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DECEMBER 2021

Health & Wellness

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MAGAZINE

A CHRISTMAS TRADITION

The Nutcracker

SAFE AND HEALTHY HOLIDAYS

**Tips to keep
you safe &
happy**



*See page 3 for
information about
front page photo*

How to Manage Cold and Flu Season
What Does a Home Care Company Do?

Carbon Monoxide: The Invisible Hazard
Mental Health Strategies for the Holidays

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GO RED FOR WOMEN DECLARATION

WE BELIEVE IN THE POWER OF A WOMAN'S HEART

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AND THE WILL TO OVERCOME.

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

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

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

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

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

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



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



1 OUT OF **3**

women die of heart disease

80% of heart disease can be prevented

Women's HEART Health

GET THE FACTS

Every 60 seconds 1 woman dies of heart disease

Heart disease is the # 1 cause of death in women


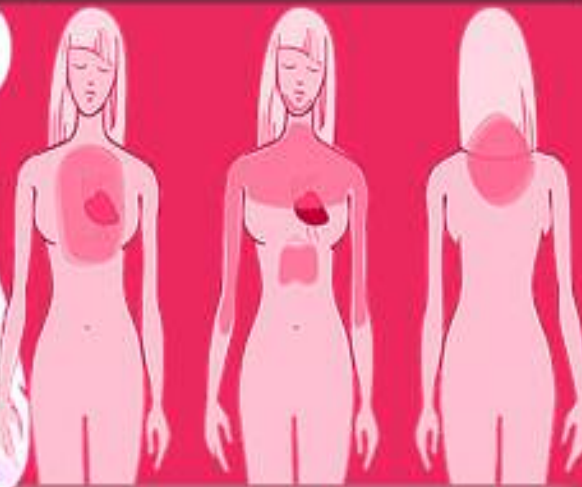

23% of women die within 1 yr of having an attack

KNOW THE SYMPTOMS

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

TAKE A HEART SUPPLEMENT

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- Boluoke
- Ubiquinol
- Green Tea Kombucha
- Daily Detox Decaf Green Tea
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ON THE COVER:

Our cover this month features performers from Ballet Midwest's The Nutcracker, presented for the 45th year at TPAC. See back cover.



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We are also on Twitter at:
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Christmas Tree SAFETY CHECKLIST



Get a fresh tree whose needles don't easily fall off -or- a UL-Listed artificial tree that is "flame resistant/retardant."



Place the tree away from heat sources!



UL-Listed Christmas Lights
(Pay attention to Indoor/Outdoor use)



Check your decor for damage and replace as needed.



Don't overload your sockets -- no more than 3 light strands in a row.



Turn off your lights before bed or while you're away from home.



Dispose of your live tree soon (less than 4 weeks after putting it up) and recycle, don't light it on fire!



Take down decorations outside sooner to help them last longer. Go ahead and replace decorations that didn't make it by hitting up the after-Christmas sales.

You're Invited

Join us this year for our annual Memory Tree Service to honor our those no longer with us. During a season when the focus is on joy, we invite you to join us as we remember our loved ones and the joy they brought to our lives.

"Hubbub during the holidays can make deceased loved ones seem forgotten, while at the same time, empty chairs are painfully obvious. Evenings are dark, adding to the sorrow and loneliness we sometimes feel. For these reasons and more, grief can be especially emotional during the holidays," said Mitchell Skidmore, Midland Care's Center for Hope and Healing Coordinator.

The Memory Tree Services are open to the community. All of our services will be held at the Topeka Campus located at 200 SW Frazier Circle.

"Finding a way to honor loved ones during the holidays can be an important ritual that gives space to grief and allows it to move through us. Midland Care's annual Memory Tree event is a chance to dedicate time to the memory of your loved one," said Skidmore.

Prior to the event you have the opportunity to make a donation in memory of your loved one.

Any donation

Medallion bearing the name of your loved one.

\$25.00 or more

Medallion and luminary with the name of loved one.

\$50.00 or more

Medallion, luminary, and personalized dated porcelain holiday ornament.

Luminaries are lit each night through January 1, 2022 and are located in our memory garden on the Frazier campus in Topeka. **Ornaments will be available at the services for pick up.**

Your tax-deductible gift to Midland Care helps provide compassionate end-of-life care to patients and support for their loved ones. As a not-for-profit organization, we accept all patients, regardless of their ability to pay.



Service Information:

- Saturday, December 11, 2021 | 2:00pm | 4:00pm
- Sunday, December 12, 2021 | 1:00pm | 2:30pm | 4:00pm
- Refreshments will follow the services
- RSVP: www.midlandcare.org/21tree

Service Location | 200 SW Frazier Circle Topeka, KS

Please contact our Development Department at 785-232-2044 or visit www.midlandcare.org/21tree for more information.

www.midlandcare.org/21tree • 1-800-491-3691



MIDLAND CARE

Mental Health Strategies For The Holiday Season

Holidays got you feeling down? You're not alone. The holiday season often brings a lot of anxiety, stress, depression, or overwhelm for many people. Combine that with the additional life stress and health concerns of living through a time of a global pandemic, and it can really feel like a lot to deal with.

I was curious to know how I could take steps to help manage my mental state and cope with my emotions during the holiday season. Here's some great tips I found in my research; I decided to share these in the hopes that they will help you too.

Learning to identify our mental health triggers is important. Take some time to reflect on, and make a list of, what you love most about the holidays and what you don't. This will help you to help identify and combat your triggers early on, or perhaps even prevent them from happening.

With some planning and a positive outlook, being prepared can help you feel the peace and joy of the holiday season, and who knows you might even enjoy the holidays even more than you thought you could!

We each feel and experience our own set of factors regarding holiday stress, emotions, and overwhelm including unrealistic expectations,

financial pressures, and over-commitment to name a few. Expectations can lead towards increased stress by putting too much pressure on ourselves and others.

To help manage your stress and overwhelm levels, you might want to try using one or some of these holiday coping strategies:

1. Set a financial budget for holiday spending and stick to it.
2. Create a list of tasks and resources and use creative delegation to accomplish them.
3. Schedule tasks and events ahead of time, leaving enough time to get everything done with some breathing room.
4. Learn to say no. You do not have to attend every event you are invited to. Set boundaries on your own time and protect it.
5. Schedule the most important activities as priorities, everything else can be decided later.
6. Maintain your healthy habits by scheduling exercise, personal time, and great sleep hygiene.
7. While waiting in lines, for appointments, in a drive thru, and so on, practice gratitude. See how many things you can list that you are

grateful for before being waited on.

8. Reach out for help if you feel lonely, isolated, or unable to cope. Seek out community events that you are comfortable at that offer the support and companionship you need.

9. Avoid the over consumption of food, sweets, alcohol, tobacco, and other substances. Increasing alcohol intake can cause depression.

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.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org


Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

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


THE HOLIDAYS CAN BE A DIFFICULT TIME OF THE YEAR.



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VISIT US AT  or [valeotopeka.org](https://www.valeotopeka.org)

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What does a home care company or agency do?

Do you have questions about home care companies? We have answers! Read on to learn more about these types of companies and what we do at Phoenix Home Care & Hospice.

What does a home care company or agency do?

This type of company allows a person who requires health care or special care to stay at home rather than transfer to a medical facility or nursing home. Home care companies also help children and adults with special needs by supplementing family caregivers.

People who typically need these kinds of services include people recovering from a hospital stay or surgery, chronically ill, or with disabilities.

How do home care companies get paid?

These companies receive payments in one of three main ways.

Government health insurance. Medicaid or Medicare may cover the costs of skilled home care services that require a medical professional to attend to their everyday needs. Medicaid may also cover some personal care services.

Private health insurance. You can also utilize your private health insurance to cover costs of in-home care.

Private pay. The client or someone in the client's family pays the company directly without insurance.

What types of services do home care companies provide?

Non-medical services include:

- House cleaning
- Dog walking
- Meal preparation
- Dusting
- Vacuuming
- Running errands
- Shopping
- Laundry
- Bathing and dressing
- Companionship and socialization



Medical services include:

- Nursing care
- Physical therapy
- Occupational therapy
- Speech therapy
- Medical social services
- Taking vital signs
- Medication management and administration
- Wound dressing and changing
- Pain management
- Post-acute care
- Post-operative care
- Observation and monitoring

Is a home care company cheaper than a nursing home?

In many instances, yes. According to SeniorLiving.org, the average monthly costs of nursing home care ranges from \$6,844 to \$7,698, while in-home care costs around \$3,813 at 44 hours per week.

How many home care companies are there in the United States?

There are 11,356 home health agencies in the United States as of 2019, according to MedPac, the U.S. government's portal for medical statistics.

How do I receive the services of a home care agency?

You can reach out to an agency like Phoenix Home Care & Hospice to see if you or your loved one qualifies for services.

What qualifies a patient for services from a home care company?

In general, health insurance must qualify someone for home health care by showing the person is homebound, and the person must require skilled qualifying services on a part-time basis. A physician might prescribe this type of care as a medical necessity.

How can I locate a home care company near me?

You can search for an agency's services through a simple internet search or by using a voice assistant. Reach out to your home care provider to consult with a team member.

How do I contact a home care company for services?

Contact Phoenix Home Care today, or call 855-881-7442. We'll have an honest discussion about your needs or the needs of your loved one. We provide several at-home services in Missouri, Illinois, and Kansas.



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

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FINANCIAL HEALTH & WELLNESS

Why taxpayers need to understand their correct filing status

As taxpayers get ready for the upcoming filing season, it's important for them to know their correct filing status. A taxpayer's filing status defines the type of tax return form they should use when filing their taxes. Filing status can affect the amount of tax they owe, and it may even determine if they have to file a tax return at all.

There are five IRS filing statuses. They generally depend on the taxpayer's marital status as of Dec. 31. However, more than one filing status may apply in certain situations. If this is the case, taxpayers can usually choose the filing status that allows them to pay the least amount of tax.

When preparing and filing a tax return, the filing status affects:

- If the taxpayer is required to file a federal tax return
- If they should file a return to receive a refund
- Their standard deduction amount
- If they can claim certain credits
- The amount of tax they should pay



Here are the five filing statuses:

- **Single.** Normally this status is for taxpayers who are unmarried, divorced or legally separated under a divorce or separate maintenance decree governed by state law.
- **Married filing jointly.** If a taxpayer is married, they can file a joint tax return with their spouse. When a spouse passes away, the widowed spouse can usually file a joint return for that year.
- **Married filing separately.** Married couples can choose to file separate tax returns. When

doing so it may result in less tax owed than filing a joint tax return.

- **Head of household.** Unmarried taxpayers may be able to file using this status, but special rules apply. For example, the taxpayer must have paid more than half the cost of keeping up a home for themselves and a qualifying person living in the home for half the year.

- **Qualifying widow(er) with dependent child.** This status may apply to a taxpayer if their spouse died during one of the previous two years and they have a dependent child. Other conditions also apply.

For more information about taxes, visit [IRS.gov](https://www.irs.gov).

—Peggy Beasterfeld, EA



Peggy's Tax & Accounting Svc LLC

300 SE 29th, Suite C

Topeka, Kansas 66605

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How to Manage Cold and Flu Season Like a Pro

As temperatures drop, the risk of illness – including cold and flu – rises. It can be easy to mistake the flu for a common cold since many of the symptoms are the same, but muscle aches, cough, fever, headaches and sore throat are some of the more common signs you may be suffering from the flu, which tends to come on quicker than a cold.

In fact, a random, double-opt-in OnePoll survey of 2,005 Americans commissioned by Mucinex found sore throat pain to be one of the top three most debilitating symptoms along with fever and migraine.

While there's no way to ensure you and your family members won't get sick, there are steps you can take to reduce the chances.

Get a Flu Shot

The flu spreads differently than colds and can be transmitted before symptoms even arise. The Centers for Disease Control and Prevention recommends all people older than 6 months of age get the influenza vaccine, or flu shot, annually to help protect against the strains of flu expected to be the most common during the current flu season. The injection, which does not contain a live virus, goes into the arm muscle to generate antibodies that protect against future flu infection about two weeks after receiving the vaccine.

Practice Self-Care

While important year-round, maintaining regular self-care practices can go a long way toward maintaining your health during cold and flu season. Eating a well-balanced diet of fruits, vegetables and lean proteins can help strengthen your immune system, as can working out moderately each day. Regular exercise also helps reduce inflammation. In addition, proper hydration can help maintain many important body functions, and getting the National Sleep Foundation-recommended 7-9 hours of sleep can help keep antibodies strong and build a defense against illnesses.

Prepare for Symptoms

As one of the common symptoms of the flu, sore throat pain can flip your life upside down with the constant nagging, disruptive pain and irritation. However, 55% of those surveyed said they were likely to “power through” a sore throat and continue working, going to school and com-



pleting other tasks while dealing with sore throat pain. To make powering through easier, the Mucinex InstaSoothe line includes lozenges and sprays designed to numb, soothe and relieve sore throat pain.

“What separates these lozenges from others is they’re clinically proven to numb sore throat pain fast,” said Dr. Omid Mehdizadeh, MD, otolaryngology, and head and neck (ENT) surgeon. “Both lozenge varieties contain Hexylresorcinol, a local anesthetic for topical use on the mucous membranes of the throat and mouth. As a lozenge dissolves in the mouth, it starts to deliver a local ‘numbing’ anesthetic effect directly to the throat within seconds, lasting up to two hours. For those needing relief from a sore throat and cough, the Mucinex InstaSoothe Sore Throat + Cough Relief Lozenges also contain the active ingredient Dextromethorphan HBr to provide cough suppression.”

Stock Your Medicine Cabinet

Be ready before cold and flu hit your household. Take inventory of your medicine cabinet, get rid of any expired medicines and make note of any you need to replace and replenish. Make sure you have pain relievers, fever reducers, decongestants, antihistamines and cough syrups that can be used to help fight cold and flu symptoms. In addition, think about other supplies you may need to have on hand such as tissues, cough drops, hand sanitizer, anti-bacterial soap, a thermometer and a humidifier.

Disinfect Household Surfaces

Cold and flu viruses can live outside the human body on

hard, non-porous surfaces such as metal, plastic and wood for hours, and sometimes even days. Regularly cleaning often-touched household surfaces such as doorknobs, light switches, remote controls, faucet handles and countertops with a disinfectant spray or wipe can help kill germs that cause the viruses. Look for Environmental Protection Agency-approved disinfectants containing bleach, alcohol, pine oil, sodium hypochlorite, citric acid, hydrogen peroxide or quaternary ammonium compounds for best results.

Remember Healthy Habits

One of the easiest ways to help avoid getting sick is to practice proper hygiene. Avoid touching your eyes, nose and mouth as much as possible, as these are

areas where cold and flu germs can most easily gain entry into your system. Remember to cough and sneeze into a tissue or into your elbow if a tissue is not readily available. Frequently wash your hands with warm water and antibacterial soap for at least 20 seconds, especially after using the restroom, before eating and after touching surfaces in public places. A good rule of thumb is to sing “Happy Birthday” twice to judge the time. Using an alcohol-based hand sanitizer can also suffice when a sink isn't within close proximity. Also avoid sharing items like utensils and cups, even with family members, to help avoid spreading germs.

Have a Plan for Sick Days

During cold and flu season, you or one of your family members may become ill and need to miss work or school. If you typically work in an office space, check to see if working remotely is possible and verify your office's policies about sick time. Saving sick time or a couple vacation days for the season can help avoid having to take unpaid time off if you need to stay home for any reason. Also consider enlisting the help of friends or relatives to help with sick children in the event you're unable to take time off from work, and coordinate with your children's teachers to ensure your little ones receive any schoolwork they may have missed while home sick.

Find more self-care remedies and tips for managing cold and flu season at Mucinex.com.

—Family Features

A woman with brown hair tied back, wearing a dark blue jacket over a white turtleneck, stands in profile looking distressed. Her hands are on her head, and she has a pained expression. Behind her is a dark-colored car with its hood open. The background is a blurred city street at dusk or dawn.

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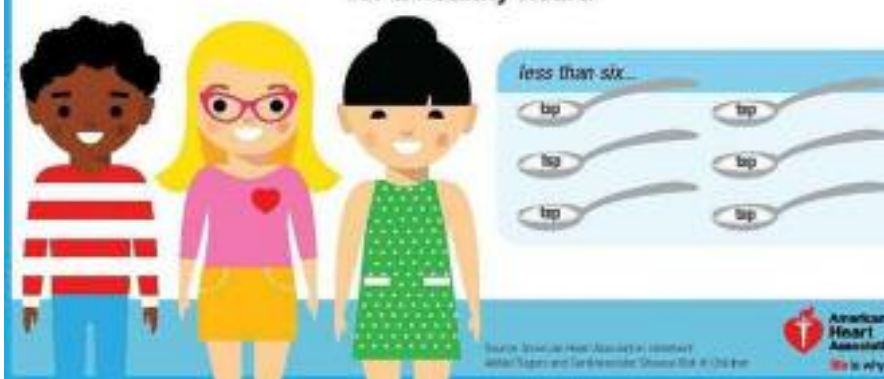
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For most of us, the holiday season represents a time for family festivities and good cheer. What few of us consider is that the holiday season is a time when there is an increased risk of home fires and other injuries. The Office of the State Fire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

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

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

Candles are widely used in homes throughout the

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

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

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

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

your home and in every sleeping area.

your home and in every sleeping area.

Safe Kids Kansas tips to prevent accidental poisoning:

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



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

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

Sudden Cardiac Death: Genetic Testing



(Ivanhoe Newswire) —

Sudden cardiac death is the biggest cause of cardiac death in the United States. While some people may have symptoms leading up to cardiac arrest, like a racing heart or dizziness, many have no symptoms at all. Now, scientists want to know how a person's genetic makeup could provide an early warning for people at high risk.

When someone goes into sudden cardiac arrest, time becomes the enemy.

"Usually, it's variable probably on the order of minutes, is all somebody has really to start getting CPR before the brain and other vital organs start to die, and it's an irreversible process then," Alope Finn, MD, an interventional cardiologist at the University of Maryland School of Medicine, told Ivanhoe.

And in almost half of all cardiac deaths, experts find no sign of heart disease. Now, Dr. Finn and his colleagues say they've pinpointed the cause for some unexplained deaths. Dr. Finn and his team performed genetic tests on 400 deceased patients, mostly in their forties, who died unexpectedly.

"What we can do is we can extract DNA from the organs of those people, and we can sequence that DNA for certain cardiac genes. We found about 20 percent of the people dying of so-called unexplained, sudden cardiac death carried pathologic,



or pathologic mutations in certain cardiac genes, which suggest they had underlying undetected, cardiac disorder," Dr. Finn shared.

Dr. Finn says the findings may open the door to important questions about the potential to save lives with genetic screening, especially for patients with a family history of sudden cardiac death.

Right now, there are no clear guidelines on screening and treating patients with the genetic mutations that might make them vulnerable to sudden cardiac death. Dr. Finn says more research is needed to address the health needs of these patients.

Sudden cardiac death (SCD) is a sudden, unexpected death caused by loss of heart function. SCD is the largest cause of natural death in the United States, causing about 325,000 adult deaths each year. SCD is responsible for half of all heart disease deaths and occurs most frequently in adults in their mid-30s to mid-40s. It does affect men twice as often as women, and is rare in children, affecting only 1 to 2 per 100,000 children each year. Most SCDs are caused by abnormal

heart rhythms called arrhythmias.

The most common life-threatening arrhythmia is ventricular fibrillation, which is an erratic, disorganized firing of impulses from the ventricles, or the heart's lower chambers. When this occurs, the heart is unable to pump blood and death will occur within minutes if left untreated.

A patient should be familiar with their medical past and family history. If there is a family member with arrhythmias, heart failure, or amyloidosis and connective tissue disorders, a medical evaluation and possibly an echocardiogram or a cardiac MRI to diagnose whether the patient shares this condition and would benefit from early treatment, may be needed. There can also be an elevated risk for cardiovascular disease if family members have diabetes, high blood pressure, or high cholesterol, which can have genetic predispositions. Lifestyle also plays an important role. If someone is overweight, smokes, has a nutrient-poor diet or doesn't exercise, then no matter how good your family history is, these lifestyle factors will negatively impact health in the long run.

Carbon Monoxide: The Invisible Hazard in Your Home

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

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

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

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



out even realizing it's happening."

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

TIPS TO PREVENT CO POISONING

Tips to protect your family from CO poisoning:

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

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

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

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

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

FREE ALARMS ARE AVAILABLE

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

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

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

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¹ National Cancer Institute website, 2014.

² American Institute for Cancer Research: AICR/WCRF Continuous Update Project Report: Breast Cancer, 2018.

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

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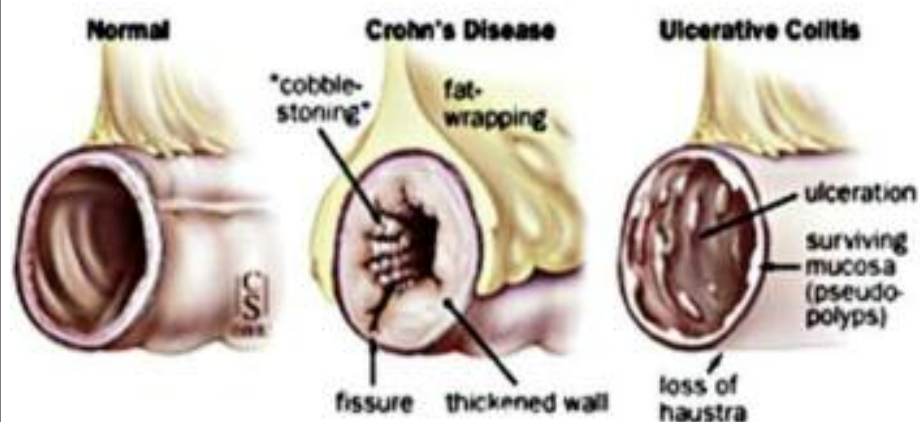
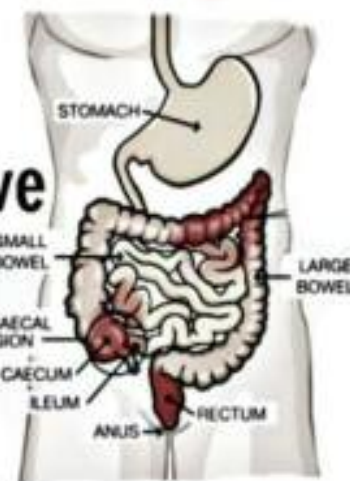
Can you have **BOTH**



Crohn's disease

AND

Ulcerative
Colitis?



Topeka Small Business Offers Natural Healing Services



By Ava Shay

Natural By Nature is a Topeka health studio that offers Massage Therapy, Reflexology and Cellulite Wraps. The business has been open a little over a year.

Chris King, the owner, was raised in the church. Her education and training includes college, as well as massage and cosmetology school. She has created an environment of peace and calm to all who enter her establishment. Her specialty is offering services to

women, but all are welcome.

Appointments can be made online at their busi-



ness website, holisticcellulitetreatment.com.

Hours are Wednesday through Monday from 1:00pm to 8:30pm, closed on Tuesdays. Gift Certificates are available.

Natural By Nature is located at 1170 SW Mission, Suite D, in Topeka, Kansas. The entrance is on the west side of the building, on the lower level.

For more information about the business and the services available, call 785-383-8236.

Pet Safety Tips for the Holidays

Keeping your furry family members safe during the holidays can be a difficult task. Let's take a look at some simple steps that will allow your pets to join in the holiday fun this year, while avoiding any trips to the animal emergency room.

1. Place your Christmas tree in a corner, blocked off from your pet's wanting eyes. If this doesn't keep your dog or cat from attempting to jump onto the tree, you can place aluminum foil, a plastic drink bottle filled with knick knacks, or anything else that creates noise on the tree's bottom limbs to warn you of an impending tree disaster.

2. Tinsel can add a nice sparkling touch to the tree, but make sure you hang it up out of your pet's reach. Ingesting the tinsel can potentially block their intestines, which is generally only remedied through surgery.

3. Do not put lights on the tree's lower branches. Not only can your pet get tangled up in the lights, they are a burning hazard. Additionally, your dog or cat may inadvertently

get shocked by biting through the wire.

4. Ornaments need to be kept out of reach, too. In addition to being a choking and intestinal blockage hazard, shards from broken ornaments may injure paws, mouths, or other parts of your pet's body.

5. For those buying a live Christmas trees this year, keep the area free and clear of pine needles. The needles can puncture your pet's intestines if ingested.

6. Did you know holly, mistletoe, and poinsettia plants are poisonous to dogs or cats? These plants should be kept in an area your pet cannot reach.

7. Edible tree decorations -- whether they be ornaments, or cranberry or popcorn strings -- are like time bombs waiting to happen. These goodies are just too enticing and your pet will surely tug at them, knocking down your wonderfully decorated spruce.

8. Burning candles should be placed on high shelves or mantels, out of your pet's way -- there's no telling where a



wagging tail may end up. Homes with fireplaces should use screens to avoid accidental burns.

9. To prevent any accidental electrocutions, any exposed indoor or outdoor wires should be taped to the wall or the sides of the house.

10. When gift wrapping, be sure to keep your pet away. Wrapping paper, string, plastic, or cloth could cause intestinal blockages. Scissors are another hazard, and they should be kept off floors or low tables.



10 Ways to Have a Healthier Christmas

Christmas is notoriously a time to indulge, but don't let this be the green light to overindulge! You can still enjoy all the festivities of the season and get through the Christmas period without too much impact on your health and waistline. Try our top 10 tips for a healthier Christmas.

1. Don't Sit Down All Day

We know every Christmas special under the sun will be showing on the TV, but you don't need to plonk yourself on the sofa all day! Encourage the whole family to get out for a walk at some point – ideally, after dinner to aid digestion. The more activity, the better, so take along any new outdoor gifts, like bikes, scooters, footballs or Frisbees, or play old-fashioned games.

2. Go Easy on The Booze

If you are firmly ensconced at home over the festive period, those alcohol units can really mount up. Mulled wine on Christmas eve, Bucks Fizz with breakfast, wine with dinner, Baileys, brandy... the list goes on! So, do try to keep tabs on how much you are drinking, and intersperse alcoholic drinks with soft ones.

3. Don't Give Yourself a Christmas Stuffing!

Recent research suggests that we consume around 3,000 calories in our Christmas dinner – more than the entire recommended daily intake for a grown man!

This huge feast not only contributes to weight gain but also to indigestion and heartburn – not to mention lethargy for the rest of the day, reducing the chances of you burning much of it off. Instead of gorging yourself on Christmas dinner, eat a normal-sized meal and then take a 20-minute break to see if you are still hungry (it takes this long for the brain to register that the stomach is

full). The chances are, you'll realize you've had enough.

4. Keep Colds at Bay

Colds are rife at Christmas, partly because many of us travel around the country, exposing ourselves – and others – to different cold viruses. Minimize your risks by maintaining a healthy immune system (eating a healthy diet, getting enough sleep and not smoking will help), so you are more able to fight off any viruses.

5. Don't Stress

'Tis the season to be jolly' but jolly is the last thing many of us feel with overspending, cooking, cleaning, endless 'to do' lists and visitors we could do without. Try to keep a sense of humor and proportion. Is it really the end of the world if the carrots are overcooked or if the mantelpiece is a bit dusty? Do you really care about Auntie Mary's disapproval of the fact that you and your partner are living together and aren't married? Remember, Christmas is just one day out of 365 and it isn't worth stressing over.

6. Eat Fruit

Let's be honest, most of us get through the entire Christmas period eating no more fruit than the satsuma in the Christmas stocking. It just doesn't really feature on the Christmas menu. But at this time of late nights, overindulging and partying, it's more important than ever to get your vitamins and minerals, to help you stay in good health. Ensure that your Christmas shopping list enables you to fill up the fruit bowl and get your recommended daily portions of fruit and veg. (And no, mulled wine doesn't count as one portion!)

7. Do Something for Others

It's hard to avoid the consumerism that has

overtaken Christmas in the western world, but it doesn't all have to be about giving or receiving gifts. Try to do something for others this festive season, whether it's baking some extra mince pies for an elderly neighbor, inviting an acquaintance who doesn't have family around them to your home or helping out with a local Christmas fete or carol service.

8. Think Before You Eat

Christmas is a time of plenty, and with nuts, chocolates, mince pies and cheese straws wherever you look, it would be rather Scrooge-like to suggest that you don't eat any treats over the festive period! But rather than mindlessly popping whatever is in front of you in your mouth, spend a moment thinking about whether you really want it, or are just eating it because it's there.

9. Engage Your Brain

Instead of switching off in front of the TV, keep your mind active by playing games like Trivial Pursuit or Charades. This is also a great way of getting everyone together. If you aren't a 'game' person, engage your mind by setting up any new gadgets, such as PlayStations, iPads, mobile phones or laptops.

10. Be A Careful Cook

If your Christmas duties include cooking the dinner, you won't be delighted to hear that according to the Food Standards Agency, December is one of the most common months for people to get food poisoning. To minimize the risks, don't leave food out all day. Put out small amounts at a time, so that what is on the table has just been cooked or just come out of the fridge. Ideally, try to use any leftovers within 48 hours or freeze them. As for the turkey, always defrost it in the fridge, allowing 10 to 12 hours per kilo and do not wash the bird, as this can spread bacteria around, which will be destroyed by cooking anyway.

And most importantly, have a happy, healthy festive season!

—realbuzz.com

5 Reasons to Exercise Over Christmas

The list of reasons to NOT exercise at Christmas seems endless.

For starters, time is especially tight; between the shopping, the cooking, the driving and family commitments, we are lucky if we can get in enough time to brush our teeth and take a shower. Further, if you are entertaining a house full of guests, then you are likely feeling a bit of pressure to make sure everything is in order before your guests arrive.

From a mental standpoint, skipping exercise at Christmas might seem like a bit of a gift unto itself. And, finally, if you don't normally take pleasure in exercise, the last thing that seems like an appealing way to spend part of Christmas is doing one of the things you least enjoy.

Although these reasons are valid, finding a way to squeeze in some fitness at Christmas might be the best Christmas gift you could give yourself.

1. Stress Relief

Whether you are entertaining Christmas Day, battling traffic to get to your relatives, or dealing with a dozen hyper Santa-struck children, it is difficult to avoid the stress that Christmas can bring. Exercising will help you release any stress already built up, and better prepare you for the stress that awaits for the rest of the day.

2. Regularity

During the holidays, we tend to eat less fiber and more foods that can hamper our normal bathroom routine. Maintaining an exercise regimen, however, helps to maintain proper

bowel function and reduce constipation. Further, if the extra doses of indulgences cause you to bloat, exercising will help alleviate the gassy feeling as well.

3. Guilt-Free Indulgences

Let's face it: we eat a lot at the holidays and not necessarily the healthiest of foods. Making time for 30 minutes to an hour of exercise, however, will keep your metabolism revved and help you to burn off a few hundred extra calories, making it a little "sweeter" when you have the extra serving of pie.

4. Staying Energized

The holiday season is filled with more celebrations and later nights than at other times of the year, so our energy levels can feel a bit depleted. Even when we are tired, a little activity can perk us right up and give us the extra boost we need.

5. Mini-Detox

Although we might enjoy alcohol, sugary sweets and fatty foods occasionally throughout

the year, we tend to indulge in these more so during the holiday season. Exercising is a natural detox for your system because it helps you sweat out toxins. This process is not only good for you, but it will make you feel a whole lot better, faster.

A few ideas to motivate:

• Focus on the Positive

If the idea of getting to the gym or going for a run Christmas morning sounds terrible, focus on the positives and benefits it will bring.

• Do What You Love

Instead of forcing yourself into an activity you loathe, make your Christmas exercise something you enjoy. A walk, stretching, dancing, ice skating all count towards exercise. Do what you enjoy most.

• Make it a Family Activity

Get your family or loved ones involved. Maybe an early morning walk as a family could be the best way to motivate. After all, if presents under the tree are waiting to be opened, you might find your little ones are eager to set a good pace!

• Get It Done Early

Morning exercise is beneficial for many reasons. One of the best reasons, however, is that if you wait until the middle or end of the day, you are more likely to have excuses than if you get it done and out of the way.

If there is a perception that exercise represents a chore, I can totally understand why exercise at Christmas might seem like a terrible idea, but there are so many benefits to prioritizing it.

—sheerbalance.com





- 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



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Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



Seeds/pits



Spicy



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Is It Harder to Run in the Cold?

Nothing feels better than that first fall run, when there's finally a crisp chill to the air, and it no longer feels like you're slogging through a swamp of summer humidity. But the colder it gets and the harder it is to force yourself outside in almost-freezing temps, the more you might start to wonder: Is it harder to run in the cold?

You know hot weather has an effect on how fast and hard you can go, so it makes sense that there'd be a similar effect at the other end of the thermometer. Here's what you need to know.

What's cold, anyway?

First, you have to understand that it's not just about the outside temperature—it's more about how your body temp reacts to its environment. Your body has a thermoregulatory mechanism that regulates your core temperature by increasing or decreasing heat loss and heat production within the body so you we don't overheat or get too cold, explains Joan Scrivanich, C.S.C.S., an exercise physiologist and a USATF- and USATF-certified running and triathlon coach.

So when you're running, you're generating heat—and even if it feels cold when you start a run, you should feel

pretty OK once you're moving. In fact, the ideal temperature for marathon running is 45 degrees, according to research published in the journal PLOS One; the study found that ideal finish times at six major marathons over 10 years ranged between 38 degrees and 49.8 degrees.

Why so cool? At around 45 degrees, "the effort to maintain core temperature is minimal, and more energy can be utilized to maintain fast paces," says Rebekah Mayer, National Run Program Manager at Life Time. "As the temperature rises (or dips), more energy is dedicated to maintaining a safe temperature range for the body," she adds, versus performance.

"When we exercise, the active muscles produce heat, which transfers to the core and skin," says Scrivanich. "The more intense or the longer the workout, the more heat that is produced within the body." Excess body heat dissipates to the environment through sweat, respiration, cardiovascular adjustments, and air movement, she adds—but cold temperatures help with the process, so you're less likely to overheat in the long run.

"With less speed and intensity, you'll generate less body heat," says Steven Mayer, M.D., sports medicine physician at the Northwestern Medicine Running Medicine Clinic. "Therefore, you may tolerate higher temperatures easier." (That's why sprinters whose events are very short tend to perform better in warmer weather.)

Does cold weather reduce blood flow to your muscles?

When you're running, most of your blood flow is directed to the muscles craving oxygen in your legs. But the colder it is outside, the harder your body has to work to keep your vital organs warm—then, "oxygen and blood tend to be shunted away from the extremities, which can make the muscles' ability to use the oxygen less efficient than in more moderate temperatures," says Mayer.

On top of that, your blood vessels constrict in the cold to maintain your core temperature, and that constriction reduces blood flow. Also, "your nerves transmit signals slower in the cold, which may



lead to less efficient muscle contraction over time," says Mayer.

But don't freak out if the mercury dips lower than you'd like: "A cold muscle cannot perform as well as a warm muscle, but when you are running in cold conditions, your muscles are generally warm and warmed to performance level," says William O. Roberts, M.D., a sports medicine doctor. "Cold exposure will reduce blood flow to your skin to help preserve body temperature, but circulation to muscles isn't impacted in normal exercise circumstances."

It's actually more concerning when you stop moving during a run. "If you stop moving and/or if you aren't dressed properly, your body core will start to cool, and your muscles will contract rapidly (shiver) to produce heat," says Roberts. That contraction also reduces blood flow. But "you would have to be pretty cold (hypothermic) to reduce blood flow to the muscles, and in that situation, running performance would not be your issue," he adds.

So, how does the cold affect your pace?

Small temperature variations from those ideal weather conditions won't affect your pace much. But if the mercury starts dropping below 10 degrees, you probably will see a negative effect. In fact, the United Endurance Sports Coaching Academy recommends slowing your pace by 27 seconds per mile if it's under 10 degrees outside.

That's because, instead of focusing on running efficiency, "your body has to focus on maintaining core temp and moisturizing and warming dry and cold air before it hits your lungs," says Mayer. "The colder temperatures cause muscles to tighten and resist efforts that would feel more fluid on warmer days, and can reduce your stride length, impacting your overall pace (especially on slippery surfaces, where your focus is on maintaining balance rather than pace)."

—By Ashley Mateo

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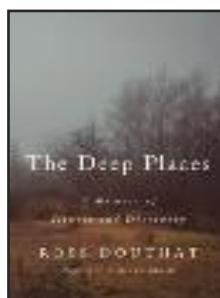
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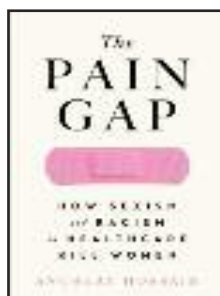
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In this vulnerable, insightful memoir, the New York Times columnist tells the story of his five-year struggle with a disease that officially doesn't exist (chronic form of Lyme disease), exploring the limits of modern medicine, the stories that we unexpectedly fall into, and the secrets that only suffering reveals.



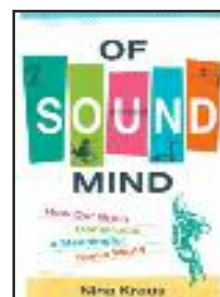
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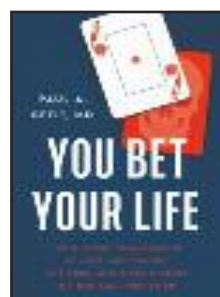
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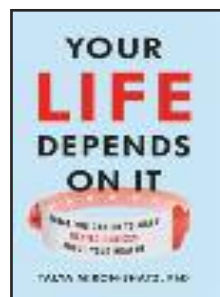
You Bet Your Life: From Blood Transfusions To Mass Vaccination, The Long And Risky History Of Medical Innovation by Paul A. Offit, New Health Books Media Center 610.7 Off

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In *Your Life Depends on It*, the author explores the preventable ways we make bad choices about everything from nutrition to medication, from pregnancy to end-of-life care. She reveals how the medical system can set us up for success or failure and maps a model for better doctor-patient relationships.



Flesh & Blood: Reflections On Infertility, Family, And Creating A Bountiful Life: A Memoir by N. West Moss (Nanette West), New Health Books Media Center 618.178 MOS

A remarkably honest memoir



about heartache and healing, *Flesh & Blood* opens a conversation with the millions of women who live with infertility and loss. Moss shares that there are ways besides having children to make a mark, and that grief is not a stopping place but a companion.

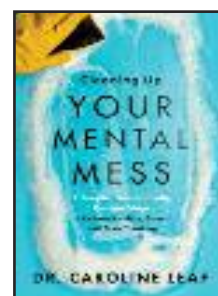
Small Changes: A Rules-Free Guide To Add More Plant-Based Foods, Peace & Power To Your Life by Alicia Witt, New Health Books Media Center 613 WIT

Deciding to improve your health, your consciousness, and the world can seem so overwhelming that you don't know where to begin. Sometimes, all you need to do is make small changes to chart your course to a healthier life. Regardless of what you want to improve, this book will help you find your way.



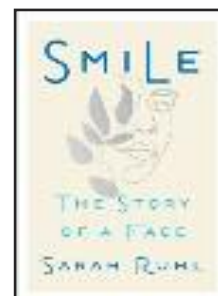
Cleaning Up Your Mental Mess: 5 Simple, Scientifically Proven Steps To Reduce Anxiety, Stress, And Toxic Thinking by Caroline Leaf, New Health Books Media Center 616.8522 LEA

Backed by clinical research, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health in just 21 days.



Smile: The Story Of A Face by Sarah Ruhl, New Health Books Media Center 617.482 RUH

Sarah Ruhl has just survived a high-risk pregnancy when she discovers the left side of her face is completely paralyzed. Brimming with insight, humility, and levity, *Smile* is an intimate examination of loss and reconciliation, and above all else, the importance of perseverance and hope.

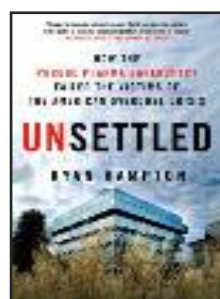


The Shift: 7 Powerful Mindset Changes For Lasting Weight Loss by Gary D. Foster, New Health Books Media Center 613.25 FOS



The Shift is not about what to eat or not eat. It's not about when to eat. It's about building thinking habits, proven through science, that help you lose weight. Dr. Gary Foster's 7 Mindset Shifts show you how to--and why you should--treat yourself in a way that feels better and primes you for likelier success.

Unsettled: How The Purdue Pharma Bankruptcy Failed The Victims Of The American Overdose Crisis by Ryan Hampton, New Health Books Media Center 615.1047 HAM



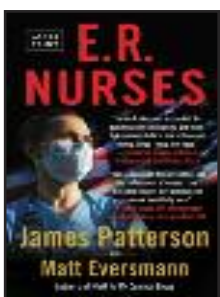
A shocking inside account of reckless capitalism and injustice in the Purdue Pharma bankruptcy case. Unsettled details what happened behind closed doors and is the story of a sick, broken system that destroyed millions of lives and let the Sacklers off almost scot-free.

Running Is A Kind Of Dreaming: A Memoir by J. M. Thompson, New Health Books Media Center 616.8527 THO



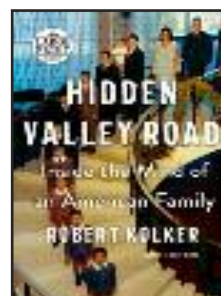
A powerful, breathtaking memoir about a young man's descent into madness, and how running saved his life. Step by step, mile by mile, his body and mind heal. In this vulnerable, and breathtaking memoir, the author, now a successful psychologist, retraces the path that led him from despair to wellness.

ER Nurses: True Stories From America's Greatest Unsung Heroes by James Patterson, New Health Books Media Center 610.92 PAT



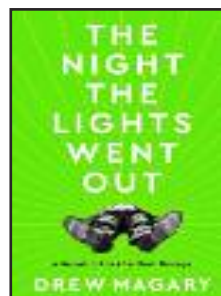
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Hidden Valley Road: Inside The Mind Of An American Family by Robert Kolker, New Health Books Media Center 616.8572 KOL



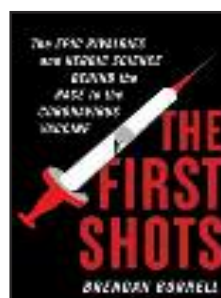
What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a history of the science of schizophrenia and led to the search for genetic markers for the disease.

The Night The Lights Went Out: A Memoir Of Life After Brain Damage by Drew Magarey, New Health Books Media Center 617.481 MAG



A fascinating, darkly funny comeback story of learning to live with a broken mind after a near-fatal traumatic brain injury. The author takes a deep dive into what it meant to be a bystander to his own death and figuring out who a Drew that doesn't walk, taste, smell, see, or hear as well.

The First Shots: The Epic Rivalries And Heroic Science Behind The Race To The Coronavirus Vaccine by Brendan Borrell, New Health Books Media Center 614.58 BOR



Heroic science. Chaotic politics. The First Shots is a full inside story of the high-stakes, global race for the lifesaving vaccine to end the pandemic. Award-winning journalist Borrell brings the defining story of our times alive through first-time reporting on the players leading the fight against a vicious virus.

I Dream He Talks To Me: A Memoir Of Learning How To Listen by Allison Moorer, New Health Books Media Center 616.85882 MOO



When Allison's son, John Henry, stopped using his growing vocabulary just before his second birthday, she knew in her bones that something was shifting. In I Dream He Talks to Me; Allison details the meltdowns and the moments of

grace since her son's autism diagnosis.

Let The Record Show: A Political History Of ACT UP New York, by Sarah Schulman, New Health Books Media Center 616.9792 SCH



Based on more than two hundred interviews with ACT UP members, Let the Record Show is a revelatory exploration--and long-overdue reassessment--of the coalition's inner workings and how they took on individuals that stood in the way of AIDS treatment for all.

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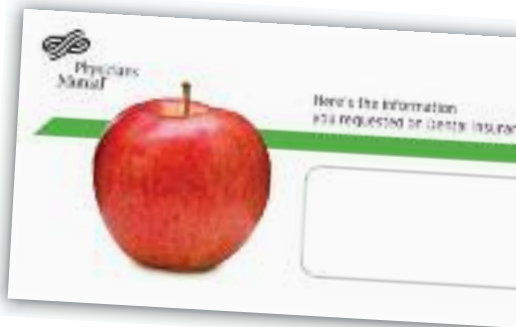
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Healthy Family Recipes for the Fall

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

Turkey Pumpkin Chili



Chili flavors paired with pumpkin for a delicious twist!

Ingredients

- 1 1/2 Tbsp Olive oil, divided
- 1 Red bell pepper, chopped
- 1/2 Cup Onion, diced
- 1/2 Cup Celery, thinly sliced
- 1 Tbsp Fresh garlic, minced
- 1 Lb 93% Lean ground turkey
- 2 1/2 tsp Chile powder
- 2 tsp Paprika
- 2 tsp Pumpkin pie spice
- 1 1/2 tsp Ground cumin
- 1/4 tsp Cayenne
- 1 Cup Chicken broth
- 1 Can Fire roasted diced tomatoes (14.5 oz)
- 1 Can Crushed tomatoes (14.5 oz)
- 1 Can Dark red kidney beans, drained and rinsed (14oz) (leave out for paleo/whole30)
- 1 Can Pumpkin puree (14.5oz)
- 2 Tbsp Tomato paste
- 1 tsp Salt, or to taste
- Pinch of pepper
- 2 Bay leaves
- 1/4 Cup Parsley, minced

Directions

Heat 1 Tbsp of the oil in a large pan on medium high heat. Add in the pepper, onion, , celery and garlic and cook until they begin to soften, about 5 minutes.

Add the rest of the oil and the turkey to the pan. Cook until the turkey begins to brown, about 3-4 minutes. Drain off any of the liquid.

Add in the spices and cook until the turkey is no longer pink and the spices are fragrant, about 3-4 minutes.

Add in the broth, fire roasted tomatoes, crushed tomatoes, beans, pumpkin puree , tomato paste, salt and pepper and stir until well combined. Then, bring to a boil.

Once boiling, stir in the bay leaves, turn the heat to medium low and cover the pan. Simmer for 30 minutes,

stirring occasionally.

Once simmered, remove the bay leaves and stir in the parsley. Season to taste with more salt, if desired.

Nutrition Information (Servings: 6)

Calories: 239kcal, Carbohydrates: 20g, Protein: 18g, Fat, Saturated Fat: 2g, Polyunsaturated Fat: 3g Monounsaturated Fat: 5g Trans Fat: 1g Cholesterol: 56mg, Sodium: 850mg, Potassium: 748mg, Fiber: 6g, Sugar: 9g, Vitamin A: 13073IU, Vitamin C: 45mg, Calcium: 112mg, Iron: 4mg

Healthy Mashed Sweet Potatoes



So flavorful and full of comfort! Sweet, yet savory; a delicious, healthy, gluten free side dish!

Ingredients

- 4 Lbs Sweet potatoes, cut into 1 inch thick slices
- 2 tsp Cinnamon
- 1/2 tsp Ground ginger
- 1/4 tsp Ground nutmeg
- 1/4 tsp Ground Thyme
- 4 Tbsp Butter (DF works too!)
- 1/4 Cup Unsweetened almond milk or skim milk
- 1 1/2-2 tsp Salt + more for boiling

Directions

Place the potatoes in a large pot with generously salted, COLD water (about 1 tsp of salt in the water) and cover at least an inch.

Bring to a boil. Once boiling, cover and reduce the temperature slightly to maintain a low boil. Cook until the potatoes can be pierced easily with a fork with almost no resistance, about 20-25 minutes. Drain well and place back into the pot. Use a paper towel to blot off excess water.

Mash the potatoes using a potato masher.

Stir in the cinnamon, ginger, nutmeg and thyme.

Melt the butter with the milk in a small pan and then pour into the potatoes. Season to taste with the salt

Nutrition Information (Servings: 10)

Calories: 200kcal, Carbohydrates: 37g, Protein: 3g, Fat: 5g, Saturated Fat: 3g, Polyunsaturated Fat: 1g Monounsaturated Fat: 1g Trans Fat: 1g Cholesterol: 12mg, Sodium: 491mg, Potassium: 626mg, Fiber: 6g, Sugar: 8g, Vitamin A: 25895IU, Vitamin C: 4mg, Calcium: 68mg, Iron: 1mg

Vegan Gluten Free Brownies



These will satisfy your sweet tooth whether you have dietary sensitivities or not. Perfect for chocolate lovers!

Ingredients

- 2 Tbsp Flax meal
- 6 Tbsp Hot water, divided
- 4 Tbsp Vegan butter
- 4 Tbsp Avocado or melted coconut oil
- 1 Cup Sugar
- 1 tsp Vanilla
- 3/4 Cup 1:1 Gluten free flour (125g. It should have xanthan gum in it)
- 1/2 Cup Cocoa powder (40g)
- 3 Tbsp Non GMO Cornstarch (25g)
- 3/4 tsp Baking powder
- 1/4 tsp Salt
- 1/4 Cup dairy free mini chocolate chips

Directions

Whisk together the flax meal with 5 tbsp of then hot water and set aside until it forms a gel, about 10 minutes. Give it a stir every few minutes.

Heat your oven to 350 degrees F and line the bottom of an 8x8 inch baking pan with parchment paper, spraying the sides with cooking spray.

In a large, microwave-safe bowl, microwave the butter, oil and sugar until the butter is melted. About 1-1.5 minutes. Stir well until the mixture starts to come together and make ribbons on itself – about 1-2 minutes. Add in the flax seed, the remaining 1 Tbsp of hot water and the vanilla and stir well.

Add all the ingredients up to the chocolate chips and stir just until mixed. Gently fold in the chocolate chips.

Spread into the prepared pan and bake until the top feels set and forms some cracks and a toothpick inserted in the center comes out clean (except for possible melted chocolate chip. It shouldn't be gooey.) about 30-35 minutes.

Immediately place the brownies on a cooling pad in the refrigerator for 15 minutes, then cool on the counter Gently cut and remove from the pan

Nutrition Information (Servings: 16)

Calories: 155kcal, Carbohydrates: 22g, Protein: 1g, Fat: 8g, Saturated Fat: 2g, Polyunsaturated Fat: 2g Monounsaturated Fat: 4g Trans Fat: 1g Sodium: 61mg, Potassium: 68mg, Fiber: 2g, Sugar: 14g, Calcium: 22mg, Iron: 1mg

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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.

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MIRACLE ON KANSAS AVENUE PARADE – Dec. 4, 3pm, Downtown Topeka. Tree-lighting at 5:30pm, lighted parade at 6pm. www.topekapartnership.com/events/

ZACH WILLIAMS CHRISTMAS - Dec 4, 7pm, Landon Arena.

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE – Dec. 4, 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

HOLIDAY STOCKING DECORATING – Dec. 6, 6-9pm, Norsemen Brewing Company. Cost is \$25 and will include a beer, fountain drink, or trip through a hot cocoa station. Includes Stocking and supplies to decorate it with. Kitchen will be open until 8. Family friendly event

C5Alive "CHRISTMAS" LUNCHEON – Dec. 9, 11:30-1 at Fairlawn Plaza Mall.

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, Jan. 13, 11:30-1.

BALLET MIDWEST PRESENTS The Nutcracker – Dec. 10-12, at TPAC. 45th annual presentation of this holiday favorite. Tickets through Ticketmaster or at TPAC

RED STOCKING BREAKFAST - Dec. 11, 7:30-10:30am,

The Pennant, 915 S. Kansas Ave. Cost is \$15 in advance at www.kcsl.org/RedStocking_Home.aspx and \$18 at the door. Children 10 & under eat free. Benefits Kansas Childrens Service League's child abuse prevention programs and services.

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

YOUTH NIGHT – Dec 12, 6pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. A time in the Word of God, food, & fun! (785) 266-3247; LakeviewTopeka.org; Lake-Naz@aol.com

MANNHEIM STEAMROLLER CHRISTMAS SHOW – Dec. 18, 7pm, Stormont Vail Events Center.

THE NUTCRACKER BY KANSAS BALLET ACADEMY – Dec. 18 at 7pm & 19 at 1pm, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787

PUT A BOW ON IT – Dec. 18, 7:30pm, Jayhawk Theatre. Lucero Padilla holiday show. Music, laughs, and food and drinks by Norsemen Brewing Company.

OLD PRAIRIE TOWN CHRISTMAS – Dec. 18, 4-7pm, Old Prairie Town at Ward-Meade Park. Visit the Lingo Livery Stable to make magic reindeer feed, help an elf on the railroad hand car, write a letter to Santa at the depot, take pictures at the selfie station, hear a story read by a local celebrity in the school house and seasonal music and dancing in the church. Shop for nostalgic gifts or treats in the Mulvane General Store and Potwin Drug Store. \$5 @ the gate per person

SANTA SUPPER – Dec. 19, 4 - 7pm, The Brownstone, 4020 NW 25th St. Winter wonderland complete with carriage rides & Santa's workshop! To maintain social distancing, we are selling tickets based on check-in/dinner time. Each ticket will include the following - Check-in at The Brownstone (4020 NW 25th St.) to gain your event punch card. Enjoy live tunes and grab a delicious dinner to start off the holiday celebration. Jump in line to take a short carriage ride and end at The Milestone Market (right across the street from The Brownstone) where Santa will be ready for photos! Feel free to grab a photo on your phone too. All photos will be available digitally after the event. The carriage will pick you up after your photo and return you to The Brownstone.

Adult beverages, hot chocolate, and more will also be available for purchase.

www.facebook.com/events/742666529648088/

AN EVENING WITH CHEVY CHASE – Dec. 23, 7pm, TPAC. Chevy Chase live on stage plus audience Q & A following a screening of National Lampoon's Christmas Vacation. Tickets at Ticketmaster.com or the Box Office.

CHRISTMAS EVE CANDLELIGHT SERVICE - December 24, 6pm, Bethel Baptist, 4011 N. Kansas Ave. www.betheltopeka.org | bethelbaptist17@yahoo.com | 785.286.0467

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.



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C5Alive POWER Luncheons are held 2nd Thur. each mo.

Dec. 9, 11:30-1: "Christmas"
Luncheon at Fairlawn Plaza Mall
RSVP to info@C5Alive.org. Open to the public.

- Jan. 13: **POWER** Luncheon
- Feb. 10: **Valentine** Luncheon at Fairlawn Plaza
- Mar. 10: **POWER** Luncheon
- Apr. 14: **POWER** Luncheon
- Apr. 16: **EASTERFEST**

Save the Dates!

For info: www.C5Alive.org or Facebook.com/C5Alive



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Call for information at 785-234-4808 or 785-234-3771
(785) 234-4808 • davidswelersjeweekstokaks.com

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

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

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.topekaswingdance.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 & 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.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage

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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




The Nutcracker

A Topeka holiday tradition since 1977



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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 California. 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 Sat-

urdays 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. 2910 SW Topeka Blvd.

Send your event information to:
info@TopekaHealthandWellness.com

See complete updated calendar at
TopekaHealthandWellness.com



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Spiritual Wellness

Holiday Tips and Preparing for 2022

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

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

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

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

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



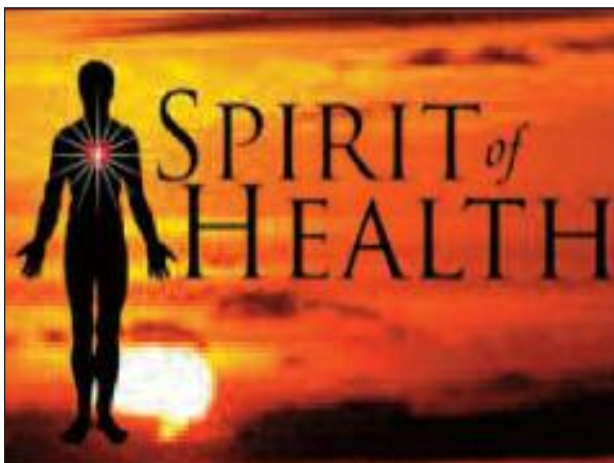
say you will eat no dessert, and proceed to cave into eating two or three, here comes the feelings of guilt and all the baggage along with it.

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

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

Here are some ideas from a Christian perspective:

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



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



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

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

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

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

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

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