

**TOPEKA**

**NOVEMBER 2022**

# Health & Wellness

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**MAGAZINE**

November is  
**NATIONAL FAMILY  
CAREGIVERS MONTH**

**FREE  
TAKE ONE!**

**GRATITUDE**  
What Are  
the Health  
Benefits?

See page 3 for  
information about  
front page photo

**Twenty Ways to Care for Caregivers**  
Great Benefits Surround Dancing at All Ages

**How Can You Improve Your Financial Fitness?**  
Running with Diabetes: Staying Healthy on the Road

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## November is National Diabetes Awareness Month

# What is diabetes?

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

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

More than 9 million Canadians live with diabetes or prediabetes.

### Health effects

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

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

### The reality

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

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

Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year. By 2020, it's estimated that diabetes will cost the Canadian health care system \$16.9 billion a year.

There are three main types of diabetes:

### Type 1

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



### Type 2

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



### Gestational

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

### Signs & symptoms

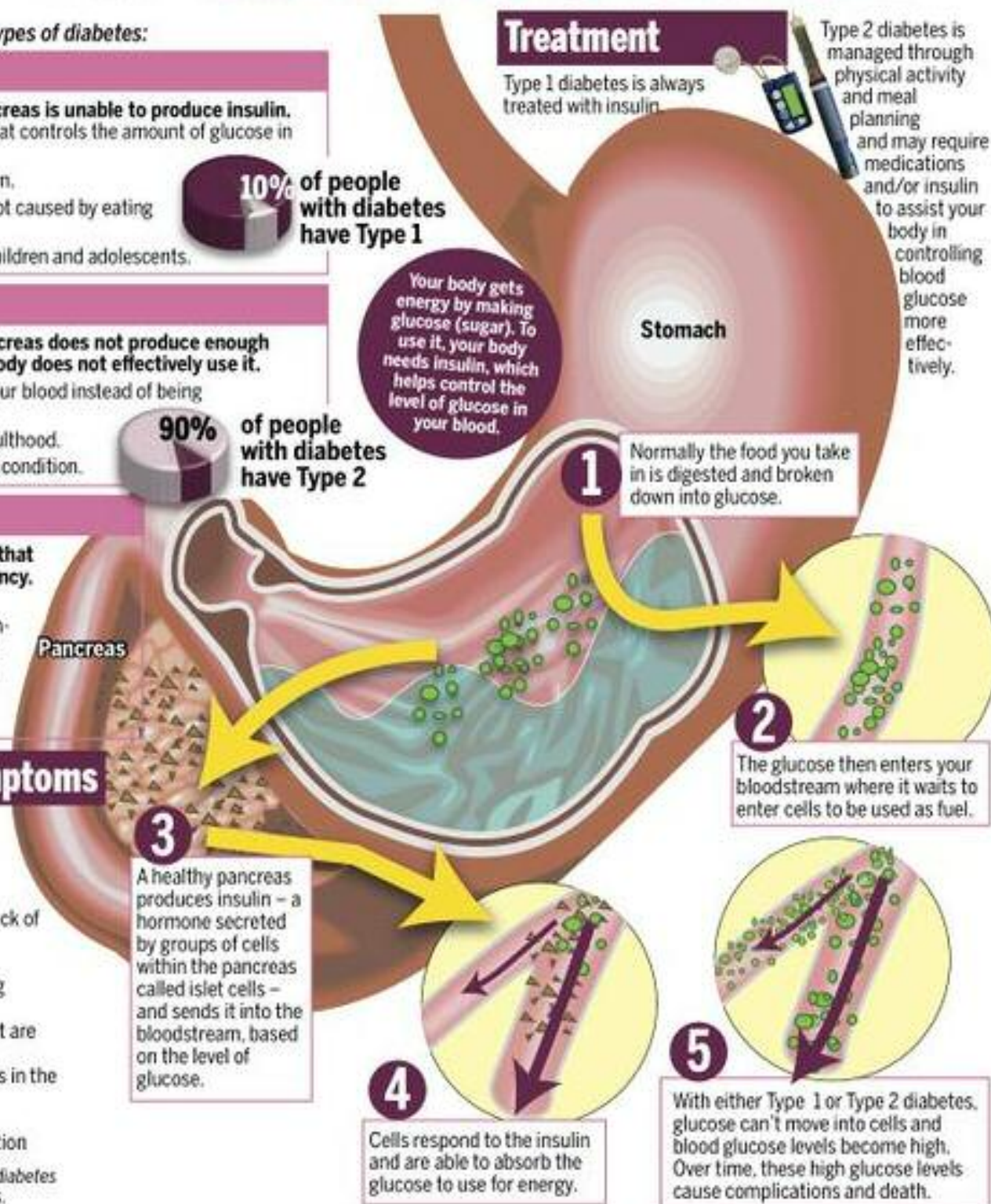
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Many people with Type 2 diabetes may display no symptoms.

### Treatment

Type 1 diabetes is always treated with insulin.

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







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## ON THE COVER:

Our cover this month features a woman with an attitude of gratitude. You will find more about the healthy benefits of gratitude and other useful information in the pages of this issue.



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## The Benefits of Gratitude

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

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

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

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

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



**SAVE THE DATE**

Heartland Healthy Neighborhoods will be hosting their

## Annual Action Summit

Thursday, December 15 from 8:30 a.m. – 1:00 p.m.

Community members and organizations focused on community health and wellness are encouraged to attend.

Please check the HHN website for more information or email Sarah Karns at [skarns@unitedwaytopeka.org](mailto:skarns@unitedwaytopeka.org).

Website: <https://www.heartlandhealthyneighborhoods.org/>



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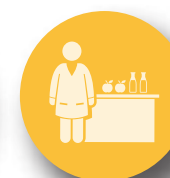
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# Practice Gratitude this Thanksgiving to Improve Mental Health

By Anabel Feauto, Health Promotion Specialist

**T**he holiday season is just around the corner. For many, this time of year can come with challenges of sadness, anxiety, and depression. November is National Gratitude month for an important reason. Practicing gratitude can have an impact on mental health. Gratitude can be a powerful resource to increase happiness, well-being, and overall life satisfaction. Having gratitude can decrease anxiety, depression, and stress. This article will help to demonstrate why Thanksgiving and the month of November is the perfect time to start incorporating gratitude into your daily life.



Anabel Feauto

There has been extensive research that proves our mental health improves significantly if we learn to be consistently grateful. To keep it short, gratitude has a positive impact on dopamine levels that help us experience positive feelings. Gratitude also increases a neurotransmitter, serotonin, which can help improve sleep and the overall condition of the body. Gratefulness causes our brain to release more positive neurotransmitters like dopamine, serotonin, and oxytocin. These all lead to increased feelings of happiness and less stress in the body. Take a moment to realize that practicing gratitude can literally rewire your brain.

Gratitude is about expressing appreciation. This can be appreciation towards people, things, experiences, or even yourself. Expressing emotions and appreciation to others and ourselves creates positive feelings of pleasure, happiness, and overall well-being. Gratitude is a resource that we can use to shift our focus

of what we don't have to what we do have in life.

When negative thoughts start to intrude, it is time to take action and challenge your mind in finding something in that moment that you are grateful for. Instead of dwelling on the past or worrying about the future, try to stay present. Being in the present and combating the negative thoughts with gratitude can help with those worried, stressed, criticizing thoughts that are trying to overcome you.

The way we practice gratitude is not one size fits all. There are various options that you can start trying to see what fits best with you. To start with your practice, there are simple ways to incorporate it into your daily life.

- **Journaling-** This can be in a notebook, your daily planner, or even sticky notes at your desk or in the house. Write down a few things that you are grateful for each day.
- **Self-appreciation-** Practice saying three good things about yourself out loud. This may feel uncomfortable and awkward at first, but over time you will start seeing the benefits and it will become easier.
- **Showing thanks to others-** Making someone else feel special and showing them appreciation can improve your mental health.
- **Find a gratitude partner-** Find someone that you can share some of your daily practice with. This not only will help you to continue your practice, but also surrounding yourself with positivity can help with your journey of gratitude.
- **Be in the moment-** As mentioned earlier, it can be easy to think about the past or worry about the future. Practicing being in the present and what you have now can help those negative thoughts.

While choosing to practice gratitude can help those intruding negative thoughts, it doesn't mean to ignore all the negatives in your life. It is important to know that practicing gratitude is not blind optimism in the face of difficulties. There is no denying that we all have struggles and challenges that we face. However, this shows more than ever that we need to search for the highs amidst the lows. It is okay to acknowledge the hard times while embracing the good things that life can provide to counterbalance.

During the month of November, take time to be grateful for the small moments. It is okay to accept happiness as it comes and be grateful for all that we have and what is to come in the future. It is important to note that while developing gratitude is a helpful practice it does not solve all the mental health struggles in our community. Continue to practice gratitude and reach out for help if you need it.

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# FINANCIAL FOCUS

## How can you improve your financial fitness?

If you're an investor, you no doubt pay a great deal of attention to your stocks, bonds and mutual funds. But you shouldn't forget another key element of your financial strategy: *cash*.

Cash is part of any financial strategy and investment portfolio, but how much have you thought about the different uses of cash, and how much you really need? Consider these four key purposes:

- **Unexpected expenses and emergencies** – If you face an interruption in employment, you need an extensive home repair or you encounter an unplanned medical expense, you may need access to cash. If you're not retired, it's a good idea to have three to six months of living expenses in cash, possibly supplemented by access to a line of credit. If you're already retired, keeping up to three months of living expenses in cash, possibly supplemented by a credit line, is a good rule of thumb.

- **Specific short-term savings goals** – You may have some goals you want to meet within the next year or two, such as a wedding, a vacation or the purchase of a new car. And since you have a little more time to meet these needs than you would for an emergency, you might consider using a money market account or a short-term certificate of deposit (CD), in addition to your other savings vehicles.

- **Everyday spending** – You'll always need cash to provide for your day-to-day spending needs, such as your mortgage, other debts, groceries, utilities, entertainment and so on. If you haven't already done so, you might want to create a budget, which could help highlight areas in which you can reduce spending to free up funds for investing in long-term goals. If you're still working, keeping one to two months' worth of living expenses in a liquid account may be sufficient, but if you're retired, you may



need up to 12 months of living expenses, which you can adjust to accommodate outside sources, such as Social Security or a pension.

- **Source of investment** – You can look at cash as an investment source in two different ways. First, cash can be considered its own distinct asset class, and because it typically behaves differently from other asset classes, it can provide some diversification to a portfolio containing stocks and bonds. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.) And second, the cash in your portfolio could be used as part of a systematic investing strategy in which you put set amounts of money at regular intervals into investment vehicles that are appropriate for your goals and risk tolerance.


Clearly, cash is an important part of planning for the future, but there can be too much of a good thing. While cash may seem like a perpetual safe harbor from the stormy investment seas, it is not without risk. If you hold too much cash, you could underfund your longer-term investments — the ones with the growth

potential you need to reach some of your most important goals, such as a comfortable retirement.


Put your cash to work. By using it wisely, you can add a valuable element to your financial picture.

*—This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.*

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# What is gratitude? 5 ways to be thankful

**F**rom the time we are little, we are asked to thank others when they give us a gift or extend a nice gesture. We learn to thank automatically and as a social rule. But, how many times do we extend thanks for the little good things that happen to us daily? Do we really know how to be grateful?

We have all heard or read many definitions of gratitude, but experiencing gratitude at its core requires a conscious effort. How many times do we say 'thank you' without taking a moment to actually feel thankful?

Gratitude is a conscious, positive emotion one can express when feeling thankful for something, whether tangible or intangible.

Gratitude implies much more than showing good manners. It's a practice that requires acknowledging someone else's gesture towards us or the things that are going well in our lives. It involves both a process of recognition of the positive and its outcome.

## Why is gratitude important?

Regularly practicing and expressing gratitude has many benefits, both short- and long-term.

Psychologists have highly researched gratitude and find it to be among the main focuses of positive psychology. Evidence suggests that people who consciously count their blessings tend to be happier and less depressed. But how?

### Gratitude changes our brains

Research has found that people who tend to be more grateful have more brain activity in the medial prefrontal cortex, the area associated with learning and decision making. This brain activity persisted a month later, suggesting that gratitude has long-lasting effects.

### Gratitude can overpower negative emotions

Feeling grateful boosts positive emotions like joy and compassion while encouraging us to look



for and connect with what's good in life. This helps us switch our attention from toxic emotions, such as resentment and envy.

### Gratitude builds over time

A continued gratitude practice starts having long-lasting effects on mood and behavior, which can snowball over time.

### Gratitude can help combat depression

A study showed that a single thoughtful appreciation leads to an immediate 10 percent increase in happiness and a 35 percent reduction in depressive symptoms. When it becomes a habit, it can help prevent anxiety and depression.

### Gratitude boosts our optimism

According to research by Dr. Robert A. Emmons and Dr. Michael E. McCullough, people who write a few sentences each week focusing on gratitude felt more optimistic.

### It improves our health

Besides reducing and countering negative emotions, practicing gratitude is linked to other healthy behaviors, such as working out. Research has also associated gratitude with more robust

immune systems, fewer aches and pains, lower blood pressure, and a deeper, more restoring sleep.

### It leads to stronger relationships and communities

Through gratitude, we increase our capacity for forgiveness, become more likely to help others, and develop compassion for others. Gratitude can make team members feel more satisfied and fulfilled, possibly reducing the likelihood of burnout.

Researchers at the Wharton School at the University of Pennsylvania found that workers were 50 percent more efficient when they had managers who actively expressed gratitude.

Similar research by psychologists Adam Grant and Francesca Gino found that receiving thanks for good performance made team members feel a strong sense of self-worth and confidence. It also led to an increase in trust and initiative to help one another.

### It can lead to positive actions

Whether expressing thankfulness or boosting our motivation to help others, a grateful attitude has been shown to increase our likelihood to spread the encouragement and joy it generates





in us. Research suggests gratitude may also play a role in motivating individuals to engage in positive behaviors leading to self-improvement.

This can positively affect us on two levels. First, when we have a grateful mindset, we tend to involve ourselves in other practices that improve our well-being, such as meditation, sports, and recognizing our strengths. Second, it moves us to be kinder, more thoughtful, and more altruistic.

Also, research carried out by Frederickson showed that gratitude, when expressed effectively, increases the probability of the recipient to lend favor to a third party, effectively expanding a network of good.

## Five ways to practice gratitude

Like any skill, gratitude can be learned and strengthened. Here are some tips on how to practice gratitude.

**1. Each day, think of three things you're thankful for.** Make it a daily habit to visualize what's good in your life. This can directly impact your mood throughout the day, as well as your sleep quality. In fact, therapists often suggest this as one of the first exercises when initiating a treatment against depression. To make it more powerful, it is advised to devote at least ten minutes to this practice, rather than quickly coming up with them. Writing them down is a great way to finish your

tude journal has been proven to activate brain areas that are related to morality and positive emotions. People who could find purpose and feel grateful for the good things to come out of a challenging situation show higher resilience, forgiveness, and detachment. And reading your own words of gratefulness can help you feel better when struggling to be positive.

**3. Thank someone new every week.** There are many people around us, and we are all connected somehow. How often do we take the time to express gratitude more consciously or thoughtfully? Sure, we say thank you every time the clerk at our local shop gives us our purchase, or we thank our partner for setting the table, but do we take the time to make it meaningful? Give yourself the purpose of choosing someone new each week and learn how to express gratitude differently. This could mean adopting a more conscious non-verbal communication (like eye contact and a smile), writing a thoughtful message ac-

exercise, and it is useful to come back and read them at the end of the week.

**2. Start a gratitude journal.** Journaling can be an excellent self-therapy technique. When you write, you use different parts of your brain and access memories and emotions from a new perspective. A grati-

knowledging others' behavior and its positive effects on you, or saying thank you with a nice gift or service gesture (like a shoulder massage). Be creative!

**4. Meditate.** When it comes to gratitude, meditation can take us as deep as it gets. Different guided meditations, such as love and kindness, allow us to widen our perspective of life and our connection to ourselves and other beings. It promotes acceptance, detachment, forgiveness, and thus, gratitude. We can also take this moment to imagine a specific situation we are grateful for and let the feeling grow and be stronger.

**5. Focus more on others' intentions.** When you receive a gift or a nice gesture from someone, consider how they intended to bring good into your life. Take a moment to visualize their willingness to help you, make you feel happy, or be there for you in a challenging moment.



Gratitude is, without question, a great emotion to cultivate. Hopefully, we can make it a habit that translates into a trait. Don't forget that practice and patience are key ingredients to our purposes and intentions. Start your practice today.

*By Paulina Cal y Mayor Galindo  
betterup.com*



# FINANCIAL HEALTH & WELLNESS

## Give your tax withholding a fresh look as 2022 year-end nears

**T**he Internal Revenue Service reminds taxpayers today that the last quarter of 2022 is a good time to check withholding.

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

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

### Items that may affect 2022 taxes

Things to consider when adjusting withholding for 2022 are:

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



gig economy to consider estimated tax payments to avoid a balance or penalties when they file.

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

### Pay as you go

Taxes are generally paid throughout the year whether from salary withholding, quarterly estimated tax payments or a combination of both. About 70% of taxpayers, however, over withhold their taxes every year, which typically results in a refund. The average refund in 2022 was more than \$2,700.

Taxpayers can pay online, by phone or from the IRS2Go app. They can schedule payments for future dates, which can be useful during filing season, for payment plan payments or for estimated tax payments. Taxpayers can also log into their IRS.gov/account to view the amount they owe, their payment plan details

and options, their payment history (up to 5 years), any scheduled or pending payments, and key tax return information from their most recent tax return.

### Tax Withholding Estimator

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

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

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

—Peggy Beasterfeld, EA



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# Deep Brain Stimulation For Alzheimer's



(Ivanhoe Newswire) —

**M**ore than 6 million Americans are living with Alzheimer's disease. By 2050, that number is projected to be 13 million. Although there are several drugs to treat the symptoms, there's only one FDA-approved medication to slow the progression.

Now, there's a new treatment that's not a drug, sparking discussion that could slow or halt the progression of this devastating disease: Deep Brain Stimulation.

One in three seniors die with Alzheimer's disease.

There's no cure but researchers are hoping that electricity may help stop it at the earliest stages.

"By increasing the flow of information, in that track, we might improve the ability of a person to retain new information," explains UT Health San Antonio neurologist and psychiatrist, Dr. Gabriel de Erausquin.

Researchers are targeting the fornix – a part of the brain responsible for memory – with deep brain stimulation, sending electrical impulses to targeted areas.

UT Health San Antonio neurosurgeon, Dr.



Alexander Papanastassiou says, "The electrodes go down into the brain near the fornix. Then, you tunnel the wires underneath the skin, behind the ear and underneath the skin down the neck, down to the chest wall. And then, we have a little battery pack there. It's a lot like a pacemaker."

"The patient is awake, and we are asking them questions," Dr. de Erausquin mentions.

A San Antonio woman in her 70's was one of the first in the world to receive DBS. On the operating table she suddenly started talking about a long-lost memory.

Dr. de Erausquin recalls, "She was suddenly flattered by a memory of her sister and her playing on the beach."

During two years of stimulation, researchers proved DBS is safe for Alzheimer's patients and the disease did not progress in most of the patients.

"Twenty-four months without worsening is quite good. It's better than anything we have right now," Dr. de Erausquin emphasizes.

There are 27 sites worldwide testing DBS for treating Alzheimer's patients. Eighteen are in the U.S. The study doesn't aim to reverse the disease progression, that's why it's important to do this treatment in the early stages of the disease. DBS is currently used to treat patients with Parkinson's, seizures, and depression..

Alzheimer's disease is a progressive neurologic disorder that causes the brain to atrophy and brain cells to die. Alzheimer's disease is the most common cause of dementia — a continuous decline in thinking, behavioral and social skills that affects a person's ability to function independently. It is estimated that there are approximately 44 million people worldwide living with Alzheimer's disease or a related form of dementia. In the U.S., an estimated 5.5 million people of all ages have Alzheimer's disease. Of these, around 5.3 million are 65 and older and 200,000 are younger and have early-onset Alzheimer's disease. About two-thirds of Americans with Alzheimer's disease are women. This equals 3.3 million women, age 65 and older having Alzheimer's disease in the U.S. and two million men.



## MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

Services offered include:

- Hot Showers & Clean Clothes
- Food and Drinks
- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



## NOVEMBER SCHEDULE Tuesday & Thursday



MOBILE ACCESS  
PARTNERSHIP

Topeka Rescue Mission's  
homeless hotline:  
785-230-8237

### TRM

Transport to MAP, Clothing, Hot breakfast and lunch, Hygiene items, ACE assessments

### VALEO

Showers, COVID testing, Mental Health Assessments, City ID applications, Backpacks

### STORMONT

Child visits, Annual physicals, Chronic care follow-up, Routine lab work, Blood pressure & Diabetes checks, Immunizations  
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### FREE LIFELINE PHONES

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### STREET DOG COALITION

Vaccines for pets, Parasite control, Spay/Neuter



### Nov. 1 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM  
Free LifeLine Phones

### Nov. 3 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

### Nov. 8 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM  
Free LifeLine Phones

### Nov. 10 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM, Free LifeLine Phones,  
SDC/KSU, Stormont-Vail

### Nov. 15 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM  
Free LifeLine Phones

### Nov. 17 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail

### Nov. 29 • 9:00-2:00

Salvation Army  
1320 SE 6th  
Valeo, TRM  
Free LifeLine Phones

## Questions about MAP?

Please contact Jenny Falk,  
Director of MAP Operations,  
at [jfalk@trmonline.org](mailto:jfalk@trmonline.org).

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# Shawnee County Farmers Markets



## Downtown Farmers Market

- Open April 2 - October 29
- Every Saturday from 7:30am - Noon
- SW 12th and Harrison St, Topeka, KS

## Breadbasket Farmers Market

- Open April 2 - November 19
- Every Saturday from 7:30am - 1:00pm
- 1901 SW Wanamaker Rd, Topeka, KS
  - Parking lot of West Ridge Mall, SE of Furniture Mall of Kansas

## Monday Farmers Market

- Open May 9 - October 3
- Every Monday from 7:30 am-11:30 am
- Topeka Public Library
  - 1515 SW 10th Ave, Topeka, KS

## Silver Lake Farmers Market

- Open June 7 - September 13
- Every Tuesday from 6:00 pm-8:00 pm
- Silver Lake Public Library
  - 203 Railroad St, Silver Lake, KS



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# Twenty Ways to Care for Caregivers

Here are twenty of the best tips and ideas collected from caregivers and care managers of the Medicare Alzheimer's Project in Broward and Miami-Dade Florida.

1. Laugh about something everyday
2. Take care of yourself physically.
3. Eat a well-balanced diet.
4. Talk with someone every day.
5. Let family and friends help. Give them printed material on memory disorders so they can better understand your relative. Give them a chance.
6. Give yourself permission to have a good cry. Tears aren't a weakness, they reduce tension.
7. Exercise. A brisk walk counts.
8. Get adequate rest.
9. Try a bowl of Cheerios and milk before bed to promote sleep.



10. Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.
11. Reduce daily caffeine intake.
12. Get professional help if you feel your support system isn't adequate or if you feel overwhelmed.
13. Take a break very day, even if it's only 10 minutes alone in the backyard.
14. Explore community resources and connect yourself with them.
15. Listen to music.
16. Learn relaxation techniques.
17. Regularly attend one or more support groups and education workshops.
18. Give yourself a treat at least once a month: an ice cream cone....a new shirt or

- dress....a night out with friends....a flowering plant.
19. Read the Fearless Caregiver Manifesto
  20. Know your limitations.

—caregiver.com

## FEARLESS CAREGIVER MANIFESTO

We family caregivers also need and deserve our own guiding set of principles, our own manifesto: The Fearless Caregiver Manifesto.

- 1 I will fearlessly assess my personal strengths and weaknesses, work diligently to bolster my weaknesses and to graciously recognize my strengths.
- 2 I will fearlessly make my voice be heard with regard to my loved ones care and be a strong ally to those professional caregivers committed to caring for my loved one and a fearless shield against those not committed to caring for my loved one.
- 3 I will fearlessly not sign or approve anything I do not understand, and will steadfastly request the information I need until I am satisfied with the explanations.
- 4 I will fearlessly ensure that all of the necessary documents are in place in order for my wishes and my loved ones wishes to be met in case of a medical emergency. These will include Durable Medical Powers of Attorney, Wills, Trusts and Living Wills.
- 5 I will fearlessly learn all I can about my loved one's healthcare needs and become an integral member of his or her medical care team.
- 6 I will fearlessly seek out other caregivers or care organizations and join an appropriate support group; I realize that there is strength in numbers and will not isolate myself from those who are also caring for their loved ones.
- 7 I will fearlessly care for my physical and emotional health as well as I care for my loved one's. I will recognize the signs of my own exhaustion and depression, and I will allow myself to take respite breaks and to care for myself on a regular basis.
- 8 I will fearlessly develop a personal support system of friends and family and remember that others also love my loved one and are willing to help if I let them know what they can do to support my caregiving.
- 9 I will fearlessly honor my loved one's wishes, as I know them to be, unless these wishes endanger their health or mine.
- 10 I will fearlessly acknowledge when providing appropriate care for my loved one becomes impossible either because of his or her condition or my own and seek other solutions for my loved one's caregiving needs.



# 46 Years of Nutcracker Ballet

## Ballet Midwest Hosts Annual Production

Symbolizing good luck and their ability to frighten away malevolent spirits, nutcrackers have long symbolized another thing for many people... the Christmas season. Based loosely on E.T.A. Hoffman's fantasy story "The Nutcracker and the Mouse King," the plot of the annual holiday ballet program depicts a girl whose new beloved Christmas gift of a wooden nutcracker that comes to life on Christmas Eve to battle against the evil Mouse King.

Make the Nutcracker ballet a part of your holiday must-dos and watch this unique story transform on the stage during the 46th annual Ballet Midwest Nutcracker, December 9-11, 2022 at the Topeka Performing Arts Center.

At the start of the show, the stage is set as a Victorian Christmas party with boys and girls running around with holiday glee. The merry crew are led into mischief by Fritz, who makes it his mission to torture his older sister, Clara, and the special gift from her mysterious godfather: a Nutcracker.

Falling asleep that very evening, Clara dreams of her dar-



ling Nutcracker, her very own night, battling evil against the wicked Mouse King. Victorious, Clara and her Nutcracker (now a handsome prince) travel through snow-covered fields, to cascades of flowers and through the sugar plum-filled Kingdom of Sweets, where dancers take to the stage representing different countries (and their corresponding treats!) throughout the second part of the show.

Ballet Midwest Company and Junior Company dancers are primary players on stage, but the cast includes both adults and children from the local community. Ages 3 to ageless make up the full cast of almost 200 dancers.

Ballet Midwest's Nutcracker Ballet is a holiday staple and will be performed live at TPAC, Friday, December 9th at 7:30 pm, Saturday, December 10th at 1:30 pm and 7:30 pm and Sunday, December 11th at 1:30 pm.

Ticket prices are \$22 for adults, \$20 for seniors 55 and older, and \$14 for students 18 and younger. A family pack of two adult and two student tickets is \$60. Tickets can be purchased in person at the TPAC box office, from cast

members, and at Barbara's Conservatory of Dance.

For more information visit [www.balletmidwest.net](http://www.balletmidwest.net).

### Fun Facts:

- All local talent! All the dancers involved are trained right here in Northeast Kansas. Many grow up performing in the Nutcracker every year with dreams of the day they perform the lead roles in the production.
- It's the longest running Nutcracker in Northeast Kansas.
- Terrific lighting and theatrical effects to behold – smoking cannons, lighting flashes, growing sets, falling snow and more.
- Costumes are stunning! The level of detail with Victorian lace and sequins makes the dancers shine on stage.
- Christmas tree grows over 20 feet in front of your eyes.
- Acting plays a major role in the production – Shannon Reilly (Topeka Civic Theatre's Artistic Director) consistently creates magic on stage as Clara's godfather. Each cast member similarly strives to bring out the best in their role, whether scary or stunning, magical or mysterious.
- Incredible pas de deux (dance of two) to view: enjoy watching strong men lift ladies overhead, allowing them to gracefully hover in the air, spin with precision and glide through space.





# Great Benefits Surround Dancing At All Ages

**W**hen you visualize a ballerina, what do you see? If you are like most people you see a cute kiddo with tights and some form of a pink tutu. Or perhaps you picture a super fit young adult in tights and pointe shoes dancing on stage. Very few individuals will automatically think of an older adult or senior although there are amazing physical and mental benefits to dancing throughout one's life.

As a weight-bearing form of exercise using the full range of muscles, ballet is not only a great physical workout, but is also great for cognitive functions such as concentration and coordination. In addition, ballet helps significantly with balance and posture and alignment. It has been even known to reduce the symptoms of depression, arthritis, diabetes, and dementia.

Don't believe us?! Here is a short list of the amazing benefits ballet can provide to those physically young, as well as those young at heart.

1. Increases flexibility
2. Provides superior muscle toning, including

strengthening and lengthening of some of the largest muscle groups

3. Improves stamina, coordination and posture
4. Increases energy and metabolism
5. Improves breathing, concentration, and balance
6. Furnishes a focus on mindfulness and calming
7. Delivers a vehicle for self-expression and self-confidence

8. Endorphin release increases happiness
9. Burns calories
10. Fends off osteoporosis
11. Combats dementia

A typical adult ballet class lasts between 45-60 minutes, once a week. In that time, you can burn more than 500 calories. If one is looking to trim down, ballet can pro-

vide an opportunity to do so, but it also generally improves overall bodily fitness by increasing resting heart rate, and improving circulation throughout your whole body.

In addition, ballet allows for self-expression in various forms, along with helping with aiding self-confidence. Even if class participants never step foot on a stage, just engaging in a weekly session with a small ballet class will feed an immediate impact on mental health.

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person at the TPAC box office, from cast members, and at Barbara's Conservatory of Dance.

For more information visit [www.balletmidwest.net](http://www.balletmidwest.net).



# Running With Diabetes: Tips to Stay Healthy on the Road

By Rebecca Subbiah RD, SRD

**R**unning with Type 2 diabetes is another great way to control the diabetes, as exercise makes the body more sensitive to the action of insulin.

"Increasing physical activity like running is great for patients with Type 2 diabetes as it could help decrease the need for insulin treatment in future," said endocrinologist Dr. Paul Gulley.

Insulin products have improved in leaps and bounds and Gulley suggests that competitive runners use insulin pumps with a continuous blood sugar monitor.

Jerry, a 50-year-old marathon runner from Arizona, was diagnosed with diabetes when he was 15 years old. He has always enjoyed running from a young age and has run a staggering 49 marathons and five ultra-marathons. His favorite run is the Big Surf along the Pacific Coast Highway in California.

In the early days Jerry was too afraid of doing a marathon for fear of hypoglycemia, or low blood sugar. Now he always checks his sugar before, during and after a run to make sure his levels are safe. Jerry says it is vital to take a meter with you.

"I don't have any kind of diabetic diet except to try and avoid foods that make it more difficult to manage my blood sugar," Jerry said. "Other than that, I am continually attempting to match my insulin dosage with what I eat and how much I exercise."

**A typical day's food intake looks like this:**

**Breakfast:** 2 slices of wholegrain toast with peanut butter and some fruit, scrambled egg cheese and pancakes on the weekend

**Lunch:** Sandwich or soup from the cafe at work, sometimes a hamburger but if he has fries more insulin is needed.

**Snacks:** Cheese and crackers or a pure fit bar (he states the balance of protein, fiber, carbohydrates and fat works)



**Dinner:** roast chicken, broccoli and potato.

During a marathon Jerry depends on energy gels—one every five to six miles. During an ultra-marathon, he increases his intake. Nutrition is key before, during and after a race.

"After a marathon I always like to eat right away," Jerry said. "There are several reasons for this not the least of which is the fact that I get hungry. I also know that refueling the muscles right away helps with recovery. It's good for me as a diabetic on an insulin pump."

Jerry said he turns his basal level of insulin down before an event then balances it with food as he slowly increases it. This is to absorb the carbohydrates from the food to re stock glycogen stores but also to get his blood sugars leveled out. He eats bananas, granola bars, bagels or a meal replacement drink, which also has protein and is easy to digest.

When you have diabetes, it is important to work closely with your diabetes team to adjust insulin dosage. Dr. Paul Gulley says that if you're a causal runner who runs for 30 to 60 minutes, you should be fine. However, if you are running for longer periods, it's best not to run alone. You should have a running partner or tell someone where you are running if you run alone.

Diabetic runners should always carry glucose tablets, diabetic identification, and a meter. You need to "match calories in and burned with insulin." He also cautions his patients to be aware of the risk of dehydration in the summer months. Ensuring good diabetic control is important because if your blood sugars are too high to begin with, you're at a much greater risk of dehydration.

"Diabetes is my constant challenge in everything I do," Jerry said. "It's not an excuse for not doing anything, but it's something I have to reckon with, something I have to plan to deal with."

Jerry is part of a group called Triabetes. The group started with 12 individuals with Type 1 diabetes who came together to train and complete in the Wisconsin Ironman in 2008. In 2014, there were 15 members training for the Arizona Ironman.

So if you're a runner of many years or just starting out be inspired by people like Jerry, anything is possible, plan ahead and have passion, diabetes doesn't need to hold you back. The open road is waiting.

Contact these resources for help:

- Your diabetes team including your doctor, diabetes nurse and dietitian
- Your general practitioner
- Local running groups (Sunflower Striders in Topeka for example)
- The American Diabetic Association
- Blogs of fellow runners with diabetes








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<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

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# Spiritual Wellness

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

## The Grateful Get Going

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

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

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

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

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

### Gratitude vs Habit Formation

Some of you may say argue that it is not gratefulness that keeps you progressing as much as

it is the creation of habits and routine. To that, I would say that you are partly correct. I do think habit formation plays a role in consistency, but I also believe gratefulness plays a role too. A habit can keep the mind and body going, but gratefulness can keep the soul going. Gratefulness gets us back to the basics of all that we are. Who we are. Whose we are. Why I am here.

When we have that foundation in place, it can keep our soul healthy and going amongst the distractions, disqualifications, and delusions that we get faced with. More on this later.

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

### Awareness is the Key

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

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



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

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

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

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

— Noah Nelson, [faithandfitess.net](http://faithandfitess.net)





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## Why you need dental insurance in retirement.

**Medicare doesn't pay for dental care.<sup>1</sup>**  
As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

**Early detection can prevent small problems from becoming expensive ones.**  
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

**Previous dental work can wear out.**  
Your odds of having a dental problem only go up as you age.<sup>2</sup>

**Treatment is expensive — especially the services people over 50 often need.**  
Unexpected bills, like \$189 for a filling, or \$1,219 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

**When you're comparing plans ...**

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

**Simply put – without dental insurance, there may be an **important gap** in your healthcare coverage.**

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?," www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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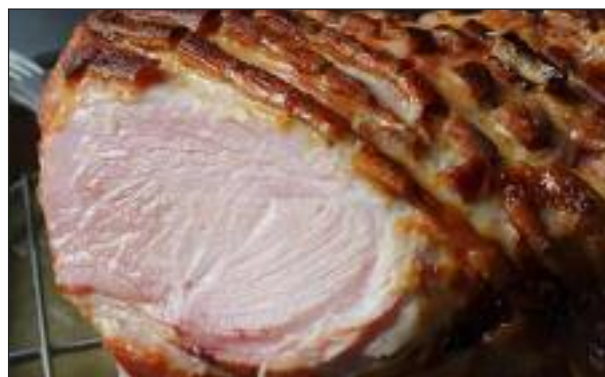
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# Healthy Recipes for Thanksgiving

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

## Home-Cured Holiday Ham



make your own cured ham as a main dish to join your other healthy holiday recipes.

### Ingredients

- 18 ounces kosher salt
- 2 cups brown sugar
- 7 teaspoons pink salt #1 (curing salt)
- 1 tablespoon pickling spice, or to taste
- 6 quarts water, divided
- 1 (7 pound) fresh, bone-in pork shoulder ("picnic") arm roast, with the skin still on
- 1 cup water, or as needed
- 2 whole star anise

### Optional Glaze:

- ¼ cup Dijon mustard
- ¼ cup maple syrup
- 1 pinch cayenne pepper
- 1 pinch salt

### Directions

Place kosher salt, brown sugar, pink salt, and pickling spice in a container large enough to hold brine and ham.

Bring 2 quarts water to a boil and pour over brine ingredients; whisk to dissolve. Pour in 1 gallon fresh cold water to cool down mixture.

Score the skin side of pork roast with a sharp knife, cutting into the fat beneath the skin but not into the meat. Score about 1 inch apart, then score in the opposite direction to get a classic diamond-shaped pattern.

Lower roast into brine, skin-side up. Use a plate to weigh down roast, so it cures fully submerged in liquid. Refrigerate for 1 day for every 2 pounds of pork (cure for 2 1/2 days for a 7-pound roast). Turn roast over halfway through the brining process.

Remove roast from brining liquid. Discard brining

liquid and transfer roast back to the brining container. Cover roast with fresh cold water to rinse off salt; let soak for a few minutes to overnight, depending on how salty you want your ham. Remove roast from water and blot dry with paper towels.

Preheat oven to 325 degrees F (165 degrees C).

Add 1 cup water and 2 whole star anise to a roasting pan. Place roast on a rack in the roasting pan.

Roast in the preheated oven until ham reaches an internal temperature of 130 to 135 degrees F (55 to 58 degrees C), about 2 hours. Ham will not be fully cooked at this point. If water has nearly evaporated, add a splash more.

Increase oven temperature to 425 degrees F (220 degrees C). Continue to roast ham until the skin is browned and crispy and the internal temperature reaches 145 to 150 degrees F (63 to 66 degrees C).

Make optional glaze: Mix mustard, maple syrup, cayenne pepper, and salt together in a bowl. Brush glaze on baked ham. Return roast to the oven for 5 minutes.

Once ham is cured, you'll want to give it a soak to rinse off the brine; how long you do this can affect how salty your meat is (1-24 hrs)

**Nutrition Information** (Servings: 16)

Per serving: 484 calories; protein 39g; carbohydrates 22g; fat 26g..

Source: allrecipes.com

## Easy Sweet Potato Casserole



A yummy option!

### Ingredients

- 6 large sweet potatoes, peeled and cut into chunks
- 1 cup white sugar
- ½ cup brown sugar
- 2 tablespoons ground cinnamon
- 1 tablespoon butter, softened
- 1 cup miniature marshmallows, as needed

### Directions

Place sweet potatoes in a large pot and cover

with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.

Preheat the oven to 375 degrees F (190 degrees C). Grease a deep casserole dish.

Mash potatoes with a potato masher in a bowl until no large lumps remain. Stir in both sugars, cinnamon, and butter until well combined, then transfer to the prepared casserole dish. Cover with a layer of miniature marshmallows.

Bake in the preheated oven until marshmallows are browned, about 30 minutes.

**Nutrition Information** (Servings: 10)

Per Serving: 385 calories; protein 4g; carbohydrates 91g; fat 1g.

Source: allrecipes.com

## Pineapple Cranberry Sauce



A variation on a classic!

### Ingredients

- 1 (16 ounce) can pineapple chunks with juice
- water as needed
- 1 cup white sugar
- 1 (12 ounce) bag fresh cranberries

### Directions

Drain juice from canned pineapple into a measuring cup. Fill the measuring cup with enough water to equal 1 cup liquid altogether.

Stir pineapple juice mixture and sugar together in a saucepan; bring to a boil, stirring constantly. Add cranberries and return to a boil. Reduce heat to low and simmer until cranberries burst, about 10 minutes.

Mix pineapple chunks into cranberry mixture. Cool to room temperature before serving.

**Nutrition Information** (Servings: 10)

Per serving: 120 calories; protein 0g; carbohydrates 31g; fat 0g.

Source: allrecipes.com



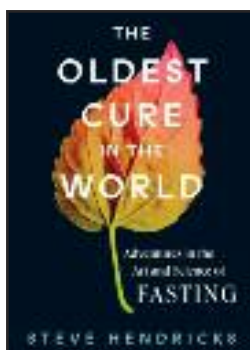
# New Health & Wellness Info at the Library

By Kelly Barker

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

**The oldest cure in the world:** adventures in the art and science of fasting – by Steve Hendricks; Abrams Press; New Health Books 613.262 ROS

When should we eat, and when shouldn't we? The answers to these simple questions are not what you might expect. As Steve Hendricks shows in *The Oldest Cure in the World*, stop eating long enough, and you'll set in motion cellular repairs that can slow aging and prevent and reverse diseases like diabetes and hypertension.



**The great age reboot:** cracking the longevity code for a younger tomorrow – by Michael F. Roizen; National Geographic; New Health Books 613.0438 ROI

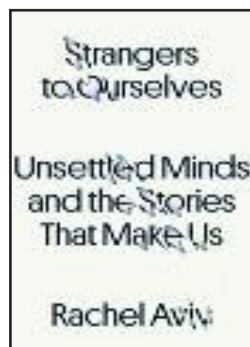
As the human lifespan expands and more people are living to 100 years and beyond, New York Times best-selling author Michael Roizen, M.D., explains how to prepare for a longer, healthier future. Dr. Roizen, along with acclaimed economists Peter Linneman and Albert Ratner, unpacks a wide swath of medical phenomena--from reengineering aging cells to DNA manipulation to bionic bodies--and shows how increased longevity will change our lives and our culture. They also provide a concrete action plan for good health, a youthful appearance, mental vigor, and strong finances in this



brave new world. The most comprehensive and forward-looking take on aging to date, this indispensable book illuminates the prevention, treatment, and technology that will reshape how we think about old age--and help us plan for an audacious future.

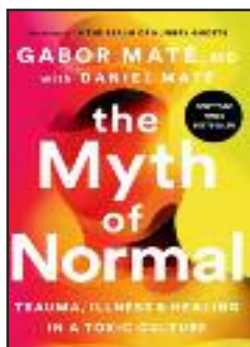
**Strangers to ourselves:** unsettled minds and the stories that make us – by Rachel Aviv; Farrar, Straus and Giroux; New Health Books 616.8914 AVI

Award-winning New Yorker writer Rachel Aviv compels us to examine how the stories we tell about mental illness shape our sense of who we are. Aviv raises fundamental questions about how we understand ourselves in periods of crisis and distress.



**The myth of normal:** trauma, illness, and healing in a toxic culture – by Gabor Maté; Avery, an imprint of Penguin Random House; New Health Books 613 MAT

Physician Gabor Maté addresses how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really "normal" when it comes to health?



**Flush:** the remarkable science of an unlikely

treasure – by Bryn Nelson; Grand Central Publishing; New Health Books 613 NEL

For most of human history we've been, well, disinclined to take a closer look at our body's natural product--the complex antihero of this story--save for gleaning some prophecy of our own health. But if we were to take more than a passing look at our poop, we would spy a veritable cornucopia of possibilities. We would see potent medicine, sustainable power, and natural fertilizer to restore the world's depleted lands. We would spy a time capsule of evidence for understanding past lives and murderous ends. We would glimpse effective ways of measuring and improving human health from the cradle to the grave, early warnings of community outbreaks like Covid-19, and new means of identifying environmental harm--and then reversing it.

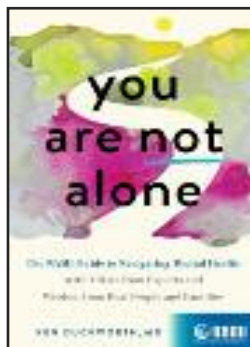


**Hysterical:** a memoir – by Elissa Bassist; Hachette Books; New Health Books 613.0424 BAS

Equal parts medical mystery, cultural criticism, and rallying cry, writer Elissa Bassist shares her journey to reclaim her authentic voice in a culture that doesn't listen to women. Between 2016 and 2018, Elissa Bassist saw over twenty medical professionals for a variety of mysterious ailments. Bassist had what millions of American women had: pain that didn't make sense to doctors, a body that didn't make sense to science, a psyche that didn't make sense to mankind. But then an acupuncturist suggested some of her physical pain could be caged fury finding expression, and that treating her voice would treat the problem. It did.



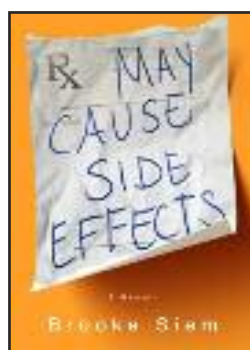
**You are not alone:** The NAMI Guide to navigating mental health--with advice from experts and wisdom from real people and families – by Ken Duckworth; Zando; New Health Books 616.89 DUC



Written with authority and compassion, this is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment, and recovery, featuring inspiring, true stories from real people in their own words. Millions of people in the United States are affected by mental illness every year, and the Covid-19 pandemic only further exposed the shortcomings of the American mental health system. Too many are confused, afraid, overwhelmed, and have many questions. Families and friends are often left in the dark about how best to help their loved ones, from dealing with financial and logistical issues, to handling the emotional challenges of loving someone who is suffering.

**May cause side effects:** a memoir – by Brooke Siem; Central Recovery Press; New Health Books 616.8527 SIE

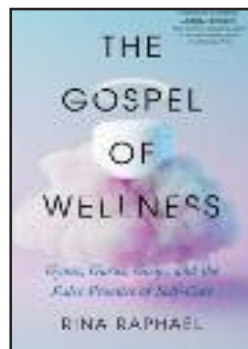
An unforgettable memoir about the turmoil of antidepressant withdrawal and the work it takes to unravel the stories we tell ourselves to rationalize our suffering. This is the gripping story of what happened when, after fifteen years and 10,000 antidepressants, Siem was forced into harrowing antidepressant withdrawal when an opportunity to travel around the world dropped into her lap.



**The gospel of wellness:** gyms, gurus, Goop, and the false promise of self-care – by Rina Raphael; Henry Holt and Company; New Health Books 613.0424 RAP

The wellness industry has grown from modest roots into a \$4.4 trillion entity and a full-blown movement promising health and vitality. We are now relentlessly flooded with exploitative offer-

ings, questionable ideas, and a mounting pressure to stay devoted to the divine doctrine of wellness. What happens when the cure becomes as bad as the disease? Balancing the good with the bad, *The Gospel of Wellness* explores what wellness can actually offer, ultimately showing how we might shape a better future for the movement--and for our well-being.



**American sirens:** the incredible story of the Black men who became America's first paramedics – by Kevin Hazzard; Hachette Books; New Health Books 610.9 HAZ

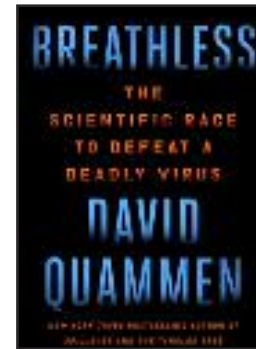
Until the 1970s, if you suffered a medical crisis, your chances of survival were minimal. A 9-1-1 call might bring police or even the local funeral home. But that all changed with Freedom House EMS in Pittsburgh, a group of Black men who became America's first paramedics and set the gold standard for emergency medicine around the world, only to have their story and their legacy erased--until now. At every turn, Freedom House battled racism. Their job was grueling, the rules made up as they went along, their mandate nearly impossible – and yet despite the long odds and fierce opposition, they succeeded spectacularly. Never-before revealed in full, this is a rich and troubling hidden history of the Black origins of America's paramedics, a special band of dedicated essential workers, who stand ready to serve day and night on the line between life and death for every one of us.



**Breathless:** the scientific race to defeat a deadly virus – by David Quammen; Simon & Schuster; New Health Books 614.58 QUA

The story of the worldwide scientific quest to decipher the coronavirus SARS-CoV-2, trace its source, and make possible the vaccines to fight the Covid-19 pandemic. *Breathless* takes the virus' fierce journey through the human population, as seen by the scientists who study its origin, its ever-changing na-

ture, and its capacity to kill us. David Quammen expertly shows how strange new viruses emerge from animals into humans as we disrupt wild ecosystems, and how those viruses adapt to their human hosts, sometimes causing global catastrophe. He explains why this coronavirus will probably be a "forever virus," destined to circulate among humans and bedevil us endlessly, in one variant form or another. As scientists labor to catch it, comprehend it, and control it, with their high-tech tools and methods, the virus finds ways of escape.



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**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

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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)

**"SHARE THE WARMTH" PROGRAM** – Thru Nov. 19. Providing coats for those in need. Scotch Fabric Care collection & cleaning at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. Distribution: on Saturday, December 3: 9a to 2p at Topeka Salvation Army, 1320 SE 6th St.

**GARY'S PUMPKIN PATCH & FALL FESTIVAL** – Sept. 30-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. [garysberries.com](http://garysberries.com), [garysfarmfest.com](http://garysfarmfest.com); 785-246-0800

**PUMPKIN PATCH** – Oct 16-31, 10:30am-6:30pm, West Side Christian Church, 432 SW Lindenwood. 100% of West Side's percentage of the proceeds will be donated to an organization to aid Ukrainian refugees

**FALLAPALOOZA** – Oct. 29, 3-5pm, Fairlawn Church of the Nazarene, 730 SW Fairlawn

**TRUNK OR TREAT** – Oct. 29, 5-6:30pm, Capital Gymnastics, 3740 SW Park Ave.

**TRUNK OR TREAT** – Oct. 30, 5-7pm, Grace Cathedral, 701 SW 8th

**TRUNK OR TREAT** – Oct. 30, 2pm, Topeka Bible Church

**TRUNK OR TREAT** – Oct. 31, 5-7pm, Wanamaker Woods Church, 3501 SW Wanamaker.

**EDWARDS' TWINS ULTIMATE VARIETY SHOW** – Oct. 30, 7pm, TPAC. Las Vegas' number one impersonators. [topekaperformingarts.org/events](http://topekaperformingarts.org/events)

**FALL FESTIVAL** – Oct. 30, 3pm, Faith Lutheran Church, 17th & Gage. Worship with Communion at 3pm, a short Bible Study after. Games will begin at 4:30pm. Free Meal provided by KansaSEED will begin at 5:30pm. Join us for all or parts

**TRUNK OR TREAT** – Oct. 31, 5:30-6:30pm, KS Big Brothers/Big Sisters, 2300 SW 29th

**TRUNK OR TREAT** – Oct. 31, 5-7:30pm, Lakeview Church of the

Nazarene, 2835 SE Croco Road. Parent meeting, meet your teacher, pick up supplies, find classroom, enjoy snacks & fellowship! Hot Chocolate, Hayrack Ride, Hotdogs, Candy, Fun, Games, Popcorn, & more! 785.266.3247

**2ND ANNUAL "DRIVE AWAY HUNGER" FOOD DRIVE** – Oct. 15 - Nov. 17. M-F 9am to 5:30pm, Sat 9am-1pm. Accepting non-perishable food goods, and personal care items at AAA of Topeka, 1223 SW Wanamaker. Contact Tamsyn Beckwith 785-438-6518

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

**FIRST WEDNESDAY SPEAK EASY POETS OPEN MIC** – Nov. 2 at ArtsConnect, 909 N Kansas Ave. All levels welcome. Sign up begins at 6:30pm and readings begin at 7pm.

**MARY JAMES IN CONCERT** – Nov. 2, 7pm, Family of God Church, 1231 NW Eugene St.

**24 FOR LIFE DIABETES PREVENTION CLASS** – Nov. 3, 5:30-6:30pm, 1st Apartments activities room. Those who qualify as prediabetic can be a part of the program at no cost. To find out your risk for Type 2 Diabetes, go to [www.midlandcare.org/24forlife](http://www.midlandcare.org/24forlife) or contact Donna Doel at 785-250-5210 or [ddoel@midlandcc.org](mailto:ddoel@midlandcc.org)

**SHARE THE STORY** – Nov. 4, 6:30pm, Topeka Zoo. Lifeline Children's Services fundraising dinner. Come find out about the ministry and hear the stories. Tickets: <https://p2p.onecause.com/sharethestory/event/topeka-ks>

**HOOSIER ARENACROSS** – Nov. 4-5, Stormont Vail Events Ctr. [stormontvaileventscenter.com](http://stormontvaileventscenter.com)

**HATCH BAND** – Nov. 5, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**TAILS ON THE TRAIL** – Nov. 5, 10am, Shawnee North Comm. Ctr. Dog-friendly 5k run, 1 mile walk and family event! This is a fundraiser for Helping Hands Humane

## Visit Historic Lecompton and see the **LARGEST Christmas Trees and Ornaments**

### DISPLAY in the Midwest!

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

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



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[www.LecomptonKansas.com](http://www.LecomptonKansas.com)

Mary James  
In Concert!  
Wednesday, Nov 2nd,  
7:00pm  
[Mary-James.com](http://Mary-James.com)  
4 time Inspirational Country  
Music Association  
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Family of God  
Church  
1231 NW  
Eugene St  
Topeka

**KFGB 97.7 FM**  
Upper Room Radio



Society. Register here:

<https://register.chronotrack.com/r/69096>

**VETERANS DAY PARADE—SUNFLOWER SALUTE**—Nov. 5, 11am, State Capitol Building.

**FALL BACK**—Nov. 6, 2am. Daylight Saving Time ends. Set your clocks back 1 hour. Be on time for church!

**WOMEN WHO'VE CHANGED THE HEART OF THE CITY DINNER**—Nov. 7, 6pm, City Center Hotel, 1717 SW Topeka Blvd. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. Also, info will be presented on the four-year, seminary level leadership training program developed by The Urban Ministry Institute (TUMI), which will help equip incarcerated women for leadership. Mary Flin, [maryflin@tumitopeka.org](mailto:maryflin@tumitopeka.org)

**ELECTION DAY**—Nov. 8: Vote in person or drop off ballots at the election office or polling place by 7 pm.

**CIRQUE MUSICA HOLIDAY WONDERLAND** - Nov. 9, TPAC.

**C5Alive "POWER" LUNCHEON**—Nov. 10, 11:30-1, at National Guard Museum, sponsored by ServPro. Featured Speaker is CH (CPT) Travis Forde. 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, Dec. 8, 11:30-1.

**BLIZZARD BASH DEMO DERBY**—Nov. 10-12, Stormont Vail Events Ctr.

[info@stormontvaileventscenter.com](mailto:info@stormontvaileventscenter.com). 785-251-5552

**COMEDIAN JP SEARS**—Nov. 11 8pm, TPAC. In addition to inspiring laughter in a weird world, JP's work takes an unapologetic stand for freedom, free speech, and encouraging people to free themselves from fear. Tickets available at the TPAC Box Office and online

**ELMONT ANNUAL GOSPEL OPRY**—Nov. 11, 7pm; and Nov. 12, 1pm, Elmont UMC, 6635 NW Church Ln. With Special Guests Stan & Becky Tichenor. Doors open 90 minutes early for lunch or dinner. Tickets \$15—call 785-249-0908.

**VETERANS CELEBRATION ORGAN RECITAL**—Nov. 13, 3pm, Grace Episcopal Cathedral, 701 SW 8th Ave. Free. Presented by American Guild of Organists.

**NATIONAL SHOEBOX COLLECTION WEEK**, Nov. 14–21. Operation Christmas Child volunteers will collect shoebox gifts at various drop-off sites. [www.samartianspurse.org/operation-christmas-child/drop-off-locations/](http://www.samartianspurse.org/operation-christmas-child/drop-off-locations/)

**GINGERBREAD HOMES FOR THE HOLIDAYS**—

Nov 18, 9am-7pm; Nov 19, 9am-5pm; Nov. 20, 11am-4pm. TPAC, 214 SE 8th Ave. View and bid on elaborate gingerbread houses Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade candy.

Meet Santa. Adm. \$5. 785-234-2787. [TopekaPerformingArts.org](http://TopekaPerformingArts.org)

**STEVE KILE**—Nov. 18, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**CASA HOMES FOR THE HOLIDAY'S TOUR**—Nov. 19–20, 10-4. Tickets at the door or in advance at [www.casaofshawneecounty.com](http://www.casaofshawneecounty.com).

**TARC's WINTER WONDERLAND**—Nov. 23-Dec. 31, 6-10pm. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph. 785.506-8720

**THE BASH**—Nov. 23, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**CHOCOLATE NUTCRACKER**—Nov. 26, 2pm &

## Gymnastics • Tumbling • Cheer & Parkour Tumbling

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- Increases self-esteem
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## The NUTCRACKER



A TOPEKA HOLIDAY TRADITION SINCE 1977

**DECEMBER 9, 10, 11**



**TOPEKA PERFORMING ARTS CENTER  
BALLETMIDWEST.NET**



TOPEKA PERFORMING  
ARTS CENTER  
Established 1977

*Ballet*  
**MIDWEST**  
Est. 1977



7:30pm, TPAC. An urban twist on the classic ballet, showcasing a variety of ethnic dances, including hip hop, jazz, African contemporary, lyrical, praise dance and ballet. The performance shows off local talent and is staged by It Takes a Village Inc.

**PLATINUM EXPRESS** – Dec. 1, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**C5 Alive** *Developing and Uniting Christian Leadership*  
• Business • Non-profits • Churches

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.

**Nov. 10, 11:30-1: "POWER" Luncheon**  
**at National Guard Armory, Forbes Field.**  
**Featured: CH (CPT) Travis Forde**

RSVP to [info@C5Alive.org](mailto:info@C5Alive.org).  
Open to the public.

Save the Dates!  
• Dec. 8: **CHRISTMAS** Luncheon, 11:30-1  
• Jan. 12: **POWER** Luncheon, 11:30-1  
• Feb. 9: **POWER** Luncheon, 11:30-1

For info: [www.C5Alive.org](http://www.C5Alive.org) or [Facebook.com/C5Alive](https://Facebook.com/C5Alive)



**MIRACLE ON KANSAS AVENUE PARADE** – Dec. 3, 6-8pm, Downtown Topeka. Lighted parade at 5th & Kansas. [www.topekapartnership.com/gtp-events](http://www.topekapartnership.com/gtp-events)

**BREAKFAST WITH SANTA** – Dec. 3, 8:30am-12, Rose Wood Event Ctr., 3216 SW 29th St. Cost: \$20, includes one photo with Santa.

**TOP CITY DAY OUT** – Dec. 3, 10-3, Vail Events Ctr. Help support local small businesses. 75 booths with snacks, beauty, health, home goods, decor, gifts, local businesses, clothing, jewelry, and more! Many booths will be offering free samples or pampering services. Admission \$2.

**NUTCRACKER BALLET** – Dec. 9, 7:30pm; Dec. 10, 1:30pm; Dec. 11, 1:30pm at TPAC. Ballet Midwest's holiday staple. Ticket: \$22 adults, \$20 seniors 55+, \$14 students 18 & under. Family pack for two adult & two students is \$60. Tickets at TPAC box office, and Barbara's Conservatory of Dance. [www.balletmidwest.net](http://www.balletmidwest.net).

**PARADIZE BAND** – Dec. 9, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

**HOLIDAY CONCERT** – Dec. 10, 2pm, First Lutheran Church, 1234 SW Fairlawn Rd. Topeka Acappella Unlimited Chorus with special guest Journey Women's Quartet. Tickets at acappellaunlimited.com

**RED STOCKING BREAKFAST** – Dec. 10, 7:30-10:30am, The Pennant, 915 S. Kansas Ave. Get tickets in advance at [www.kcds.org](http://www.kcds.org) or at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

**ICE SKATING RINK OPENING** – Dec. 12 at Evergy Plaza!

**WING FLING** – Dec 17, Stormont Vail Events Ctr. [stormontvaileventscenter.com](http://stormontvaileventscenter.com)

**SARA EVANS CHRISTMAS CONCERT** – Dec 18, Stormont Vail Events Ctr. [stormontvaileventscenter.com](http://stormontvaileventscenter.com)

**THE KREADY HOLIDAY SPECTACULAR** – Dec. 23, 6:30pm, TPAC. Benefit show for TPAC is for the whole family.

## ONGOING EVENTS:

**SENIORS NUTRITIONAL LUNCH** – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each meal includes 1% milk and sugar-free items are included for diabetics. 785-215-0064.

**MEDICARE MONDAYS** – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or [nhonl@tscpl.org](mailto:nhonl@tscpl.org)

**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@rhcc.topeka.org](mailto:office@rhcc.topeka.org)

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

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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** – 3rd Thursdays at 7pm, check Facebook page for location. Visitors welcome. [Topekaliions.org](http://Topekaliions.org)

**TOPEKA LIONS CLUB** – 1st Mon. Noon at Wings, Etc. Come at 11:30 to order food. Guests welcome

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

**TOPEKA SWING DANCE** – Tuesdays, 7-8:30pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekasingdance.com](http://www.topekasingdance.com).

**GRIEF SHARE SUPPORT GROUP** – Feb. 7-May 2, Mondays 6:30-8pm, Topeka Bible Church, Mulvane Building, 1101 SW Mulvane St. A 13-week seminar and support group for people who are grieving the death of a person close to them. The video sessions feature biblical teaching and are designed to help you successfully travel the journey from mourning to joy. 785-234-5545

**OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP** – Mondays 6:30-7:30pm,

### FREE Vision ! Screening Service



### Now Scheduling

### Eye Screening for children 6 months to 6 years old

#### Who can use this service?

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

#### What equipment is used?

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

#### Who does the screening?

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

#### How do I get the Screener scheduled?

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

**COME TO THE ELSON OPRY!** 51st Year! Two Great Shows!

**Fri, Nov. 11 at 7 pm**  
**& Sat. Nov. 12 at 1 pm**  
Doors open 1 hour early

**Great Country Music by all your favorites!**

**Special Guests Stan & Becky Tichenor**  
Elson Methodist Church • 6635 NW Church Ln.  
[1 mile East of North Highway 75 on NW 52nd St.]

**\$15/ticket! Call 249-0908 for reservations**



at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

**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

**TOPEKA PUBLIC LIBRARY PLAY BUS** – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

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

**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.

**FREE MOBILE FOOD DISTRIBUTION** – 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, first come first served. 785-234-1111 www.RandelMinistries.com

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

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

224-8803 or vip@topekanorthoutreach.org

**OPERATION BACKPACK** – 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

**TOPEKA AREA BRAIN INJURY SUPPORT GROUP** – Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave. , employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

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

**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, flea market.

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

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

**BREAD BASKET FARMERS MARKET** - Saturday's, 7:30am-1pm, thru Nov. 19, south end of West Ridge Mall.

**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!

**OPEN INDOOR COURT PICKLEBALL** – Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

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

**SQUARE DANCING** - Shawnee Swingers has monthly dances and lessons in the Fall. Call or text 785-845-2357 or email shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquaredance.com

**SEX TRAFFICKING INFORMATION** – 785-230-8237

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

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

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

**AL-ANON** is a support group for families and friends of alcoholics. For information on meetings in the Topeka area, call 785-215-1045 or email ais-topeka@kansas-al-anon.org. All correspondence is confidential

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

Send your event information to:

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

See complete updated calendar at

[TopekaHealthandWellness.com](http://TopekaHealthandWellness.com)



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[AbsoluteDesignByBrenda.com](http://AbsoluteDesignByBrenda.com) 785-266-7999  
629 S. Kansas Ave.

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

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

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**Feeling worried, lonely or isolated?**

*Call to request regular check-in phone calls,  
or call when you want to talk!*

**We are here to listen and to provide  
helpful community resources!**

**Monday - Friday from 10 am - 2 pm.**