

TOPEKA

NOVEMBER 2020

Health & Wellness

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MAGAZINE

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Diabetes
Month
Important?**



**Supporting the
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During
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Managing Medical Conditions During COVID-19

Helping Topekans live happier, healthier lives since 2015!

November is National Diabetes Awareness Month

What is diabetes?

November is National Diabetes Awareness Month, focusing on raising awareness of diabetes, its signs and symptoms, and gaining support for researching treating and curing the disease.

An estimated 285 million people worldwide are affected by diabetes. With a further 7 million people developing diabetes each year, this number is expected to hit 438 million by 2030.

More than 9 million Canadians live with diabetes or prediabetes.

Health effects

If left untreated or improperly managed, diabetes can lead to:

- Heart disease
- Kidney disease
- Eye disease
- Impotence
- Nerve damage

The reality

Life expectancy for people with Type 1 diabetes may be shortened by as much as 15 years.

Life expectancy for people with Type 2 diabetes may be shortened by five to 10 years.

Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year.

By 2020, it's estimated that diabetes will cost the Canadian health care system \$16.9 billion a year.

There are three main types of diabetes:

Type 1

- Occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood.
- Cause remains unknown.
- Not preventable, and not caused by eating too much sugar.
- Usually diagnosed in children and adolescents.

10% of people with diabetes have Type 1

Type 2

- Occurs when the pancreas does not produce enough insulin or when the body does not effectively use it.
- Glucose builds up in your blood instead of being used for energy.
- Usually develops in adulthood.
- A progressive, life-long condition.

90% of people with diabetes have Type 2

Gestational

- Temporary condition that occurs during pregnancy.
- Affects 2-4% of all pregnancies (in the non-Aboriginal population).
- Increased risk for both mother and child of developing diabetes.

Signs & symptoms

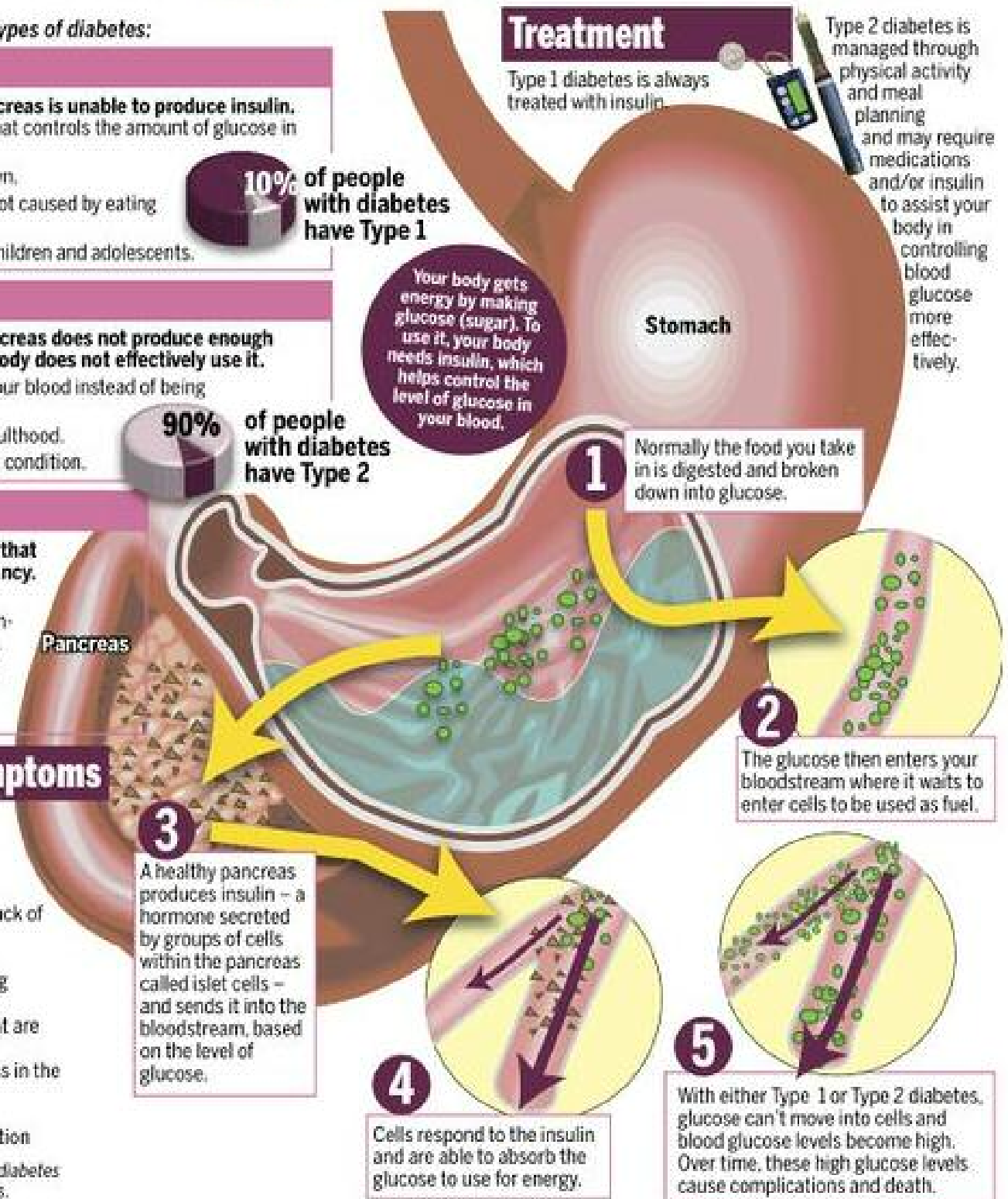
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Many people with Type 2 diabetes may display no symptoms.

Treatment

Type 1 diabetes is always treated with insulin.

Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.





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ON THE COVER:

Our cover this month features Richard Faulkner, a participant in Midland Care Connection's 24 for Life diabetes prevention program enjoying a healthier lifestyle - including rounds of golf. One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing Type 2 diabetes, a serious disease. Learn more about 24 for Life and Richard's life changing experience in this issue. We are proud that Richard and his wife learned about 24 for Life by reading about it in Topeka Health and Wellness!



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



The Benefits of Gratitude

How can gratitude change your life? How about more happiness? Better health? Deeper relationships? Increased productivity? Can just one thing help you in all of those areas?

With Thanksgiving season upon us, let's look at what it means to be thankful, to have gratitude. This list of benefits was compiled by aggregating the results of more than 40 research studies on gratitude.

1. Gratitude makes us happier.
2. Gratitude generates social capital.
3. Gratitude makes us healthier.
4. Gratitude boosts our career.
5. Gratitude strengthens our emotions.
6. Gratitude develops our personality.
7. Gratitude makes us more optimistic.
8. Gratitude reduces materialism.
9. Gratitude increases spiritualism.
10. Gratitude makes us less self-centered.
11. Gratitude increases self-esteem.
12. Gratitude improves your sleep.
13. Gratitude keeps you away from the doctor.
14. Gratitude lets you live longer.
15. Gratitude increases your energy levels.
16. Gratitude makes you more likely to exercise.
17. Gratitude helps us bounce back.
18. Gratitude makes us feel good.
19. Gratitude makes our memories happier.
20. Gratitude reduces feelings of envy.
21. Gratitude helps us relax.
22. Gratitude makes you friendlier.
23. Gratitude helps your marriage.
24. Gratitude makes you look good.
25. Gratitude helps you make friends.
26. Gratitude deepens friendships.
27. Gratitude makes you a more effective manager.
28. Gratitude helps you network.
29. Gratitude increases your goal achievement.
30. Gratitude improves your decision making.
31. Gratitude increases your productivity.

Gratitude is no cure-all, but it is a massively underutilized tool for improving life-satisfaction and happiness. Wouldn't you agree?

For more details visit <http://happierhuman.com/the-science-of-gratitude/>



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



November is National Diabetes Month.

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



Why is National Diabetes Month Important? Why do we care?

November is National Diabetes Month, which helps raise awareness about the seriousness of diabetes, what resources are available, and also removes some of the negative stigmas surrounding diabetes.

It's no secret that diabetes is a serious disease and is growing in numbers across the nation and in the state of Kansas.

In the past year in Kansas, diabetes increased 10% — from 10.5% to 11.6% of adults according to the America's Health Rankings of 2019 report.

One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing Type 2 diabetes, a serious disease. Many people with prediabetes, who do not lose weight or do moderate physical activity, can develop Type 2 diabetes within five years.

The good news is that you can prevent Type 2 diabetes. The 24 for Life lifestyle change program, offered by Midland Care Connection, can help. The 24 for Life program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay Type 2 diabetes.

In 24 for Life, you will work in a group with a trained lifestyle coach to learn the skills you need to make lasting changes. These include losing a modest amount of weight, being more physically active, and managing stress. You will learn to eat healthy, add physical activity to your life, stay motivated, and solve problems that can get in the way of healthy changes.

"If you have prediabetes, 24 for Life offers a real chance to prevent or delay the onset of type 2 diabetes by helping you adopt a healthier lifestyle," said Donna Doel, Assistant Coordinator.

Thanks to a grant provided by the American Diabetes Program, those who qualify as prediabetic or are at risk for Type 2 diabetes can be a part of the 24 for Life program at no cost.

Your 24 for Life group will meet for a year — weekly for the first 16 sessions, then twice a month and then once a month to maintain your healthy lifestyle changes. Participants enjoy the group support and find it makes lifestyle change easier.

"I was prediabetic, and wanted to get healthier so I could



live a longer life," said Richard Faulkner, 24 for Life participant.

"My wife and I wanted to do something that was going to help us. The 24 for Life program has helped me to pay more attention to the things that I eat and how I eat. Tracking your exercise and how much exercise you do is going to improve your health. It's something you can control. This is something you can do on your own to help improve your health. If you're on the fence and you want to do something to improve your life, this is something that is important. You need to go ahead and take the step to get involved."

The 24 for Life program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.



"People who need to make those dietary and lifestyle changes didn't know where to start and this is a good opportunity to get that jump-start," said Lauren Fager, APRN, Family Health Practitioner at HealthStat, Inc. in Topeka.

"I started referring patients to 24 for Life so they have that community support to make the necessary dietary and lifestyle changes. Those patients who have participated have come back saying they feel healthier, that they have more of a health knowledge, and lab results have improved."

To learn more about 24 for Life and find a program near you, call Donna Doel 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
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What Are the Data-Driven Statistics About In-Home Care?

In-home care, also known as community-based care, is a vital part of healthcare for millions of Americans. In-home care provides services that allows clients to stay at home while they receive the care they need.

Informal Caregivers

The Family Caregiver Alliance estimates nearly 66 million informal and family caregivers provided care for someone who is ill, disabled, or aged in the United States in February 2015 (the latest year for which the agency has statistics). This number only figures to rise through 2050 as the need for in-home care increases.

Rapidly Aging Population

Each day 10,000 people in America turn 65. In 2020, approximately 56 million Americans will be 65 and older. That number is expected to increase to 84 million by 2050, a rise of 28 million people.

The number of people ages 85 and older could approach 19.4 million in 2050. Of those, about 6.2 million may have severe to moderate memory impairment.



As Baby Boomers get older, they'll need more options for care from family or healthcare providers. In-home care represents a vital service for our aging population. In fact, 70% of adults age 65 and older will need some kind of assistance, while 40% will need daily assistance, notes the Home Care Associ-



ation of America.

Growing Need for Home Health Workers

The U.S. Department of Labor states that the job outlook for home health aides may increase by 34% from 2019 to 2029. While this figure will probably change from year-to-year, the demand for compassionate people who provide in-home care continues to rise. In 2016, the Department of Labor projected the need for in-home care workers to rise 18% over a 10-year period.

More People Want to Live at Home

In 2015, for the first time, spending for in-home care outpaced that of assisted living facilities. The vast majority of Americans who needed long-term care (80%) in 2015 said they would rather live at home than go to an assisted living facility, according to the Family Caregiver Alliance.

The Centers for Disease Control says that to meet the demand of the 4.5 million patients who received in-home health care in 2015, there were around 12,200 home health agencies in the United States in 2016. Meanwhile, there are around 1.3 million people who reside in assisted living facilities (nursing homes).

Why Living at Home Is Important

People heal better in familiar surroundings, plain and simple. Johns Hopkins University states that 70% of the 5.2 million Americans who have Alzheimer's disease or other types of dementia

choose to live at home. This option has been shown to keep patients healthier, happier, and living longer.

Compassionate In-Home Care

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FINANCIAL HEALTH & WELLNESS

Tips to help taxpayers avoid post-disaster scams

The IRS reminds taxpayers that criminals and scammers often try to take advantage of generous taxpayers who want to help disaster victims. Everyone should be vigilant. These scams often pop up after a hurricane, wildfire or other disaster.

How the scams start

These disaster scams normally start with unsolicited contact. The scammer contacts their possible victim by telephone, social media, email or in-person. Scammers also use a variety of tactics to lure information out of people.

Here are some tips to help people recognize a scam and avoid becoming a victim:

- Some thieves pretend they are from a charity. They do this to get money or private information from well-intentioned taxpayers.
- Bogus websites use names that are similar to legitimate charities. They do this scam to trick people to send money or provide per-



sonal financial information.

- Scammers even claim to be working for — or on behalf of — the IRS. The thieves say they can help victims file casualty loss claims and get tax refunds.
- Disaster victims can call the IRS toll-free disaster assistance line at 866-562-5227. Phone assistants will answer questions about tax relief or disaster-related tax issues.

- Taxpayers who want to make donations can get information to help them on IRS.gov. The Tax Exempt Organization Search helps users find or verify qualified charities. Donations to these charities may be tax-deductible.

- Taxpayers should always contribute by check or credit card to have a record of the tax-deductible donation.

- Donors should not give out personal financial information to anyone who solicits a contribution. This includes things like Social Security numbers or credit card and bank account numbers and passwords.

—Peggy Beasterfeld, EA



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of cancer-related deaths
 in the United States

Pancreatic cancer has the
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survival rate of any
 major cancer, at
ONLY 8%

MORE
 patients will die from
pancreatic cancer
 than breast cancer this year

SYMPTOMS:

Pancreatic cancer may cause only vague symptoms that could indicate different conditions. If you are experiencing one or more of these unexplained symptoms, we encourage you to see your doctor.

Symptoms include:



Pain
 (usually in the
 abdomen or
 back)



Loss of
 appetite



Jaundice
 (yellowing of
 the skin
 and/or eyes)



Weight loss



Nausea



Change in
 stool



Recent
 onset
 diabetes

RISK FACTORS

The exact causes of pancreatic cancer are not yet well understood. Research studies have identified certain risk factors that may increase the likelihood that an individual will develop pancreatic cancer.



FAMILY TREE

If a person's mother, father, sibling or child had pancreatic cancer, then that person's risk for developing the disease increases 2-3 times.



DIABETES

Pancreatic cancer is more likely to occur in people who have long-standing (over five years) diabetes.



PANCREATITIS

People with chronic pancreatitis have an increased risk of developing pancreatic cancer. The risk of developing pancreatic cancer is even higher in individuals who have hereditary pancreatitis.

A Helpful Perspective on Gratitude: Benefits for You

By Courtney Rooks, Health Promotions Specialist

We all experience a mix of love, loss, joy, tragedy, failure, and triumph. No matter how easy life appears for some, we all have to endure hardships and challenges. Yet focusing our thoughts, time, and energy on the more difficult aspects of life only serves to amplify the negative.



Courtney Rooks

Acknowledging those hardships while intentionally focusing our awareness on who and what we have, on our accomplishments and daily pleasures can emphasize feelings of fulfillment and happiness. One method of achieving this focus is through gratitude. Gratitude is the practice of appreciating the good things in life. It is the conscious pursuit to acknowledge and be thankful for all the things that make life good and meaningful.

There are ample studies that establish the benefits of gratitude. The resulting list is noteworthy in the magnitude and diversity of the many emotional, physical, social, and even behavioral benefits. I will not provide a complete and exhaustive list, but a sample will demonstrate the point.

- **Practicing gratitude has been shown to reduce anxiety and depression, increase happiness, build resiliency, increase sense of meaning of life, and improve life satisfaction.**

- **Physically, being grateful can boost the immune and endocrine systems by decreasing the stress hormone cortisol and increasing the bonding hormone oxytocin.**

People that are grateful have better cardiac functioning, lower blood pressure, less inflammation, sleep better, and report fewer aches and pains.

- **Socially, grateful people are less jealous, more empathetic, more generous, and experience strengthened relationships. Practicing gratitude can influence positive behavior. If you appreciate what you already have, you are less likely to take it for granted.**

- **Grateful people are less materialistic and more likely to take control of their health by exercising, eating better, and attending regular medical check-ups.**

Gratitude does not have to be an innate characteristic to enjoy the many benefits to wellbeing. Being grateful is a skill that can be practiced and honed over time through continued effort. In fact, by consciously practicing the act of gratitude, we get better at it, it becomes easier, and can become an unconscious part of our daily lives. We can train ourselves to appreciate the good in our lives and to find the positive in a situation until it becomes a habit, a way of looking at life.

Looking at life through a perspective of gratitude does not mean a denial of loss, hardship, or grief. It does not mean ignoring challenging or painful situations and pretending that everything is great. Denial and suppressing feelings will not improve a situation. But grief and gratitude can co-exist. Gratitude can be more profound in the presence of pain or loss. It can help us get through the hardships and maintain an awareness of what is going right. It allows one to go through a tragedy without losing sight of the beauty of life.

Every year as the holidays approach, we try to focus on being thankful for the many good things we have. This year has been especially stressful, uncertain, and painful

for many of us. During times like this, gratitude can have an even more transformative impact. Though Thanksgiving may look different this year due to the pandemic, there are still reasons to be thankful. For some it may mean a reevaluation of priorities, spending more time with immediate family, or a renewed focus on hobbies and passions. It may mean being grateful to have food on the table, for the opportunity to be generous and help others, or for finding the strength to get through a difficult time.

This year, let's try to bring the practice of gratitude into our lives on a daily, or even more frequent, basis until the ability to appreciate the good and the beauty becomes a habit.

I will leave you with a quote that offers a unique and beautiful perspective on gratitude. When Stephen Colbert was asked about the death of his father and two older brothers when he was ten, he replied:

"I don't want it to have happened. I want it to not have happened. But if you are grateful for your life... and I'm not always, but it's the most positive thing to do... then you have to be grateful for all of it."

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Cut Fat (and Get Fit) for Better Sleep Quality

Carrying extra weight around your middle can be frustrating and make you self-conscious. But did you know that it could affect your sleep quality and overall wellness? To address many health and wellness issues – such as a lack of quality sleep – you need to focus on eliminating body fat. Here are healthy and effective tips for slimming down and sleeping better.

Lack of Sleep Affects Fitness

We know that being overweight can impact sleep. But does it work both ways? Research suggests that a lack of sleep can cause weight gain, as well as other unhealthy side effects. For example, one study found that people who were mildly sleep-deprived during a short-term study were more likely to choose unhealthy snacks. Their counterparts, who slept around 8.5 hours, ate normally.

Another link between sleep and weight loss is fatty deposits that could inhibit your ability to breathe at night. Between fat in your palate and fat in your tongue, people who are overweight are more apt to have sleep apnea. The reduced quality of sleep becomes a vicious circle, and can negatively affect your weight, eating habits, and overall well-being.

Of course, you might already be experiencing a lack of sleep and its negative impacts. How can you restore the balance and begin getting healthier? If you are on the heavier side and find your mattress makes you toss and turn, an upgrade is a good first step. When considering your options, remember that you want adequate support for your body type. Mattresses like the Saatva HD and DreamCloud Premier are ideal for larger individuals.

Eat a Healthier Diet

You might think that cutting fat out of your diet means you'll lose belly fat. But low-fat foods have their share of problems. Low-fat foods often bulk up on sugar and calories to make up the flavor lost by removing fat. A better alternative would be to focus on including healthy fat in your diet. Foods like peanut butter, nuts, avocados,

olives, and flaxseed can contribute to a balanced eating plan.

Introducing more protein into your diet can reduce cravings and raise the levels of weight-regulating hormones. Foods like lean meats, fish, and legumes can add extra protein in your diet. You can also increase your protein intake by drinking low-calorie protein shakes. Look for a shake that has essential vitamins and minerals and digestive enzymes.

Focus on Calorie Deficits

Though there are many fad diets out there, one reliable method of weight loss is a calorie deficit. Consuming too many calories leads to weight gain, but cutting your calories means your body must burn the fuel it already has on board. A deficit of about 500 calories per day is an



excellent general guideline. Calculating the best deficit for you depends on your activity level and food intake, however, so it can be a very individualized figure.

Concentrate on Water Intake

You might be surprised to learn that one thing you can consume that helps you lose weight is something without any calories: water. In fact, one study indicates drinking two glasses of water before your meal could help you shed unwanted pounds.

Stick With It Long-Term

Whatever exercise routine you start up, it can be challenging to stick with it. Using some mental tricks can help, NBC News notes, like starting out small (even with a five-minute workout), setting realistic goals, and changing things up so you don't get bored. Even once you reach your goal of dropping weight, you might find those healthy habits easier to stick with for the long term.

Glean Benefits from Nature

You probably know that going outside is healthy for you. Fresh air and green spaces have a reputation for helping us feel calm and less stressed. But studies also show that people who live near – or spend time in – nature have lower odds of developing cardiovascular disease, among other conditions. Spending time outside can also leave you feeling adequately worn out by the end of the day – which can help you achieve restful sleep.

There are many healthy reasons to begin working out and starting to lose weight. But being able to enjoy a restful night's sleep is high on the list of perks. Fortunately, with these simple steps, you can start losing weight and sleeping better in no time.

For more information on living a healthy, well-balanced lifestyle, the Topeka Health & Wellness Magazine website offers tips on ways to become physically, mentally, and spiritually healthy.

Supporting the Alzheimer's Caregiver during National Family Caregivers Month

November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. To mark these events, the Alzheimer's Association – Heart of America Chapter is encouraging people to lend a helping hand to more than the 152,000 family members and friends serving as Alzheimer's caregivers in Kansas.

Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference.



The Alzheimer's Association offers these eight ways to lend support to caregivers:

- **Learn:** Educate yourself about Alzheimer's disease – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help.
- **Build a Team:** Organize family and friends who want to help with caregiving. The Alzheimer's Association website, alz.org, offers links to several free, online care resources that families can use to build their care team, share tasks and coordinate helpers.
- **Give Caregivers a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.
- **Check In:** Many Alzheimer's and dementia caregivers report feeling isolated or alone. Start the conversation – a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.

- **Tackle the To-Do List:** Ask for a list of errands that need to be run – such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.
- **Be Specific and Be Flexible:** Open-ended offers of support (“call me if you need anything” or “let me know if I can help”) may be well-intended, but are often dismissed. Be specific in your offer (“I'm going to the store, what do you need?”). Continue to let the caregiver know that you are there and ready to help.
- **Help for the Holidays:** Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. A few ways you can help caregivers during the holidays are:
 1. Schedule a FaceTime, Skype or Zoom call for the caregiver and their loved one to have with others and invite family members to participate. Prepare ahead of time to ensure the platform you use is one everyone can access easily. Consider taking the call to the next level by conducting a holiday activity such as baking cookies, exchanging gifts or singing favorite holiday songs.
 2. Prepare a favorite holiday meal or dessert. The current COVID-19 crisis has offered many

families more time to cook and prepare meals. Make plans to prepare a favorite holiday meal or dessert for a caregiver and their loved one. If you are unable to share the meal in-person, drop it off or have it delivered.

3. Go for a holiday stroll. If the weather complies, consider taking the caregiver and their loved one outside for a brief stroll. Just remember to have everyone bundle up!

- **Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.

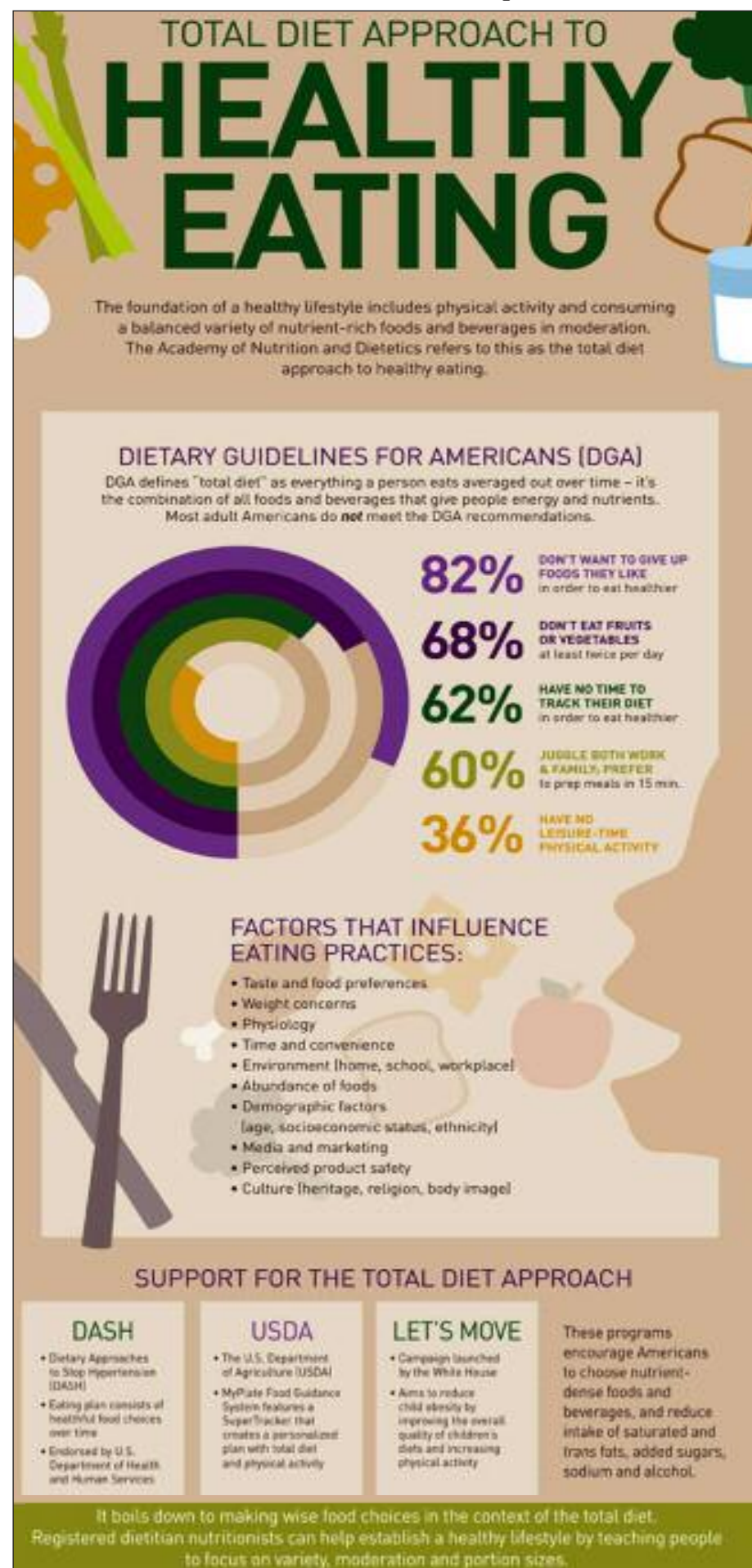


To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit alz.org or call the 24/7 Helpline at 800.272.3900.



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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Prosthetics: The Artificial Hand That Can Feel



(Ivanhoe Newswire) —

There are nearly two million people in the United States who are living with a loss of a limb. The causes vary ... from vascular disease to cancer and trauma. And it's estimated half of all amputees with powered prosthetics don't use them. They don't like how they feel or that they cannot feel. Now the first amputees are experiencing the sense of touch.

"My granddaughters, they grab ahold of my hand. If I'm not watching close enough, I squeeze a little tight. And they're like 'ow, let go!' Because without sensation you can't tell," shared amputee, Keith Vonderhuevel.

Igor Spetic and Keith Vonderhuevel both lost their right hands in work accidents, both struggled with prosthetics.

"Do you get anything out of it ... do you feel anything? No, you don't," recalled Vonderhuevel.

But now, they are on the cutting edge of technology

A team from CU Boulder, Case Western Reserve, and the Cleveland VA Medical Center are working together to give amputees prosthetics that can feel.



"The perception of touch actually occurs in the brain, not in the hand itself. So, losing the limb is really just losing the switch that turns that sensation on or off," described Dustin Tyler, PhD, a biomedical engineer from Case Western Reserve.

"After amputation, the wires are still there," elaborated Jacob Segil, PhD, a research health-care scientist at Rocky Mountain Regional VA Medical Center and an instructor of the Engineering Plus Program at University of Colorado Boulder.

Pressure sensors on the prosthetic hand send signals to a portable stimulator, which then sends electrical impulses into electrodes implanted into nerves in the upper arm. Those nerve bundles send signals to the brain, tricking it into thinking that it can feel fingers, even if there are no fingers to feel.

"Grabbing eggs and not smashing them may seem little to some people, but it's a big thing to others," explained Vonderhuevel.

An unexpected effect, it relieved Igor's phan-

tom pain, giving him and Keith a chance to feel good about their futures once again.

"With sensation on, I grabbed her with both hands and picked her up and could actually feel that I was holding her and not squeezing too tight. And she gave me a big hug and that one just gets to me," Vonderhuevel shared.

Dr. Segil recently won a million-dollar career development award from the VA to continue his work. He's started a company called Point Designs that focuses on prosthetic fingers. He hopes to create artificial limbs and fingers that function and feel like real body parts.

There are currently two million Americans living with the loss of a limb. One of the main reasons, about 55 percent, for limb loss is a range of diseases like vascular disease, cancer, diabetes, and peripheral arterial disease. However, the other 45 percent is the result of trauma. In fact, about 75 percent of upper extremity amputations are the result of traumatic incidences. And, in developed countries, the main cause of lower limb amputation is circulatory dysfunction.

How to Manage Medical Conditions During COVID-19

Diabetes and heart disease are two pre-existing medical conditions that researchers believe contribute to elevated risk of severe complications from COVID-19. In fact, patients with two or more pre-existing conditions have 4.5 times greater risk of needing treatment at a hospital if they contract COVID-19, according to estimates by the Centers for Disease Control and Prevention.

How Diabetes Affects Heart Health

If you have diabetes, your body either makes too much or not enough insulin, which results in too much glucose in your bloodstream. Over time, high blood glucose levels can increase damage to your organs, including your heart, brain and kidneys.

Diabetes is associated with a buildup of plaque that can clog arteries, so the longer you live with type 2 diabetes, the higher your cardiovascular risk. At least one-third of people with heart failure have diabetes, and heart disease is the leading cause of death and a major cause of heart attacks, heart failure, strokes and disability for people living with type 2 diabetes.

Managing high blood pressure and high cholesterol, which are common in people with type 2 diabetes, along with keeping blood glucose levels in check, supports heart health and may also prevent or slow down progression of chronic kidney disease – another condition that heightens the risk of severe COVID-19 complications.

COVID-19 Precautions

Considering that people with conditions like diabetes and heart disease are at higher risk for severe illness from COVID-19, it's especially important to keep health-related numbers in healthy ranges and manage these conditions, in addition to taking precautions against contracting the virus. Consider these tips from the American Heart Association and



American Diabetes Association:

- If you've delayed or postponed medical appointments due to COVID-19, it's vital to resume them, either in person or through virtual options.
- Continue to take medication as prescribed. If you've lost your medical insurance or can't afford it, talk to your doctor or pharmacist about available resources. Stopping your medication without talking to your health care provider could lead to serious illness or death.
- Know your numbers. If you have diabetes, check blood glucose levels frequently and make necessary adjustments to insulin and diet to keep levels under control. If you have high blood pressure, make sure to monitor that number regularly from home.
- Manage stress, which can also impact blood

glucose and blood pressure levels. In addition to maintaining your social support network (even if it's through social distancing), exercise, adequate sleep and meditation can help improve your mental health.

- If you or someone around you has symptoms of heart attack or stroke, remember to call 9-1-1 as the hospital is still the safest place to go in a medical emergency.
- If you have diabetes, talk with your doctor about ways to reduce your risk of heart attack, heart failure, stroke and COVID-19.

For more information on this topic, visit [KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org) for resources like diabetes-friendly recipes, success stories and a list of questions to ask your doctor.

—Family Features

What Are the Basics of Healthy Skin Care?

Good skincare doesn't have to be complicated. It involves three basic steps: cleansing, moisturizing, and sun protection.

So why do you often find yourself overwhelmed by all the commercials that claim their lotions will make your skin look and feel so much better? Do you scratch your head in confusion at all the choices in the skincare aisle? If so, you are not alone.

In fact, a survey conducted by the National Consumers League (NCL) and Harris Interactive concluded that six out of every 10 consumers are confused about the effectiveness and/or safety of these products.

The good news is that washing your face doesn't have to be a 10-step process, and you don't have to spend a lot of money filling up your medicine cabinet. The simple truth is that good skin care involves the following steps:

1. Cleansing your skin to safely rid it of grime, chemicals, and toxins
2. Moisturizing to hydrate and replenish the skin
3. Applying sunscreen to protect the skin from harmful ultraviolet rays

The Basics of Cleansing

Most of us know that cleansing is an important part of good skincare. The purpose of a cleanser is to surround, loosen, and facilitate the easy removal of dirt, debris, germs, and excessive oils on the surface of the skin. However, some cleansers are better than others. In fact, can have harmful effects on the skin.

Some people, for example, can develop dry skin as a direct result of their daily cleansing routine. They may believe that their skin is only clean when it feels tight and "crisp" after washing. As a result, they get used to the idea of having rough patches on the backs of their hands, itchiness in the winter, or an uneven, dull complexion.

So, the question is this: how do you know which type of cleanser is right for you? The first step is to understand your options.

- Bar soaps are the most common cleansers but usually the most irritating.
- Liquid cleansers offer a wide variety of tolerability but often result in oiliness.
- Facial cleansers are among the mildest cleanser but may not remove all oil and dirt.

The bottom line is that when it comes to choosing their cleanser, start with the mildest possible option. It only needs



to remove dirt, debris, and excessive oil without stripping away the natural moisture on the skin.

Non-foaming facial cleansers are considered the mildest, while facial scrubs offer more in the way of dirt and dead skin removal. While some liquid cleansers also do a good job, watch for any ingredient (such as soybean oil or petroleum) that may leave the skin feeling greasy. Syndet soaps are among the softest bar options, as are some "superfatted" bar soaps.

The Basics of Moisturizing

Moisturizing is an essential step in good skincare. A well-chosen moisturizer will stop the dry skin cycle from spiraling into cracked, thick, and flaky skin. The best options will typically have a combination of ingredients that:

- Replenish the skin to help maintain its natural structure, pH balance, etc.
- Reduce damage from free-radicals
- Help skin cells function more normally

Moisturizers of old were usually water-and-wax mixtures that worked by trapping water on the surface of the skin (often creating an unnatural, slick feeling). By contrast, newer, state-of-the-art moisturizers are made with ingredients meant to replenish the skin's natural moisture, including:

- Glycerol, which helps water and other moisturizing ingredients generally penetrate the outer layer of skin
- Ceramides, which help replenish the skin's natural oils.
- Hydroxy acids that assist with exfoliation of dead skin cells.

- Niacinamide, which helps the skin produce natural oils and may reverse some of the signs of sun damage.

Picking out the best moisturizer depends on your skin type (dry, oily, normal, sensitive) and any skin conditions you might have (including acne, rosacea, eczema, or atopic dermatitis).

If you do have skin problems, don't rely on product labels or advice at the beauty counter to make your choice. Meet with a dermatologist who may be able to offer tips on products that address both your beauty and skin health care needs.

The Basics of Sunscreen Protection

The final step in a good skincare program is often the most forgotten. Sunscreen protection is today a must-have component of any daily health routine.

Excessive exposure to UV radiation can cause damage to the skin (including sunburn and photoaging) and increased the risk of skin cancer. And it's not just about avoiding suntans or long walks in the outdoors. Damage can occur in everyday life, even when walking from the house to the car or sitting next to a sunny window. Every bit of exposure can add up over the years, causing wrinkles and dark spots (or, in the very worst case, skin melanomas).

There are several factors to consider when picking a sunscreen:

- The SPF (sun protection factor)
- Whether it is every day or out-in-the-sun sunscreen
- Whether it contains a moisturizer, which can help prevent the skin from drying out

It is also important to understand the UV-index when making your choice. The index can vary from day-to-day or region-to-region, with a higher index suggesting a higher SPF product.

Even after applying sunscreen, it's important to avoid excessive exposure and to cover those parts of your body that tend to get burned. Reapplying sunscreen is also important if you swim or sweat excessively.

You've worked hard to take care of your skin by cleansing and moisturizing it. Don't undo it by leaving it exposed to the effects of the sun. Find a good broad-spectrum sunscreen, and make it as part of your daily routine as brushing your teeth. If you need more guidance, make an appointment with your dermatologist or esthetician.

—Heather L. Brannon, MD / [verywellhealth.com](https://www.verywellhealth.com)



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- A vehicle can legally pass a bicycle on the left, given there is at least 3 feet of space between the cyclist and the vehicle.
- Vehicles can only legally pass on the left, and can't move back to the right until clear of the cyclist.
- Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.



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.**

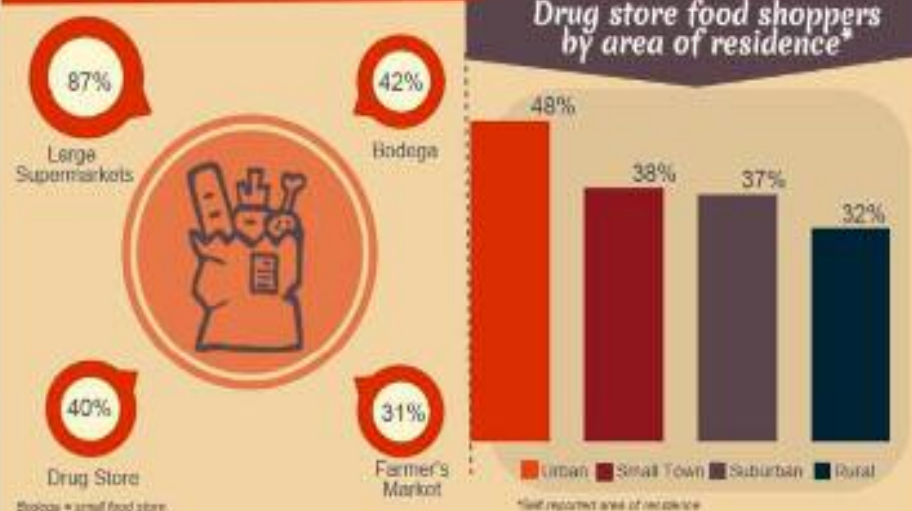
BE FAST! Call 911.

Food Availability

AARP
FOUNDATION

A recent AARP Foundation survey of 1,000 low-income adults age 50+ reveals that, in the past 12 months, two in five had to cut down/skip meals and/or couldn't buy nutritious foods because of lack of money.

Where the 50+ shop for food



Top 3 factors influencing where the low-income 50+ buy food



Making it easier for the 50+ to eat more nutritious foods



AARP
Real Possibilities

Source: AARP Foundation: Food Insecurity Research, September 2014
Contact: Alexandra Lewin-Zwelling, AARP Foundation, Hunger Impact (alewinzwelling@aarp.org)

Created by: Cheryl L. Lampkin, PhD, AARP Research

What Exactly is a Virtual Race?

There are no parking problems. No crowds. No long Porta Potty lines. There is no start gun or nervous, pre-race chitchat with other runners.

- There's not even an official starting line.
- That's the kind of flexibility offered by virtual races, a new trend in the running community. Runners who sign up for a virtual race register online and simply choose their own starting line, whether it's a treadmill or a neighborhood street. They run the race distance, upload their finishing time and a few days later are mailed a medal.
- It may seem strange to traditional runners, but race organizers say the virtual race is a convenient option.

How It Began

Years ago, before national championship meets, high school runners mailed in their times to a national postal competition, and a champion was then selected and announced. This was the early model of virtual racing.

It's unclear when virtual racing made the leap online to a mass audience. Some race directors say it evolved from runners' requests to participate in physical races from afar. Regardless, in recent years virtual racing has exploded in popularity, mostly because of its flexibility.

The Benefits

"There are many people who would love to participate in physical races but are unable to for one reason or another," says Mark Petrillo, founder of Virtual Strides, a small business that organizes virtual races and donates a large percentage of the proceeds to charitable causes. "With virtual races, you don't need to deal with traffic, parking, poor weather or unexpected schedule conflicts or injuries that might cause you to miss the race."

It's also an easy way to practice race day nutrition and hydration, says Alex Anastasiadis, owner of Running on the Wall, an online shop that sells all things running.

"Virtual races can be used to experiment with new training plans and methods to find out what works best for you on nutrition [and] hydration before and during the race, supplements, resting and waking time before the race, apparel and many other very important factors that can make you or break you on your big upcoming race," he says.

How It Works

Most virtual races work the same: participants select a distance, sign up and pay the registration fee. Some races allow runners to complete the distance at any time, but they all allow runners to earn their medal anywhere.

"The more creative the bling, the better," says Dwight Jackson, who owns Will Run for Bling, a virtual race company.

After the virtual race, runners post their times online and are then mailed a finisher's medal. Some organizers even offer race packets and electronic bibs to their runners as well.

"For us, virtual racing is not a replacement, but an addition to the conventional race," Anastasiadis says. "Both should be a part of our training methods to become a better runner."

Many traditional road races are now adding virtual races as an alternative option. Fees are typically lower for the virtual race alternative, meaning runners can earn their miles and save money.

The Cons

Still, many runners say that virtual races simply can't deliver the same race day atmosphere, the community or the camaraderie of races. But virtual racing advocates have an answer to that, too.

"You are able to keep the community feel because of the online environment," Jackson says. "Kind of the same way that other running groups share stories and feedback on social media, virtual races create this type of community also."

Another Way to Give Back

Like many physical races, virtual races are also committed to donating to charities, and many operate at little or no profit. Races for Awareness, for example, donates at least 80 percent of its net proceeds to various charities.

"We have raised over \$89,000 since we started in September 2013," says Joanna Williams, founder of Races for Awareness. "We have over 5,000 participants from all over the world."

Since thousands of runners are trying out virtual races, more and more charities are benefitting. Virtual Strides raised more than \$82,000 for charity in 2015, and Will Run for Bling gave more



than \$50,000 to charities in 2014 and 2015.

"I think people like the idea of participating in a virtual race on their own terms, while supporting a great cause, and receiving some nice bling in the mail to commemorate their accomplishment," Petrillo says.

Looking for Virtual Turkey Trots to Run this Thanksgiving? Check out this url:

https://www.active.com/running/articles/the-best-virtual-turkey-trots-to-run-this-thanksgiving?clkmp=active-com_global_latestonactive_pos2

—Amanda Casanova

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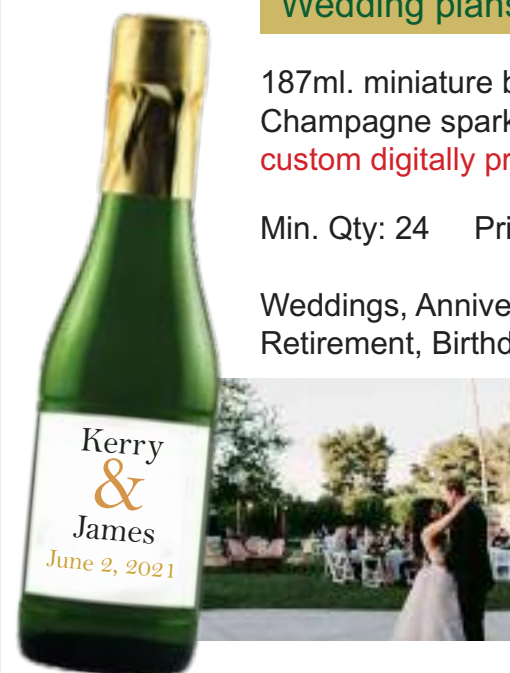
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New Health & Wellness Info at the Library

By Kelly Barker

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

COVID-19: The Pandemic That Never Should Have Happened and How to Stop the Next One by Debora Mackenzie, New Health Books Media Center 614.58 MAC



In a gripping, accessible narrative, a veteran science journalist lays out the shocking story of how the COVID-19 coronavirus pandemic happened; the previous viruses that should have prepared us; and how to make sure this never happens again.

Spice Apothecary: Blending and Using Common Spices for Everyday Health by Bevin Clare, New Health Books Media Center 615.321 CLA



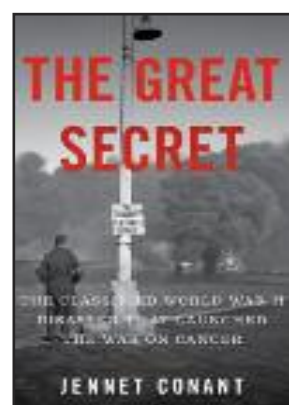
Spices are universally recognized as a source of flavor and aromatics, but in cultures around the world, these plant parts have a long history as source of medicine. In Spice Apothecary, the author combines her training in herbalism and nutrition for better health and healing.

Let's Never Talk About This Again: A Memoir by Sara Faith Alterman, New Health Books Media Center 616.831 ALT



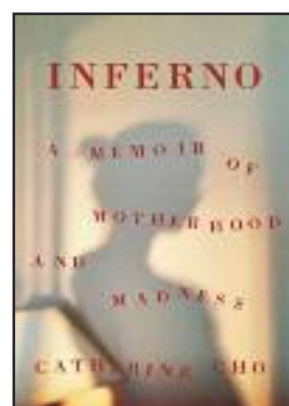
Let's Never Talk About This Again is a darkly funny and poignant memoir about love, loss, Alzheimer's, and reviving the author's father's pornographic writing career.

The Great Secret: The Classified World War II Disaster that Launched the War on Cancer by Jennet Conant, New Health Books Media Center 616.994 CON



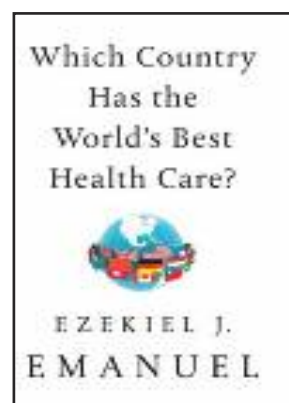
The gripping story of a chemical weapons catastrophe, the cover-up, and how one American Army doctor's discovery led to the development of the first drug to combat cancer, known today as chemotherapy.

Inferno: A Memoir of Motherhood and Madness by Catherine Cho, New Health Books Media Center 618.7 CHO



Catherine Cho and her husband set off from London to introduce their newborn son to family scattered across the United States. Before the trip's end, she develops psychosis. Inferno explores the author's story of psychosis and motherhood.

Which Country Has the World's Best Health Care? by Ezekiel J. Emanuel, New Health Books Media Center 610.8 EMA



The US spends more than any other nation, nearly \$4 trillion, on healthcare. Yet, for all that expense, the US is not ranked #1 -- not even close. In Which Country Has the World's Best Healthcare? Ezekiel Emanuel profiles eleven of the world's healthcare systems.

Smells: A Cultural History of Odours in Early Modern Times by Robert Muchembled, New Health Books Media Center 612.86 MUC

Why is our sense of smell so under-appreciated? In his new book, Robert Muchembled restores smell to its rightful

place as one of our most important senses and examines the transformation of smells in the West from the Renaissance to the beginning of the 19th century.

Like Crazy: Life with My Mother and Her Invisible Friends by Dan Mathews, New Health Books Media Center 616.8572 MAT

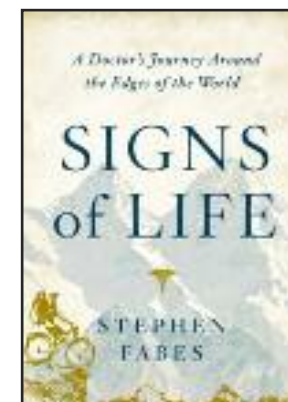


It wasn't until a kicking-and-screaming trip to the emergency room that Dan discovered the cause of his mother's unpredictable behavior, undiagnosed schizophrenia. Irreverent and emotionally powerful, Like Crazy is a rare story about mental illness with an uplifting conclusion.

Signs of Life: A Doctor's Journey to the Ends of the Earth by Stephen Fabes, New Health Books Media Center 610.92 FAB



In this gripping blend of true adventure and medical narrative, the author learns the value of listening to lives--not just solving diagnostic puzzles. Signs of Life challenges us to see care for the sick as a duty born of our compassion and our humanity.



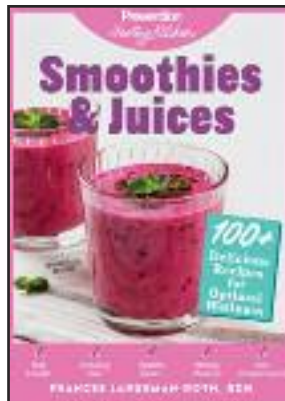
Make America Healthy Again: How Bad Behavior and Big Government Caused a Trillion-Dollar Crisis by Nicole Saphier, New Health Books Media Center 610.8 SAP



If Americans want to know why their health care is so

costly and getting costlier, they need only look in the mirror. Regardless of which health policy is adopted, our nation will flounder unless we take action. It is up to the American people to make America healthy again.

Smoothies & Juices: 100+ Delicious Recipes for Optimal Wellness by Frances Largeman-Roth, New Health Books Media Center 641.87 LAR



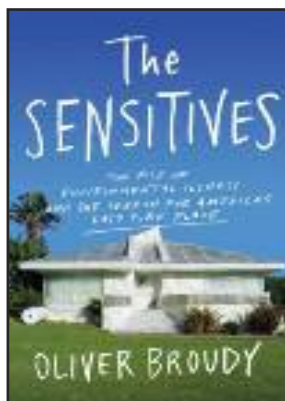
Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. So, power up your blenders! A healthier way of eating is only one tasty smoothie away.

Party in Your Plants: 100+ Plant-based Recipes and Problem-solving Strategies to Help You Eat Healthier (without Hating your Life) by Talia Pollock, New Health Books Media Center 641.5636 POL



You've bookmarked more recipes than you could make in a lifetime. Your shelves are overflowing with cookbooks. In her book Party in Your Plants, Author Talia Pollock just wants you to eat well most of the time, so you can feel and look your best most of the time.

The Sensitives: The Rise of Environmental Illness and the Search for America's Last Pure Place by Oliver Broudy, New Health Books Media Center 615.902 BRO

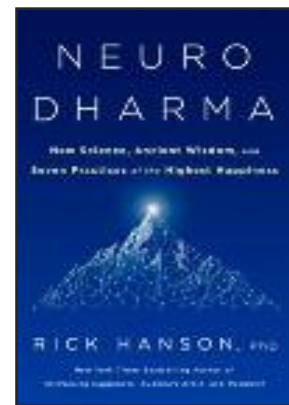


The Sensitives is a compelling exploration of the mysteries of environmental toxicity and the community of "sensitives"--people with powerful, puzzling symptoms resulting from exposure to chemicals, fragrances, and cell phone signals, that have no effect on "normals."

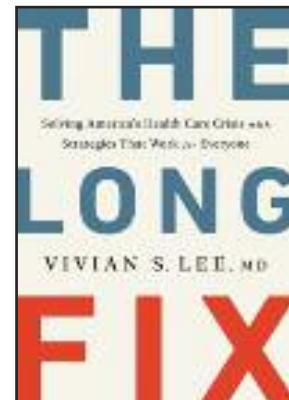
Neurodharma: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness by Rick Hanson, New Health Books Media Center 612.8 HAN

Throughout history, people have sought the heights of human potential. In Neurodharma, the author not only explores the new neuroscience of awakening but also offers a bold yet plausible plan for reverse-engineering peak experiences, sense of oneness, and even enlightenment itself.

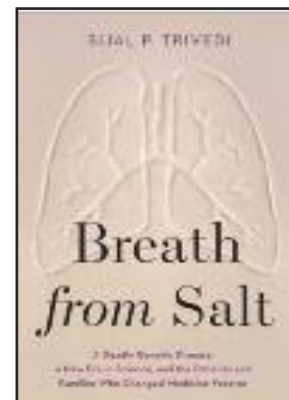
The Long Fix: Solving America's Health Care Crisis with Strategies that Work for Everyone by Vivian S. Lee, New Health Books Media Center 610.8 LEE



Beyond the outrageous expense, the quality of health care varies wildly in America, and millions can't get care when they need it. In The Long Fix, Dr. Lee proposes turning the way we receive care completely inside out and to keep people healthy.

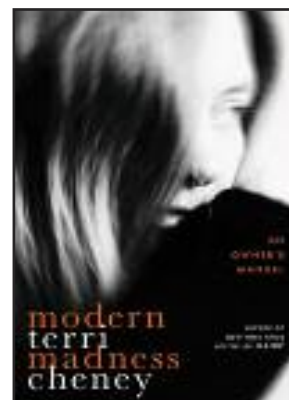


Breath from Salt: A Deadly Genetic Disease, A New Era in Science, and the Patients and Families Who Changed Medicine Forever by Bijal P. Trivedi, New Health Books Media Center 616.37 TRI



Cystic fibrosis was once a mysterious disease that killed infants and children. Now it could be the key to healing millions with genetic diseases of every type. Breath from Salt is a remarkable story of unlikely scientific and medical firsts, of setbacks and successes, and hope.

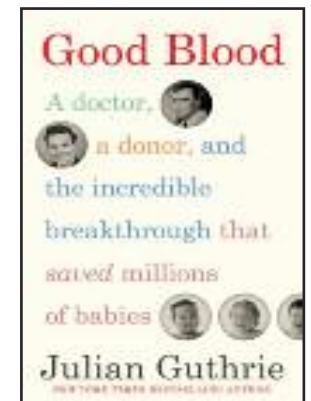
Modern Madness: An Owner's Manual by Terri Cheney, New Health Books Media Center 616.89 CHE



Whether you have a diagnosis of bipolar disorder, love or work with someone who does, or are just trying to understand this emerging phenomenon of our times, Modern Madness is a courageous clarion call for acceptance, both personal and public.

ance, both personal and public.

Good Blood: A Doctor, a donor, and the incredible breakthrough that saved millions of babies by Julian Guthrie, New Health Books Media Center 618.3 GUT



In Good Blood, bestselling writer Julian Guthrie tells the gripping tale of the race to cure a horrible blood disease known as Rh disease that stalked families and caused a mother's immune system to attack her own unborn child.

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Healthy Thanksgiving Recipes for 2020

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

Maple Syrup Cranberry Sauce



A wonderful cranberry sauce! Use real Maple Syrup. It makes a big difference! This sauce can be frozen also.

Ingredients

- 1 cup water
- 1 cup maple syrup
- 1 (12 ounce) bag fresh cranberries
- 1 tablespoon brown sugar
- 1 dash lemon juice
- 1 tablespoon brandy

Directions

Combine water and maple syrup in a saucepan; bring to a boil. Add cranberries to syrup mixture and cook at a boil until berries pop, 10 to 15 minutes. Stir brown sugar and lemon juice into cranberries until brown sugar is completely dissolved. Mix in brandy.

Nutrition Information (Servings: 6)

179 calories; protein 0.2g; carbohydrates 44.3g 14% DV; fat 0.2g; cholesterolmg; sodium 7.7mg.

Source: allrecipes.com

Baked Sweet Potatoes



Very healthy and tasty sweet potatoes that will be a great addition to any meal. Very easy!

Ingredients

- 2 tablespoons olive oil
- 3 large sweet potatoes
- 2 pinches dried oregano
- 2 pinches salt
- 2 pinches ground black pepper

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C). Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat.

Step 2

Wash and peel the sweet potatoes. Cut them into medium size pieces. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil. Sprinkle moderately with oregano, and salt and pepper (to taste).

Step 3

Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until soft.

Nutrition Information (Servings: 4)

321 calories; protein 4.8g 10% DV; carbohydrates 61g 20% DV; fat 7.3g 11% DV; cholesterolmg; sodium 92.4mg 4% DV.

Source: allrecipes.com

Simple Roasted Butternut Squash



Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so easy.

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Step 3

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes. .

Nutrition Information (Serves: 4)

Per serving: Calories: 1177 cal; Fat: 7 g; Carbs: 30.3 g Protein: 2.6 g; Cholesterol: 0 mg; Sodium: 11 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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KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave.
Treating abdominal pain, digestive disorders, constipation & more 785-354-8518.
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BICYCLES

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

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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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PEGGY'S TAX & ACCOUNTING - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. www.peggystaxks.com

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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.lecomptonkansas.com historiclecompton@gmail.com

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

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

GARY'S FALL FESTIVAL – Thru Oct 31, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and more. garysberries.com

FEAR ZONE – Oct. 30, 31, 8-10:30pm, Sportzone, 3909 SW Burlingame. A second season of terrifying twists and turns out on the trail.

HAUNTED WOODS – Oct. 30, 31, 8-11pm (also 3/7pm on Oct. 31), Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zom-

bie Laser Tag!! 234-8024 TopekaHauntedWoods.com

DRIVE THRU TRUNK OR TREAT – Oct. 30, 5-7pm, Stormont Vail Events Center. Free event.

DRIVE THRU TRUNK OR TREAT – Oct. 30, 6:30-7:30pm, 7433 SW 29th St, Susanna Wesley UMC.

SOCIALLY DISTANCED HALLOWEEN PARTY – Oct. 31, 10am-4pm, HyVee. Free treat bags.

DRIVE THRU TRUNK OR TREAT – Oct. 31, 1-3pm, Christ Lutheran, 3509 SW Burlingame.

DRIVE THRU TRUNK OR TREAT – Oct. 31, 3-5pm, Fairlawn Church of the Nazarene, 730 SW Fairlawn.

TRUNK OR TREAT – Oct. 31, 4-6pm, Pleasant Hill UMC

TRUNK OR TREAT – Oct. 31, 5-7pm, Wanamaker Woods Church

TRUNK OR TREAT – Oct. 31, 5:30-7:30pm, Rolling Hills Christian Church

TRUNK OR TREAT – Oct. 31, 1-3pm, Vision Bank, 3031 SW Wanamaker Rd.

by after church on November 1 to browse the racks. Please wear a mask while you shop. All items are free.

ELECTION DAY – Nov. 3: Vote in person or drop off ballots at the election office or polling place by 7 pm.

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. lecomptonkansas.com

TOPEKA MARKETPLACE AMBASSADOR LUNCHEON – Nov. 4, 11:30am, Harley Town. Call to register: 913.219.9064

HERITAGE HOLIDAY CRAFT SHOW – Nov. 7, 9am-3pm, 15767 S. Topeka Ave., Scranton, KS (intersection of Hwy 75 & Hwy 56). Over 20 vendors with homemade crafts, jewelry, candles, paintings, pet toys, baked goods & more.

CAPPER FOUNDATION'S 100TH ANNIVERSARY GALA – Nov. 7, 5:15 - 8pm, Ramada Downtown. abilities@capper.org; 785-272-4060



TRUNK OR TREAT – Oct. 31, 10am-2pm, Milestone Market, 3935 NW 25th St. Prizes for best costume. Ringbearers & Flower Girls especially welcome!

DRIVE THRU TRUNK OR TREAT – Oct. 31, 5-7 pm, Hummer Sports Park parking lot. Topeka Police and Sheriff's Dept. put on their annual event.

CLOTHING GIVEAWAY – Nov. 1, 10:30am-12pm, 2nd Floor, College Avenue Building, Topeka Bible Church, 1135 Southwest College Ave. CAB Care Clothing Closet has plenty of winter clothing items – come take your pick! Stop

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What equipment is used?

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Who does the screening?

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

How do I get the Screener scheduled?

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

SJ HAZIM - I PRESSED ON - Nov. 7, 2pm, TPAC. Experience music geared toward healing. I Pressed On will feature opening performances with students from Topeka public schools. Also featuring Trevon Payne and Cali Pitts from South Central Cartel. Price: \$25.00

REEL GRIEF MOVIE: "WHEN HARRY MET SALLY" (MEG RYAN) - Nov. 10 & 17, 3-4:30pm, Midland Care Compass Center, 2134 SW Westport Dr. A fun uplifting film about companionship between men and women. The two characters have a second chance meeting at a time when they are both struggling with the loneliness of an ending relationship. Reel Grief is an opportunity to help individuals process their grief through the use of movie scenes where others are experiencing the loss of a loved one. Throughout the movie the characters debate whether or not men and women can have a strictly platonic relationship and set out on a new journey of friendship and adventure. Limited seating; RSVP to Shannon Dilks at 785.430.2199 ext. 1027 or sdilks@midlandcc.org

C5Alive "POWER" LUNCHEON - Nov. 12, 11:30-1, at the National Guard Museum at Forbes Field. Featured speaker is military chaplain John Potter from Ft. Leavenworth. Free admission to the museum is included with luncheon. • 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: CHRISTMAS Luncheon, Dec. 10, 11:30-1.

NATIONAL SHOEBOX COLLECTION WEEK - Nov. 16 - 23. Operation Christmas Child volunteers will collect shoebox gifts at various drop-off sites. www.samartanspurse.org/operation-christmas-child/drop-off-locations/

NASHVILLE THANKSGIVING COUNTRY MUSIC CONCERT - Nov. 21, 4pm, Morganville School gym, 307 Main, Morganville. Community Chamber Orches-

tra. \$8/person; \$18/family. Selling desserts and hot drinks starting at Intermission. (785) 9264725; www.kansasmusic.net; baclark@twinvalley.net

COMMUNITY THANKSGIVING DINNER - Nov. 26, 12-2pm, AG HALL. A warm and inviting meal is provided to residents of Topeka & surrounding areas. For delivery & info: 295-3889

ZOO LIGHTS - Nov. 27 to Dec. 1, 5pm, 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.

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

BALLET MIDWEST NUTCRACKER - Dec. 11, 12, 13, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787

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 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

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 Library (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



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ONGOING EVENTS:

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SENIORS NUTRITIONAL LUNCH - Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations



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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 maturity.

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

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: cornerstonetoepka.com. 478-2929

GRIEF SUPPORT GROUP - First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotoepka.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 (English/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 Faye: 207-2606 or Randy: 232-8553

COUNTRY AND BALLROOM DANCING - Thursday's



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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!

Don't Miss This One-of-a-kind Show!

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www.LecomptonKansas.com

What is fitness to you? *By Brad Bloom, Faith & Fitness Magazine*

For too long the simple answer to that question for many people has been to get another gym membership and go on a diet at the beginning of the year. But, things seem to be improving.

Increasingly you'll hear that people are seriously taking more time to be active, strengthening muscles and improving their stamina – at home, outdoors, alone and with small groups. They're doing it more consistently and actually having fun. Moreover, healthy eating is improving some. You'll see smarter food choices, more home preparation, greater attention to nutrition and better effort at thoughtful portion sizes. There is even a greater commitment to simply getting more rest.

While this is all really good, Fitness is more.

It is mental wellness, stronger relationships with others, spiritual wholeness and all those other intangible strengths that have little to do with muscles, food or physical recovery. When you realize that fitness is all this AND you have a pas-

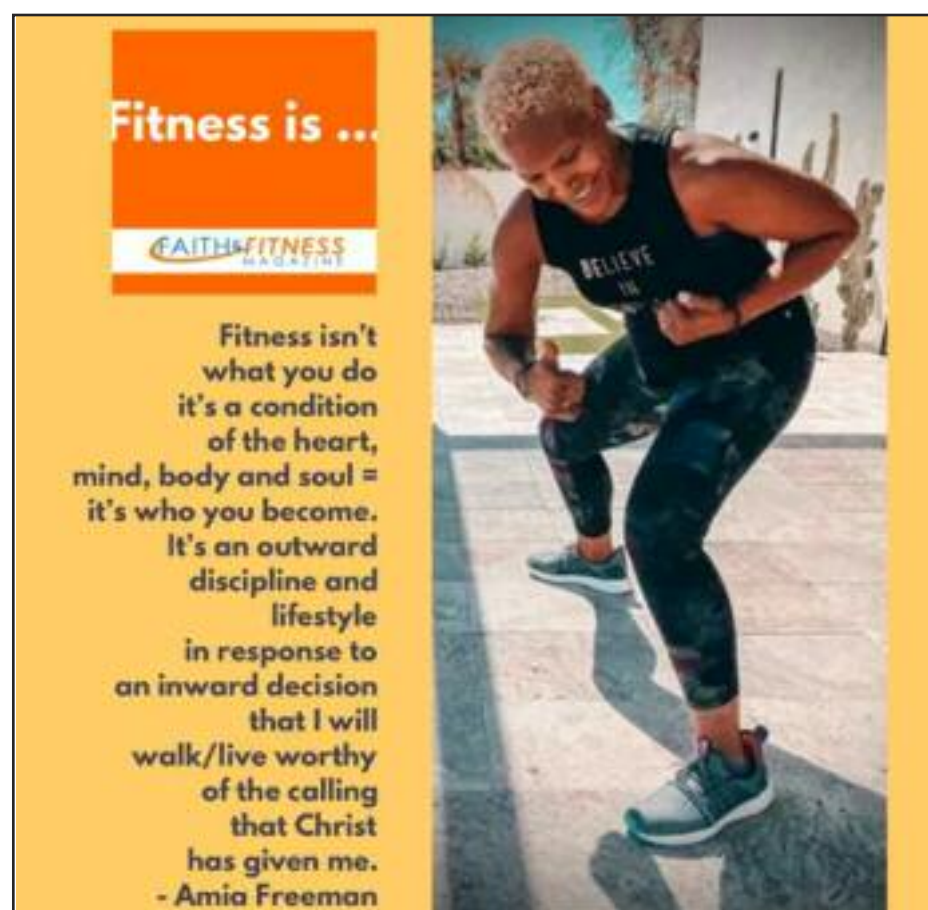
sion for others and for God, then fitness is a very easy and effective way to live out your faith daily.

To learn how a fit lifestyle can be a natural and practical expression of your faith read 4 Ways To Share Your Faith!

To explore more of what fitness is, look below for what some readers of Faith & Fitness Magazine have contributed. Their insights into what fitness is can inspire all of us to pursue God more passionately for a bigger vision for our fitness lifestyle.

—faithandfitness.net

“Maybe fitness isn't measured by a set of numbers. A person's fitness can be having enough strength and mobility to thrive in their everyday life. Fitness may not be evident by the scale, but the confidence you feel when you go out in public will be.” —Blake Bramer



TOPEKA Health & Wellness MAGAZINE

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

or • Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.



**Want to talk & it's not a crisis?
Feeling isolated & want to connect
with someone?**

Shawnee County Community Cares Line 1-800-972-8199

**Calls are answered Monday - Friday from 9 am - 5 pm.
All calls are answered by community volunteers.**

