

**TOPEKA**

**JANUARY 2022**

# Health & Wellness

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**A New Year search for immortality  
The Impact of Seasonal Affective Disorder**

**Fitness Trends That May Take Over 2022  
What does hospice home care mean for a patient?**

**Helping Topekans Live Happier, Healthier Lives Since 2015!**

# 10 Tips for Keeping New Year's Resolutions

**M**any people make New Year's Resolutions, but keeping them is a much more exclusive group. This year, stop the cycle of resolving to make a change, but then not following through. A resolution to take control of managing our health or our diet and its effects can have a lasting effect all year and lead to improved understanding of its effects. Use these 10 tips to get you started.

## Be Realistic

One thing about being able to achieve goals is that they need to be realistic. Goals can certainly be ambitious, but remind yourself not to try for something that's too far afield or unrealistic. The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat a favorite food again because it's problematic could be a bad choice for a New Year's resolution. Strive for a goal that is attainable, such as avoiding that problem food more often.

## Plan Ahead

New Year's Eve probably isn't the best time to start planning for the next year. Waiting until the last minute means that decisions may be based on the mindset for that particular day rather than a more measured approach. Instead, a New Year's resolution should be well-planned. If it's already too late for planning to start something by January 1st, pick another date—January 15th, February 1st—whatever date is meaningful.

## Outline Your Plan

Sewing a dress without a pattern isn't going to yield the best results, and neither will basic life choices on half-formed and half-thought-out ideas. Instituting changes includes making plans about how you will deal with the temptation to skip an exercise class or to have one more cigarette, for instance. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminders about how lifestyle choices can affect your health.

## Make a Pros and Cons List

It's important to consider all the angles of a resolution. Maybe the time is right, and maybe it's not: give that idea



a thought before diving in. It may help to see a list of pros and cons on paper to strengthen the motivation. Develop this list over time, and ask others to contribute to it. Keep the list handy and refer to it when the need to reaffirm a resolution strikes.

## Talk About It

Don't keep a resolution as a secret. Bring family and friends into the fold, and with their help, goals will be easier to achieve. The people who care will be there to support the resolution to change habits for the better or to improve overall health. The best-case scenario is to find a buddy who shares the same New Year's resolution and to motivate each other.

## Reward Yourself

Small rewards along the way can help in giving a sense of achieving goals. This doesn't mean that it's OK to eat an entire box of chocolates if the resolution is to eat more healthfully. Instead, celebrate successes with something enjoyable that does not contradict the resolution. After sticking to a promise to eat better, for example, perhaps a reward could be going to a movie with a friend.

## Track Your Progress

Keeping track of progress can be a big help on the journey. Make note of each small success made toward reaching the larger goal. Short-term goals are easier to keep, and

small accomplishments will help with motivation. Instead of focusing on losing 30 pounds, say, focus on losing that first five. Keeping a food diary or a symptom journal may also help in staying on track.

## Don't Beat Yourself Up

Having a good attitude all the time isn't always possible but working toward being less self-critical can help. Obsessing over the occasional slip up won't help in the pursuit of progress. Do the best that's possible each day, and take each day one at a time. When there is a backslide, don't dwell on it. Get back on schedule again and keep moving forward with the plan.

## Stick to It

Sticking to a plan is going to be the hardest part of keeping a resolution. Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. New healthful habits will become second-nature in no time.

## Keep Trying

Not every shot is going to hit the bullseye. What matters is to keep trying. If a resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason a "New Year's resolution" can't be made at any time of year.

## FACTS ABOUT NEW YEAR'S RESOLUTIONS

In a study in Sweden, researchers analyzed New Year's resolutions made by more than 1,000 people.<sup>1</sup> They found that the participants' goals included the following:

- 33% for physical health
- 20% to lose weight
- 13% to change eating habits
- 9% for personal growth
- 5% for mental health/sleep

For those with approach-oriented goals, such as striving to eat more fruit, 59% considered their resolution successful. For those with an avoidance goal, such as not eating candy, 47% felt they were successful.

—Amber J. Tresca | [verywelhealth.com](http://verywelhealth.com)





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## ON THE COVER:

Our cover this month is a lead-in to our feature article on Food Trends of 2022, found on page 12. More 2022 trends on fitness will be found on other pages.

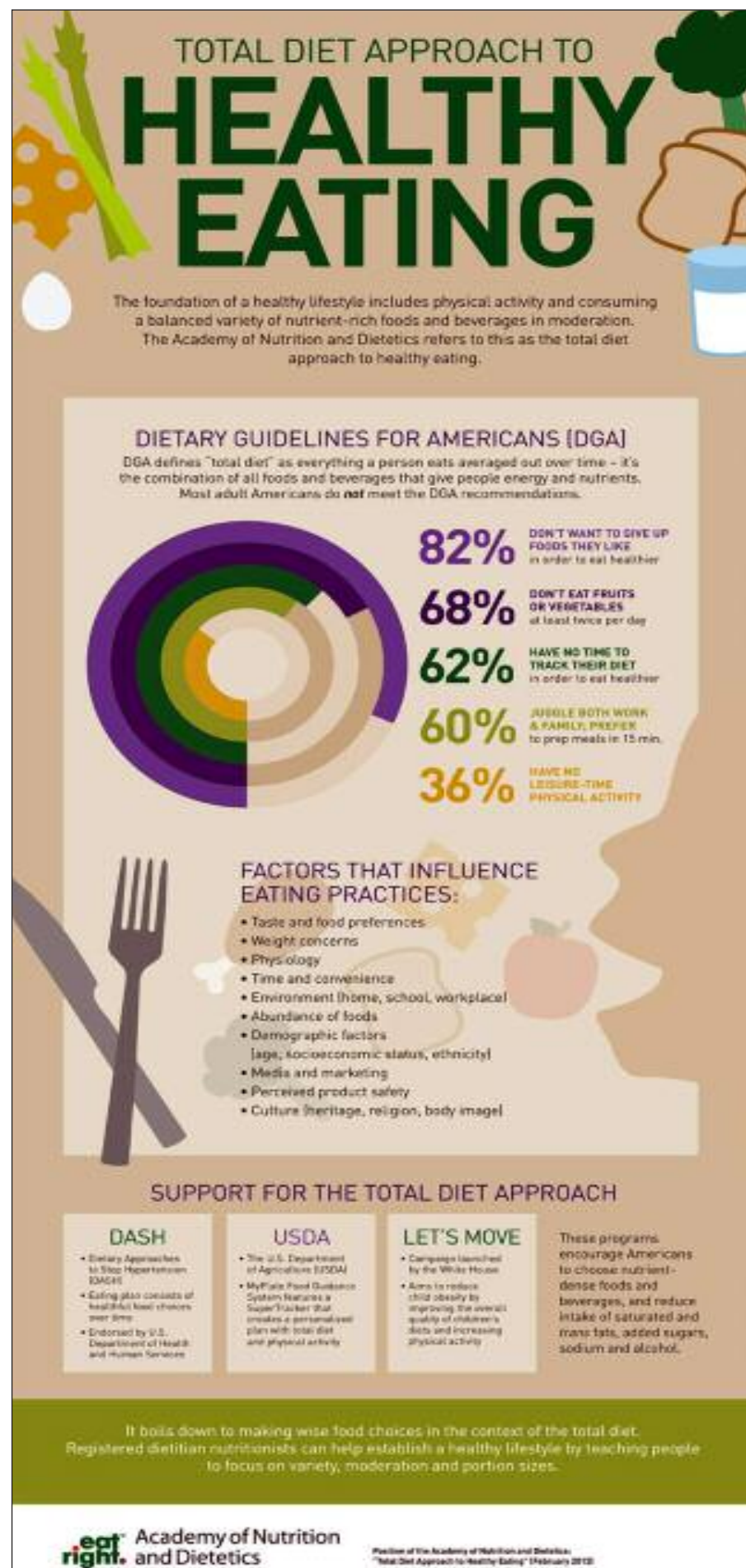


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# The Impact of Seasonal Affective Disorder on Mental Health

By Michaela Butterworth  
Health Promotion Specialist

**D**o the shorter days of winter and fall make you feel 'blue'? It's normal to have some days when you feel 'blue', but if you feel 'blue' for days at a time and you can't get motivated to do activities you normally enjoy, you may be suffering from seasonal affective disorder (SAD), a type of depression.



Michaela Butterworth

In most cases, SAD begins in young adulthood with symptoms starting in the late fall or early winter and going away during the spring. Both serotonin and melatonin help maintain the body's daily rhythm that is tied to the seasonal night-day cycle. In people with SAD, changes in serotonin and melatonin levels disrupt the normal daily rhythms. As a result, they can no longer adjust to the seasonal changes in day length, leading to sleep, mood, and behavior changes.

Deficits in vitamin D may also exacerbate these problems because vitamin D is believed to promote serotonin activity. In addition to

vitamin D consumed with diet, the body produces vitamin D when exposed to sunlight on the skin. With less daylight in the winter, people with SAD may have lower vitamin D levels, which may further hinder serotonin activity.

Seasonal affective disorder is experienced in the form of symptoms such as:

- Depression: Feeling depressed most of the day, nearly every day.
- Emotional: Feeling miserable, guilty, worthless, or hopeless. Having frequent thoughts of death or suicide.
- Apathy: Losing interest in activities you once enjoyed.
- Anxiety: Feeling tense, agitated, irritated, or unable to tolerate stress.
- Energy level: Feeling lethargic and sluggish or jittery and unable to relax.
- Sleep patterns: Oversleeping or inability to fall asleep. Difficulty staying asleep or waking up too early.
- Weight changes: Loss of appetite, over eating and cravings for carbohydrates (resulting in weight gain).
- Concentration: Wavering attention, difficulty focusing or staying focused. Easily distracted.

- Social withdrawal or isolation (feeling like "hibernating").
- School or work problems.
- Increase in substance use or misuse.

If you think you may be suffering from SAD, talk to your health care provider or a mental health specialist about your concerns. There are multiple options available for treatment and a myriad of strategies to choose from to help manage symptoms.

**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.**

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# What does hospice home care mean for a patient?

**W**hen you or a loved one choose hospice care, you focus on living comfortably and fully near the end of your life. Home hospice care may be appropriate for patients with a terminal illness, and if a physician believes the patient has six months or less to live. This definition comes from the National Institutes of Health.

It is very important for a person to discuss hospice care options with a doctor. That's because hospice care, particularly at home, can lead to a better quality of life for months. Home-based care gives the patient a chance to spend more time with family, friends and loved ones while coming to the end of life on their terms.

Some hospice patients live for years, so it's important to remember that a diagnosis does not necessarily mean what a doctor says is what comes to pass.

Most patients utilize Medicare or Medicaid to pay for home hospice care.

## What are the four levels of hospice care?

Hospice care typically involves four different levels of care, depending on the patient's needs.

1. Hospice home care. This type of care increases a patient's comfort and quality of life in familiar surroundings. Care may revolve around managing symptoms, managing pain, utilizing spiritual and emotional counseling for the patient and family members, nutritional services, various therapy, and assistance with daily tasks.
2. Continuous or crisis hospice care. This type of hospice care is for someone going through intensive symptom management or a medical crisis. A patient may need 24-hour nursing care with this level of home hospice care.
3. Inpatient hospice care. A doctor may recommend inpatient hospice care for a patient whose symptoms can no longer be managed at home. The ultimate goal of this level of care is to control severe pain and symptoms.
4. Respite care. Family caregivers sometimes need a break when watching over and caring for a loved one undergoing hospice care. Professional caregivers can provide respite care for a few hours a week so that family members can take care of other aspects of their lives.

## What are the advantages of hospice home care?

This type of health care at home offers several benefits to patients, including:

1. Cost-effectiveness. Home hospice may be more affordable than long-term care facilities and hospital stays.
2. Full range of services. Home hospice agencies provide more than just medical care for a patient. They also offer



various therapies, like speech, occupational, and physical therapy, as well as counseling services for families dealing with someone's end-of-life decisions.

3. Convenience. There is no more convenient place to heal than at home. The patient is in familiar surroundings.
4. No limit to visiting hours and visitors. A patient has no limits or restrictions on visitors as set forth by a hospital or long-term care facility.
5. Customized care. Each patient is unique and deserves to be treated with compassion and respect. When possible, the same nurse or home health staff will be assigned to a particular patient.
6. Familiar setting. You or your loved one gets to live this stage of life on their terms in familiar surroundings. There are no strange beeping machines, no noises in the hallway from a page for medical staff, no hubbub of activity, and no semi-private rooms with a patient in another bed.
7. Trained hospice care workers. Nurses and staffers at a hospital or long-term care facility may not receive specialized training for hospice care. Home health care personnel receive formal training in hospice care, which makes it easier for your loved one to ease in this type of health care.

## What does a home hospice nurse do?

Needs vary, depending on the level of care a patient requires. The average home hospice stay is around an hour per day, three to four days per week. Some patients may see a hospice worker every day or several hours a day if the person's symptoms are exacerbating daily tasks, or pain becomes more advanced.

A hospice home nurse helps in several ways:

1. Monitoring vital signs. A change in vital signs can signal what, if any, changes to care a hospice patient may need.
2. Medication management. The nurse will make sure prescriptions are filled properly and the patient takes medicine as prescribed by a doctor.
3. Managing a patient's symptoms and pain. This is what sets home hospice care apart from other aspects of home health care. Knowing how, when, and why to manage pain

and symptoms in a hospice patient offers different outcomes compared to someone who requires home health care after a hospital stay or surgery.

4. Help during a medical crisis. Someone near the end of life may face a medical crisis, such as going into cardiac arrest or breathing distress. A hospice nurse is specially trained to know when to intervene in a crisis.
5. Educational support. Home hospice nurses want everyone in a loved one's family to understand what's going on and why.
6. Spiritual, social, and psychological support. Seeing a loved one go through this part of life is hard, and it takes its toll even when we make it as life-affirming as possible. Home hospice nurses are specially trained to offer spiritual, social, and psychological support to a loved one and the family during this time.

## How do I begin hospice home care?

Contact Phoenix Home Care today, or call 785.670.8407. We'll have an honest discussion about your needs or the needs of your loved one while consulting with the hospice care team. Our overall goal is to help you or your loved one as you embark on a journey towards the next stage of life. Team Phoenix provides hospice throughout the greater Topeka area.



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# FINANCIAL HEALTH & WELLNESS

## Taxpayers should hold onto Internal Revenue Service information letters

**T**he Internal Revenue Service announced that it will issue information letters to Advance Child Tax Credit recipients starting in December and to recipients of the third round of the Economic Impact Payments at the end of January. Using this information when preparing a tax return can reduce errors and delays in processing.

The IRS urged people receiving these letters to make sure they hold onto them to assist them in preparing their 2021 federal tax returns in 2022.

### Watch for advance Child Tax Credit letter

To help taxpayers reconcile and receive all of the Child Tax Credits to which they are entitled, the IRS will send Letter 6419, 2021 advance CTC, starting late December, 2021 and continuing into January. The letter will include the total amount of advance Child Tax Credit payments taxpayers received in 2021 and the number of qualifying children used to calculate the advance payments. People should keep this and any other IRS letters about advance Child Tax Credit payments with their tax records.

Families who received advance payments will need to file a 2021 tax return and compare the advance Child Tax Credit payments they received in 2021 with the amount of the Child Tax Credit they can properly claim on their 2021 tax return.

Eligible families who did not receive any advance Child Tax Credit payments can claim the full amount of the Child Tax Credit on their 2021 federal tax return, filed in 2022. This includes families who don't



normally need to file a tax return.

### Economic Impact Payment letter can help with the Recovery Rebate Credit

The IRS will begin issuing Letter 6475, Your Third Economic Impact Payment, to EIP recipients in late January. This letter will help Economic Impact Payment recipients determine if they are entitled to and should claim the Recovery Rebate Credit on their tax year 2021 tax returns that they file in 2022.

Letter 6475 only applies to the third round of Economic Impact Payments that was issued starting in March 2021 and continued through December 2021. The third round of Economic Impact Payments, including the "plus-up" payments, were advance payments of the 2021 Recovery Rebate Credit that would be claimed on a 2021 tax return. Plus-up payments were additional payments the IRS sent

to people who received a third Economic Impact Payment based on a 2019 tax return or information received from SSA, RRB or VA; or to people who may be eligible for a larger amount based on their 2020 tax return.

Most eligible people already received the payments. However, people who are missing stimulus payments should review the information to determine their eligibility and whether they need to claim a Recovery Rebate Credit for tax year 2020 or 2021.

Like the advance CTC letter, the Economic Impact Payment letters include important information that can help people quickly and accurately file their tax return.

More information about the Advance Child Tax Credit, Economic Impact Payments and other COVID-19-related tax relief may be found at IRS.gov.

As the 2022 tax filing season approaches, the IRS urges people to make sure an accurate tax return and use electronic filing with direct deposit to avoid delays.

—Peggy Beasterfeld, EA



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# The best exercise tech to help crush your fitness goals

If you're looking for a home workout solution that'll help you nail your weight loss and health goals for 2022, then you're in luck. Fitness tech has experienced something of a renaissance in the past few years, and nowadays the home workout gear available to consumers is absolutely incredible. No matter what your preferred workout routine might look like – whether it's running, rowing, lifting weights, or something else entirely – there's almost certainly a piece of equipment that'll allow you to do said workout in the comfort of your own home. Here are a few of our favorites:

## Mirror



This one is pretty straightforward – it's essentially a full-length mirror that's souped-up with some smart software that guides you through workouts, connects you with live instructors, and even allows you to compete with other people in your classes. The best part, however, is that Mirror workouts generally don't require any equipment (though you can use things like dumbbells and resistance bands if you want), so the entire system only takes up a tiny amount of space on your wall. It's a killer option if you don't have room for a Peloton bike, but you still want the benefits that come with live classes and instruction.

## Tempo Move



The Tempo system is a lot like the aforementioned Mirror,

but rather than relying on human instructors to guide you through workout routines, Tempo uses sensor-studded weights and a proprietary machine vision system that watches you and gives real-time feedback. The full size Tempo Studio system has its own screen and speakers, but if you're on a tighter budget, the Tempo Move delivers the same workouts by using your smartphone as a tracker and your TV as a display. It's honestly some of the best bang for buck in the smart fitness space – especially if you plan to work out in your living room anyway.

## Tonal



If you dig the idea of having a full-fledged gym at home, but don't have the space for it, then Tonal might be exactly what you're looking for. Thanks to the machine's exceptionally clever "digital weights" and adjustable arms, Tonal can deliver up to 200 pounds of resistance in a huge array of different exercises. Better yet, the digital weights can also adapt mid-workout to make things easier (or harder) for you, thereby ensuring that you get the most out of each session.

## Fitbit Charge 5

There are a gazillion different fitness trackers on the market these days, and this one is arguably one of the best. "The Fitbit Charge 5 is a stellar fitness tracker that elevates everything Fitbit trackers do well," says Digital Trends wearable tech reviewer Yoona Wagener. "Its compact and fashionable design makes it an ultra-wearable 24/7 accessory — but beyond the modern and streamlined look, it's jam-packed with wellness features and data you can dive into with the user-friendly Fitbit app."



## Aviron

There are a handful of smart rowing machines on the market these days (Hydrow, Echelon, etc.), but while most of



them simply offer Peloton-style live classes, Aviron takes things in a fun new direction with exercise-based games. Instead of just rowing alongside some virtual classmates and getting words of encouragement from an instructor, you use the rower to move your virtual avatar through a variety of different minigames and challenges. Best of all, you can choose to do this socially and play with other folks, or just row solo and play against a computer.

## Peloton Bike



This list just wouldn't be complete if we didn't include the revolutionary Peloton Bike. It's THE smart stationary bike, and shortly after it debuted, it kicked off a tectonic shift in the way that at-home fitness works. Peloton's virtual classes allow you access to live, instructor-led workout sessions from the comfort of your own home – and that formula has been copied by basically every other fitness company because Peloton does it so well. You're not just buying a stationary bike, you're buying access to a huge community that'll help keep you motivated and engaged – and that's something you can't get with a normal exercise bike.

## Aftershokz Aeropex

There are zillions of different workout headphones on the market, but these from Aftershokz stand out. They use bone-conduction tech to deliver sound, so you can use them without plugging up your earholes, which is a huge safety booster if you're, say, a runner or road biker who needs to stay in tune with your surroundings. Second, the headset is a single piece that wraps comfortably around your head and ears, so there's practically zero chance that they'll fall off during your workout.



—Drew Prindle / [digitaltrends.com](https://www.digitaltrends.com)



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# Pancreatic Cancer: Whipple Procedure



(Ivanhoe Newswire) —

**P**ancreatic cancer. By the time you know you have it, it is usually too late. This year, 60,000 people will be told they have it. Almost 50,000 will die from it. In fact, pancreatic cancer has the highest mortality rate of all major cancers.

But now, a new life-saving robotic surgery is giving those diagnosed with pancreatic cancer a fighting chance.

And the collection just kept growing ... old phones, turn of the century typewriters, antique stoves. For 75-year-old Don Somerville, memories of the past can be spotted all around his house.

Don's lived a long, full life; a soldier, a singer, a lawyer, and now a cancer survivor!

"Whenever you tell people pancreatic cancer, people go, 'Oh, I'm sorry.' You already know there are basically, you know, writing you off right as you sit there," shared Don.

But Ahmad Abou Abbass, MD, FACS, hepatobiliary and pancreatic surgeon, Providence Mission Hospital in Mission Viejo, California is not going to let that happen. He used a new state-of-the-art robotic Whipple procedure to laparoscopically remove Don's cancer.



"It's like driving a machine and I sit on the machine and actually every move I do, it translates into a movement in the robot," explained Dr. Abbass.

The Whipple procedure creates tiny incisions in the abdomen, about the size of a pencil head to reach the pancreas.

"For cancers in the head of the pancreas, it entails removing the head of the pancreas with all the other organs and doing all that reconstruction," continued Dr. Abbass.

The Whipple uses a 3D camera that magnifies the area nine times. Instead of recovery taking up to 10 days in the hospital, patients experience less pain, and many go home in four days.

"They are up and walking, next day," said Dr. Abbass.

For Don, after surgery followed by chemo, he now has more life to live and more memories to make.

"I am so happy with that outcome," smiled Don.

Pancreatic cancer is so hard to treat because it's usually not detected until later stages. Early symptoms include jaundice, irritated skin, a dull pain in the belly or upper abdomen, weight loss, orange-colored urine, nausea, and blood clots.

It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon, having the highest mortality rate of all major cancers.

Symptoms for pancreatic cancer may also include weight loss, abdominal discomfort, back pain, and development of type 2 diabetes. Some tumors may cause jaundice leading to earlier diagnosis.

For all stages combined, the 5-year relative survival rate is 10%. Even for the small percentage of people diagnosed with local disease, the 5-year survival is only 39%. Most patients are diagnosed at a later stage, for which the 5-year survival is 3%.

# Top 7 Food Trends to Watch for in 2022

Looking ahead to food trends in 2022, expect more spice, a focus on food waste, more global flavors, and epic entertaining ideas. We tapped trend-watchers and food industry experts to sound off on what they predict will be the biggest food trends of the year.

## The Top 7 Food Trends of 2022

We asked a handful of savvy food experts to dish about the deliciousness ahead for food trends 2022.

### 1. Even More Nostalgia

With the external world—viruses, natural disasters, political debates, and more—so unpredictable, it can be comforting to return to something familiar.

"In these topsy-turvy times, many are seeking comforting food and drinks from years past that offer a sense of familiarity and wistful nostalgia," says Leith Steel, senior strategist for Carbonate, a brand communications and creative services agency in San Francisco.

Think of it as a continuation of the just-like-Grandma-made food trend of 2021. The International Food Information Council (IFIC)'s December 2020 Year-End Survey found that 25% of Americans reported eating more comfort foods as a response to the pandemic, and a whole host of nostalgic cookbooks were released in 2021.

"Being home more during COVID-19 has given some people the time and desire to experiment in the kitchen, like dusting off those old family recipes that make us feel warm and fuzzy. Food is a great way to honor and feel connected with family, even when we're not physically together," says Kris Sollid, RD, senior director of nutrition communications at IFIC in Washington, D.C.

Grubhub's 2022 Forecast, part of their Taste of 2021 guide, predicts future food trends based on rising food orders using the food delivery app, and they foresee that several of the top five dishes "that are bound to rise in popularity next year" fall under the nostalgia umbrella, including buffalo chicken tots and apple cobbler. It's not just food that's having a something old, something new moment—old school drinks are, too, Steel confirms. One standout: The massive resurgence of the '80s-fave Espresso Martini, "undoubtedly the hottest cocktail of 2021. We predict 2022 will be a big year for other 80s-era retro cocktails like the Midori Sour and Long Island Iced Tea, but updated for modern tastes with less sugar, fresh-squeezed juices, and



more natural ingredients," she says. (BTW, if you're shaking or stirring these up at home, these cocktail essentials every home mixologist should know, according to the pros will likely come in handy.)

### 2. Dining Out Will Be Even More of an Experience

Now that many restaurants have reopened their doors and are getting used to pandemic-related precautions, they're going all out to make up for lost time.

Sage Restaurant Concepts (SRC) oversees more than 50 restaurant, bar, and coffee shop locations in 12 states. In the SRC's top 10 food trends of 2022, they report that dining out will be about so much more than what's on your plate.

"Dining experiences as a whole will become more transformational—think restaurants that transition guests to new spaces throughout each part of the meal, differing music tempos to accompany each course and more," says Derek Simcik, SRC director of culinary operations.

Watch for themed menus, creative settings, beverage brand partners, branded decor, cooking classes, prix-fixe menus, and uber-Instagrammable moments.

### 3. To-Go and Takeout Aren't Going Anywhere

Restaurant visits are on the rise—and getting more vibrant—but delivery and pick-up options will continue as

a food trend in 2022. More than seven in 10 Americans now order food from restaurants directly, according to an April 2021 study by The Harris Poll on behalf of Ad Age. And the amount of people using third-party delivery apps (such as Uber Eats, GrubHub, DoorDash, Postmates, Seamless, or Caviar) at least weekly spiked from 15% in July 2020 to more than 28% in April 2021.

IFIC's 2021 Food and Health Survey data echoes these findings, Sollid adds. About 14% of their survey respondents reported getting more meals delivered or via takeout as a result of the COVID-19 pandemic.

"During the pandemic, restaurants got more creative with their offerings and adopted new technologies to make ordering more seamless for their customers. Plus, higher-end restaurants that were previously dine-in only began offering takeout or delivery meals and special packages," Steel says.

She also points to the rise in popularity of ghost kitchens and virtual brands, or restaurants that provide food only via delivery and have no actual storefront for customers to visit.

"With at least partial remote work becoming the norm, and overall time spent at home increasing, we'll continue to see an increased demand for to-go options," Steel predicts.

The SRC team added to-go cocktails and cocktail kits to their line-ups, as well as larger-format meals customers can reheat at home and share with the family: "Think a cross between takeout and meal prep kits like Blue Apron," Simcik says.

Another trend that's music to our ears: The use of QR codes on receipts for delivery that lead to a restaurant playlist to help create a dining room-like ambiance at home.

"One thing we have definitely learned from the past two years is that we love having food delivered to us. The real differentiator is making sure that this food can do more than just sustain you," says Jason Travi, executive chef of Innovation at Freshly in New York City. "My family has set order limits in my house on how many times we can order pizza and bagels in a given month. As much as I love pizza, it will never love me back from a health perspective. So that decision forces us to look for other delivery options, which has been fun and exciting. We have tried Turkish takeout, Pho, and Japanese rice balls in the past couple of weeks to bring new and exciting flavors into our eating routines."





#### 4. The Resurgence of the Dinner Party

Gatherings without a couple weeks of quarantining beforehand were risky in 2020, but with vaccines now accessible for all Americans five and older, at-home gatherings are back on the calendar. Friendsgivings and Friendsmas parties helped usher in what we foresee to be a big food trend in 2022: dinner parties.

"Now that my family has all been vaccinated, we have just started to come out of our bunker, so we are super excited to have friends come over and share recipes and stories," Travi says. "I hope 2022 will be the year of the dinner party; food tastes better with others around and I for one am tired of my pandemic dining routine. Spending time with people you care about or meeting new people goes hand-in-hand with tasting new foods and opening up your desire to try new things."

#### 5. Reducetarianism

Selected as one of Whole Foods Markets' top 10 food trends of 2022, "reducetarianism" describes people who aren't quite vegetarian or vegan, but are aiming to eat less meat, dairy, and eggs mainly for environmental reasons.

"While flexitarians primarily eat plant-based diets—with the occasional inclusion of meat, eggs, and dairy—reducetarians are focused on gradually decreasing the amount of animal products they consume, with some opting to eliminate them completely," Steel says.

Some reducetarians might order an oat milk latte instead of a cow's milk latte, or opt for a slice of dairy-free cheese on their vegetable panini at lunch. They may still opt for a steak every so often, but far less often than they may have previously or than would be common in the meat-and-potatoes days of decades past.

"With the wide variety of vegan and vegetarian options now available everywhere from independent restaurants to major national chains, many people are able to more easily adopt this flexible approach while still enjoying their favorite comfort foods. Gone are the days when vegetable pasta or veggie burgers were the only choice; now, people can find vegan lasagna, Mexican cuisine, soul food, 'cheese steaks,' 'chicken nuggets,' and much more," Steel says.

Even more seafood and meat substitutes are entering the market late this year and into next, like Jack and Annie's chicken-like jackfruit nuggets, Nowadays pea protein nuggets, and New Wave's seaweed-based plant-based shrimp.



#### 6. Spice Up Your Life

Turmeric earned a spot on the 2022 food trend list compiled by Whole Foods Market experts, but it's not just about that single anti-inflammatory spice. Spices and peppers of all kinds will be popular in 2022.

"What started several years ago with the virality of Sriracha has grown into an American love affair with spicy condiments from cuisines around the world. Perhaps the most notable of 2021 was chili crisp—oil infused with crunchy bits of peppers, onions or scallions, garlic and other aromatics—with famous chefs such as Momofuku's David Chang rolling out their own brands," Steel says.

She expects that we'll continue to see fiery global condiments such as gochujang, harissa, schug, and sambal topping everything from scrambled eggs to sandwiches. "You can bring far corners of the world to your kitchen by experimenting with new spices. In addition to livening up meals, spices are also a great way to add flavor without adding salt," Sollid adds.

#### 7. Borderless Cuisine

"The term 'fusion cuisine' historically carried negative connotations. However, as the country grows increasingly more diverse—nearly half of Gen Z identifies as non-caucasian—the concept of 'authenticity' as it relates to food has changed," Steel says.

As a result, we're seeing a wave of new multi-ethnic, "borderless" cuisines that embrace one person's unique identity, mixed race parents, or reflect the diverse cultural influences of a given region. Restaurant examples include:

- La Chinesca in Philadelphia, which marries global influences from Northern Mexico's Baja region with Chinese American flavors
- Kimika in New York City, which blends Japanese and Italian cuisines in dishes like crispy rice cake lasagna with sweet italian sausage, spicy cabbage, scallions, and provolone
- Armitage Alehouse in Chicago, which features British pub fare (steak and ale pot pie, fish and chips) alongside Indian favorites (aloo chana, garlic naan), as well as American classics (dry-aged New York strip steak, chopped wedge salad)

In a March 2021 IFIC survey, 23% of respondents said that they had experimented with different cuisines, ingredients, or flavors since the start of the pandemic.

"While some foods are indigenous to specific regions of the world, our global connectivity is such that food – literally and figuratively – transcends borders and cultures. Trying new foods and culinary techniques from outside our borders is a great way to learn about and appreciate other cultures," Sollid says.

Travi, who grew up in a family with Lebanese and Italian roots and is now part of his wife's Japanese family, says "we have a lot of different types of ingredients to play with. We have also lived in large cities with diverse food scenes, so it's a lot easier for my wife and I to understand the cultural mashups that are becoming more apparent these days. Erasing borders with food invites conversations to happen that wouldn't normally take place, and just as important, it can lead to new flavor combinations that can change people's perceptions as well."

For instance, he grew up with pita-based PB&Js as a child, which "helped build a foundation about what was possible. Now that the world has seen Korean Tacos and Indian-style pizza, these trends are becoming the norm as people desire new experiences."

In your home, at a restaurant, or across the globe, these food trends are set to make 2022 one of the most delicious and diverse years yet. Pack your appetite.

—Karla Walsh / bhg.com



# Get Fresh WITH FRUITS & VEGETABLES

Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



For more on healthy eating, go to [heart.org/simplecooking](http://heart.org/simplecooking)



THE AMERICAN  
HEART ASSOCIATION  
RECOMMENDS



4-5 SERVINGS  
of fruits and vegetables  
each per day.



Don't wash, cut or peel  
until you're ready to eat  
(except lettuce and greens).

Fridge temperature should  
be at 40° F or below.



Always refrigerate cut  
or peeled produce.

## PANTRY

Pack away in a cool, dark place like your pantry or cellar:

**ONIONS, GARLIC & SHALLOTS**  
**HARD SQUASH**

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES, POTATOES, & YAMS**  
**WATERMELON**

## COUNTERTOP

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

Store lemons, limes, oranges and  
grapefruit loose or in a mesh bag.  
Refrigerate for longer storage.

**STONE FRUIT**

Ripen avocados, apricots, nectarines, peaches  
and plums in a paper bag, then move to the  
fridge where they'll last a few more days.

**TOMATOES**

## KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

## REFRIGERATOR

Store in plastic bags with holes, in your produce  
drawer, unless noted:

**APPLES & PEARS**

Remove greens and keep  
loose in the crisper drawer.

**BERRIES, CHERRIES &  
GRAPES**

Keep dry in covered  
containers or plastic bags.

**BROCCOLI & CAULIFLOWER**

Remove greens.

**CELERY**

**CORN**

Store inside their husks.

**CUCUMBERS, EGGPLANT  
& PEPPERS**

Store on the upper shelf,  
which is the warmer part of  
the fridge.

**FRESH HERBS**

Except basil. Keep stems  
moist and wrap loosely in  
plastic.

**GREEN BEANS**

Wash, spin or pat dry, wrap  
loosely in a dishtowel or  
paper towels and place in a  
plastic bag in vegetable  
drawer. Keep stems moist.

**MELONS**

**MUSHROOMS**

Keep dry and unwashed in  
store container or paper bag.

**PEARS**

**ZUCCHINI & SUMMER/  
YELLOW SQUASH**



# Keeping Your Pet Healthy During the Winter

**W**hether it's curling up by the fire, brewing hot beverages, or bundling up in a soft sweater, seasonal comforts help us through brisk autumn days and cold winter nights. Throw in flu season with holiday chaos, and it's a wonder we make it through the winter at all.

Just as we have learned how to take extra steps to stay healthy in the winter, similar care is needed to ensure the comfort and health of our pets, too.

## Why pets may need winter sweaters

Ever wondered about the terrier in the sweater vest or the collie in the coat? They can serve as more than just expressions of affection from a pet parent.

Regardless of the season, animals need time outdoors. While dogs and cats have fur, they are warm-blooded and not immune to temperature changes. This means they can benefit from an extra layer for warmth.

If it's especially cold where you live, look to your pet to gauge comfort levels and plan time to dress them accordingly.

## How to add extra layers

A few factors can determine how to dress your pet for winter play.

If your pet is small and short-haired, he's likely sensitive to the cold. The same goes for older pets and those that may be frail or ill. You can't take your pet's temperature by touching her nose, but you can feel her body to see if she's shivering.

Shivers mean sweaters - especially if you live in a cold climate.

Larger and long-haired pets can usually tolerate colder weather for longer periods of time, and even



though you might bundle up, your pet has a long, thick coat prepared for long winter walks.

Just pay attention to walking over ice and snow; paws do get cold and sharp objects may be hiding under the powder.

## Skin-saving solutions

When the bite of winter kicks in, many pets get dry skin. A few simple steps can help prevent and treat this condition.

First, bathe them as seldom as possible. When you do need to bathe them, try using a pet-friendly moisturizing shampoo to help keep their skin healthy and pH-balanced. Human shampoos, which are harsh and acidic on their skin, can cause dryness and itchiness. Brush your

dog or cat to remove hair and dander.

After a jaunt in the snow or splashing in puddles, be sure to dry your pet with towels or a hair dryer. Although your pet shakes off excess water from his or her coat, they can still be damp.

## Don't forget nutrition

You can also help your pet eat right. Quality nutrition rich in vitamin E, copper zinc and fatty acids can promote shiny, healthy coats along with a range of other health benefits.

You can also serve your pet warm drinking water in winter. Also, check outdoor water bowls to make sure they don't freeze.

Consult your veterinarian about how to add vitamins and fatty acids to your pet's food.

Now that you're on track to keep your pet healthy, don't forget to keep your pet safe from hazards like holiday decorations, plants, food and more.

### 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	 Onions



# Fitness Trends That May Completely Take Over 2022

**B**etween 2020 and 2021, gym-goers opted for virtual workout classes via fitness apps in light of the COVID-19 pandemic. In 2022, as more and more people head back to the gym to enjoy the social aspect of working out, fitness coach Ariel Belgrave told Today she believes "the future of fitness will be a blend of in-person and virtual workouts."

Let's take a look at all the new and ongoing trends taking over the fitness world that'll inspire you to move in 2022.



## Virtual workouts (with a hybrid option)

A workout is an experience that can be enjoyed from literally anywhere, thanks to technology. While the COVID-19 pandemic forced many gyms to close temporarily, causing gym-goers to work out from home, it appears the virtual workout trend isn't going anywhere in 2022, even as gyms reopen. "Prior to the pandemic, working out via an app or Zoom was a foreign concept," personal trainer Brady Dougherty told Today. That's not the case anymore, as more and more people embrace the virtual option via fitness apps and virtual programs.

Virtual and hybrid workouts work because they're convenient, said fitness and retail analyst Randy Konik in an interview with CNBC. "People are going to realize they can work out at a gym three days a week, and then three or four days a week just do something at the house or in the basement," he said, adding, "It's all about convenience."

## Fitting in mini workouts whenever possible

In 2022, mini workouts will be ultra-trendy in the fitness world. Gone are the days where you need to dedicate a specific amount of time to work out. A mini workout is perfect for people who want to stay fit but don't have the time for a 45-minute or hour-long workout. "This is because most people think of exercise as something that requires a lot of effort, time, and a change of clothing," Arizona State University exercise physiology professor Glenn Gaesser, PhD, told Healthline, adding that mini workouts appeal to people who don't have the time or motivation for "one big workout," just one of several fitness trends we're leaving behind in 2021.



Mini workouts, which combine cardio, strength, and mobility exercises, can be spread out throughout the day for five or 10 minutes each. To make it easier to add to your day, physical activity and lifestyle professor at the University of Sydney, Emmanuel Stamatakis, PhD, told Everyday Health that running errands could be a mini workout "even if it's 30 seconds of sprinting up a flight of stairs, carrying their shopping bags instead of using a cart, or just walking at a faster pace," he said.

## The ever-popular smart home gym

A home gym may not be a new concept, but it has developed a new meaning as more and more people work out from home.

While an increasing number of people are returning to the gym since the COVID-19 pandemic swept the country and the world in 2020, demand for home gyms is strong.

From a popular stationary bike with a virtual coach (Peloton) to a wall-mounted interactive experience (offered by companies like Mirror and Total), per CNET, home gyms aren't just popular but powered by tech in ways that will continue to evolve in the new year.



## More innovative wearable tech

Beyond home gym equipment, fitness pros and newbies alike are using wearable fitness products more and more to help track their workouts, improve their health, and stay focused on their goals – it's a fitness trend that's not let-



ting up in 2022.

Wearable tech products not only track your fitness (including your daily steps), but they also help you reach your fitness goals and can accompany you in nearly every activity, from running to swimming (if it's waterproof). According to the mag, one of the best fitness trackers is the Garmin Vivoactive 4S, meant to improve the wearer's exercise routine.

## Walking, always a popular choice

No equipment or gym membership is necessary for walking, which is a growing trend also thanks to its social element. "Not only is walking something you can do together with a friend, but due to its low intensity, you can hold a conversation throughout," Dani Singer, Fit2Go Personal Training CEO, told Reebok. The COVID-19 pandemic, which has caused "mass isolation" since 2020, Singer added, has led to walking's trending status.



Although walking is considered a low-intensity exercise, just 15 minutes a day can make a huge difference in your health, according to cardiologist Michael Weinrauch, MD. "The take home point here is that even 15 minutes a day of walking, without stopping, provides benefit with regards to cardiovascular morbidity and mortality," he said. Walking alone isn't enough if you're aiming for a well-rounded workout routine, so be sure to include cardio and strength training in addition to regular walks, Weinrauch added.

## A holistic approach to exercise

The exercise mindset is moving further away from thinness and more toward overall health and wellness as the goal of any workout plan. Fitness influencer Cassey Ho says people should enjoy their workout routine. "If you're too focused on the vanity of fitness (getting a bigger butt, a six-pack, or thinner thighs), the experience becomes hollow," Ho told The Zoe Report. Exercise becomes a more "meaningful journey" when you find joy in a particular exercise(s) and live a healthy lifestyle, including eating right, Ho added.





A holistic fitness routine includes cardio and mindful exercises, such as incorporating yoga and rest days — in other words, it's all about balance. SoulCycle instructor Ross Ramone told TZR that his priority with every class he instructs is to help his students forget about the calories burned and focus on what feels good physically and mentally. "It's my goal to provide a safe space for riders to feel through what they need to heal through, to let go of the things that weigh them down, and to step into their courage," Ramone said.

### A rise in strength training

Don't overlook the free weights area of your home or neighborhood gym. According to Elise Young, NCSF-certified trainer, strength training is vital for a well-rounded exercise routine. "Strength training keeps us feeling strong and empowered," she told Women's Health. On top of that, it lessens the risk of injury, strengthens bones, helps you lose weight, and improves overall heart health.

There are a lot of myths associated with weight lifting, however, which include: You have to start when you're young, you need fancy equipment, and, if you do strength training, you'll look like a body-builder.



Those of all ages and fitness history can start weightlifting. "What's important is telling your trainer exactly what your fitness history is," trainer Aryan Siahpoushan told the outlet, adding, "and it's [okay] if the answer is 'none at all.'" As far as equipment goes, you can buy cheaper weights at big-box chains and thrift shops, and weight training doesn't cause huge muscles (unless you're on a specific diet and training regimen). Additionally, regular weight training can make you stronger and build lean muscles, Siahpoushan added.

### Women-only gyms

In 2021, women-only gyms experienced a resurgence, and it's a trend that's not slowing down in 2022. Though it's not a new concept, first emerging in the 1930s, according to Women's Health, women's fitness clubs have gained more of a following in 2021.

One of the appeals of gyms made for women is that women "can exercise free of the male gaze," history professor Natalia Petrzela, PhD, told Women's Health.

### Exercising outdoors (and bringing your dog)

Mix up your exercise routine in 2022 and head outdoors with your dog to work out. The COVID-19 pandemic closed gyms temporarily in 2020, and, as a result, more and more people took to the outdoors for their workouts, a trend that hasn't slowed down since.

From enjoying a hike to a HIIT workout, dogs make the perfect companions and can make the time go by faster.

### Stretch and recover

Stretching is just as vital to your overall health as exercise, which is why it's one of the trends taking over the fitness industry in 2022. "I recommend people stretch every day," director of education at StretchLab, Austin Martinez, MS, CSCS, ATC, told Bustle. "It doesn't need to be a super long session, but even 10 minutes can make a huge difference in how you feel," Martinez added. Some of the benefits of stretching include improved posture and sleep, better athletic performance, less risk of injury, and a clearer mind.

According to Jennifer McCamish, the founder of Shape Method fitness studio, stretching has both mind and body benefits. "Stretching brings oxygen to the brain and body, which can help wake you up and feel refreshed," she told Bustle, adding that you need to devote at least 10 minutes at any given time to feel the benefits of stretching. And there is no one way to stretch. Although yoga is a great way to stretch your muscles, you can just as easily do a couple of stretch exercises while watching TV or before and after a workout.



### Quality over quantity

It's all about quality over quantity with compound exercises. What is a compound movement? It's part of a well-rounded strength training workout that does more in less time (when compared to isolated movements) by incorporating single moves (like lunges and squats), as well as bicep curls.

Founder of TS Fitness, Noam Tamir, CSCS, told Self that compound exercises can help you burn more calories and gain more muscle mass quicker when compared to other types of exercises. "The more muscles working, the more en-



ergy output required," he said, adding, "Putting more stress on the body [with compound exercises] has been shown to create higher hormonal responses" and promote muscle growth.

According to personal trainer Sivan Fagan, CPT, a compound workout needs at least four different movements. "I'm a huge believer in the minimum effective dose," Fagan told Self in another article. When you focus on the quality of your movements and work every major muscle group, Fagan said you get results that not only save time but decrease the risk of injury.

### More inclusive fitness apps

As more people work out at home, fitness apps, from Future to Jefit, have become an integral part of exercise routines. However, the lack of diversity and inclusivity in some apps has led to newer fitness apps, like Joyn and Jabbie, entering the busy fitness app marketplace. In an interview, activist Joy Cox, who researches race, body size, and health, said most workout apps and programs "set restrictions around how movement is defined and what counts as exercise."

However, now, more and more apps are redefining what it means to work out. Kakana, for instance, offers classes tailored to people with limited mobility, and Joyn features trainers with different ethnicities and body sizes. When it comes to body positive apps, as fitness enthusiast Anne Otterness told Healthline, "If weight or size wasn't the target, but different sizes were on my screen, it sends the powerful message that all types are included here and it's not a big deal."

### HIIT training as part of a well-rounded workout

HIIT, also known as high-intensity interval training, involves aerobic and resistance exercises done in bite-sized, but intense, increments. In a HIIT workout, each short sequence, which can last a few seconds or minutes, is repeated several times. Short breaks split up the workout.

To avoid injury and burnout, add HIIT to a regular exercise routine that includes other forms of exercise, like walking, swimming, or jogging. Aim for at least one HIIT session per week.

HIIT is a pretty customizable workout most anyone can do. "So many people are intimidated, because they think HIIT has to be this all-out, hard-as-you-can-go, gut-busting workout," but that's not the case, Martin Gibala, PhD, a professor and HIIT researcher, told the outlet. Referencing the green-yellow-red spectrum, with red being the most intense, Gibala gave HIIT a "yellow."



—Ashley Collins / thelist.com



**IT'S THE LAW!**

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



**STROKE KILLS.**  
**BE FAST! Call 911.**

Know the Signs:

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

**During a stroke 32,000 brain cells die every second. BE FAST! Call 911.**

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# What is known about the relationship between physical activity and cancer?

**E**vidence linking higher physical activity to lower cancer risk comes mainly from observational studies, in which individuals report on their physical activity and are followed for years for diagnoses of cancer. Although observational studies cannot prove a causal relationship, when studies in different populations have similar results and when a possible mechanism for a causal relationship exists, this provides evidence of a causal connection.

There is strong evidence that higher levels of physical activity are linked to lower risk of several types of cancer.

- **Bladder cancer:** In a 2014 meta-analysis of 11 cohort studies and 4 case-control studies, the risk of bladder cancer was 15% lower for individuals with the highest level of recreational or occupational physical activity than in those with the lowest level. A pooled analysis of over 1 million individuals found that leisure-time physical activity was linked to a 13% reduced risk of bladder cancer.
- **Breast cancer:** Many studies have shown that physically active women have a lower risk of breast cancer

than inactive women. In a 2016 meta-analysis that included 38 cohort studies, the most physically active women had a 12–21% lower risk of breast cancer than those who were least physically active. Physical activity has been associated with similar reductions in risk of breast cancer among both premenopausal and postmenopausal women. Women who increase their physical activity after menopause may also have a lower risk of breast cancer than women who do not.

- **Colon cancer:** In a 2016 meta-analysis of 126 studies, individuals who engaged in the highest level of physical activity had a 19% lower risk of colon cancer than those who were the least physically active.
- **Endometrial cancer:** Several meta-analyses and cohort studies have examined the relationship between physical activity and the risk of endometrial cancer (cancer of the lining of the uterus). In a meta-analysis of 33 studies, highly physically active women had a 20% lower risk of endometrial cancer than women with low levels of physical activity. There is some evidence that the association is indirect, in that physical activity would have to reduce obesity for the benefits to be observed. Obesity is a strong risk factor for endometrial cancer.

- **Esophageal cancer:** A 2014 meta-analysis of nine cohort and 15 case-control studies found that the individuals who were most physically active had a 21% lower risk of esophageal adenocarcinoma than those who were least physically active.

- **Kidney (renal cell) cancer:** In a 2013 meta-analysis of 11 cohort studies and 8 case-control studies, individuals who were the most physically active had a 12% lower risk of renal cancer than those who were the least active. A pooled analysis of over 1 million individuals found that leisure-time physical activity was linked to a 23% reduced risk of kidney cancer.

- **Stomach (gastric) cancer:** A 2016 meta-analysis of 10 cohort studies and 12 case-control studies reported that individuals who were the most physically active had a 19% lower risk of stomach



cancer than those who were least active.

There is some evidence that physical activity is associated with a reduced risk of lung cancer. However, it is possible that differences in smoking, rather than in physical activity, are what explain the association of physical activity with reduced risk of lung cancer. In a 2016 meta-analysis of 25 observational studies, physical activity was associated with reduced risk of lung cancer among former and current smokers but was not associated with risk of lung cancer among never smokers.

For several other cancers, there is more limited evidence of an association. These include certain cancers of the blood, as well as cancers of the pancreas, prostate, ovaries, thyroid, liver, and rectum.

## How much physical activity is recommended?

The U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, 2nd edition, released in 2018, recommends that, for substantial health benefits and to reduce the risk of chronic diseases, including cancer, adults engage in

- 150 to 300 minutes of moderate-intensity aerobic activity, 75 to 100 minutes of vigorous aerobic activity, or an equivalent combination of each intensity each week. This physical activity can be done in episodes of any length.
- muscle-strengthening activities at least 2 days a week
- balance training, in addition to aerobic and muscle-strengthening activity

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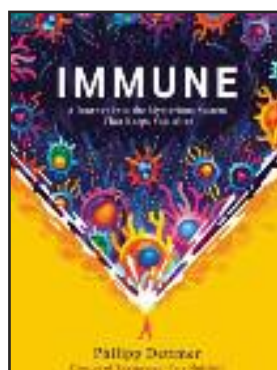
# New Health & Wellness Info at the Library

By Kelly Barker

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

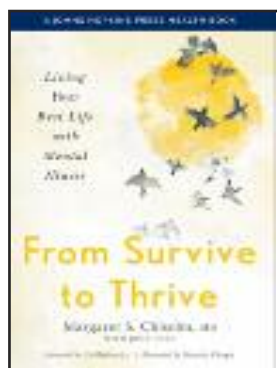
**Immune:** A Journey into The Mysterious System That Keeps You Alive by Phillip Dettmer, New Health Books Media Center 616.079 DET

Second only to the human brain in its complexity, the immune system is one of the oldest and most critical facets of life on Earth. Without it, you would die within days. Immune turns one of the most intricate subjects--immunology--into a gripping adventure through an astonishing alien landscape.



**From Survive to Thrive:** Living Your Best Life with Mental Illness by Margaret Chisolm, New Health Books Media Center 616.89 CHI

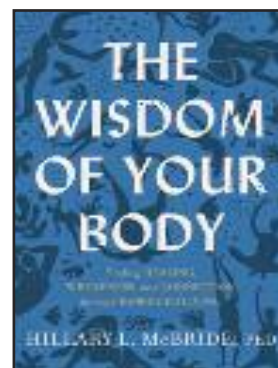
In From Survive to Thrive, Dr. Margaret S. Chisolm describes a tried-and-true plan to help anyone grappling with life's challenges learn how to flourish. Dr. Chisolm does not define health as the mere absence of illness. She wants you to be able to lead the best life possible--to thrive!



**The Wisdom of Your Body:** Finding Healing, Wholeness, And Connection Through Embodied Living by Hillary L. McBride, New Health Books Media Center 613 MCB

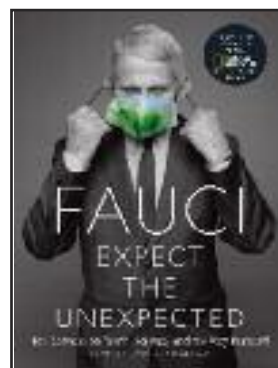
Many of us have a complicated relationship

with our body. Psychologist Hillary McBride explores the broken and unhealthy ideas we have inherited about our body. The Wisdom of Your Body offers a compassionate, healthy, and holistic perspective on embodied living.



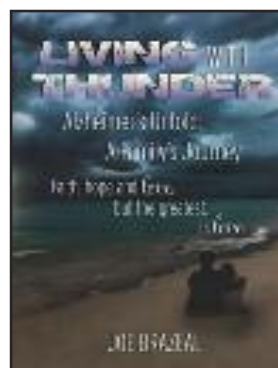
**Fauci:** Expect the Unexpected: Ten Lessons on Truth, Service, And the Way Forward by Anthony Fauci, Anthony New Health Books Media Center 610.92 FAU

Compiled from hours of interviews drawn from the eponymous National Geographic documentary, this inspiring book from world-renowned infectious disease specialist Anthony Fauci shares the lessons that have shaped the celebrated doctor's life philosophy, offering an intimate view of one of the world's greatest medical minds as well as universal advice to live by.



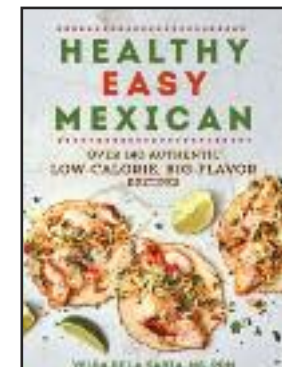
**Living With Thunder:** Alzheimer's Untold: A Family's Journey by Joe Brazeal, New Health Books Media Center 616.831 BRA

This oddity called dementia or Alzheimer's disease has been with mankind since the beginning. Although there are no known cures or effective treatments, advances are made every day. This book is a journey of hope. You'll discover coping mechanisms not



found anywhere else and know that you are not alone.

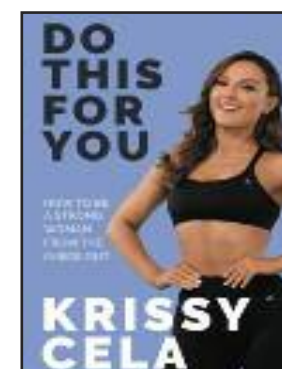
**Healthy Easy Mexican:** Over 140 Authentic Low-calorie, Big-flavor Recipes by Velda De la Garza, New Health Books Media Center 641.5972 DE L



Unlock all the health benefits--and all the flavor--of Mexican cuisine, with this lighter take on traditional favorites! In Healthy Easy Mexican, Velda de la Garza reintroduces this craveable cuisine with 140 new, lighter recipes her abuelita would approve of.

**Do This for You:** How to be a Strong Woman from the Inside Out by Krissy Cela, New Health Books Media Center 613.7045 CEL

Fitness is as much about the mental battle as it is the physical. Using simple techniques, Krissy will help you to develop the inner strength to do this for you, find the "why" that drives you, challenge mental barriers and self-doubt, and build healthy habits that last.



**Healthy at Last:** A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses by Eric Adams, Overdrive E-book

A police officer for more than two decades, the author, Eric Adams, was a connoisseur of the fast-food dollar menu before his diet caught up with him. In his book Healthy at



Last, he is on a mission to tackle one of the most stubborn health problems in the country: chronic disease in the African American community.

**Plant Over Processed:** 75 Simple & Delicious Plant-Based Recipes for Nourishing Your Body and Eating from the Earth by Andrea Hannemann, Overdrive Ebook

Andrea Hannemann, known as Earthy Andy, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii.

**Fighting Covid-19: The Unequal Opportunity Killer: You Are Not Helpless in The Face of The Covid-19 Epidemic** by Irving A. Cohen, New Health Books Media Center 614.58 COH

This book's purpose is to provide the readers with autonomy, giving them the knowledge that even in the face of multiple health threats, individuals can play a major role in their own destiny. It also teaches how to build an additional wall to lessen the likelihood of a severe outcome if exposed to Covid-19.

**Eat to Beat Depression and Anxiety:** Nourish Your Way to Better Mental Health in Six Weeks by Drew Ramsey, New Health Books Media Center 616.8527 RAM

In this groundbreaking book, Dr. Drew Ram-

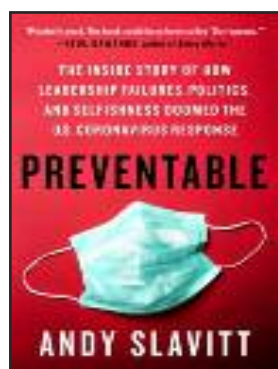
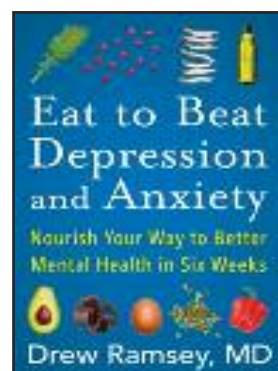
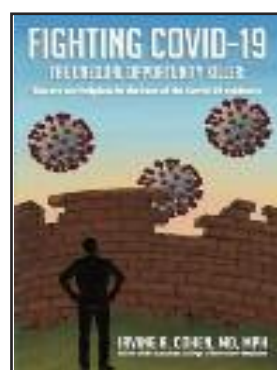
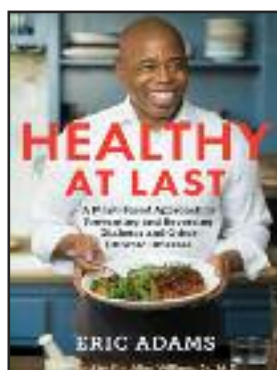
sey helps us forge a path toward greater mental health through food. Eat to Beat Depression and Anxiety breaks down the science of nutritional psychiatry and explains what foods positively affect brain health and improve mental wellness.

**The Gut-Immune Connection:** How Understanding the Connection Between Food and Immunity Can Help Us Regain Our Health by Emeran Mayer, New Health Books Media Center 614.44 MAY

Combining clinical experience with up-to-the-minute science, The Gut-Immune Connection offers a comprehensive look at the link between alterations to the gut microbiome and the development chronic diseases like diabetes, heart disease, and cancer, as well as susceptibility to infectious diseases.

**Preventable:** The Inside Story of How Leadership Failures, Politics, And Selfishness Doomed the U.S. Coronavirus Response by Andy Slavitt, New Health Books Media Center 614.58 SLA

From former Biden Senior Advisor Andy Slavitt, Preventable is the definitive inside account of the United States' failed response to the Coronavirus pandemic. Slavitt chronicles what he saw and how much could have been prevented -- an unflinching investigation of the drivers that led to unnecessary loss of life.



**Keep Sharp:** Build A Better Brain at Any Age by Sanjay Gupta, New Health Books Media Center 612.82 GUP

Throughout our life, we look for ways to keep our mind sharp and effortlessly productive. Now, globe-trotting neurosurgeon Dr. Sanjay Gupta offers insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function.

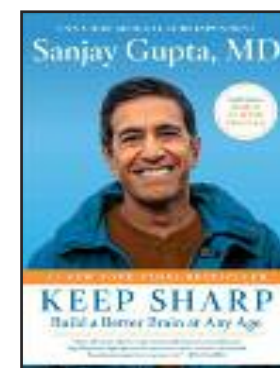
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# Healthy Family Recipes for the New Year

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

## Healthy Chicken Pot Pie Potato Noodles



A gluten free, healthy chicken pot pie!

### Ingredients

- 1/2 lb Chicken breast cubed
- 1/2 Cup Carrots sliced
- 1/4 Cup Celery sliced
- 1/2 Cup Frozen Peas
- Salt
- 1 1/2 Tbsp Butter
- 1/4 Cup Onion minced
- 2 tsp Almond flour
- 2 tsp Coconut flour
- 1 Cup + 1 1/2 Tbsp Chicken broth divided
- 1/4 tsp Celery seed
- 1/2 Tbsp Olive oil
- 1 Large Yukon Gold Potato about 250g
- 1/4 Cup Non-fat Plain Greek yogurt
- pepper
- Chopped parsley for garnish

### Directions

Place the cubed chicken, sliced carrots, celery and frozen peas in a large pan and cover with salted water. Bring to a boil and cook until the veggies are fork tender and the chicken is no longer pink inside, about 7-9 minutes. Drain and cover to keep warm. Set aside.

While the chicken cooks, melt the butter in a large sauce pan over medium/high heat. Add in the onions and cook until golden brown, about 1 minute. Add in the almond flour and coconut flour and cook, stirring constantly, until golden brown and the flour begins to absorb the butter, just 1 minute or so.

Stir 1 cup of the chicken broth, along with the celery seed, into the flour mixture. Bring the mixture to a boil and then turn the heat down to medium and simmer, stirring occasionally, until the sauce thickens and reduces by about half, about 9-10 minutes.

While the sauce thickens, heat the olive oil in a large pan over medium high heat.

Spiralize the potato using the 3mm blade and place it into the olive oil. Cook until the noodles wilt and turn

golden brown, about 10-12 minutes, stirring occasionally. Season with a pinch of salt.

Once the sauce has thickened, turn the heat down to medium low. In a separate, medium bowl, whisk together the Greek yogurt and the remaining 1 1/2 Tbsp Chicken broth until smooth and creamy. While whisking, pour into the chicken broth mixture and stir until well combined. Bring the mixture to a simmer and cook until it begins to thicken, about 5 minutes. Season to taste with salt and pepper. \*

Place the cooked potato noodles into the sauce and stir until evenly coated. Divide between plates, top with the chicken/vegetable mixture and garnish with fresh parsley.

### Nutrition Information (Servings: 2)

Calories: 488kcal; Carbohydrates: 35.1g; Protein: 45.1g; Fat: 18.6g; Cholesterol: 121mg; Sodium: 666mg; Potassium: 1177mg; Fiber: 8.2g; Sugar: 8.5.

## Instant Pot Broccoli Cheddar Soup



Packed with veggies and flavor, for a great family meal!

### Ingredients

- 1 Cup Onion, diced
- 2 Tbsp Butter
- 2 tsp Fresh garlic, minced
- 4 Cups Broccoli, cut into small florets
- 2 Cups Chicken broth
- 1 Cup Carrot, diced
- 4 Tbsp Cornstarch
- 1/4 Cup Warm water
- 2 Cups Sharp Cheddar cheese, grated on (8oz)
- 2 Cups Whipping cream
- 1-1/2 tsp Salt

### Directions

Heat the butter on sautee mode. Add in the onion and garlic and cook until soft, about 3-4 minutes.

Add in all the remaining ingredients, up to the cornstarch. Cover and set to "sealing". Cook on manual high pressure for 1 minutes.

Do an instant steam release. In a small bowl, whisk the corn starch with 1/4 cup of warm water

While stirring constantly, whisk the mixture back into the soup. Turn to sautee mode and cook until thickened, about 2-4 minutes.

Turn off the instant pot and stir the cheese in a little bit at a time until melted.

Stir in the cream and season to taste with salt (we like it on the saltier side)

### Nutrition Information (Servings: 8)

Calories: 244kcal; Carbohydrates: 17g; Protein: 9.6g; Fat: 15.9g; Cholesterol: 50mg; Sodium: 750mg; Potassium: 386mg; Fiber: 2.2g; Sugar: 3.9g

## Buffalo Chicken Chili



Will surely become a new family favorite!

### Ingredients

- 2 Tbsp Olive oil, divided
- 1 Lb Chicken breasts
- 1 Cup Celery, thinly sliced
- 3/4 Cup Onion, diced
- 1 Tbsp Fresh garlic, minced
- 2 tsp Chile powder
- 1 tsp Ground cumin
- 1 Can Fire roasted diced tomatoes (14.5 oz)
- 1 Can White navy beans drained and rinsed (14oz)
- 1 Cup Frozen corn
- 1/2 Cup Chicken broth
- 1/2 Cup Buffalo wing sauce
- 1/2 tsp Salt
- Pinch of pepper
- 1/2 Cup Cilantro minced
- 8 oz Cream cheese
- Bleu cheese, for garnish (optional)

### Directions

Heat 1 Tbsp of the oil in a large pan on medium high heat. Sear the chicken breasts on both sides until golden and then transfer to a plate.

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

Add in the spices and cook until the spices are fragrant, about 2-3 minutes.

Add in all the ingredients up to the cilantro and stir until well combined. Then, bring to a boil.

Once boiling, nestle the chicken breasts into the chili and then turn the heat to medium low and cover the pan. Simmer for 30 minutes, stirring occasionally.

Once simmered, remove the chicken and then cut the cream cheese into little cubes and stir in until melted.

Shred the chicken and stir it in. Then, stir in the cilantro. Top each bowl with blue cheese (if desired)

### Nutrition Information (Servings: 8)

Calories: 239kcal; Carbohydrates: 11g; Protein: 15g; Fat: 15g; Sodium: 916mg; Potassium: 404mg; Fiber: 2g; Sugar: 3g



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**RETIREMENT COMMUNITY**


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LIFE PLAN COMMUNITY

- Independent Living
- Assisted Living
- Memory Care
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- Rehabilitation Services
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Call (785) 478-9440 or visit [aldersgatevillage.org](http://aldersgatevillage.org)  
7220 SW Ashbury Drive | Topeka, KS 66614

**GRAPHIC DESIGN SERVICES**

**GRAPHIC DESIGN AND ADVERTISING CONSULTING** - Printing, Promotional Products, Social Media & Website design & tutoring services. **I-DESIGN GRAPHIC SERVICES**

**785-249-1913 • irene@idesigngs.com**  
**www.idesigngs.com**

**BICYCLES**

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

**FLOAT THERAPY**

**Float Therapy, Infrared Sauna, Massage Therapy** - Relieve stress, aid recovery, increase focus. 2120 Brandywine Ln, Suite 110 (21st & Wanamaker, then 1 blk west) 785-783-8307 desk@midwestfloat.com [www.midwestfloat.com](http://www.midwestfloat.com)

**COMMUNITY CARE LINE**

**WANT TO TALK AND IT'S NOT A CRISIS?** Feeling isolated & want to connect? Shawnee Co. Community Cares line 1-800-972-8199 M-F 9-5

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • [www.joepatton.com](http://www.joepatton.com)

**NUTRITION / SUPPLEMENTS**


**innov8tive NUTRITION**  
A whole new way to be your best!  
Take dietary supplements by wearing one patch each day!  
Call Cindy Durkin 785-224-1918  
Find out more at [CindyLouWho.innov8tivenutrition.com](http://CindyLouWho.innov8tivenutrition.com)



**HEALTH ADVERTISING**

**PLACE YOUR AD HERE!** Prices start at \$25 per month! Call us at 380-8848 or email us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**FINANCIAL WELLNESS**

**PEGGY'S TAX AND ACCOUNTING SERVICE** - 300 SE 29th St, Topeka, KS. 785-286-7899. [FrontDesk@peggstaxks.com](mailto:FrontDesk@peggstaxks.com)

**RECOVERY**

**HOPE FOR LIFE** - Faith-based counseling for recovery from addictions, cancer, surgery, trauma, etc. Have fun and laughter in recovery! • 785-305-0549 • [dronaldleecobb@gmail.com](mailto:dronaldleecobb@gmail.com)

**FOR RENT**

**OFFICE SPACE** available, great for therapists, health & wellness companies, small bus. owners. Desks/chairs, all utilities & Wi-fi/Ethernet included. \$100 VISA card to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call/text 785-430-1657. [info@cpofficesuites.com](mailto:info@cpofficesuites.com)

**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](http://www.tscpl.org)

**FINANCIAL HEALTH**

**PEGGY'S TAX & ACCOUNTING** - Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-430-0048. [www.peggstaxks.com](http://www.peggstaxks.com)

**SKIN CARE**

**KMC DERMATOLOGY & MED SPA** - 2921 SW Wanamaker Dr. Treating acne, eczema, psoriasis, & more 785-272-6860. [www.KMCPA.com](http://www.KMCPA.com)

**CBD PRODUCTS**


**David & Edith Gaines**  
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Topeka, KS 66606  
785.380.1105 - Mobile  
[dewellness7@gmail.com](mailto:dewellness7@gmail.com)  
[dewellness7.com](http://dewellness7.com)

**MASSAGE / SPA**

**SERENITY THYME MASSAGE** - Therapeutic, deep tissue, prenatal, hot stone massage services at competitive rates. 785-231-7715. 5709 SW 21st St. • [www.massagebytammi.com](http://www.massagebytammi.com)

**SEEKING POSITION**

**SEEKING FOR FULL-TIME PASTORAL POSITION** - I am an ordained and experienced Full Gospel Minister with over thirty years in ministry. I am seeking the position of a full-time Pastor in the Topeka Kansas area. For information contact: 1 (515) 346-1785 or email, [wilsonadoh@gmail.com](mailto:wilsonadoh@gmail.com).

**PET CARE**

**Doggie daycare**, grooming, training and dog/cat boarding. Also pet food and supplies. THE DIRTY DOG, 3120 S. Kansas Ave. • 785-431-6694  
[www.thedirtydogtopeka.com](http://www.thedirtydogtopeka.com)

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# Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

**ERRITORIAL CAPITAL MUSEUM** – Now Open, 640 E Woodson, Lecompton. (785) 887-6148 [www.lecomptonkansan.com](http://www.lecomptonkansan.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

**JAN. CYCLING EVENTS** – Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**JAN. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskc.com](http://www.getoutdoorskc.com)

**BINDING UP THE BROKEN HEARTED** – Jan. sessions offered for women who suffer from the after-effects of abortion. All the women who lead these sessions have had an abortion and have received healing from God's Word. For more information, contact local Healing Hearts representative Shelly Brush, Topeka First Southern Baptist Church, Topeka, KS, at [shelly.b@healinghearts.org](mailto:shelly.b@healinghearts.org)

All communication is confidential and secure.

**READING THE ENTIRE BIBLE OUT LOUD** – Jan. 8, 1-3pm, Kansas Capitol. The Entire Word of God will be read out loud simultaneously, like a symphony as 170 readers spread throughout the capital, joining other states on the same day. For more information, contact: [jana@cultureshield.com](mailto:jana@cultureshield.com) or call 316-516-0777

**CAR SEAT CHECKUP EVENT** – Jan. 8, 9am-12pm, Topeka Fire Station #5, 720 SW 21st St. Allow 20-30 minutes for each seat.

**TOPEKA FARM SHOW** – Jan. 11-13, 9am-5pm. Stormont Vail Events Ctr. Bigger than ever!

**C5Alive "POWER" LUNCHEON** – Jan. 13, 11:30-1 at The Peak, 1930 SW Gage. Featured speaker: Pastor Doyle Pryor. 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](mailto: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, Feb. 10, 11:30-1, at Fairlawn Plaza.

**DC MARCH FOR LIFE** – Jan. 21, National Mall, Washington, DC. The March for Life is an inspiring, peaceful rally of women, men, young people, and children from all across the country. Every year, tens of thousands of pro-lifers converge on the National Mall and march on Capitol Hill on the anniversary of the Supreme Court's 1973 Roe v. Wade ruling which legalized abortion in all 50 states.

**BLOOD DRIVE** – Jan. 22, 8:30am – 1:30pm, Susanna Wesley United Methodist Church. The Red Cross is experiencing the worst blood shortage in over a decade. Can you

help? Register to donate at [www.redcrossblood.org](http://www.redcrossblood.org), using zip code 66614 to locate the donor appointments available on Saturday, January 22 at Susanna Wesley UMC. To thank donors for helping during a time when the blood supply is at historically low levels, the Red Cross will automatically enter all donors for a chance to win two tickets to Super Bowl LVI in Los Angeles! The package includes two tickets to Super Bowl LVI, round-trip airfare to Los Angeles, three-night hotel accommodations (Feb. 11-14, 2022), plus a \$500 gift card for expenses.

**RALLY AND MARCH FOR LIFE** – Jan. 25, Capitol Building, Downtown Topeka.

8:30 a.m. – **REGISTRATION** – Get info on legislative activities, maps, lobbying, capitol tours, pro-life booths and more

9:00 a.m. – **WORKSHOPS** – 30-minute educational workshop sessions provided by KFL in Capitol Visitor Center auditorium

10:30 a.m. – **NON-DENOMINATIONAL RELIGIOUS SERVICE**

10:30 a.m. – Catholic Mass with Kansas Bishops at TPAC

11:55 a.m. – **MARCH FOR LIFE** from TPAC to south steps of the state Capitol

12:15 p.m. – Rally for Life on the south Capitol steps

2:30 p.m. – **WORKSHOPS** – 30-minute educational workshop sessions provided by KFL. All workshops will take place in the Capitol Visitor Center and are no charge. Everyone is welcome for lunch any time between 11:30 a.m. and 2:30 p.m. for free-will donation in the Mater Dei Assumption Catholic Church basement. Mater Dei, 204 SW 8th Ave., is north and across the street from the Capitol. If weather is a problem, the rally will be held on the 1st floor rotunda of the Capitol. Events include, pro-life educational booths, capitol tours, visiting legislators, and attending general legislative sessions and committees. Featured rally speakers are Executive Director of Democrats for Life of America Kristen Day and Kansas Republican National Committee Woman Kim Borchers. There will also be a Catholic youth event at the Topeka Performing Arts Center (TPAC) in the morning hosted by the Diocese of Kansas City in Kansas.

For details about the capitol building and parking information, visit [www.ksks.org/p/kansas-state-capitol-plan-your-visit/18649](http://www.ksks.org/p/kansas-state-capitol-plan-your-visit/18649). 785-383-8636 or 913-406-4446. For more info go to [kfl.org](http://kfl.org).

**BLEEDING KANSAS** - Sundays from Jan. 30-Mar. 6, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults. Children five & younger free.

## BLEEDING KANSAS

### PROGRAM SERIES 2022

CONSTITUTION HALL STATE HISTORIC SITE / HISTORIC LECOMPTON  
2 p.m. Sundays • Suggested donation \$3 adults

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and the nation, 1854-1865

JANUARY 30	<p><b>"Kansas Day"</b> Faces of the Free State House: The First General Assembly of the Territory of Kansas, Legally Elected by the People</p> <p>by author and educator Bill McFarland &amp; educator Tim Nealeau</p> <p><i>Special Viewing of a Group Portrait Identifying Each Member of the 1857-1858 Kansas House of Representatives, the First-Free Antislavery Majority to Convene in Kansas at Lecompton in Convention Hall</i></p>
FEBRUARY 6	<p><b>President John Calhoun: Chief Architect of the "Lecompton Swindle"</b></p> <p>by T. Kevin Griffin, Major (Retired) &amp; MA</p>
FEBRUARY 13	<p><b>Smoky Hill Thompson: A Life Wild and Perilous</b></p> <p>by Donald Wade Davis, independent author and scholar</p>
FEBRUARY 20	<p><b>Civil War Order No. 11 – Desperate Days and Hard Travel: Recollections of Women</b></p> <p>by Peggy Buhr, Director, Bates County, Missouri Historical Society and Museum</p>
FEBRUARY 27	<p><b>The Life and Times of Ross Burns: Accidental Linn County Pioneer and Civil War Hero</b></p> <p>by Bryce Benedict, J.D., author and retired National Guardman historian</p>
MARCH 6	<p><b>"The Trial of Jefferson Davis and the Issue of Secession"</b></p> <p>a first-person portrayal by reenactor Lane Smith</p>



Constitution Hall State Historic Site  
319 Elmore, Lecompton, KS • 785-887-6523 • [www.lecomptonkansan.com](http://www.lecomptonkansan.com)



**MONSTER BUCK CLASSIC** – Jan. 28-30, Stormont Vail Events Center.

**KFL VALENTINE BANQUET WITH JIM CAVIEZEL** – Feb. 15, 6pm. Overland Park Convention Center, 6000 College Blvd, OPKS. For more information go to kfl.org

**KFL VALENTINE BANQUET WITH JIM CAVIEZEL** – Feb. 16, 6pm. Hartman Arena, Wichita. For more information go to kfl.org

**TOPEKA HOME SHOW** – Feb. 18-30, Stormont Vail Events Center.

**CHRIS TOMLIN** – Feb. 25, T-Mobile Center, KCMO

**23RD METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO** – Feb. 26, 10:00 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. MetroVoiceNews.com

**7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 16, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House and in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer, cake walk

and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

## 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@tscl.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 TROUPOUS** – 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



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Membership open to all Christian businesses, non-profits, churches & individuals!  
Luncheons & Tradeshows & other events open to the general public!

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

Jan. 13, 11:30-1: **"POWER"**

Luncheon at The Peak, 1930 SW Gage

Featuring Pastor Doyle Pryor



RSVP to info@C5Alive.org. Open to the public.

Save the Dates!

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

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



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Has your business been  
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WE WANT TO HELP!

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It will be in thousands of printed copies  
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around Topeka, and on social media.

Send your ad or information to  
Lee Hartman at: [voice@cox.net](mailto:voice@cox.net)

We'll make any changes you need & send you a proof.



**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 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.nar-anonmidwest.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 Pizagle's. 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 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. talkherb-swithus@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. wesquairedance.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



**Insight Women's Center**  
3210 Mesa Way  
Lawrence, KS 66049  
www.InsightLawrence.org  
info@insightlawrence.org  
Hours: 9-5 M - W; 11-7 Thu.  
(785) 842-6499

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- Fatherhood Classes
- Pregnancy/Parenting Classes
- Ultrasounds
- Options Education

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### Who can use this service?

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

### What equipment is used?

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### Who does the screening?

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

### How do I get the Screener scheduled?

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

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**7-Year Extended Warranty\*  
A \$695 Value!**

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\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.





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](http://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.

[info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

Send your event information to:

See complete updated calendar at  
[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)



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# Rally & MARCH for LIFE!

**Tuesday, Jan. 25  
Kansas State Capitol**

8:30am-11am Registration  
9-10am Workshops  
10:30am Non-denominational Service  
10:30am Catholic Mass at TPAC  
Noon March to Capitol  
12:15pm Rally • 2:30-3:30pm Workshops

In addition to the March and Rally, events include pro-life educational booths, capitol tours, visiting legislators, and attending general legislative sessions and committees. Featured rally speakers are Executive Director of Democrats for Life of America Kristen Day and Kansas Republican National Committee Woman Kim Borchers. Catholic youth event at Topeka Performing Arts Center (TPAC) in the morning hosted by the Archdiocese of Kansas City in Kansas.

Join us for this  
Kansas tradition!



**Kansans  
for Life**

**For info visit KFL.ORG**

# Spiritual Wellness

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

## A New Year search for immortality – look to God or science?

**M**ore and more people are searching for immortality in all the wrong places – and wrong times:

- transhumanism
- cryogenic freezing
- robotics
- artificial intelligence
- false gods

As we enter the New Year, there will be more of this. The media keep pumping out these illusions, I suspect, because most of those working in the press are spiritually lost. And there are plenty of billionaires around with too much money to waste. And lots of other lost people.

"Science," with rare exceptions, is lost. For the most part, it is a discipline at odds with God, in competition with Him.

There's only one way to achieve immortality, and that's to follow the prescription of our Creator.

Follow His commandments, repent when you fall short, and love Him with all your heart, soul and mind.

The nice thing about this recipe is that it works every time. But, apparently, it seems TOO HARD!

Yet, He said the gate is narrow and few find it. That's what the Bible warns us.

I suppose if I didn't accept there's only one way to eternal life, I too might be severely tempted to find another way.

But, look at it this way: Would you like to see evil people live forever? Or would you like to see them held accountable for their actions? Would you like to see justice done? Wouldn't God's way be better?

This is an important question to ponder. God



knows the desire of our hearts. He promises us perfect peace, perfect justice, perfect truth. He created us and placed us in the Garden of Eden. Mankind fell. Now He seeks to restore that Garden of Eden-like creation for us, but only for those who seek His righteousness above all else.

Ultimately, what it comes down to is this: Most people want to do what they want to do without any accountability. They want to write their own rules, even if they prefer that everyone else lived by God's.

It's a fantasy that science is going to allow just anyone to become immortal. God won't have it. For goodness sake, He didn't even let the builders of the Tower of Babel fulfill their impossible dream of reaching the heavens with brick and mortar.

Rebellion against God's rules is a prescription for one thing – death.

There's only one path to eternity for mortals – pleasing God.

He loves us so much He gave His only begotten Son over to a torturous death on the cross to atone for our sins, to give us hope, to welcome us as His beloved children into the world of forever.

But He didn't offer universal salvation. You've still got to play by His rules. And Jesus' rules

are the same as the Father's.

"Seek first seek the Kingdom of God and His righteousness; and all these things shall be added unto you" (Matthew 6:33).

Don't put other gods before Him – whether it's government, science, witchcraft or money.

Don't serve idols.

Don't take His name in vain.

Remember the sabbath.

Honor your parents.

Don't murder anyone.

Don't be involved in sexual immorality if you seek immortality.

Don't steal.

Don't bear false witness against your neighbor.

Don't covet your neighbor's stuff.

Aren't these good rules or Commandments?

Is it really impossible to follow them – even with the knowledge that if and when you fall short, repentance, forgiveness and mercy are there for you?

There is no better offer on the table – and there never will be.

I suppose you could wait and see what options science finds for you. But the odds are not good – not good at all. The Creator of the universe established the laws of science – like gravity, which cannot be explained, and inertia and the four laws of thermodynamics. I suppose He could rewrite them, but nobody else can.

So, I wouldn't suggest waiting.

Get right with God today. It's the best decision you will ever make.

Today's a good day to begin – the New Year.

–Joseph Farah



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THE CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE PRESENTS

# 7TH ANNUAL TOPEKA EASTERFEST

## EASTER PARADE + FAMILY FUN FAIR!

**It all takes place on N. Kansas Avenue and at Garfield Park!**

**Fun Fair** open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 10:45 am - 3:00 pm!  
**Parade** starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!  
**Easter Egg Hunt** following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!  
 Dance troupes, martial arts, gymnastics, ballet, demonstrations & more at the Health Fair 10am-3pm!  
 Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, Games & kid's activities! **Bingo** at the Vendor Market! • **Win a Bicycle** at the Ball Toss! • **Win Cupcakes** at the Cake Walk!

### Volunteers needed! Contact:

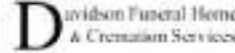
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