

TOPEKA

NOVEMBER 2021

Health & Wellness

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TAKE ONE!

MAGAZINE

CAREGIVER MONTH

MEET TANNER MCCRARY
Home Health Consultant

GRATITUDE
What Are the
Mental Health
Benefits?

**COPD and the
Workplace:
Know the
Risks**

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information about
front page photo

45 Years of Nutcracker Ballet
Top 10 Health Benefits of Ballet Training

New Early Detection Blood Tests
Holidays Happen: Here's How to Cope

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.



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.



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

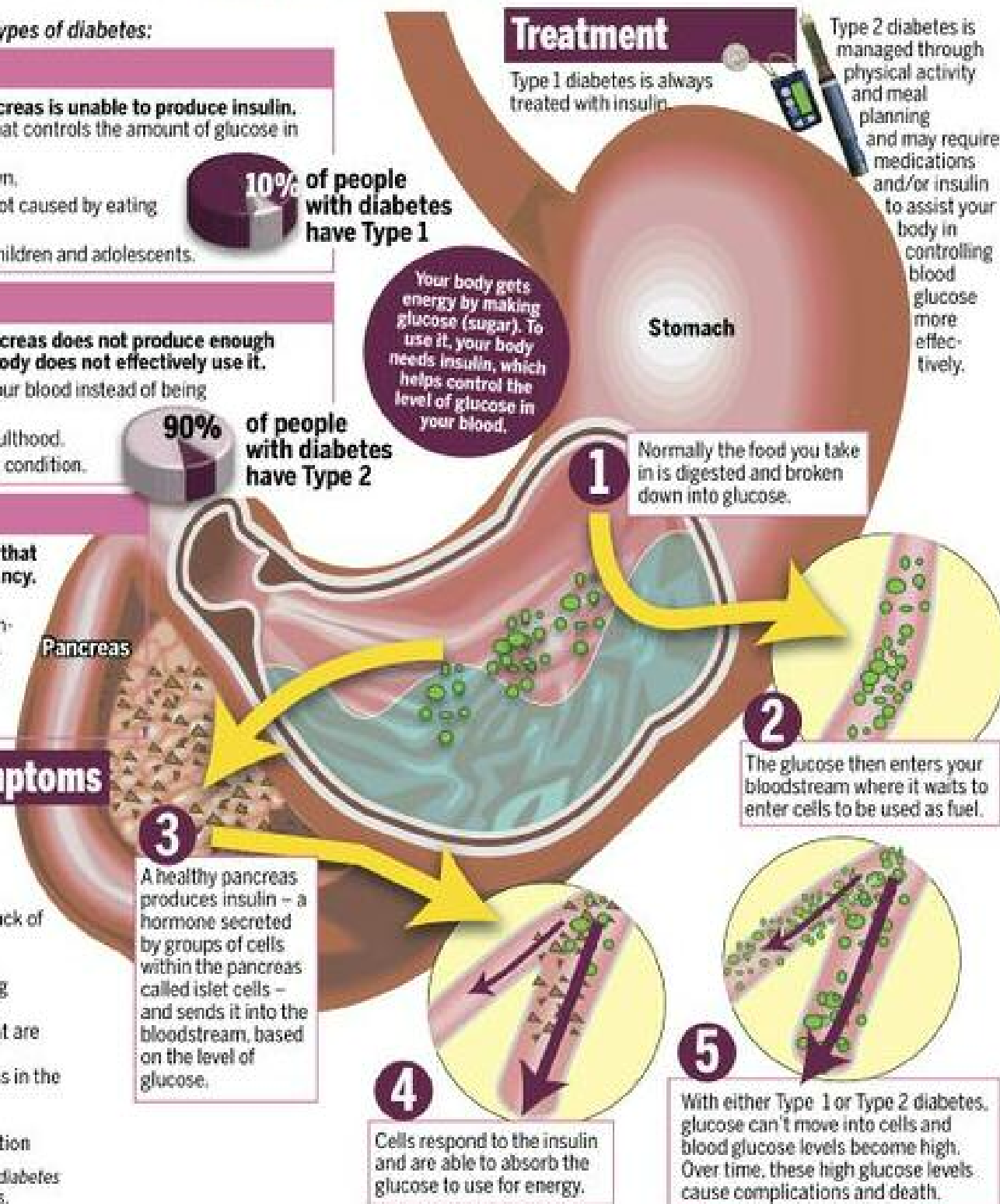
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

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 Tanner McCrary, a Home Health Consultant with Phoenix Home Health Care in Topeka, along with his wife and daughter.

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We are also on Twitter at:
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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/>

DON'T WAIT. TALK ABOUT HOSPICE.

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity.

One of the best ways to make sure you and your loved ones benefit fully from hospice, is to talk about it before it becomes an issue.



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People with Pre-Diabetes can do more than survive—they can thrive. Don't wait until complications set in. 24 for Life can help tackle symptoms head on by embracing living well with the right balance of nutrition, physical activity and mental health management. Because when it comes to our health, thriving is greater than surviving.

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Mental health benefits of practicing gratitude

Ever wonder why people encourage us to focus on and cultivate an “attitude of gratitude”? Quite simply, it’s because it creates a positive impact on our own mental health. Here’s how it works...

Let’s say I have a bad day. In the re-telling of my day, I tell you about all of the things that went wrong; I literally list off, incident by incident, each one in great detail. I have a negative focus or lens on every single thing or situation that makes me feel bad, upsets me, throws my schedule off, and so on.

Did you catch what I said? I’m mentally keeping a list in great detail. That means as I’m going through my day, I’m literally keeping track of everything that goes wrong. It’s my mind’s tendency to focus on everything with a negative focus or lens.

Yet the key here is our power of choice – we get to choose what to focus on, remember, share or keep track of. This is where we each hold the key of empowerment. Every moment is a new choice. We can use our power to consciously choose what to focus on and what to do next. We have the power to shift our mind’s focus or lens by practicing the conscious pause and active shift into gratitude.

Learning anything new takes time; we can’t do it all in one day, especially if we’ve never done it before, or have never done it with ongoing consistency. Be patient with yourself. Patience and consistency are our keys to success in building our own healthy habits. Prioritizing, scheduling, practicing and repetition builds our habits, or in this case, our attitude of gratitude.

Gratitude is the quality of being thankful and ex-

pressing appreciation for what we have and for what we have positively experienced, rather than focusing on a lack or that which we don’t have. At a time when many of us are struggling to adapt to a new normal, practicing daily gratitude and a positive focus is more important now than ever. Begin by building gratitude practices into your daily schedule. Here are a few ways you can practice gratitude and experience the impact of its positive mental health benefits:

1. Expressing gratitude can improve your mood leading to lower rates of stress and depression. Write a note, leave a voice mail, or send an email or message to someone you are grateful for, telling them why and what impact it had on you. Once a month, write a letter to yourself.

2. Showing gratitude regularly can make you more optimistic and helps you to have a more positive outlook on life. Focus on something positive about a situation or if needed, distract yourself for a few minutes by thinking about something else that you are grateful for.

3. Practicing gratitude builds connection by helping us feel more loved, included, and appreciated. In each weekly meeting or at regular times such as a meal with others, have each person state something they are thankful for and something specific to that day that they are thankful for.

4. Practicing gratitude can improve your physical health by increasing your energy levels. A regular gratitude practice can help you stay motivated and keep you feeling more energetic so you can tackle what’s next.

5. Write it down. Keeping a gratitude journal is im-

portant because it is a record of what happened that you can refer back to later. Once a week or every night, set aside a small moment of time to reflect on your gratitude practices.

6. Be patient with yourself and don’t be critical of yourself if you skip or miss a day, it’s all OK. Every moment is a new beginning. Simply start again, now.

Regular gratitude practice helps us acknowledge the goodness in our lives and helps us recognize that some of that goodness comes from outside of ourselves. This helps us feel more connected to something larger than ourselves, giving us a sense of purpose, belonging and interconnectedness, and also helps us realize that we play an important role in impacting our world.

If you or someone you know is experiencing a mental health emergency, it is important to visit Valeo’s Crisis Center located at 400 SW Oakley Avenue. Valeo’s Crisis Center never closes, it is a walk-in emergency clinic, with no appointment necessary. Valeo’s 24-Hour Crisis Line is 785-234-3300.

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- Crisis Line is answered 24/7
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valeotopeka.org • 785-233-1730

Valeo Behavioral Health Care (Adults)

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Topeka, KS 66606
24 Hour Crisis Line
785-234-3300

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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

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Meet Tanner McCrary, Home Health Consultant

This month, we'd like you to meet Tanner McCrary, a Home Health Consultant. Here is his story.

"I come from a long line of nurses; I am actually a 4th generation RN. I've always believed in caring for people - it's always been something I have enjoyed, ever since I can remember. It's truly a passion of mine.

"There is no better feeling than knowing you truly impacted someone's life and left an everlasting impression. Whether someone is hospitalized, recovering at home, or needing extra help around the house, the patient and family will always remember how they were cared for. Those are the moments that matter. We are able to touch lives when they are in some of their most vulnerable situations.

"Someone once told me, when you're healthy you spend all your time working for different things; but when you're sick you work only for one thing - more time. So I strive each day to care for our patients and families as if they were my own.

"Family time is the most important aspect of my life, so I enjoy spending as much time as possible with my lovely wife, Natalie, and our beautiful 7-month-old daughter, Joslyn. We live on a farm south of Topeka, so we are outside any chance we get, taking care of the cattle and horses. Our other hobbies we enjoy are camping, fishing, hunting, boating, hiking, and traveling. So you can say we spend our fair share of time in the sun, and we don't mind getting our hands a little dirty.

"I'm relatively new to the world of Home Care, but I was drawn to it because helping people in their home has always been a passion of mine. Working as a nurse, I believe people tend to do better wherever they are most comfortable. The first time I heard of Phoenix Home Care & Hospice, I was at a local hospital in Topeka, and I ran into this young guy (Nick



Carroll). We chatted for a while, and I remember after we parted ways thinking 'Wow, that seems like a great company to work for!'

Three years later, I was fortunate enough to become a part of Phoenix Home Care & Hospice, and I've loved just about every minute of it. From the family-like culture, to faith-based principles, I truly love this place.

"Phoenix has been the first job I have had where I truly feel a part of a family. Since my very first day, I was welcomed with open arms and could tell people genuinely cared.

"I also appreciate that the patient's best interests are always top priority, no matter what. All that we do is centered around our patients and their individualized needs. We're not just taking care of a diagnosis, we're taking care of someone's mother, father, child, brother, sister, friend - the list goes on and on, but at the end of the day we're there for this community."



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

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

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

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

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FINANCIAL HEALTH & WELLNESS

Give your tax withholding a fresh look as 2021 year-end nears

The Internal Revenue Service reminds taxpayers today that the last quarter of 2021 is a good time to check withholding.

Life brings constant changes to individual financial situations. Events like marriage, divorce, a new child or home purchase can all be reasons to adjust withholding.

The convenient Tax Withholding Estimator, also available in Spanish, will help taxpayers determine if they have too much withheld and how to make an adjustment to put more cash into their own pocket now. In other cases, it will help taxpayers see that they should withhold more or make an estimated tax payment to avoid a tax bill when they file their tax return next year.

Items that may affect 2021 taxes

Things to consider when adjusting withholding for 2021 are:

- Coronavirus tax relief – Tax help for taxpayers, businesses, tax-exempt organizations and others – including health plans – affected by coronavirus (COVID-19).
- Disasters such as wildfires and hurricanes – Special tax law provisions may help taxpayers and businesses recover financially from the impact of a disaster, especially when the federal government declares their location to be a major disaster area.
- Job loss – IRS Publication 4128, Tax Impact of Job Loss, explains how this unfortunate circumstance can create new tax issues.
- Workers moving into the gig economy due to the



pandemic – IRS advises people earning income in the gig economy to consider estimated tax payments to avoid a balance or penalties when they file.

- Life changes such as marriage or childbirth – Getting married or having a child are just a couple of life events that can affect your refund or how much you owe.

Pay as you go

Taxes are generally paid throughout the year whether from salary withholding, quarterly estimated tax payments or a combination of both. About 70% of taxpayers, however, over withhold their taxes every year, which typically results in a refund. The average refund in 2021 was more than \$2,700.

Taxpayers can pay online, by phone or from the IRS2Go app. They can schedule payments for future dates, which can be useful during filing season, for payment plan payments or for estimated tax payments.

Taxpayers can also log into their IRS.gov/account to view the amount they owe, their payment plan details and options, their payment history (up to 5 years), any scheduled or pending payments, and key tax return information from their most recent tax return.

Tax Withholding Estimator

The IRS Tax Withholding Estimator makes it easier for everyone to have the right amount of tax withheld. This is especially important for anyone who faced an unexpected tax bill or a penalty when they filed this year, or whose jobs or tax circumstances have changed during the year.

The tool offers workers, as well as retirees, self-employed individuals and other taxpayers, a user-friendly, step-by-step tool for effectively tailoring the amount of income tax they have withheld from wages and pension payments.

For more information about taxes, estimated taxes and tax withholding, see Tax Withholding at IRS.gov.

–Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC

300 SE 29th, Suite C

Topeka, Kansas 66605

Tel: 785-286-7899

Frontdesk@peggystaxks.com



HOLIDAY'S HAPPEN: Here's How to Cope

Here we are, the last quarter of 2021. In the final months of the year there are several holidays from a number of cultures and religions.

This is a festive time for many, but it is also a difficult time for those who have lost a loved one. Being a part of celebrations and traditions can make life overwhelming and painful. Holidays have a way a magnifying the death of loved ones.

This is a reminder to take care of yourself during the holidays. It's ok to start new holiday traditions and rituals, it's ok to say "This is really difficult," and it's ok to cry. There is nothing that can make the grief and pain go away, but there are some things that can assist with getting through the holidays.

TIPS FOR COPING WITH THE HOLIDAYS

- Allow yourself to make changes with traditions that feel right for you. Some things may stop all together, some will change slightly, some may change temporarily, and some traditions may change permanently.
- Acknowledge that holidays are going to be difficult.
- Communicate with your family and friends.
- Be Kind to yourself, get rest, eat well.
- Be kind to others.
- Find something to be thankful for.
- Look for humor – laughing has been shown to reduce stress.



- It's ok to say "no" to an event or party this year.
- Spend time with people that uplift and support you.
- Write a letter to your loved one about the holidays and how you feel.

- Do something kind or nice for someone every day, it can be something small, like a compliment, or smile at a stranger.
- Spend time with a pet. Hug them, take them for walks or just snuggle.
- Laugh at how silly your pet can be.
- Create a list of people who you can call this holiday season, if you are struggling or feeling overwhelmed, don't be afraid to call them.
- Allow yourself to find beauty in the holiday season. It's often found where you least expect it.

• Plan, plan, and plan some more. Often people who are grieving feel more prepared for getting through the holidays if they have thought about all of the parts of the holiday season and have actively made decisions about what is going to happen.

—midlandcare.org. 785-232-2044



COPD and the Workplace: Know Your Risks and Take Action

Among the millions of Americans with COPD, or chronic obstructive pulmonary disease, most can point to smoking as the main reason they got the disease. Yet in about 15% of cases, people get COPD – which makes it hard to breathe and gets worse over time – after being regularly exposed to certain dusts, gases, chemical fumes or other pollutants in the workplace.

Workers in some jobs, like mining, manufacturing, housekeeping, farm work and vehicle repair, carry higher risks for work-related COPD than others. People in other jobs – for example, those in publishing or data processing, or who work in offices as administrative assistants and clerks – can be vulnerable, too. These workers can have contact with dusts and fumes from photocopiers, certain inks, paints and glues. People who are exposed at work to asbestos, pesticides, aerosol paint, dust or ash also may be at a greater risk of getting COPD.

If you work in a job that carries risks like these, there are things you can do to protect yourself. Talk to your employer about how to reduce exposures and get the right protective equipment for you. It's also important to understand and recognize signs and symptoms of COPD.

According to the National Heart, Lung, and Blood Institute (NHLBI), common symptoms of COPD include constant coughing, having a lot of mucus, tightness in your chest and shortness of breath. These may start out mild and get worse as time goes on, and you may think they are signs of aging or even allergies.




However, it's smart to be sure. Make an appointment with your health care provider as soon as you notice changes to your breathing or experience any other of the telltale symptoms.

Your health care provider will ask you questions about your family health history, your breathing, your smoking history and any pollutants you may have been exposed to at work or elsewhere. He or she will listen to your lungs and may advise that you get a spirometry test – a quick, simple way to see how well your lungs are working. Because there is no cure yet for COPD, seeing your health care provider is an important step to diagnosing the disease early and learning how to control it.

NHLBI's Learn More Breathe Better® program provides free educational resources about COPD, including tip sheets and advice on how to manage COPD, so you can lead a full and active life. Find them at copd.nhlbi.nih.gov.


–Family Features

Lung Health on the Job: Know the Risks of Work-Related COPD






Chronic obstructive pulmonary disease, or **COPD**, is a serious lung disease that makes it hard to breathe and gets worse as time goes on. **The work you do can affect the health of your lungs.**

How can work affect COPD risk?








Almost **15%** of the time, COPD comes from exposure to certain air pollutants at work.


Exposure to pollutants like these over time can cause COPD:


-  **Dusts** (coal, silica, asbestos, cotton, wood, grains)
-  **Fumes** (metal/welding, diesel/engine, asphalt)
-  **Smoke and other chemical gases**

Some jobs have a higher risk of COPD than others:

-  Mining
-  Manufacturing
-  Housekeeping
-  Farmwork
-  Vehicle repair

How can COPD affect work?


 **1 out of 4 people with COPD say they're unable to work.**

 **At least 1 out of 3 say they're limited in what they can do.**


Healthy lungs get the job done.

You can:

- Talk to your employer about ways to limit your exposures.
- Talk to your healthcare provider about how to keep your lungs healthy.
- Learn more about COPD and take action for your health.



nhlbi.nih.gov/breathebetter

 **LEARN MORE BREATHE BETTER**

SMILE: An Alternative to Lasik



(Ivanhoe Newswire) —

Around ten million Americans have had Lasik surgery to correct their vision since it was FDA approved 20 years ago. But now a lesser-known vision correction procedure is offering a smaller incision and quicker recovery. Ivanhoe has details on why doctors are considering this Lasik 2.0.

Twenty-five-year-old Kelby Dolata is all about adventures, such as scuba diving in Thailand.

“I also like outdoor activities like rock climbing, biking, swimming,” shared Dolata.

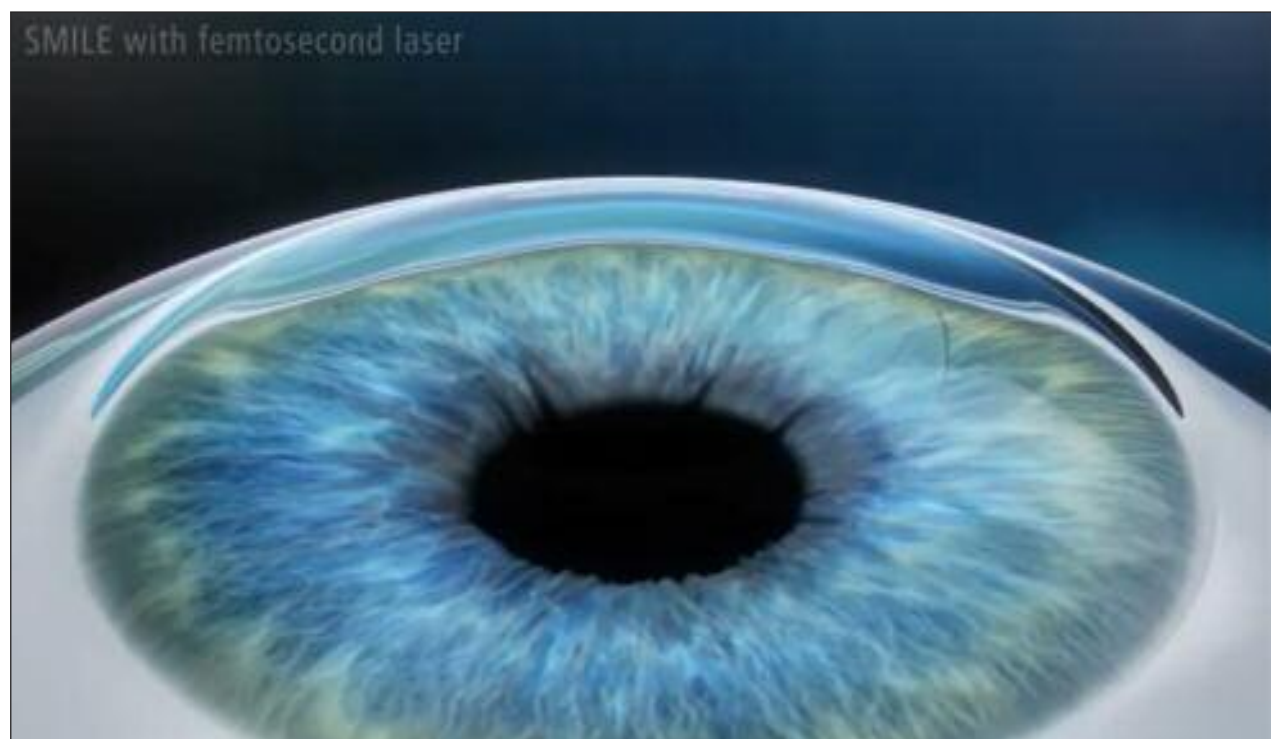
But dealing with glasses and contacts sometimes would leave his active lifestyle floundering.

“If I’m swimming or doing something outdoors and get something in my eye, I always have to worry about contacts washing away,” continued Dolata.

Or even put him in dangerous situations.

Dolata explained, “One time I ran completely out of lenses, and I had to drive a motorcycle to the contact lens store with one eye like this trying to avoid potholes.”

So, Dolata looked for a solution to get rid of his vision problems for good. That’s when he found SMILE, or small incision lenticule extraction. With Lasik, eye surgeons use a laser to create a flap on the



surface layer of the cornea, but ...

“With SMILE, we don’t have to use a flap. So, we’re using a laser to create the correction just below the surface of the eye of the cornea through a very tiny opening,” said ophthalmologist Michael Manning, MD, FACS.

Since there is not a flap, there’s no chance of the flap shifting, folding, or dislocating while doing physical activities.

“As soon as the next day, patients can resume those activities,” continued Dr. Manning.

Dolata had the SMILE procedure.

“My vision was already almost a 100 percent better just the next day,” said Dolata.

Allowing him to have better vision for his newest adventure ... welding.

“I can just wear safety glasses, or the welding helmets and my glasses never get in the way,” Dolata stated.

Allowing him to spark new interests with clearer vision.

Dr. Manning said people with dry eye can also benefit more with SMILE than with Lasik. The SMILE procedure takes about a couple minutes per eye and 30 minutes in total. The price is about the same as Lasik at \$2,500 per eye and is not covered by insurance.

In eyes with normal vision, the cornea bends, or refracts, light precisely onto the retina at the back of the eye. With nearsightedness (myopia), farsightedness (hyperopia) or astigmatism, the light is bent incorrectly, resulting in blurred vision. Your vision can be corrected with glasses or contact lenses but reshaping the cornea itself will also provide the necessary refraction. Laser-assisted in situ keratomileusis, or LASIK, can be an alternative to glasses or contact lenses. During LASIK surgery, a special type of cutting laser is used to precisely change the shape of the dome-shaped clear tissue at the front of your eye known as the cornea to improve vision. LASIK eye surgery is the best known and most performed laser refractive surgery to correct vision problems.

Farmers Markets winding down

Farmers Markets have been a source of healthy food for centuries, but they can also be fun. Today, Farmers Markets are thriving throughout the US with a variety of food and other merchandise for sale, as well as being a source of fun and exercise.

Topeka's Downtown Farmers Market has grown so large that it is good exercise just walking through all the aisles of goods and services offered.



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

Many locals find it to be a fun and enjoyable time to pick up healthy food items, as well as visit with friends and merchants. There is also a variety of crafts and household merchandise for sale.



Of course, Farmers Markets also provide an opportunity for access to fresh fruits and vegetables. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more.

Visit one of the area's Farmers Markets and your health will be the better for it.

Find a Farmers Market in Shawnee County, KS



View each market on the map at heartlandhealthyneighborhoods.org

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

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

Learn more about our community's health at heartlandhealthyneighborhoods.org or like us on Facebook.



Markets updated 3/18/2019
Suggestions to [Lissa Staley, \[lstaley@tscal.org\]\(mailto:lstaley@tscal.org\)](mailto:lstaley@tscal.org)

Capitol Midweek Farmers Market
Corner of Jackson and 10th Avenue,
South Capital Lawn, Topeka, KS 66612
Wednesdays 7:30 a.m. – 12:00 p.m.
On hiatus

Downtown Topeka Farmers Market, Inc.
12th and Harrison, South of Judicial
Building, Topeka, KS 66612
Saturdays 7:30 a.m. – 12:00 p.m.
Open April 3 - Nov. 7



Monday Market @ Your Library
Topeka and Shawnee County Public Library
1515 SW 10th Ave., Topeka, KS 66604
Mondays 7:30 a.m. – 11:30 a.m.
Open May 10-Oct. 4

Silver Lake Farmers Market
Silver Lake Public Library
203 Railroad Street, Silver Lake, KS 66539
Tuesdays 6:00 p.m. – 8:00 p.m.
Open June 1

East Topeka Farmers Market
Topeka Housing Authority
2010 SE California, Topeka, KS 66607
On hiatus



Mother Teresa's Farmers Market
Mother Teresa of Calcutta Catholic Church
2014 NW 46th St., Topeka, KS 66618
Open July 3 to Sep. 11

Lawrence Farmers Market
Sat. 7:30-11:30
824 New Hampshire Street
Open April 10-Nov. 20

Lawrence Tuesday Market 4-6pm
South Park, 1141 Massachusetts
Open May 4-Oct. 26

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



TOTAL DIET APPROACH TO HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines "total diet" as everything a person eats averaged out over time – it's the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do **not** meet the DGA recommendations.



FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

DASH

- Dietary Approaches to Stop Hypertension (DASH)
- Eating plan consists of healthful food choices over time
- Endorsed by U.S. Department of Health and Human Services

USDA

- The U.S. Department of Agriculture (USDA)
- MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity

LET'S MOVE

- Campaign launched by the White House
- Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity

These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

Food Availability

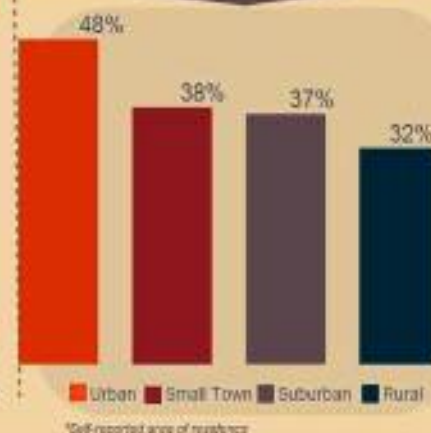
AARP
FOUNDATION

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



Drug store food shoppers by area of residence*



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

Cost Location Availability of nutritious foods

50 to 59



60 to 64



65+



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



56%

Help find information on fruits & vegetables



44%

Recipe ideas



40%

More time to cook



39%

Transportation

"Well I'm on a fixed income, and have to pay a driver if I run out of nutritious foods."

AARP
Real Possibilities

Source: AARP Foundation Food Insecurity Research, September 2014
Contact: Alexandra Lewin-Zwiedling, AARP Foundation, Hunger Impact
(alewinzw@aarpp.org)

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

New Early Detection Blood Tests: What to Know

There are now two blood-based tests available that can potentially detect cancer before it causes symptoms or is diagnosed through other methods.

One test – GRAIL's Galleri™ test – can signify the presence of more than 50 types of cancer, including pancreatic adenocarcinoma and pancreatic neuroendocrine tumors. The other – Immunovia, Inc.'s IMMray® PanCan-d test – is the first-ever blood test specific for pancreatic cancer (pancreatic adenocarcinoma), available to people considered high risk for the disease due to family history or genetic alterations.

Neither test is currently approved by FDA or covered by insurance, and both companies run the tests in certified labs. Both tests cost approximately \$1,000 per test, and payment plans may be available. The blood tests do not provide a definitive diagnosis and are not a standalone indicator of the presence of cancer. People who are currently participating in a screening or surveillance study are encouraged to speak to their healthcare team and the study staff to determine whether a blood test may be incorporated into their program.

If you're interested in taking the Galleri or IMMray PanCan-d test, speak with your healthcare team to determine whether the tests are right for you and to order the test. PanCAN Patient Services can also provide information and resources about these blood tests as well as other ways to detect and diagnose pancreatic cancer.

Things to Know About Immunovia, Inc.'s IMMray PanCan-d Test

1. The test is not a screening tool that's available for everyone. Only people who are at high risk for developing pancreatic cancer because of a family history or a known genetic mutation associated with pancreatic cancer can be tested with the IMMray PanCan-d test. You'll need a doctor to order the test for you.

2. The IMMray PanCan-d test measures nine biomarkers in the blood, including CA19-9. The biomarkers can indicate the presence of cancer cells as well as the immune system's response to the tumor. The patient will find out if



they have a biomarker signature that could indicate pancreatic cancer, if they have no signature or if their results are considered "borderline."

3. You can only be tested if your body produces some CA19-9. If the results show that your body does not produce CA19-9, your blood sample will not be able to be tested, and you will not be charged for the test.

4. The test is requested through your doctor and arrives at your home. A trained phlebotomist comes to you, at your convenience, to have your blood sample collected. Within a week of receiving the blood sample, Immunovia, Inc. sends the test results to your doctor's office. Your doctor will give you the results.

5. The test is available in all but five states. It is not yet available in New York, California, Maryland, Pennsylvania and Rhode Island.

Things to Know About GRAIL's Galleri Test

1. Galleri is a multi-cancer blood test. Galleri can detect the presence of 50 types of cancer based on genetic material (DNA) that gets shed from the cancer cells. Results can also indicate where in your body the cancer may be found (such as the pancreas) based on specific markers on the DNA. The test isn't meant to screen the general public and needs to be ordered by a medical professional.

2. Galleri is intended for adults at elevated risk of cancer,

such as those 50 years and older. People may also opt for this test if they were born with a genetic alteration that increases their risk of developing several types of cancer, not just one.

3. The blood collection kit is ordered by your doctor and can be shipped to their office or your home. Your doctor will arrange for your blood draw and return the kit to the company, and results will be available in about 14 days.

4. As of Sept. 20, 2021, the Galleri test is available in all states across the U.S.

Diagnosing pancreatic cancer in its earlier stages can lead to more treatment options, including surgery, and better survival. Certain risk factors may increase the likelihood of getting pancreatic cancer, like family history, race (ethnicity), smoking, diabetes, obesity, age and others.

Pancreatic cancer may cause only vague unexplained symptoms. Pain (usually in the abdomen or back), weight loss, jaundice (yellowing of the skin and/or eyes) with or without itching, loss of appetite, nausea, change in stool, pancreatitis and recent-onset diabetes are symptoms that may indicate pancreatic cancer. If you are experiencing one or more of these symptoms, speak to your doctor immediately and reference pancreatic cancer.

PanCAN is working to develop an early detection strategy in individuals who were recently diagnosed with diabetes. A subset of people diagnosed with diabetes after the age of 50, who experience rapid changes in their blood sugar and weight, may have pancreatic cancer. Participants in PanCAN's Early Detection Initiative will be identified through participating institutions' electronic health records. Subsets of participants will undergo imaging tests and provide blood samples to discover future biomarkers.

In order to achieve our vision of creating a world in which all pancreatic cancer patients will thrive, PanCAN is funding and conducting research leading to new, better treatment options and improved early detection strategies. The new blood tests commercially available to detect cancer early can be an important step toward this goal.

—Allison Rosenzweig, PhD, pancan.org

45 Years of Nutcracker Ballet

Ballet Midwest to Present Annual Production

For forty-five years, Ballet Midwest has been entertaining audiences with the enchanting Nutcracker Ballet set to the unforgettable score by Tchaikovsky.

Join Clara at her family's Christmas Eve party where she receives a gift of a Nutcracker that will soon take her on a magical journey. Feel the joy of a Christmas Eve party, marvel at the special effects and excitement as the Nutcracker battles the Mouse King, watch as the snow falls gently in the forest and marvel as the dancers entertain you in the Kingdom of Sweets.

Join Ballet Midwest for the timeless tale of a little girl's Christmas Eve fantastical dreams on the stage of the Topeka Performing Arts Center.

The production is very entertaining for all audience members – from the seasoned ballet veteran to those seeing their very first ballet. There are many themes that continue through the entire ballet – for example, each dance in the Act 2 Land of Sweets has already been introduced to the audience. The toy dolls that are given to Clara and her friends in the Party Scene have the same costuming on as the Act 2 leads; and in the battle scene our youngest cast members pop out as living dolls dressed in a smaller version of the Act 2 leads.

The performances offer something for everyone. From the Mouse King and the battle scene to the Sugar Plum Fairy, the cast of almost 200 dancers perform choreography filled



with humor, excitement and magical energy. There are also many special effects that keep the audience's attention and excitement – the show is very theatrical!

Points of interest about Ballet Midwest's Nutcracker

- They use all local talent! All dancers are trained right here in Northeast Kansas and many grow up performing in the tradition dreaming of the day they get to perform the lead roles in the production.
- It's the longest running Nutcracker in Northeast Kansas.
- There is a plethora of lighting and theatrical effects – smoking cannons, lighting flashes, growing sets, falling snow, and more
- Costumes are stunning. Talented seamstresses work endless hours to create them.
- There is a detailed set where the tree grows over 20 feet!
- Full family involvement: The Nutcracker has become many family's holiday tradition – make it yours too!
- The acting is highlighted. Shannon Reilly (Topeka Civic Theater's Artistic Director) creates magic on stage and all the cast members join him in bringing the stage to life through their acting ability.
- Incredible pas de deux (dance of two) dances. Strong gen-

tlemen lift the ballerinas effortlessly in overhead lifts and allow them to float across the stage. The grace and brilliance in these pieces takes your breath away.

Attending 'The Nutcracker' is a tradition for so many families, and the Ballet Midwest performance of 'The Nutcracker' has become a multi-generational experience with children, parents, and grandparents alike entranced by this story.

Ballet Midwest's Nutcracker Ballet is a holiday staple and will be performed live at TPAC Friday, December 10th at 7:30, Saturday, December 11th at 1:30 pm and 7:30 pm and Sunday, December 12th at 1:30 pm.

Ticket prices are \$20 for adults, \$18 for seniors 55 and older, and \$12 for students 18 and younger. A family pack of two adult and two youth tickets is \$55. Tickets can be purchased in person at the box office of TPAC, from cast members, and at Barbara's Conservatory of Dance.

Ballet Midwest Nutcracker production will be touring to Concordia, Kansas the weekend after the Topeka presentation. The Brown Grand Historic Theater there requested the production be staged in their theater. The production has also toured to Kansas City, Gardner, Junction City, and Salina in the past.

For more information visit www.balletmidwest.net.



Ballet Midwest dancers practicing routines. Ballet is a weight-bearing form of exercise which strengthens muscles, promotes healthy bones and burns calories. Because ballet uses the full range of muscles, it's also great for cognitive functions such as coordination and concentration.

Top 10 Health Benefits of Ballet Training

Ballet is so much more than picking out a leotard and strapping on ballet shoes. It's about developing skills through dedication and perseverance. Although an athletic background helps, you don't have to be a pro at dancing to enjoy the benefits of ballet.

Ballet is a great workout for the whole body. Ballet is a weight-bearing form of exercise which strengthens muscles, promotes healthy bones and burns calories. Because ballet uses the full range of muscles, it's also great for cognitive functions such as coordination and concentration.

Benefits of Ballet

Better posture

Ballet helps you achieve postural alignment. Each movement requires alertness of how you carry yourself from one stance to the other. Elegant forms such as the Port de Bras and High Swan Arms corrects sloppy posture by pulling your shoulders back and elongating your neck.

Boosts confidence

Anyone can do ballet. It begins with the innate desire to pursue ballet and setting achievable goals along the way. A study found that ballet training increased the diversity of subjects' foot configuration. However, an experienced and amateur met comparable levels of postural control and stance difficulty. You will be amazed at yourself when you complete a posture that used to intimidate you.



Improves flexibility

Flexibility is not a prerequisite for ballet; you gain it through practice. Since ballet involves static and dynamic stretching, doing both will contribute to your overall flexibility.

Builds muscle and agility

Believe it or not, ballet is a combination of pilates and endurance training. It also entails breath coordination throughout your dance sequence. Doing plié squats, ballet jumps, and spins use your own body weight to strengthen your core and lower body. As you continue to practice more, you'll maintain the integrity of precise movements and your motor skills.

Burns calories

Your body weight affects the number of calories burned in a 90-minute session. A person weighing over 120 pounds can burn about 200 calories or more in just 30 minutes, which is approximately 600 calories per session.

Nutritional consciousness

Whether you're doing ballet as a casual or serious activity, you don't want to feel bloated in class. Therefore, being mindful of what you eat will tremendously influence your experience. A well-balanced diet nourishes your body with the right things to comple-

ment your internal and external health.

Improves sensorimotor performance

The ability to balance yourself and react to external stimuli is indicative of how tuned your sensorimotor skills are. Participating in a ballet or dance program enhances these skills by engaging both hemispheres of the brain for coordinated learning.

Sharpens cognitive function

Similar to learning a new sport, becoming proficient in ballet challenges your brain to synchronize your form with the expectations. A meta-analysis found that ballet and other dance interventions were useful measures to limit age-related mental impairment such as dementia.

Relieves stress

Ballet should be about having fun and training your body to achieve forms you didn't know were possible. Get a few chuckles out of your dance mistakes and



focus on improving what you can instead of worrying about external issues you can't change.

Builds social connections

Joining a ballet class and interacting with your group promotes a healthier life. It's a great opportunity to make friends as you learn and grow together from new experiences. Building strong relationships lowers the risk of cardiovascular disease and illness associated with it.



Ballet Midwest dancers at rehearsals.



- 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.

SMART TIPS FOR YOUR DOG

Dogs may find these tasty, but they can make them ill, many are toxic



Alcohol



Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



Seeds/pits



Spicy



Sugar-free candy and gum



Tobacco



Yeast/dough



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How to Protect Your Skin While Running

How ironic that running makes you healthy but it can affect your skin if you don't pay attention. You can suffer dry skin, chaffing, sunburn, wind burn and itchiness if you are running without protection. Moreover, it can change your skin color and cause wrinkles.

The worst thing is that the ultraviolet rays of the sun can also cause skin cancer. That is why it's important to protect your skin while running. The most common mistake runners make is that they don't take care of their skin and assume if their legs and lungs are fine, they are fine.

How to Protect Your Skin

Choose timings wisely:

Especially in the summer, you should avoid running under the burning sun. It is better to

run early in the morning or after the sunset. Mostly, the sun rays are intensive between 10 a.m. to 4 p.m. So, you should run under the shade to avoid direct contact with ultra-violet rays.



bottle of water or juice with you and take sips after short breaks.

Wear proper clothes:

It is very important to wear proper clothes otherwise your skin will suffer chaffing. Though, you need to protect your skin from sun rays but still your skin needs some air so keep yourself as light as you can. You should cover your head with a cap or hat as they will also keep your face protected.

Apply body lotion:

You should not ignore the covered body parts as they also need protection. Applying body lotion is the best way to keep your skin soft and protected. Moreover, there are many

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Email: irene@idesigngs.com

Apply sunscreen:

Applying sun screen is the most obvious yet effective way to protect skin while running. However, make sure that your sunscreen is waterproof as you will be sweating hard. Moreover, you should take care that it does not go into your eyes. You can use stick formulation for this purpose.

Avoid dehydration:

Running makes your body sweat hard so drink plenty of water to avoid dehydration. However, do not drink water at once as your body temperature will be not normal during running. The best method is to keep a



products which can keep your skin safe from chaffing.

Don't skip protection for short runs:

You should apply sunscreen and other body lotion even if you are doing a short run. Sun rays are so strong that they can damage your skin in just a few minutes.

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.

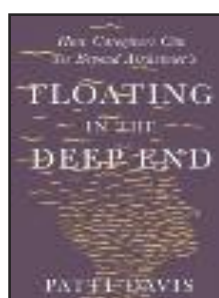
Voices from the Pandemic: Americans Tell Their Stories of Crisis, Courage and Resilience by Eli Saslow, New Health Books Media Center 614.58 SAS

From the Pulitzer Prize-winning Washington Post reporter, a powerful and cathartic portrait of a country grappling with the Covid-19 pandemic--from fear and overwhelm to extraordinary resilience--told through voices of people from across America.



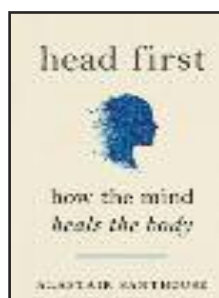
Floating in the Deep End: How Caregivers Can See Beyond Alzheimer's by Patti Davis, New Health Books Media Center 616.831 DAV

"For the decade of my father's illness, I felt as if I was floating in the deep end, tossed by waves, carried by currents, but not drowning," writes Patti Davis in this searingly honest and deeply moving account of the challenges involved in taking care of her father, Ronald Regan, stricken with Alzheimer's.



Head First: How the Mind Heals the Body by Alastair Santhouse, New Health Books Media Center 616.89 SAN

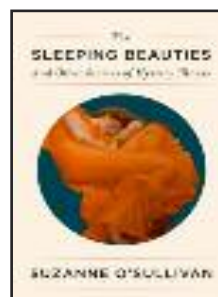
Head First chronicles Santhouse's many years treating patients and his exploration of the ways in which our minds exert a huge and underappreciated influence over our health. They shape our responses to symptoms that



we develop, dictate the treatments we receive, and influence whether they work.

The Sleeping Beauties: And Other Stories of Mystery Illness by Suzanne O'Sullivan, New Health Books Media Center 616.8524 O'SU

In the Sleeping Beauties, Dr. Suzanne O'Sullivan--an award-winning Irish neurologist--investigates psychosomatic disorders, traveling the world to visit communities suffering from these so-called mystery illnesses. In her book, she records the remarkable stories of the riveting and distressing syndromes.



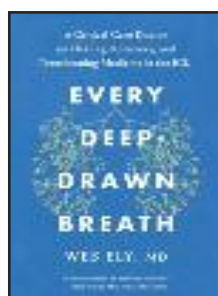
Food Saved Me: My Journey of Finding Health and Hope Through the Power of Food by Danielle Walker, New Health Books Media Center 616.978 WAL

When doctors told Danielle Walker that food didn't cause her autoimmune disease and couldn't help controlling it, she set out to prove them wrong. Three bestselling cookbooks later, she has become a beacon of hope for millions around the world suffering from autoimmune diseases, food allergies, and chronic ailments.



Every Deep-Drawn Breath: A Critical Care Doctor on Healing, Recovery, And Transforming Medicine in The ICU by Wesley Ely, New Health Books Media Center 610.41 ELY

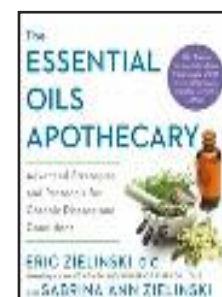
Over the next ten years, 40 to 60 million people in this country will be admitted to the ICU. In Every Deep-Drawn Breath, readers will experience the world of critical care through the eyes of this physician who drastically changed his clinical practice



to prevent patients from being inadvertently harmed.

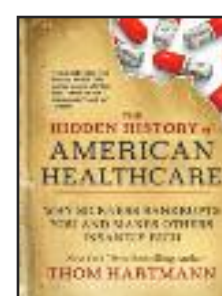
The Essential Oils Apothecary: Advanced Strategies and Protocols for Chronic Disease and Conditions by Eric Zielinski, New Health Books Media Center 615.3219 ZIE

The Essential Oil Apothecary shares more than 100 research-backed and easy-to-prepare formulations, from an Immune Boosting Blend to an Anxiety-Busting Body Oil, to help with symptoms of twenty-five common chronic conditions. It also offers two life-changing tools- to remove home toxins.



The Hidden History of American Healthcare: Why Sickness Bankrupts You and Makes Others Insanely Rich by Thom Hartmann, New Health Books Media Center 610.8 HAR

"For-profit health insurance is the largest con job ever perpetrated on the American people..." says Thom Hartmann. There is a simple solution- Medicare for all. This book outlines the extraordinary benefits this system would provide the American people and steps we need to take to make it a reality.



Live Younger Longer: 6 Steps to Prevent Heart Disease, Cancer, Alzheimer's And More by Stephen L. Kopecky, New Health Books Media Center 613.0438 KOP

After surviving two bouts of cancer, renowned Mayo Clinic cardiologist Dr. Stephen Kopecky, M.D. set out to discover the behaviors people can adopt to live longer lives free of chronic illnesses and diseases. He found that the answer lies in just six



habits that require small changes to your daily life.

Traumatized: Identify, Understand, And Cope with PTSD And Emotional Stress by Kati Morton, New Health Books Media Center 616.8524 MOR

We hear the terms trauma and PTSD more and more. Yet many people still believe that trauma can only result from experiences that are particularly extreme. In this book, the reader will learn how to identify and cope with triggers and pay attention to platforms and accounts that can harm your mental health.

No Cure for Being Human: (And Other Truths I Need to Hear) by Kate Bowler, New Health Books Media Center 616.99434 BOW

It's hard to give up on the feeling that the life you really want is just out of reach. In No Cure for Being Human, the author searches for a way forward as she mines the wisdom (and absurdity) of today's "best life now" advice industry. What she finds is that we are as fragile as the day we were born.

Women, Food, And Hormones: A 4-Week Plan to Achieve Hormonal Balance, Lose Weight, And Feel Like Yourself Again by Sara Gottfried, New Health Books Media Center 613.0424 GOT

Most diet plans were created by men for men, but women's bodies don't work the same way. In Women, Food, And Hormones, Dr. Sara Gottfried shares a new, female-friendly Keto diet that addresses women's unique hormonal needs, so readers can shed pounds and maintain the loss more easily.

Uncontrolled Spread: Why COVID-19 Crushed Us and How We Can Defeat the Next Pandemic by Scott Gottlieb, New Health Books Media Cen-

ter 614.58 GOT

In Uncontrolled Spread, the former FDA Commissioner, Scott Gottlieb, identifies the reasons why the U.S. was so underprepared for the pandemic, and outlines how the United States must prepare for future pandemics by learning from the mistakes made handling the Covid-19 outbreak.

Pump: A Natural History of The Heart by Bill Schutt, New Health Books Media Center 612.17 SCH

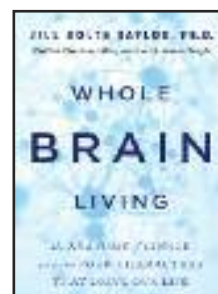
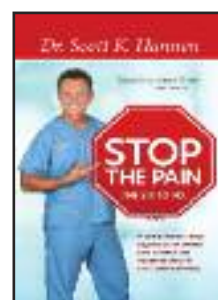
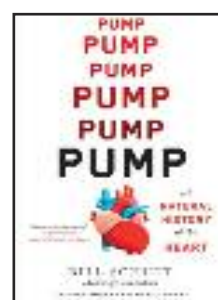
Zoologist Bill Schutt delivers a look at the science behind hearts from across the animal kingdom-- from insects to whales to humans-- in this lively natural history. Readers will follow human history, as scientists hypothesize wrongly and rightly about what is arguably our most important organ.

Stop the Pain: The Six to Fix by Scott Hannen, New Health Overdrive E-book

Millions of people suffer from debilitating pain and inflammation every day. Most treatments focus on relieving or managing the pain instead of locating the cause and eliminating it. This book helps the reader understand what pain is, where it comes from, and most importantly, how to get rid of it.

Whole Brain Living: The Anatomy of Choice and the Four Characters That Drive Our Life by Jill Bolte Taylor, New Health Overdrive E-book

Everything we think, feel, or do is dependent upon brain cells to perform that function. In Whole Brain Living, the author blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our



way to peace.

The Quick Fix Kitchen: Easy Recipes and Time-Saving Tips for a Healthier, Stress-Free Life: A Cookbook by Tia Mowry, New Health Overdrive E-book

As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table.

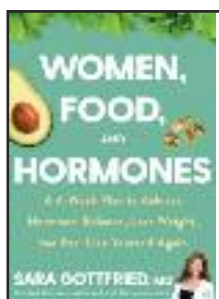
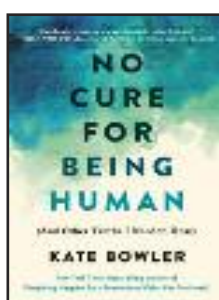
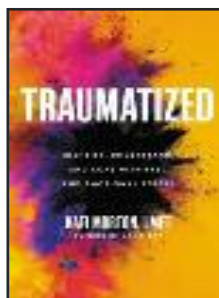
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Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at tscpl.org/downloads or tscpl.org/downloads/ebooks.



Contact Lissa Staley:
estaley@tscpl.org
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Healthy Family Recipes for the Fall

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

Curried Butternut Squash Salad



This butternut squash salad has a spicy-sweet flavor and is healthy, paleo and vegan friendly!

Ingredients

- 1 lbs Medium butternut squash about 3
- 2 Large Granny Smith apples
- 1 Large Red onion
- 2 Tbsp Olive Oil
- 2 Tbsp Maple syrup
- 1/2 Tbsp Sea salt
- 1 tsp Cinnamon
- 1/2 tsp Fresh ginger minced
- 1/2 tsp Yellow curry powder
- 1/8 tsp Allspice
- 1/4 Cup Pecans finely chopped + additional for garnish
- 1/3 Cup Roughly chopped flat-leaf parsley packed
- 1/3 Cup Medjool dates pitted and roughly chopped

Directions

Pre-heat your oven to 400 degrees.
Chop the bulbous end of the butternut squash off, as well as the top stem, leaving just the straight part in the middle. Peel off the skin (I find it easier just to cut it off) and chop it in half, so it's easier to spiralize.
Using Blade B spiralize the squash so it turns into thick noodles. Place into a very large bowl.
Cut the apples in half and gently cut out the core. Cut the round part of each apple half off slightly, so that it's flat. Don't cut too much, or the apple will split when spiralizing. Place onto the Inspiralizer and spiralize each cut half using blade C. Place into the bowl with the squash noodles.
Cut the ends off of the red onion, so they're flat, and take off the papery skin. Place onto the Inspiralizer and spiralize with Blade A. Add into the bowl with the other noodles.

Toss the noodles with the olive oil, maple syrup, salt, cinnamon, ginger, curry powder, allspice and a few good twists of pepper. Really toss them around to make

sure they're evenly coated in the spice mixture.

Transfer the noodles, being sure to scrape up all the oil and syrup from the bottom of the bowl, into a large baking or casserole dish and sprinkle with 1/4 cup of the chopped pecans.

Bake for 10 minutes, stir around and then bake again until the squash noodles are fork-tender and the apples and syrup has begun to caramelize, about another 10-15 minutes.

Immediately stir in the parsley and dates, and then let cool for 5 minutes.

Nutrition Information (Servings: 6)

Calories: 202. Carbohydrates: 39.3g. (8%) Protein: 2.6g. Fat: 6.1g. Saturated Fat: .8g. Cholesterol: 0mg. Sodium: 360mg. Potassium: 744mg. Fiber: 6.2g. Sugar: 18.1g.

Sweet Potato Casserole



Let the slow cooker do all the work for you with this quick and easy paleo healthy sweet potato casserole!

Ingredients

- 2 Lbs Sweet potato peeled and cut into large chunks (about 3 medium sweet potatoes)
- 1/2 Cup Pecans
- 6 Tbsp Maple Syrup
- 1/4 Cup Unsweetened vanilla almond milk
- 2 Large eggs
- 1 1/2 tsp Cinnamon
- 1 tsp Vanilla extract
- 3/4 tsp Sea salt
- 1/4 tsp Ground nutmeg
- Pinch of pepper

Directions

Place the sweet potato halves in a large pot and cover with about 1 inch of water. Add a generous pinch of salt

Bring to a boil on medium-high heat, and let simmer until the potatoes are fork tender, about 20-30 minutes, depending how large you cut them.

Preheat your oven to 375 degrees and place the pecans on a small baking sheet. Let bake until golden brown and toasted, about 8-12 minutes. Watch them closely, because they burn quickly! Roughly chop them and set aside.

Once the potatoes are cooked, drain the water out and add the sweet potatoes into a 7 quart slow cooker.

Add all the remaining ingredients (except the pecans) and mash together until smooth and mixed, leaving a little bit of texture in the potatoes.

Sprinkle the top with the pecans.

Cook on the high heat setting for 3-4 hours, depending on how hot your slow cooker runs. You want them to be creamy but not runny. Mine were perfect at 3.5 hours.

Nutrition Information (Servings: 6)

Calories: 201.7. Carbs: 35.2g. Protein: 4.3g. Fat: 6.2g. Cholesterol: 46.5mg. Sodium: 88.5mg. Fiber: 4.7g. Sugar: 13.2g.

Apple Raisin Gluten Free Stuffing



This easy gluten free stuffing is made from a mixture of bread and cinnamon raisin bagels!

Ingredients

- 3 Tbsp Olive oil
- 2 Cups Onion diced (about 1 large onion)
- 2 1/2 Cups Apple diced (about 2 large apples)
- 1 Tbsp Fresh ginger minced
- 1 Tbsp Cinnamon
- 3 inch Udis Cinnamon Raisin Bagels sliced into 1 cubes
- 7 Slices of Udi's Millet-Chia bread sliced into 1 inch cubes
- 1 Cup Reduced Sodium chicken broth
- 2/3 Cup Unsweetened apple juice
- 3/4 tsp Salt

Directions

Preheat your oven to 350 degrees and grease a large casserole dish.

In a large frying pan, heat the oil on medium/high heat. Add in the onion and cook until soft and golden brown, about 3-4 minutes.

Add in the apple, ginger and cinnamon and cook just until the apple begins to soften, about 2 minutes.

Add the cooked apple mixture into a large casserole dish (mine was 9x13.) Add in the bagel and bread cubes and toss until evenly mixed.

Add in the chicken broth, apple juice and salt and gently mix (using our hands is the easiest) until the bread has absorbed the moisture.

Bake until the bread is cooked and the top is golden brown and slightly crispy, about 45-50 minutes.

Nutrition Information (Servings: 8)

Calories: 201.3. Protein: 2.9g. Fat: 8.2g. Cholesterol: 0mg. Sodium: 170.5mg. Sugar: 8.5g.

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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

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.getoutdoorskc.com

HARVEST DINNER, BAZAAR & BAKE SALE - Friday, October 29th, 4:30pm-6:30pm, Kansas Ave United Methodist Church Fellowship Hall, 1029 N Kansas Ave.

\$8.00 - Chicken Fried Steak, Mashed Potatoes & Gravy, Corn or Green Beans, Salad, Roll, Pie & Drink. Carry-Out Available. For more information, call 785-234-0507 or email kaumc@att.net.

TRUNK OR TREAT – Oct. 29, 6-9pm, Stormont Vail Event Ctr.

DRIVE-THRU TRUNK OR TREAT – Oct. 30, 1-3pm, Christ Lutheran Church.

TRUNK OR TREAT – Oct. 31, 3-5pm, Topeka Baptist Church.

for Biblical Creation and the Flood. Two competing views ... one compelling truth. Available for Children: A Veggie Tales Movie. Doors open at 5:30 pm - Movie begins at 6pm. Free Movie Snacks Provided. For information, call 785-379-5642.

FREE BREAKFAST LAST SUNDAY EACH MONTH – Oct. 31, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all that come through the door. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations are accepted and will go to helping vets in the Topeka area.

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150 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 1, 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

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GARY'S PUMPKIN PATCH & FALL FESTIVAL – Sept. 18-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and new attractions this year!. garysberries.com, garysfarmfest.com

HAUNTED WOODS – Oct. 8, 9, 15, 16, 22, 23, 29 & 30, 8-11pm. Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zombie Laser Tag!! 234-8024 TopekaHauntedWoods.com

MERCY ME IN CONCERT – Oct. 30, 7pm, Cable Dahmer Arena, Independence, Mo. Get Your tickets with 10% Discount! Use promo T4C10 during checkout: <https://zhetix.fun/cities/Independence>

TOYS FOR CHRISTMAS CAR SHOW – Oct. 30, 10-2, Dugout, 17th & Fairlawn. Bring toy donations, see cars and trucks. Trunk or Treat for the kids.

FREE MOVIE: "Is Genesis History?" – Oct. 30, 6pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. (Documentary) Where can reliable, well-researched answers be found? IS GENESIS HISTORY? is a comprehensive documentary that delves deeply into biblical, historical, and scientific frameworks to explore everything from geology to biology to astronomy to archeology ... and much more. IS GENESIS HISTORY? shines new light on our origins, providing a positive argument

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ELECTION DAY – Nov. 2: Vote in person or drop off ballots at the election office or polling place by 7 pm.

CHICAGO – Nov. 4, 8pm, TPAC

BOOTH BROTHERS CONCERT – Nov. 5, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. www.naz.org E-mail wwoodsnaz@wnnaz.org

VETERANS DAY PARADE – SUNFLOWER SALUTE – Nov. 6, Downtown Topeka.

TAILS ON THE TRAIL – Nov. 6-7, Shawnee North Comm. Ctr. Dog-friendly 5k run, 1 mile walk and family event! This is a fundraiser for Helping Hands Humane Society. Register: helpinghands@hhhstopeka.org

FALL BACK – Nov. 7, 2am. Daylight Saving Time ends. Set your clocks back 1 hour. Be on time for church!

C5Alive "POWER" LUNCHEON – Nov. 11, 11:30-1. at the National Guard Museum at Forbes Field. SGM Jeremy Byers, who served as historian for the Adjutant General Office will be the featured speaker. 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: C5 POWER Luncheon, Dec. 119, 11:30-1, C5Alive CHRISTMAS Luncheon at Fairlawn Plaza Mall.

BLIZZARD BASH DEMO DERBY – Nov. 11-14, Expocentre. info@stormontvaileventscenter.com. Sky Zone Box Office: 785-251-5552

THREE DOG NIGHT – Nov. 11, 7pm, TPAC

FRIDAY FLICKS: ICE AGE – Nov. 12, 6pm, Everygy Plaza

ELMONT OPRY – Nov. 12 at 7pm and Nov. 13 at 1pm, Elmont UMC, 6635 NW Church Ln. With Special Guests. Doors open 90 minutes early for lunch or dinner. Tickets \$10 – call 785-249-0908.

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 19 - 9am-7pm; Nov 20 - 9am-5pm; Nov. 21 - 11am-4pm. TPAC, 214 SE 8th Ave. View and bid on elaborate gingerbread houses Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade candy. Meet Santa. Adm. \$5. 785-234-2787. TopekaPerformingArts.org

CASA HOMES FOR THE HOLIDAY'S TOUR – Nov. 20 & 21. Tour tickets are \$20 at the door or \$15 in advance at www.casaofshawneecounty.com. COVID-19 precautions will be taken

FESTIVAL OF TREES – Nov. 22 - Dec. 4, 10-6, Fairlawn Plaza. Features trees & wreaths beautifully decorated by talented designers. silent auction and Sweet Shoppe featuring fabulous homemade treats. For info: [\[valoftrees.com\]\(http://valoftrees.com\)](http://www.slifesti-</p>
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TARC's WINTER WONDERLAND – Nov. 24-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: TARC, 2701 SW Randolph. 785.506-8720

INSPIRE COUNTRY NIGHTS – Nov. 27, 6pm, Heritage Country Cowboy Church, 15767 S. Topeka Ave., Scranton, KS at Four Corners. Christmas worship with Mary James, Melissa Perez and Danl Blackwood.

ZOO LIGHTS – Nov. 27 to Dec. 30, 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.

FREE BREAKFAST LAST SUNDAY EACH MONTH – Nov. 28, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all that come through the door. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations are accepted and will go to helping vets in the Topeka area. vfw1650seniorvice@gmail.com; 785-383-2997

LADIES DAY OUT – Dec. 4, 10-3, Ag Hall
ZACH WILLIAMS CHRISTMAS - Dec 4, 7pm, Landon Arena.

MIRACLE ON KANSAS AVENUE PARADE – Dec. 4, 3pm, Downtown Topeka. Tree-lighting at 5:30pm, lighted parade at 6pm. www.topekapartnership.com/events/
BALLET MIDWEST PRESENTS The Nutcracker – Dec. 10-12, at TPAC. 45th annual presentation of this holiday favorite. Tickets through Ticketmaster or at TPAC

FRIDAY FLICKS: HOME ALONE – Dec. 10, 6pm, Everygy Plaza

ONGOING EVENTS:

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

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



COME TO THE Elmont Opry! 50th Year! Two Great Shows! Fri, Nov. 12 at 7 pm & Sat. Nov. 13 at 1 pm Great Country Music by all your favorites! Doors open 90 minutes early for snacks/meals/desserts! Elmont Methodist Church • 6635 NW Church Ln. (1 mile East of North Highway 75 on NW 62nd St.) \$10/ticket! Call 249-0908 for reservations



Concert at The Woods November 5th 7:00pm • Doors open at 6pm • Freewill Offering
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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

FREE Vision ! Screening Service



Now Scheduling

Eye Screening for children 6 months to 6 years old

Who can use this service?

Any Daycare, Pre-school or School with children 6 months to 6 years old

What equipment is used?

NE Kansas Lions have purchased 2 hand held auto-refractors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

Who does the screening?

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

How do I get the Screener scheduled?

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

TROUPS - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstonetoepka.com. 478-2929

TOPEKA TWILIGHT LIONS BRANCH CLUB - 4th Mondays at 5:30pm, Norsemen Brewing Co., Visitors welcome.

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

MARKET MONDAYS - Monday 3-7pm through October, Every Plaza. A farmers market and artisan market helping to increase access to fresh, locally produced foods and other products.

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

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.

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

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

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

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 6-9pm. Croco Hall. Edwina 379-9538 or 478-4760.

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 &



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

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

TOPEKA 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

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 3 to 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.

SATURDAY FAIRLAWN STARTER BIKE RIDE – Every Sat., 8am at Classic Bean in Fairlawn Plaza, end at Pizagles. Great for beginners. director@cottonwood200.org

HARVESTER'S PROGRAM FOR SENIOR CITIZENS – second Sat., at Christian Lord Ministries, 2421 SE Califor-

nia. Call 266-4979.

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

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

LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire Street. Open April 10-Nov. 20

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 lessons in the Fall. 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 topekaalanon.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 hhhstopek.org.

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together and share their ideas & feelings. 235-1367 on Aging, 2910 SW Topeka Blvd.

Send your event information
to:

info@TopekaHealthandWellness.com

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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...

The Grateful Get Going

My current job has me working at a clinical fitness center that is connected with a hospital. There are two specific members I have gotten to know pretty well. It is a father and a son.

The father, who would be classified as a senior, is in overall pretty good health. The son on the other hand, is not as lucky. He suffers from a condition that leaves him bound to a wheelchair. You know what the crazy thing is though? Every day of the week, I see these two come in, do their pool exercises, and leave without a single complaint. When they have every reason to complain about the hand they've been dealt, they keep going. This, I believe, is a true example of the power of gratitude.

Many of you are familiar with gratitude. Whether we have heard it in church, school, your parents, or a yoga class, gratitude conversations are found in all areas of life. It is hopeful to me that gratefulness is making its way into discussions. But I want to take this grateful conversation a different direction. I want to talk about the result of gratefulness.

When you have a rhythm of being grateful in your life, I believe it leads to action. Using my story from above, these members are grateful to be alive, move (even if in a limited capacity), and have the ability to exercise. In response, I see them nearly every day, getting in the pool like clockwork.

This is what I believe gratefulness does. There is no letting life pass by. Out of this gratefulness comes an attitude of seizing the day. We are given another chance each day, each moment to become better, to chase all God has for me, so let's go get it.

Gratitude vs Habit Formation

Some of you may say argue that it is not gratefulness that keeps you progressing as much as it is the creation of habits and routine. To that, I

would say that you are partly correct. I do think habit formation plays a role in consistency, but I also believe gratefulness plays a role too. A habit can keep the mind and body going, but gratefulness can keep the soul going. Gratefulness gets us back to the basics of all that we are. Who we are. Whose we are. Why I am here. When we have that foundation in place, it can keep our soul healthy and going amongst the distractions, disqualifications, and delusions that we get faced with. More on this later.

How do we develop this rhythm of being grateful? Most of us are probably grateful at certain points in our life. Birthdays, holidays, large gatherings, pay day, and vacations would be easy examples. But how can we develop this rhythm on a consistent basis? Remember, if gratefulness can help us stay consistent, we want more of it right?

Awareness is the Key

To be more grateful, we have to become more aware. Not just aware of what is all around us (though that is helpful), but aware of who we are and what we've been given. How often do we remember that we are a daughter or son of God? How often do we consider that every breath we take has been nothing short of a gift given to us by our Creator? I know that I struggle to really consider that often enough.

It starts with slowing down and giving ourselves space to realize these truths. Start with five min-



utes each day. Or just start with one minute. When we start to slow down and consider these things more often, I believe we will start taking less for granted and become more grateful. Awareness leads us to gratefulness leads us to productive action.

One other beautiful quality of gratefulness to leave you with is just how contagious it can be. I watch these gym members having this gratefulness about them as they go about each day and I can't help to start to become grateful too.

When you start to live out of a place of gratitude, others notice. What if we started letting gratitude be the thing we passed on to each person we encounter? Maybe your gratefulness can give a little hope to someone who may not see much hope in that moment. Make sure to spread gratefulness by being grateful yourself. Then not only will you put yourself on a path towards action, but others will become active too.

Let gratitude move you today. Let's see just how far it can take us!

— Noah Nelson, *faithandfitness.net*

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