To minimize the risk, get a fresh tree and keep it watered at all times or consider an artificial tree. Do not put the tree within three feet of a fireplace, space heater, radiator or heat vent. LED lights burn cooler than incandescent lights and pose a lower risk of fire.
- Do not burn Christmas tree branches, treated wood or wrapping paper in a home fireplace.
- Never leave burning candles unattended. Don’t put candles on a tree or a natural wreath, or near curtains or drapes. Keep matches and lighters locked out of reach. Battery-operated flameless candles are an alternative that does not have a fire risk.
- Have working smoke detectors on every level of

The Office of the State Fire Marshal and Safe Kids Kansas offer important safety reminders

your home and in every sleeping area.

Safe Kids Kansas tips to prevent accidental poisoning:

- Keep alcohol (including baking extracts) out of reach and do not leave alcoholic drinks unattended. Don’t forget to store all medications, including those for children, out of reach.
- Color additives used in fireplace fires are a toxic product and should be stored out of reach. Artificial snow sprays are also harmful if inhaled.
- Holly berries, mistletoe berries, poinsettias, amaryllis, boxwood, Christmas rose, Crown of Thorns, English ivy and Jerusalem cherry are all potentially harmful if eaten. If a child eats any part of a non-food plant, call the Poison Control Center at 800-222-1222.
- Have furnaces inspected annually, and install carbon monoxide detectors in your home.



“If children will be spending time in your home this season, do some basic childproofing in advance,” said Cherie Sage, Safe Kids Kansas. “For example, keep ornaments and other decorations that have small parts, metal hooks or look like food out of reach of small children.” Simple precautions can help ensure your family stays home for the holidays, and out of the Emergency Department.

For more helpful safety information, visit www.nfpa.org/holiday or www.safekids.org.



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PHOTOGRAPH BY JESSICA



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

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STROKE KILLS.
BE FAST! Call 911.

Know the Signs:

Balance	sudden loss of balance or coordination
Eyes	sudden change in vision
Face	sudden weakness of the face
Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

During a stroke 32,000 brain cells die every second.

BE FAST! Call 911.

Local Organic Produce Farm Now Offers All-Natural CBD Line

The Farmacy is a Topeka-based hemp producer and manufacturer, offering high quality all natural CBD products at a fair price. The Farmacy was founded by certified organic farmers that have been supplying Northeast Kansas with farm fresh produce since 2013. In their carefully crafted line of products made with Kansas grown hemp, each product contains broad spectrum cannabidiol extracted from high quality material.

The Farmacy stands by their products through quality assurance – by ensuring that each one contains no less than the labeled quantity of chemical free ingredients. In addition, every label has a QR code directing to a third party-tested, batch-specific certificate of analysis.

HOW IT BEGAN

A passion to provide natural resources for wellness to the world is the foundation of The Farmacy.

A journey of natural wellness that began in December of 2011 in a search for organic food available locally lead to a path into organic fruit and vegetable farming via Salem Farms in 2013. The production methods are unbiased and include aquaponics, high intensity gardening and companion planting among other "unconventional" farming methods.

Salem Farms grew to be a community supplier of fresh local produce, supplying local school systems, farmers



markets, restaurants and grocery stores with natural local produce. Salem Farms is the primary supplier of fresh produce to The Farmacy.

Their research of industrial hemp cultivation began in 2018 with a desire to discover the benefits of high quality hemp-derived products. "CBD" had become all the buzz in the natural wellness community.

Upon research of the endocannabinoid system, it was decided that to truly know the benefit of products utilizing CBD as an ingredient, they would need to make their own products. Research and development began in early 2018. By the end of the year optimization of formulation was complete,

and the Farmacy brand was born.

As organic farmers, this "experiment" with CBD as an active ingredient in all natural products led to the production of industrial hemp on the farm – growing hemp commercially.

WHAT'S HAPPENING TODAY

In 2020, The Farmacy launched a line of high quality all-natural artisan products that work to benefit their users in multiple ways. Much went into creating high quality, all natural skincare and wellness products that provide optimal performance at an economical price, utilizing high quality all-natural essential and carrier oils as ingredients, in addition to broad spectrum CBD derived from organically grown hemp in all product lines.

Testimonials and feedback show efficacy at providing pain relief, better sleep, sun protection, an overall better sense of well-being, reduced anxiety and positive results in skin issues such as acne and eczema.

Now, The Farmacy's Holiday Collection offers several gift ideas for yourself or someone you love, and is available now on the website, along with many more items.

The Farmacy retail store in Topeka is set to open in December 2020. The retail store will feature not only their branded products, but also fresh produce, meat, eggs, cupcakes and honey, as well as coffee mugs and other hand crafted items. There will be a coffee and smoothie bar, and breakfast and lunch items will be served.

For more information, contact The Farmacy with questions anytime at office@thefarmacy.us.

THE FARMACY HOLLIDAY COLLECTION INCLUDES THESE OFFERINGS AND MORE



Tincture Set for the animal lover. This gift set includes a tincture for man (or woman) and their best friend. Each tincture, whether for human or pet consumption, is made with all natural coconut derived MCT oil and Broad Spectrum CBD distillate.



Bath Bomb Gift Set - includes each of the all natural hand handcrafted bath bombs in holiday packaging. Romantic Bliss for the special holiday night; Stress Melt for the post holiday frenzy; Muscle Alleviation for the post holiday soak. All natural and each bomb contains 50mg of broad spectrum CBD distillate.



Full Line Gift Set
This gift set is made up of one of each type of product from the CBD products line. Includes broad spectrum tincture, muscle rub, daily moisturizer, night cream, massage oil, Muscle alleviation bath bomb, lip balm-sweet orange vanilla flavor



The Farmacy

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New Heart Monitor is Smaller Than A Postage Stamp



(Ivanhoe Newswire) —

Doctors can manually take your pulse and use other technology to measure the rhythm of your heart. Now a cutting-edge monitor that's smaller and thinner than a postage stamp is about to give doctors another option for monitoring your heart health.

A strong steady heartbeat is one sign of good health. But an electrocardiogram, or EKG, requires patches and wires to produce a reading. Scientists at Purdue University have developed a wearable triboelectric nanogenerator, or TENG, a tiny monitor made out of polyvinyl alcohol. It looks and feels like a small square of flexible plastic.

"We can easily attach it on to any part of the body because the material itself is very soft. It's also very thin. It's just like the tissue from your top skin," explained Wenzhuo Wu, PhD, Ravi and Eleanor Talwar Rising Star assistant professor from the School of Industrial Engineering at Purdue University.

When the TENG is placed at a pulse point like the wrist, it can pick up and transmit cardiovascular information, like this ... think of it like a doctor taking your pulse.

"We use the finger to feel the vibration. We use the device to measure, precisely, the vibration and we analyze the data," illustrated Wu.

Professor Wu says the monitor may help doctors



detect common cardiovascular diseases, like coronary artery disease and ischemic heart disease.

The monitor also uses static electricity to self-power, meaning it does not need a battery or electrical charge to operate. Professor Wu says his team has filed a patent for commercial development.

Cardiovascular health is typically measured by a number of devices. An echocardiogram, also called an echo, uses an ultrasound to show how a patient's heart muscles and valves are working. An EKG, also called an electrocardiogram, determines heart rate, heart rhythm, and other cardiac information that can help diagnose arrhythmias, heart attacks, pacemaker function, and heart failure. Or a simple listen by a physician through a stethoscope to determine heart rhythm, heart rate, and general cardiac function.

"These technologies can often be invasive to patients and have not yet been adapted into wearables for personalized on-demand monitoring," said Wu.

Wearable heart monitors already exist in a consumer fashion. These are things like smart-

watches, fit bits, pulse oximeters, and so on. While these are convenient and practical for casual use, there is still a need for greater accuracy in order to apply them in the medical field. The U.S. Food and Drug Administration currently considers wrist-worn heart rate monitors as low risk devices, obviating legal requirements for approval and regulation. However even with the low accuracy rates, clinicians acknowledge the data derived from these devices is going to play an increasingly important role in the future of healthcare.

Now, there's TENG.

"TENGs with PVA blend contact layers produce fast readout with distinct peaks for blood ejection, blood reflection in the lower body, and blood rejection from the closed aortic valve, which may enable detection of common cardiovascular diseases such as cardiovascular disease, coronary artery disease and ischemic heart disease," said Wu.

The PVA-based triboelectric devices utilize the mechanical energy produced by the human body and use the electric power to support the biomedical device operations.

This Christmas, Give the Gift of Fitness

Finding the perfect holiday gift for that special someone presents a challenging task. Giving the gift of health and fitness is not only a gift they'll love, but also a gift that keeps giving. Whether you're buying for a spouse, parent or friend that's either a fitness enthusiast or beginner, here are some ideas sure to bring motivation and movement into their lives.

A fun way to share a fitness gift with your loved one is to join a gym together. This gift will give you both unlimited resources to help attain your New Year's fitness goals. By doing this together, it'll be more fun and hold you both accountable. If you're already gym members, try some personal or small group training. This is a great way to get a jump start on their fitness journey. It might be the gift they need, but wouldn't buy for themselves. You don't have to be a celebrity to hire a personal trainer anymore. People from all walks of life — young to old, beginners to athletes — benefit from the motivation and knowledge you receive from a training class.

High-tech fitness gadgets top many Christmas wish lists this year.

What does almost every fitness enthusiast love? Their music. There's nothing better to help get through a tough workout than a great playlist. Some gift ideas include music cards or a fun pair of ear buds or headphones.



The sale of such wearable fitness gadgets as fitness bands is on the rise.

This technology not only measures steps, but activity, heart rate, calories burned and sleep quality. While different models have different features, the one common trait among them is the ability



to create awareness of your physical activity and inspire you to make healthy changes. These devices are available in a variety of types, sizes, colors and prices.



Heart rate monitors are another device that provides the wearer with important data that can be very beneficial in regular exercise.

Still other technology inspired gifts include a multitude of available phone apps. Did you know you can get an app with GPS and record your runs or bike rides?



There's an app for almost every type of activity you can imagine. While some apps are free, others are available for a minimal cost.

Another idea is a subscription to their favorite magazine that specializes in their sport or area of interest. Want to be an amazing gift giver? Give them a certificate for a massage after a hard workout.

On the eccentric side of gift giving, a little research will lead you to some unique healthy gift ideas. Did you know you can give a yearly subscription to have a healthy snack box delivered each month? How about a cap for runners with lights in the brim of the cap so they can see during a night run? Or a bike that folds up for city dwellers? The list goes on.



A fitness-inspired gift list would be incomplete if you were left unaware of the gifts NOT to buy. Readers of Fitness Magazine asked to choose the worst fitness gifts cited a diet book and a sauna suit. Remember those suits that made you sweat and looked like you were wrapped in foil? Of course, the No. 1 worst gift is a talking scale.

These are just a few ideas to help out with gift buying for the loved ones on your list. Christmas is followed by New Year's that's filled with resolutions on being healthy. Giving a gift that helps your loved one be healthier is a gift they will enjoy every day all year. Merry Christmas.

—Paula Reece / *The Business times*

Reduce your Risk of Breast Cancer



APPROXIMATELY
232,000

NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE
UNITED STATES.¹



1 IN 8

U.S. WOMEN WILL GET
BREAST CANCER AT SOME
POINT IN THEIR LIVES.¹

INCREASES RISK DECREASES RISK



EXCESS BODY FAT

ALCOHOL



REGULAR PHYSICAL
ACTIVITY



BREASTFEEDING

AICR estimates that

38%

of U.S. breast cancer cases or about,

1 in 3



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

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**The Promise
of Survival**



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breast cancer survivors in the U.S.,
who are living longer, healthier lives than
ever before.¹

¹ National Cancer Institute estimates, 2014.

² American Institute for Cancer Research, AICR/WCRF Continuous Update Project Report: Breast Cancer, 2016.

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

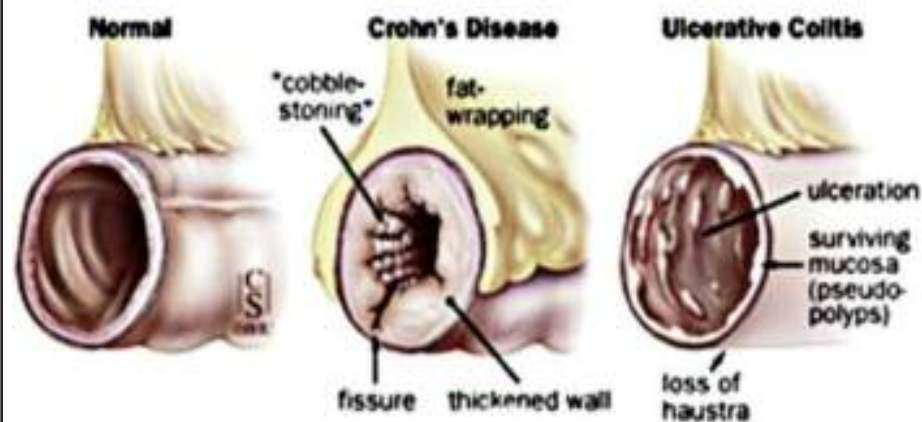
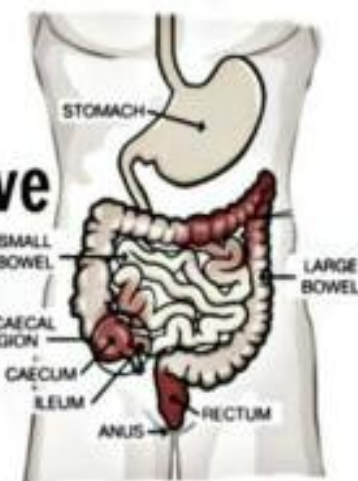
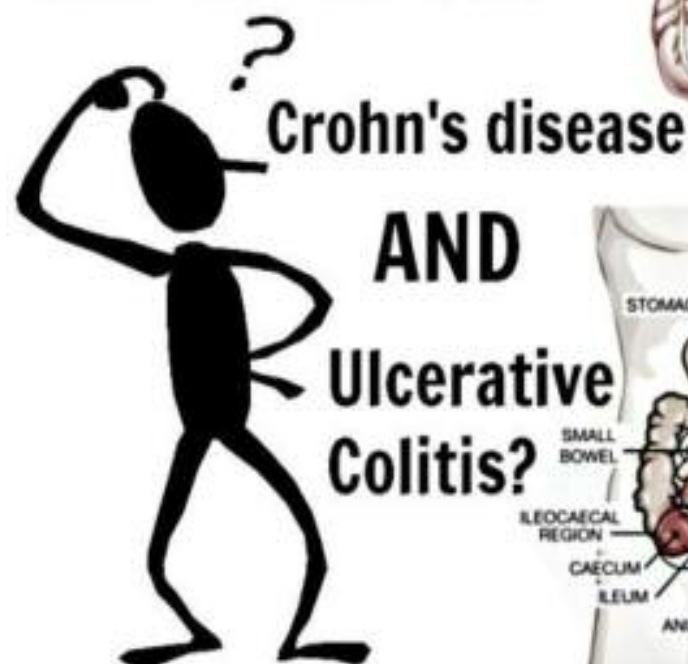
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Can you have
BOTH



17 Ways to Get Motivated for a Run

It may be tough to get up and go for a run. But most of the time, you'll be more pleased and satisfied with yourself if you get up and do it.

It's easy to come up with excuses to avoid something, but the key is to counter those excuses with reasons to just do it. Often, motivation follows action. So get yourself together and get moving. You'll feel better after running, and you'll be happy you stuck to your routine.

Let's take a look at 20 tips that will help you find the incentive to step up your game and commit to your running routine.

1. Get competitive. Look for a bit of friendly competition, if that's something you enjoy. Find a group of people to run with in order to keep up the pace, or chart your times against others with a fitness app.

2. Reward yourself. The power of prizes doesn't stop at childhood. Create a reward system for yourself. Track your process with good old-fashioned tally marks, or make a chart complete with stickers. Place it somewhere visible so you'll see it often. Rewards can be something as simple as allowing yourself an extra 30 minutes of sleep or booking a massage.

3. Lower your minimum time. On days when you aren't able to meet your daily minimum time, run for whatever amount of time you have available instead of sitting it out completely. This way, you're more likely to stay in the swing of things since you won't have missed an entire day.

4. Maintain a healthy weight. Running burns calories, reduces belly fat, and helps you make healthy food choices. It can also help you meet your weight loss goals or maintain your target weight.

5. Get in a group groove. The more the merrier when it comes to group motivation. Find one or several training partners with whom you can set up a running schedule. Even if you don't run together each day, you can band together a few times a week for accountability.

6. Feel the endorphin energy. The runner's high is real. You may experience feelings of positivity or even euphoria, as running improves your mood and makes you feel better by releasing endorphins, one of the happiness hormones.

7. Set goals. Break your intentions into small, manageable steps. This can include the amount of time you put in per week, how fast you run a certain distance, or the number of days you run.

8. Dress for the exercise you want to do. Dressing well can have a positive effect on how you perceive yourself, and it may motivate you to run more often. Shop for workout clothing and shoes that you'll enjoy wearing. Or use your athletic clothes as a chance to experiment with styles you wouldn't normally try. That could mean going for bright colors or wearing shorts when you normally wouldn't.

9. Let the music move you. Take the time to create a playlist of all your favorite tunes. Select upbeat songs that put you in a good mood and inspire you to move. Only allow yourself to listen to these songs while you run.

10. Keep track with an app. Stay on top of your goals by using a motivation or habit tracking app. Many allow you to set reminders, connect with people through forums, and view graphs that track your progress.



11. Mix it up. Switch up your routine at least one day per week. Run hills instead of a long distance, or add in some sprints. You can also run in a different neighborhood, do your usual route backward, or change the time of day.

12. Feel the sunshine on your face. Running is a fantastic way to get the sunlight needed to boost serotonin levels. This helps to put you in a good mood while reducing depression and anxiety.

13. Set your own pace. The only person you have to answer to is yourself, so feel free to run at any speed that feels good. Decide if you prefer to run at top speed or a leisurely pace.

14. Be on the right side of the bed. Tarting off your day by checking off your running box is a huge accomplishment. Doing it first thing leaves you with less chances for distraction or getting caught up in all that comes with the daily grind. You'll feel better mentally and physically for getting it done early.

15. Bask in morning stillness. Enjoy the beauty and silence of the early morning. Waking up early allows you to take time for yourself and enjoy this quiet, peaceful time of day. Other benefits include boosts to your productivity and concentration.

16. Connect to nature. Breathing in fresh air and surrounding yourself with the natural beauty of trees, lakes, and hills can be mentally refreshing. Plus, being outdoors is a natural mood booster. Even if you can't get out of the city every day, try visiting a natural park at least once per week.

17. See the birds and the bees. Pique your curiosity and make a point to learn about some of the natural wildlife and plants in your area. Set out to discover or take note of one new aspect of nature each time you visit a running trail.

—Healthline.com

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By Kelly Barker

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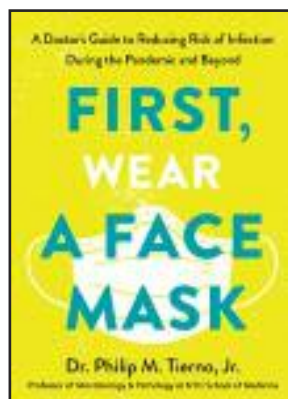
This month: Checkout and Download eBooks at the Topeka and Shawnee County Public Library!

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First, Wear a Face Mask: A Doctor's Guide to Reducing Risk of Infection During the Pandemic and Beyond by Dr. Philip M. Tierno, Jr., Overdrive eBook

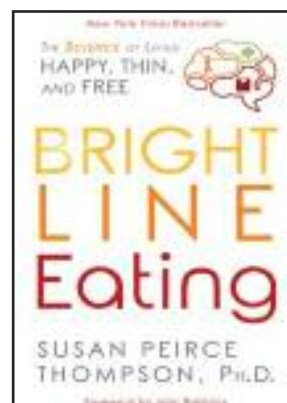
Although there is no impenetrable shield to infection, there's a lot you can do to increase



your odds of staying safe. A New York University microbiologist gives you the knowledge you need to protect yourself from COVID-19 and other common infectious diseases.

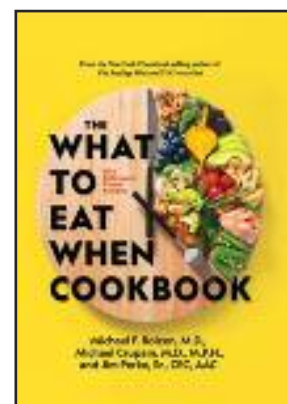
Bright Line Eating: The Science of Living Happy, Thin and Free by Susan Peirce Thompson, PHD and John Robbins, Overdrive eBook

In this book, Susan Peirce Thompson, Ph.D. shares a groundbreaking weight-loss solution. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again.

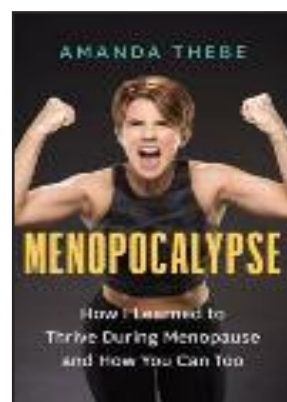


The What to Eat When Cookbook: 135+ Deliciously Timed Recipes by Jim Perko, Michael F. Roizen, M. D., and Michael Crupain, Hoopla eBook

In this sequel to What to Eat When, the authors deliver 125 recipes for healthier living, disease prevention, better performance, and a longer life. The key, they assert, is eating breakfast like a king, lunch like a prince, and dinner like a pauper.



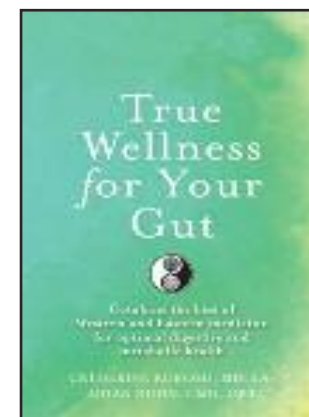
Menopocalypse: How I Learned to Thrive During Menopause and How You Can Too by Amanda Thebe, Hoopla eBook



A refreshing approach to managing menopause symptoms, filled with tried-and-tested fitness tips, nutrition recommendations, and more.

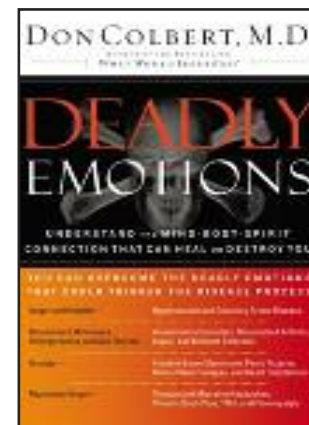
True Wellness for Your Gut: Combine the Best of Western and Eastern Medicine for Optimal Digestive and Metabolic Health by Catherine Jeane Kurosu, and Aihan Kuhn, Hoopla eBook

True Wellness for Your Gut combines the best that Eastern and Western medicine have to offer in the understanding, treatment, and prevention of gastrointestinal disease, diabetes, and obesity. All the while, boosting your immune system!



Deadly Emotions: Understand the Mind-Body-Spirit Connection that Can Heal or Destroy You by Don Colbert, Hoopla eBook

Destructive emotions can have toxic effects on the body and result in a wide range of serious illnesses. In Deadly Emotions, Dr. Don Colbert exposes those potentially devastating feelings – what they are, where they come from, and how they manifest themselves.



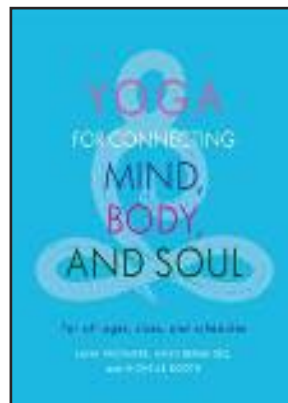
Leverage: The Guide to End Your Binge Eating by Linda Vang, Hoopla eBook

Leverage dives into the frustration and complication that binge eating can create in daily life. The book outlines the tools and daily routines that are essential to breaking the habit of binge eating.



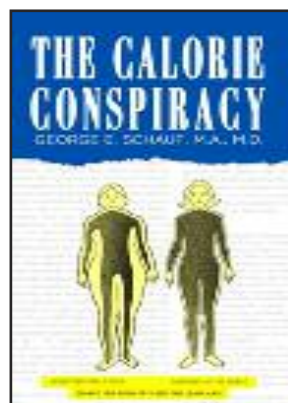
Yoga for Connecting Mind, Body, and Soul for All Ages, Sizes, and Schedules by Lana Wedmore, Amed Bermudez, and Michelle Booth, Hoopla eBook

Do you ever wake up feeling stiff and sore? Do you sit at a desk all day and lack the energy to get up and move? Then this book is for you. In ten minutes, a day, this book will help you: 1) Restore your body's energy 2) Refresh your mental state and 3) Rediscover your soul.



The Calorie Conspiracy by George E. Schaaf, M. D., Hoopla eBook

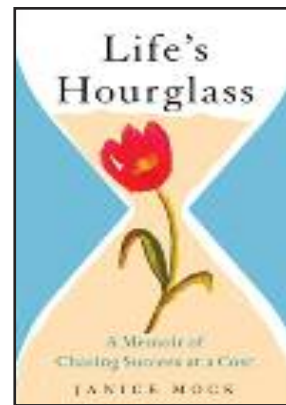
If you're fat, you probably need to gain weight on the inside: lean, vital tissue in muscle, etc. The Calorie Conspiracy explains why most people's overweight problems are intensified, rather than helped, by calorie-counting diets.



Life's Hourglass: A Memoir of Chasing Success at a Cost by Janice Mock, Hoopla eBook

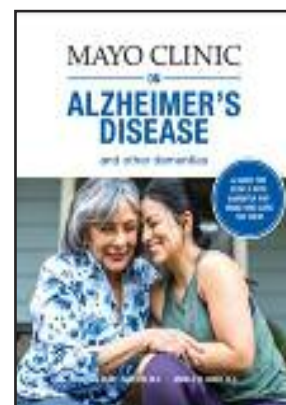
When Janice learns that she has stage four cancer, she feels the sand in life's hourglass

begin to escape through her fingers. A successful trial lawyer, she's spent her entire adulthood competing, clock watching, and chasing the money while life slipped by unnoticed. But this diagnosis leaves her questioning whether it's all been worth it.



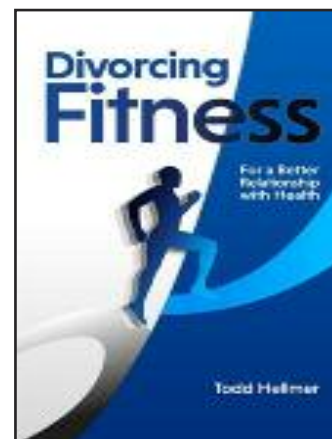
Mayo Clinic on Alzheimer's Disease and Other Dementias: A Guide for People with Dementia and Those Who Care for Them by Jonathan Graff-Radford, and Angela M. Lunde, Hoopla eBook

Around 50 million people around the world have dementia. Each year, nearly 10 million new cases are reported. This book offers an update on what experts know about dementia, including the latest research into treatment and prevention,



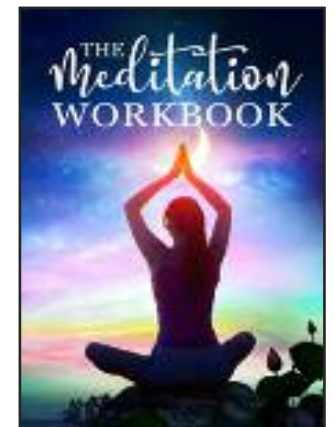
Divorcing Fitness: For A Better Relationship with Health by Todd Hellmer, Hoopla eBook

Have you ever wondered if your relationship with fitness is healthy? In Divorcing Fitness, you will discover how far your fitness past has steered you away from a healthier you. Then, help you take your first step onto a healthier path that starts with you, your body and your life.



The Meditation Workbook: 160+ Meditation Techniques to Reduce Stress and Expand Your Mind by Aventuras De Viaje, Hoopla eBook

This book contains meditations of all levels and disciplines. Anyone with the slightest interest in meditation will find something they can use to achieve their inner peace.



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Check out our article [“Find Healthy Reading Options while you are Safer at Home”](#) at tscpl.org.

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Healthy Family Recipes for the Holidays

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

Healthy and Delicious Cherry Pie



This recipe is also great with vanilla ice cream or yogurt added!

Ingredients

- 1/4 cup margarine
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 3/4 cup rolled oats
- 3/4 cup all-purpose flour
- 3 tablespoons water
- 1/2 cup white sugar
- 2 cups fresh cherries, pitted

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a medium bowl, cream together margarine, brown sugar and vanilla. Stir in oats, flour and water. Then press mixture into 9 inch pie pan. In a medium bowl, stir together the cherries and sugar. Pour into the crust.

Bake in preheated oven for 12 minutes, or until crust is golden brown.

Nutrition Information (Servings: 8)

Per serving: Calories: 215 kcal; Total Fat: 6.6g; Cholesterol: 0 mg; Carbohydrates: 37.2 g; Sodium: 68 mg; Protein: 2.7 g

Slow Cooker Cranberry Fig Pork



An easy slow cooker recipe! Serve over rice if desired.

Ingredients (Servings: 4)

- 4 (4 ounce) pork chops
- 1 cup frozen cranberries
- 3 canned figs, 1/4 cup juice reserved
- 1/2 cup apple juice
- 2 tablespoons brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried rosemary

Directions

Heat a skillet over medium-high heat. Sear pork chops in the hot skillet until lightly browned, about 1 minute per side. Transfer seared pork chops to the slow cooker.

Combine cranberries, figs, reserved fig juice, apple juice, brown sugar, salt, black pepper, and rosemary in a saucepan; bring to a boil. Pour cranberry mixture over pork chops.

Cook on High for 4 hours.

Nutrition Information

Per serving: Calories: 164 kcal; Total Fat: 4.4 g; Carbohydrates: 16.6 g; Protein: 14.6 g; Cholesterol: 36 mg; Sodium: 170 mg

Source: allrecipes.com

Savory Pumpkin Hummus



A great Holiday Appetizer!

Ingredients (Servings: 16)

- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 3 cloves garlic
- 3/4 teaspoon salt
- 2 (15 ounce) cans garbanzo beans, drained
- 2 teaspoons extra-virgin olive oil
- 1 (15 ounce) can pumpkin puree
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 cup toasted pumpkin seed kernels, or more to taste
- 1 pinch paprika

Directions

Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth. Add garbanzo beans and olive oil and pulse until smooth. Add pumpkin, cumin, and cayenne pepper; process until well blended.

Transfer hummus to a container with a lid and refrigerate at least 2 hours.

Fold pumpkin seeds into hummus; garnish with paprika.

Nutrition Information

Per serving: Calories: 81 kcal; Total Fat: 3.1 g; Carbohydrates: 11.3g; Protein: 3 g; Cholesterol: 0 mg; Sodium: 281 mg

Source: allrecipes.com

Health & Wellness Marketplace

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

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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats. 785-580-4400. www.tscpl.org

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Healthy Event Calendar for Greater Topeka

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

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

TERRITORIAL CAPITAL MUSEUM – Now Open, 640 E Woodson, Lecompton. (785) 887-6148 www.lecomptonkansan.com historiclecompton@gmail.com

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

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

150 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 3-Jan. 3, 10am-4pm Wed-Sat. & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 170 Christmas Trees decorated in antique, Victorian, vintage and theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. lecomptonkansan.com

TARC's WINTER WONDERLAND – Nov. 25-Dec. 31, 6-10pm. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: \$10.00 at the gate suggested dona-

tion. 785.506-8720

ZOO LIGHTS – Nov. 27 to Dec. 30, 5-9pm, Topeka Zoo. Visitors will stroll around the zoo and enjoy twinkling lights, dazzling displays, festive activities, and of course... Santa Claus! 2 and under free; \$6 for children; \$8 for adults. Must purchase tickets in advance.

KNIGHTS OF LIGHTS – Thursday to Sunday, Nov. 27-Dec. 27, 5-10pm, Rain or Shine, Kansas City Renaissance Festival grounds, Bonner Springs. 26 thousand shimmering lights nestled among a wondrous & whimsical world of animated scenes and electrifying special effects. Drive through 22 acres of holiday magic featuring Penelope the Magnificent Fire-breathing Dragon, enchanted castle ruins and Magical Tree House. Become emersed in the beauty of a 25ft Christmas Tree and Snowflake Chapel, then send off your letter in Santa's Mailbox! krenfest.com/knights-of-lights-a-renaissance-christmas-extravaganza/

FESTIVAL OF TREES VIRTUAL EVENT – Nov. 30-Dec. 5: Sheltered Living Festival of Trees silent auction. The Sweet Shoppe is also open for orders. Find out more at <https://slfestivaloftrees.com/>

CBMC MARKETPLACE AMBASSADOR LUNCHEON – Dec. 2, 11:30 AM - 1:00 PM, Harley Town Hogg House

Meeting Rm. In Person or Online Options Guest speaker: Joe Patton - "The Answer to the Ultimate Question to Life, the Universe, and Everything." gtenpenny@cbmc.com 913-219-9064

BREAKFAST WITH SANTA – Dec. 5, 8am, 1st Presbyterian Church. Pancakes, sausage, Santa photos, letters to Santa, decorate cookies, more.

MIRACLE ON KANSAS AVENUE PARADE – Dec. 5, Downtown. This year's event will be a "reverse" parade, in which people drive by a route around the Capitol to look at the different parade floats and performers

lining the streets.

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE – Dec. 5, 11am, Downtown Lawrence, Massachusetts St. Authentic horse-drawn carriages is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets. info@lawrencechristmasparade.org; 785-856-4437

C5Alive "CHRISTMAS" LUNCHEON – Dec. 10, 11:30-1, at Fairlawn Plaza Mall. Christmas fun and games!

• Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

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

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

SAVE THE DATE: POWER Luncheon, Jan. 14, 11:30-1.

REEL GRIEF MOVIE: "ONE TRUE THING" (MERYL STREEP) – Dec. 14 & 21, 3-4:30pm, Midland Care Compass Center, 2134 SW Westport Dr. One True Thing tells the story of a woman in her 20s who is forced to put her life on hold in order to care for her mother, who is dying of cancer. Reel Grief is an opportunity to help individuals process their grief through the use of movie scenes where



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How do I get the Screener scheduled?

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: slsmithks@att.net or call (785) 633-8321

others are experiencing the loss of a loved one.. Limited seating; RSVP to Shannon Dilks at 785.430.2199 ext. 1027 or sdilks@midlandcc.org

SANTA SUPPER – Dec. 19, 4 - 7pm, The Brownstone, 4020 NW 25th St. Winter wonderland complete with carriage rides & Santa's workshop! To maintain social distancing, we are selling tickets based on check-in/dinner time. Each ticket will include the following - Check-in at The Brownstone (4020 NW 25th St.) to gain your event punch card. Grab a delicious dinner of lasagna or mac n cheese for the kiddos. Make your own sugar cookie presented by It's A Sweet Treat Day Bakery. Jump in line to take a short carriage ride and end at The Milestone Market (right across the street from The Brownstone) where Santa will be ready for photos taken by Molly Harmon Photography. Feel free to grab a photo on your phone too. All photos will be available digitally after the event. The carriage will pick you up after your photo and return you to The Brownstone. Adult beverages, hot chocolate bar and more will also be available

for purchase.

https://thebrownstonetopeka.ticketleap.com/santa-supper/dates/Dec-19-2020_at_0400PM

CHRISTMAS EVE SERVICES - Dec. 24, at 4:00pm, First Southern Baptist Ch., 19th & Gage

CHRISTMAS EVE CANDLELIGHT SERVICES - Dec. 24, at 4, 5, 6 & 7pm, Christ Lutheran Ch. Must sign up ahead. Christlms.org, 785) 266-6263.

CHRISTMAS EVE SERVICE – Dec. 24, 5PM, Fellowship Bible Church, 10th & Urish.

CHRISTMAS EVE SERVICE – Dec. 24, 4:30PM, 6PM, & 7:30PM, Wanamaker Woods Church or the Nazarene, 3501 SW Wanamaker Rd. Call ahead to reserve your spot. 785-273-2248. www.wwnaz.org wwoodsnaz@wnnaz.org

CANDLELIGHT CHRISTMAS EVE SERVICE

– Dec. 24, 5pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. (785)266-3247; LakeNaz@aol.com; Lakeview-Topeka.org; Facebook: Topeka Lakeview Nazarene

ONGOING EVENTS:

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

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.

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Li-

brary (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, Topeka & Sh. Co. Library, Through Oct. 5

TOPEKA MANKIND PROJECT – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

CELEBRATE RECOVERY - Every Mon. 7-9pm at Topeka First Church, 500 SW 27th, Bldg 'B'. Healing our hurts, habits, and hangups. Learning to grow in a Christ-like ma-



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

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

GRIEF SUPPORT GROUP - First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotopeka.org. Free

DOWNTOWN TOPEKA LIONS CLUB - 2nd & 4th Mondays at Noon, Madison Street Diner inside the Ramada Downtown, Guests are welcome.

HEARTLAND HEALTHY NEIGHBORHOODS - 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

TOPEKA SWING DANCE - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

NOTICE: Because of changes due to COVID19, please check with event hosts to make sure there are no changes or postponements.

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

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 (Eng-

lish/Spanish) 231-0763.

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

TOPEKA TWILIGHT LIONS BRANCH CLUB - 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safestreets.org

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

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

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.


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



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1618 SW Washburn Ave.
Topeka, Kansas
785-232-4091

Hours of Operation
Monday - Saturday 11am - 10 pm
Sundays 11 am - 6pm




Knights OF LIGHTS

A Renaissance Christmas Extravaganza

Canterbury has been transformed into a fantastic and colorful light spectacle for the debut of **Knights of Lights!**

Partnering with Landers' Visions, we're bringing a new KCRF holiday tradition to enjoy from the safety of your vehicle. Load up the whole family to drive through the village and be amazed by fantastic dazzling holiday lights and scenes!

Nov 27-29 • Dec 10-13, 17-24, 26-27, 5-10pm




Faye: 207-2606 or Randy: 232-8553

COUNTRY AND BALLROOM DANCING— Thursday's 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP— meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & take ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall. 49-3258.

SHEPHERDS CENTER HHHS WALKING GROUP— meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle.

Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

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

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

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

VIP LUNCHEON FOR SENIORS— Every Fri., Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

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

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

SATURDAY FAIRLAWN STARTER BIKE RIDE— Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagle's. Great for beginners. director@cottonwood200.org
SAVING DEATH ROW DGS ADOPTION BOOTH— Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Also, some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. www.savingdeathrowdogs.com

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

THE BERRYTON PICKERS— First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

DOWNTOWN TOPEKA FARMERS

MARKET— Saturday's through Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

HERBTalk— Topeka herbs study group meets Third Saturdays for fun and interactive group learning and sharing about herbs/medicine plants. 7321 SE 45th, Prairie Meadow Greenhouse. RSVP Amy 785-379-8848. \$5.00 cash only charge; Free beverages and herb snack samples. Lunch option \$6.00. talkherbswithus@gmail.com

TOPEKA FOLK DANCERS CLASSES— Sundays, 2-4pm 2637 SE 41st. No partner/experience needed. 215-0968.

KANSAS PRAIRIE PICKERS— Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes to tickle your fancy.

SQUARE DANCING— Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For info, call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquaredance.com

SEX TRAFFICKING INFORMATION— 785-230-8237

ABORTION RECOVERY SUPPORT— Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

AL-ANON FAMILY GROUPS— for friends & families of alcoholics. For info: 785-409-3072 or topekaanon.org

ALZHEIMER'S SUPPORT GROUPS— Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

HHHS Volunteer Program— Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Please complete a volunteer application at hhhstopeka.org.

CAREGIVER SUPPORT GROUPS— Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City.
 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm.
 3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room
 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at


TopekaHealthandWellness.com

Visit Historic Lecompton and see the LARGEST Christmas Trees and Ornaments DISPLAY in the Midwest!

Open Nov. 3 to Jan. 3 • Wed. - Sat.: 10am to 4pm • Sun.: 1 - 5pm

Over 170 trees decorated in antique, Victorian, vintage and theme décor — including turn-of-the-century and WW II-era decorations, a barb-wire tree, feather trees, and many more unique decorations!







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Spiritual Wellness

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

Holiday Tips and Preparing for 2021

So how many times have we read about eating healthier around the holidays and get all prepped for New Year's resolutions to exercise, lose weight and feel better; then found ourselves in March still eating pumpkin pie for breakfast? If so, this article will hopefully give you some good ideas that maybe you haven't heard before to land you in January with your eyes on health and healing.

- Make an eating plan for the holidays and stick to it with an accountability partner: As a health practitioner, I have these conversations with people every day. The goal is success, not feelings of condemnation and failure, especially if you're trying to restore your health. Make a plan with a friend, your spouse or roommate and hold each other accountable. It works much better! So what are your goals for the holidays? Here are some ideas:

- Choose the good over the bad: Every Christmas feast is just that, a feast! Believe it or not there are lots of incredibly good, healthy choices and there are of course all the bad ones. Choose the good and feel happy about your good self-control. If you can stick to the turkey, vegetables and fruit for the majority of your meal, you will feel much better.

- Avoid the breads, rolls and baked goods: Yes, this could be a toughie, but the processed grains are truly what makes us feel worst after meals. Being hard to digest, this causes the bloating, gas, sore stomachs, extreme fatigue and brain fog of the post-holiday meal blues.

- Choose to have ONE exception: This works great for many people. Can't resist grandma's pumpkin pie or the apple pie with vanilla ice cream? Choose to have ONE dessert and stick to it. If you do that, you still are successful. If you



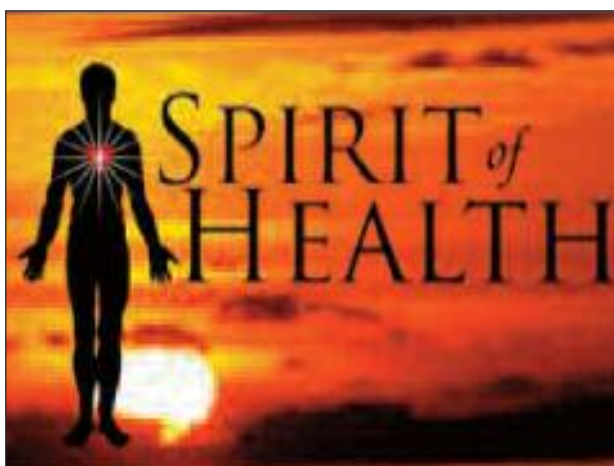
say you will eat no dessert, and proceed to cave into eating two or three, here comes the feelings of guilt and all the baggage along with it.

- Make Christmas the exception, not the entire month: Ok, this is a huge one. If you indulge on Christmas day, you may not feel great for a day or two. If you indulge for the ENTIRE MONTH, you could set yourself way back on your health journey. Choose wisely!

- Change Your Perspective for 2018 in December: Hit the ground running January 1st by thinking through your health goals and how to honor the Lord with your body in December. I know ideas on nutrition and health can be confusing and filled with mixture of truths and non-truths.

Here are some ideas from a Christian perspective:

• Health is found in the scriptures: When choosing what to eat, honor God. God is Genesis 1:29, eating His creations of fruits, vegetables, nuts, seeds, beans, legumes, fish, eggs, etc. This brings life. It is not consuming soda, candy, cheez-its, doritos, pizza, pop tarts, fast food and the thousands of other man-made items that damage the



body. If Christians never wake up to the truth that what we eat matters, we will continue to live in bondage to sickness and disease.

• Live for God and others, not for yourself: When we live an indulgent lifestyle, with food, entertainment or anything else, we are choosing self. When we eat excessively, and eat all the wrong things, and we know it, we are choosing self. Maybe this year you choose God and others. Health in the body brings FREEDOM to live for God and serve others! Sickness and disease in the body is bondage that cuts short our purposes that God would have for us.

• Set realistic goals based on God's design: There are many ways to heal the body and in January's issue we will focus on some specific ways to get back in line with how God created our bodies to function. Ask the Lord where He would have you focus your lifestyle changes.

Health truly comes from choosing God and the things of God. There is no way around this. May we choose with wisdom to love God, love ourselves and love others by aligning with the source of all truth, the light of the world, Jesus Christ.

—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

TOPEKA Health & Wellness MAGAZINE

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For more information, contact • Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

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NEW Resource Directory for Kansans

KANSAS RESOURCE GUIDE

The Kansas Resource Guide (KRG) is a collaborative effort to connect consumers and service providers with resources and services for women, infants, children, youth and people with disabilities in Kansas.

What can you find?

The KRG website is an online navigational tool for Kansas consumers and service providers in Kansas. You can find links to partner's websites, topical lists and a searchable resource directory.

How does the KRG help?

The KRG can help you identify:

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Find information on:

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- Nutrition and Wellness
- Women and Children's Services
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Call 1-800-332-6262 for more information.

www.kansasresourceguide.org