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MAGAZINE

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*See page 3 for
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ON THE COVER:

Our cover this month features dancers from Ballet Midwest performing routines from the Nutcracker. You will find more about the healthy benefits of dance, and other useful information in the pages of this issue.



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Christmas Tree

SAFETY CHECKLIST



- 

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

Place the tree away from heat sources!
- 

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

Check your decor for damage and replace as needed.
- 

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

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

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

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



Best Books for Caregivers of Family Members Receiving Home Health Care

Caring for a loved one at home is exhausting and often thankless work, even with help from home health care aides and nurses. It's easy to lose your energy, get confused about navigating the healthcare system, and feel like you have to deprioritize your needs.

Thankfully, thoughtful authors with expertise in caregiving and psychology have written highly recommended books to help you adapt to your new lifestyle, at least for while your loved one relies on your help. Consider buying or borrowing from the library one of these caregiver books to learn more about how to embrace your responsibilities, refresh your mindset, and provide the best possible care to your loved one, in conjunction with your home health care agency or hospice care provider.

The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself by Linda Abbit

A caregiving veteran, Linda Abbit's book shares her expertise on caring for an older parent with the necessary patience, selflessness, and tenderness, while still prioritizing your own self care and self love and avoiding burnout and exhaustion. This book for caregivers provides advice on caring for your loved one, regardless of whether it's a full-time role for you, or if you're also receiving support from home health or hospice. You'll learn how to talk to your family, overcome stress, protect your finances, and more. The bottom line: taking care of a loved one requires that you take care of yourself, too.

Living with Dying: A Complete Guide for Caregivers by Jahna Beecham and Katie Ortlip

Co-authored by a National Geographic writer and a registered nurse and licensed clinical social worker, this book on caregiving focuses on caregivers with loved ones receiving hospice care. In pursuit of a "good death," Beecham and Ortlip address how to handle a loved one's health emergencies, legal matters, and imminent passing while in hospice. Considered an "easy-to-use guide," the book helps caregivers navigate their journey, collaborate with hospice nurses and home health care, while caring for yourself and getting your loved one's affairs in order.

Things I Wish I'd Known: Cancer Caregivers Speak Out by Deborah J. Cornwall

Based on more than 100 formal interviews with non-professional caregivers of cancer patients, this book for caregivers captures their thoughts and insights. Readers can draw on the practical lessons from others' experiences through this narrative that helps them to understand and cope as they fight cancer together, make important treatment decisions, and plan for what the future may bring.

Topics covered include pursuit of an accurate cancer diagnosis, choosing treatment options and palliative care, communicating with doctors, accessing clinical trials,



managing finances and legal issues, talking to children about cancer diagnoses, and more. Interviews even contain insights on how a diagnosis affects a caregiver for the long-term – valuable information for someone whose loved one needs their help.

Making Tough Decisions about End-of-Life Care in Dementia by Anne Kenny

Families of dementia patients must make end-of-life decisions about medical treatment, legal matters, money, and even living situations for people who no longer can. As a caregiver, you may feel intensely sad, guilty, confused, angry, or exhausted. If that sounds familiar, then this book about caregiving is for you. Dr. Anne Kenny, a palliative care physician, describes navigating late-stage dementia "with sensitivity, compassion, and common sense." Based on her personal experiences caring for her own mother and with her medical expertise, Dr. Kenny's advice helps readers like you prepare for a loved one's death while acknowledging their own mental health and emotional needs. Like so many other books on caregiving, this one delves into making life-altering decisions while preparing for the inevitable death of a loved one; having difficult conversations with other family members; handling legal and financial matters; and considerations for medical care, insomnia, medication, and daily living.

Multicultural Guide to Caregiving: Essential Resources to Help You Balance Traditions Without Losing Your Mind or Money by Angelica Herrera Venson

Gerontologist Dr. Angelica P. Herrera Vinson shares personal stories and field experiences with communities of color and first-generation Americans in this important caregiver book. Not only does this book cover important social programs and aging services you may need to access, but it also addresses the cultural traditions and demographic changes that may affect how you approach your role as a caregiver to your loved one. This book helps you understand how to manage elder care, especially in minority and immigrant families, as you make vital decisions about housing, finances, and medical crises. The biggest takeaway here is that you are not alone.

Daily Comforts for Caregivers by Pat Samples

With 366 daily meditations, this special book for caregivers helps to bring peace of mind to those struggling with their

responsibilities of caring for someone with health issues. Here, caregivers get compassionate encouragement in easy-to-read language. Not a how-to manual, Daily Comforts for Caregivers will validate your feelings and give you strength. It's also a great gift for the caregiver in your life.

The Art and Science of Caregiving: Stories of Inspiring Elders with an End-of-Life Guidebook by Annelise Schinzing

Written by a 25-year veteran of caregiving, this book's poignant stories and guides help people just like you navigate caring for an elder approaching the end of their life. You'll learn foundational tools to giving comfort to the dying as you find joy in your own life; discover how to become a better listener and communicator; find out the best ways to communicate with someone with dementia or Alzheimer's; how to prepare for the end of life; therapies that can be helpful, including pets, essential oils, and music; and ways to deal with stress. As a caregiver, your soothing presence calms those who are frightened as they near death. Schinzing's book will help you prepare for these important moments in your own caregiving responsibilities.

The Caregiver's Encyclopedia: A Compassionate Guide to Caring for Older Adults by Muriel R. Gillick

Written by a geriatrician with more than 30 years of experience caring for the elderly, this book for caregivers offers everything you need to know as you take care of your loved one. Whether you need to make major medical decisions, prevent burnout, navigate Medicare, and weigh the benefits of home health care, hospice, or nursing homes, Dr. Gillick addresses it in this guide meant to help you "think like a doctor." You'll even discover a list of medical supplies to have on hand, learn about preventative care, and understand geriatric syndromes, including delirium and falls.

Books on Caregiving Aren't Enough. Get Skilled Help

When you need respite from caregiving, or when your loved one needs skilled care from nurses and home health aides, to turn to Phoenix Home Health Care. Our commitment is to improve the quality of life for both our patients and their families. To learn more about qualifying for home health care or hospice, contact us, or speak to your loved one's physician.



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Holiday Blues: Prioritize Mental Health During the Season

By Anabel Feauto, Health Promotion Specialist

The holiday season is approaching and many are preparing for the festivities of the season. As we are preparing, it is important to also prepare our mental health. The holiday season can be triggering for many reasons. According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. The reasons given: lack of time, financial pressure, gift-giving, and family gatherings. The reasons vary by individual and can all have a major impact on mental health.



Anabel Feauto

Those who already have a serious mental health condition should take extra care of their wellbeing and overall wellness. With the extra stress that comes with the holidays, those can be more at risk for feelings of depression and anxiety. There are signs and symptoms that can help people be aware of potential holiday blues. The most common symptom is persistent feelings of sadness and depression that begin during the holiday season. Some other signs of holiday depression might include

- Losing interest in things you normally enjoy to do
- Changes in sleep pattern
- Difficulty concentrating
- Feelings of worthlessness or guilt
- Feeling more tired than usual
- Depressed or irritable mood

The holiday blues may manifest themselves in different ways.

Knowing the signs and symptoms of what they are can help manage the potential risk of the holiday blues. If you are starting to notice the signs and symptoms of the holiday blues, there are things you can do to cope with the stress that comes from the holidays. In addition to seeking professional help if needed, having mechanisms to reduce mental health challenges during the season can make the holiday blues easier to cope with.

1. Set Realistic Expectations- The holidays are easy to inspire perfectionism. Everyone wants a perfect Christmas for their family and friends. It is important to keep expectations reachable and realistic. It is okay to say “no” to activities that may bring more stress to the season. Create boundaries that you need to support your mental health. Focus on enjoying the experience of the holiday season. The holiday season does not have to be perfect. Having meaningful and memorable moments for you and your loved ones is what matters.

2. Take Care of Yourself - Whether you already have mindful practices in place, or new to the practice, take time for self-care. Take a few moments out of the day for self-soothing or stress-releasing activities that can help take care of yourself. Exercising, eating nutritious and healthy foods, and giving yourself the opportunity to sleep more are essential to your mental health. It is important to not let the holidays interfere with healthy habits. Remember the benefits of self-care and prioritizing yourself can help decrease stress level and depression.

3. Don't Isolate Yourself- While taking a little time to yourself during the holidays can be beneficial, it is also important to not isolate yourself during the season. Look for ways you can enjoy social connection, even if you aren't able to go home for the holidays.

Social isolation can be a major risk factor for depression. If you are on your own, reaching out to find social support may feel like a challenge. However, if you are feeling lonely, try to reach out to a friend, volunteer, or join a club. Social connection can be extremely beneficial for mental health during the holidays.

Holiday blues can turn the season into something we dread. Remember you are not alone and many people experience these feelings. Taking these steps to prepare yourself can help manage and prevent the increased stress. Learn to recognize what triggers the holidays may bring so you can combat them before they hinder your mental health. If the holiday blues prolong past the season and the coping mechanisms seem to not be working, your symptoms might be a sign of something else. It is important to reach out for professional help if you or a loved one is struggling.

Valeo's Crisis Center is located at 400 SW Oakley Avenue. Valeo's Crisis Center never closes, it is a walk-in emergency clinic with no appointment necessary. Valeo's 24-Hour Crisis Line is 785-234-3300



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FINANCIAL FOCUS

Add layers of protection to financial strategy

To achieve your financial security, and that of your family, you will need to create a comprehensive strategy. But for this strategy to succeed, you'll need to guard it from various challenges – and that means you'll need to build in different layers of protection.

What are these challenges – and what types of protection can be used to defend against them? Consider the following:

• **Challenge #1: Protecting your ability to reach your goals** – To achieve your long-term goals, such as a comfortable retirement, you'll need to build adequate financial resources. And that means you'll need to create an investment portfolio that's suitable for your objectives, risk tolerance and time horizon. And you'll need to keep your long-term goals in mind when adjusting your portfolio during times of volatility.

• **Challenge #2: Protecting your family's future if you're not around** – Hopefully, you will live a long life and always be around to support your family. But the future is not ours to see – and if something were to happen to you, how would your family cope? Their chances could be much better if you have adequate life insurance. Proper coverage could help pay off your mortgage, pay for your children's higher education and allow your family to continue its lifestyle.

• **Challenge #3: Protecting your income should you become temporarily disabled** – If you were to become ill or temporarily disabled and could not work for a while, the disruption in your income could jeopardize your family's living situation, or, at the least, lead to an inability to pay bills in a timely fashion. To protect against this threat, you may want to consider adding disability insurance. Your employer may offer a short-term disability policy as an employee benefit, but it may be insufficient, either in duration or in amount of coverage, so you might



want to look at a private policy.


• **Challenge #4: Protecting your long-term investments from short-term needs** – Life is full of unexpected expenses – a major car repair, a new furnace, a large bill from the dentist, and so on. If you did not have the money available to deal with these costs, you might be forced to dip into your long-term investments, such as your IRA or 401(k). Taking money from these accounts earlier than you intended could incur taxes and penalties, and, even more importantly, could reduce the amount of money you have available for retirement. To help protect these investments from short-term needs for cash, try to build an emergency fund containing three to six months' worth of living expenses, with the money kept in cash or a liquid account.

• **Challenge #5: Protecting your financial independence** – You would probably do all you could to avoid ever becoming a burden to your grown children – which is why it's so important to maintain your financial independence throughout your life. One potential threat to this independence is the need for some type of

long-term care, such as an extended nursing home stay, which can be extremely expensive. A financial professional can suggest protection strategies to help you prepared for these types of costs.

It can be challenging to keep your financial strategy intact – so do whatever it takes to protect it.

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



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Know the Signs:

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

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4. Always take your medication the way your doctor ordered.
5. Don't stop taking your medication without contacting your doctor first.
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How I Took Control of My Health

I was misdiagnosed in 1997 and spent nearly 2 decades sick because I was overmedicated with 17 prescription drugs. Between 2013 and 2017, I went on disability, and used plant- and energy-based healing to reverse 22 chronic conditions like small fiber neuropathy, pre-diabetes, high cholesterol, heavy metals, PTSD, depression, anxiety and daily panic attacks. As a result of this lifestyle change, I also lost 92 pounds.

After learning about the power of plants and studying under functional medicine doctors, TCM doctors and decades of training with leadership professionals, I personally designed programs that allow you to get to the root cause of your dysfunction. For the majority of us, our dis-ease is tied to our emotions. The emotions can be driven by the toxins consumed, which is driven by our lifestyle choices. The toxins impair our ability to process our emotions and then it manifests as pain, skin issues, brain fog, the list is endless. Somethings are obvious, such as boxed food laden with chemicals and cane sugar. Of course, there are triggers from childhood as well and we all are tasked with doing the shadow work to let our bodies heal itself.



When I did the deep dive, I found the not so obvious culprits that most of us are not thinking about. Because I was willing to research, interview and test, I was able to reclaim my health and then design programs that help you improve your current health status. I have created a clear path to health for you and your loved ones.

If you are like me, you may have been making excuses for your pain, irritability, and mood swings, until you really can't ignore them anymore. You may be confusing pack-aged food for healthy food. There is

not a mistake that you have made that I have not already made myself. The great news is that in nature we have everything we need to maintain a healthy lifestyle. Providing your body with the right nutrition, free from chemicals, adopting a food as medicine lifestyle, allows your body to heal itself.

A startling fact is that there has been a 75% increase in death by prescription medication since I wrote my story "Informed Choices" in 2016. Nearly 92,000 people in the U.S. died from drugs between 1999 and 2020.

The key to great health is to make conscious choices to remove those things that do not fuel your soul, re-

placing them with those foods, people and thought forms that are for your highest good, and then you can receive the light and live by your highest values.

- Jodi L. Suson-Calhoun, MBA, Nutritionist, Medical Intuitive, Human Behaviorist

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<https://www.transformationtreatment.center/resources/drug-overdose/how-many-people-die-from-prescription-drugs/>

<https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>

<https://ethics.harvard.edu/blog/new-prescription-drugs-major-health-risk-few-offsetting-advantages>

1 <https://drugfree.org/drug-and-alcohol-news/prescription-drug-abuse-results-in-one-death-every-19-minutes-in-u-s/>



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FINANCIAL HEALTH & WELLNESS

Get Ready now to file your 2022 federal income tax return

The Internal Revenue Service encourages taxpayers to take simple steps before the end of the year to make filing their 2022 federal tax return easier.

Get Ready by gathering tax records

Consider financial transactions that occurred in 2022, if they're taxable and how they should be reported. Develop an electronic or paper recordkeeping system to store tax-related information in one place for easy access. Keep copies of filed tax returns and their supporting documents for at least three years. Confirm that your employer, bank and other payers have your current mailing address and email address to ensure you receive your year-end financial statements. Typically, year-end forms start arriving by mail or are available online in mid-to-late January.

Get Ready for what's new for Tax Year 2022

Take advantage of the Tax Withholding Estimator to determine the right amount of tax to have withheld from your paycheck. Some people may have life changes like getting married or divorced, welcoming a child or taking on a second job. Other taxpayers may need to consider estimated tax payments due to non-wage income from unemployment, self-employment, annuity income or even digital assets. The last quarterly payment for 2022 is due on January 17, 2023. The Tax Withholding Estimator can help wage earners determine if there is a need to adjust their withholding, consider additional tax payments, or submit a new W-4 form to their employer to avoid an unexpected tax bill when they file.

As taxpayers gather tax records, they should remember that most income is taxable. This includes unemployment income, refund interest and income from the gig economy and digital assets.



Taxpayers should report the income they earned, including from part-time work, side jobs or the sale of goods. The American Rescue Plan Act of 2021 lowered the reporting threshold for third-party networks that process payments for those doing business. Prior to 2022, Form 1099-K was issued for third-party payment network transactions only if the total number of transactions exceeded 200 for the year and the aggregate amount of these transactions exceeded \$20,000. Now a single transaction exceeding \$600 can trigger a 1099-K. The lower information reporting threshold and the summary of income on Form 1099-K enables taxpayers to more easily track the amounts received. Remember, money received through third-party payment applications from friends and relatives as personal gifts or reimbursements for personal expenses is not taxable. Those who receive a 1099-K reflecting income they didn't earn should call the issuer. The IRS cannot correct it.

Credit amounts also change each year like the Child Tax Credit (CTC), Earned Income Tax Credit (EITC) and Dependent Care Credit. Taxpayers can use the Interactive Tax Assistant on IRS.gov to determine their eligibility for

tax credits. Some taxpayers may qualify this year for the expanded eligibility for the Premium Tax Credit, while others may qualify for a Clean Vehicle Credit through the Inflation Reduction Act of 2022.

For taxpayers who are still waiting for confirmation that last year's tax return processed, or for a tax year 2021 refund or stimulus payment to process, continue to check Where's My Amended Return? for the most up-to-date processing status available.

Renew expiring tax ID numbers

Taxpayers should ensure their Individual Tax Identification Number (ITIN) hasn't expired before filing a 2022 tax return. Those who need to file a tax return, should submit a Form W-7, Application for IRS Individual Taxpayer Identification Number now, to renew their ITIN. Taxpayers who fail to renew an ITIN before filing a tax return next year could face a delayed refund and may be ineligible for certain tax credits. Applying now will help avoid the rush as well as refund and processing delays in 2023.

—Peggy Beasterfeld, EA



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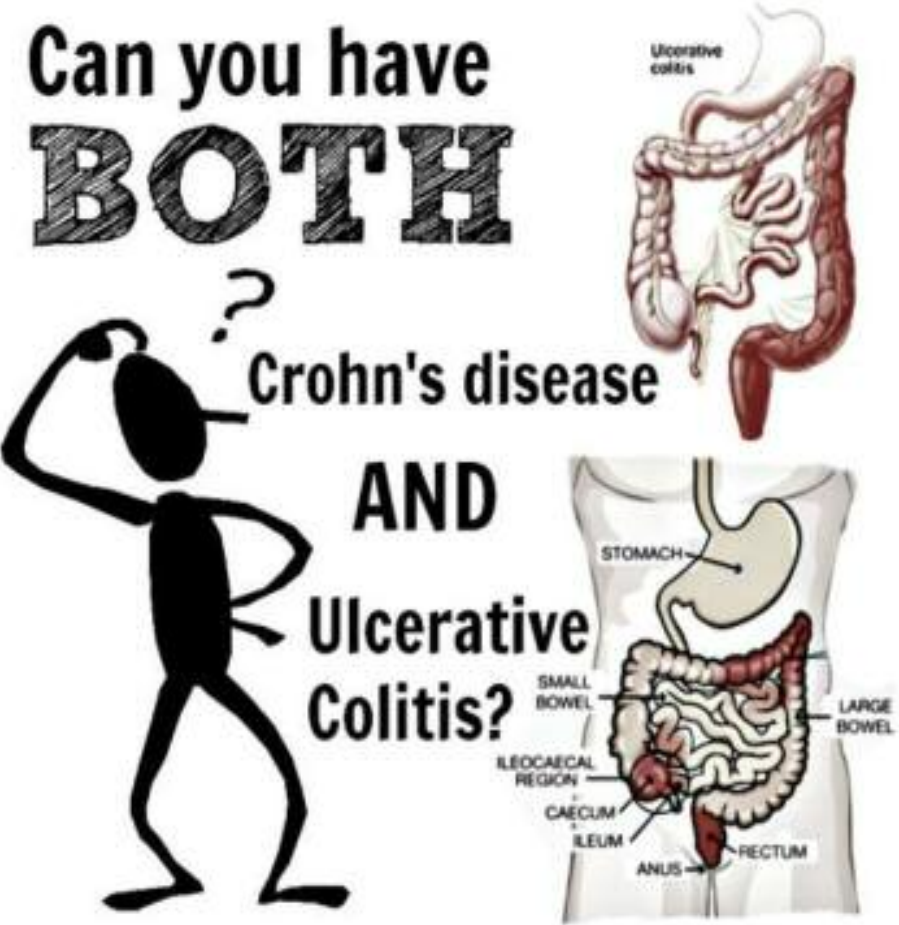
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CROHN'S &
COLITIS
awareness

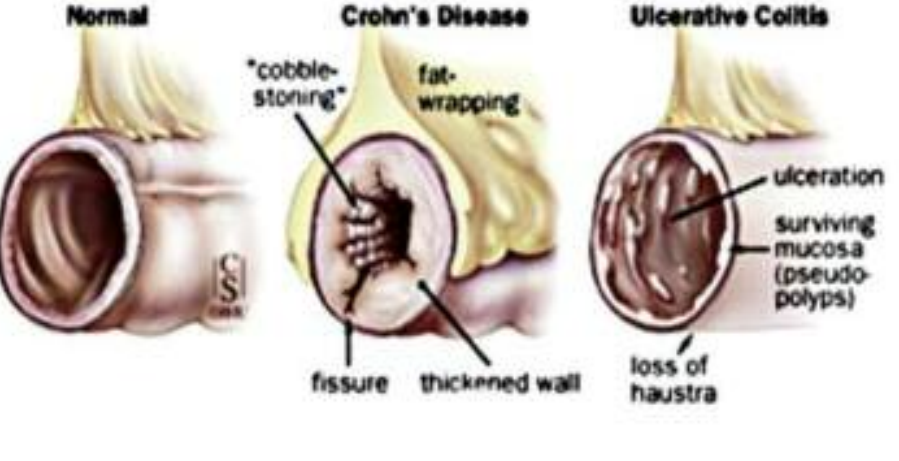
Can you have
BOTH
Crohn's disease
AND
Ulcerative Colitis?



Normal

Crohn's Disease

Ulcerative Colitis



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



DECEMBER 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
Please call 785-270-4440 to set an appointment. Bi-lingual staff available.

FREE LIFELINE PHONES

Government phone program (EBT award letter and ID required to qualify)

STREET DOG COALITION

Vaccines for pets, Parasite control, Spay/Neuter

Dec. 1 • 9:00-2:00

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

Dec. 3 • 9:00-2:00

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

Dec. 8 • 9:00-2:00

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

Dec. 13 • 9:00-2:00

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

Dec. 15 • 9:00-2:00

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

Dec. 20 • 9:00-2:00

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

Dec. 22 • 9:00-2:00

Salvation Army
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Questions about MAP?

Please contact Jenny Falk,
Director of MAP Operations,
at jfalk@trmonline.org



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Dancing Provides Health Benefits For All Ages

When 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 provide 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.

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.

Cancer-Killing Virus on the March!



(Ivanhoe Newswire) —

Almost everyone knows someone who has battled cancer. Standard care involves chemo and radiation, medication, and immunotherapies. Now, for the first time ever, clinical trials are underway testing a new virus that targets deadly cancer cells and wipes them out. Cancer-Killing Virus

Colon, lung, breast, ovarian, pancreatic — almost a million people will be diagnosed with one of these cancers in the coming year.

City of Hope surgical oncologist Yuman Fong, MD, tells Ivanhoe, “People over the decades have been trying to find viruses to kill certain types of cancers for a long time. What we decided was that rather than doing that, why don’t we just find viruses that kill any type of cancer?”

Dr. Fong has been working for decades to find a virus that stimulates the immune system to track down all types of cancer. Now, he thinks he’s created it.

“We actually created a panel of brand-new viruses and then, we screened it against the NCI 60 – that stands for the National Cancer Institute panel of 60 cancers that generally, any new cancer therapies are screened against,” Dr. Fong explains.

The virus, called Vaxinia, also makes the cancer cells much more recognizable to the immune system, making it easier for immunotherapies to target the invading cancer cells.



Dr. Fong further explains, “We are convinced that by having this virus, we will not only be able to directly attack the cancer and stimulate our immune system, but we will be able to partner with other agents that also do that and together, grow therapies for cancers that, until now, have no treatment.”

The phase one trial, focused on safety, is now underway in City of Hope institutions across the country. At the time of this interview, six patients with metastatic or advanced solid tumors had been given a low dose of the virus. This phase of the study aims to recruit a hundred patients who have had a least two prior lines of standard care treatment, such as chemo and radiation, but have not seen any positive results from those standard treatments.

In 2022, roughly 1.9 million people will be diagnosed with cancer in the United States. An estimated 287,850 women and 2,710 men will be diagnosed with breast cancer, which makes it the most common cancer diagnosis. Prostate cancer is the leading cancer diagnosis among men and the second most common diagnosis overall with 268,490 expected cases. Lung cancer is the third most common cancer diagnosis with an estimated 236,740 new cases.

Signs and symptoms caused by cancer will vary de-

pending on what part of the body is affected. Some general signs and symptoms associated with, but not specific to, cancer, include lump or area of thickening that can be felt under the skin, weight changes, including unintended loss or gain, skin changes, changes in bowel or bladder habits, and/or unexplained bleeding or bruising.

City of Hope and Imugene Limited, a clinical stage immuno-oncology company, announced that the first patient was dosed in a Phase 1 clinical trial evaluating the safety of novel cancer-killing virus CF33-hNIS VAXINIA when used in people with advanced solid tumors. The City of Hope-developed oncolytic virus has been shown to shrink colon, lung, breast, ovarian and pancreatic cancer tumors in preclinical laboratory and animal models. Oncolytic virus therapy is made possible once viruses found in nature are genetically modified to infect, replicate in and kill cancer cells, while sparing healthy cells. While immune checkpoint inhibitors have been effective in certain cancers, patients often relapse and eventually stop responding to or develop resistance to this type of treatment. Early research shows oncolytic viruses can prime a person’s immune system and increase the level of PD-L1 in tumors, making immunotherapy more effective against cancer.

GO RED FOR WOMEN DECLARATION

WE BELIEVE IN THE POWER OF A WOMAN’S HEART

THE POWER TO LOVE, THE STRENGTH TO FIGHT

AND THE WILL TO OVERCOME.

BUT THERE IS A FORCE THAT THREATENS OUR HEARTS AND IS KILLING OUR MOTHERS, SISTERS, DAUGHTERS, AND FRIENDS.

THE TIME IS NOW

TO TAKE A STAND AGAINST HEART DISEASE AND FIGHT SIDE BY SIDE FOR AS LONG AS IT TAKES.

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

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

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

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

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

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

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




1

OUT OF

3


women die of heart disease

80% of heart disease can be prevented



Women's HEART Health

GET THE FACTS



Every 60 seconds 1 woman dies of heart disease

Heart disease is the # 1 cause of death in women

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

KNOW THE SYMPTOMS

Shoulder Pain

Neck, Jaw, Arm, Back Pain

Dizziness or Nausea

Clammy Sweats

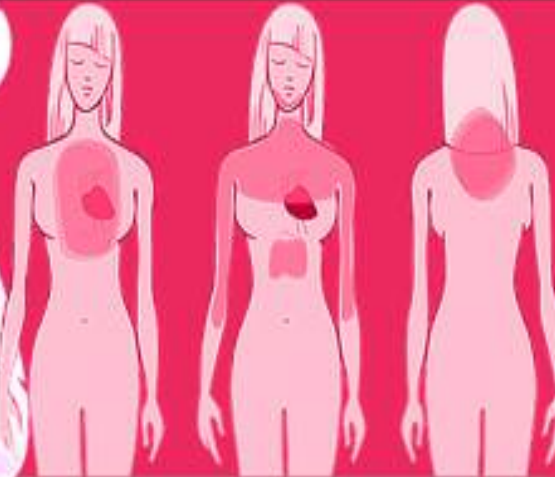
Heart flutters

Paleness


Anxiety, Fatigue or Weak

Abdominal pain

Difficulty breathing



TAKE A HEART SUPPLEMENT



Red Yeast Rice

UBQH

Lipotropic Complex

Boluoke

Ubiquinol

Green Tea Kombucha

Daily Detox Decaf Green Tea

Omega-3 EPA/DHA Fish Oil

Omega 3 Purified Fish Oil

Vectomega Omega 3 DHA/EPA



TWELVE HOLIDAY SAFETY TIPS

- 1** Keep decorations at least three feet away from heat sources – especially those with an open flame, like fireplaces and candles.



- 2** The best decorations are safe decorations, so when you're decorating, make sure not to run cords under rugs or furniture.



- 3** If you have a natural Christmas tree water it to keep it fresh and safe.



- 4** Always turn off your decorations when you leave your home and when you're sleeping.



- 5** If you're using extension cords or adapters that add receptacles, consider having a qualified electrician add more outlets to your home.



- 6** Only use electronics in dry areas. As tempting as it is, you just can't decorate your aquarium with icicle lights.



- 7** Remember that phones and tablets should stay on your nightstand.



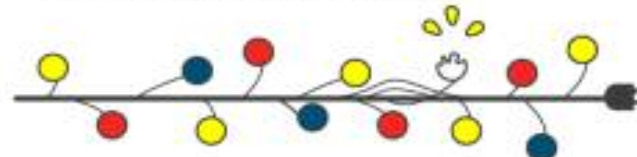
- 8** Every home needs a working smoke alarm in each bedroom, outside sleeping areas and on every level, including the basement.



- 9** If you're using a space heater, switch it off before leaving the room.



- 10** Inspect your decorations and discard any that are damaged or worn out.



- 11** Keep batteries stored safely in their packaging and out of reach from small children and pets.



- 12** The best gift for your family is an Arc-Fault Circuit Interrupter breakers or outlets. Many electrical fires that occur every year could be prevented by AFCIs.





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

1. Don't Sit Down All Day

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

2. Go Easy on The Booze

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

3. Don't Give Yourself a Christmas Stuffing!

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

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

takes this long for the brain to register that the stomach is full). The chances are, you'll realize you've had enough.

4. Keep Colds at Bay

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

5. Don't Stress

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

6. Eat Fruit

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

7. Do Something for Others

It's hard to avoid the consumerism that has

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

8. Think Before You Eat

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

9. Engage Your Brain

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

10. Be A Careful Cook

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

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

—realbuzz.com

How to Make Cold Weather Running Bearable in Winter

By Anthony J. Yeung

Winter running is a challenge: You can't just leave your home when it's 25 degrees outside with wind and start jogging. Temperatures in the 30s and below tend to lock up your body and turn your extremities into icicles, causing stiff joints and tightened muscles, so cold weather running requires special preparation. That way, you can perform well, prevent injuries, and actually enjoy it.

First, a quick note: At a certain point, it's actually too cold to run. For instance, when it's zero degrees with wind chill, like it often is in Denver where I live. I recommend against that for legitimate health reasons, like hypothermia, frostbite on exposed areas, and increased chance of heart attack (if you're at risk). It's just not worth it.

But if it's not too painfully cold and you want to run on asphalt under the open sky, then all it takes is some proper prep. Read on for tips.

1. Do a thorough warmup inside.

If you usually rush through a quick, five-minute warmup before going outside, make it 15 minutes. Spend extra time to really loosen your muscles and joints, and raise your body temperature to a light sweat. That way, when



you step into the cold, it won't feel as bad, and your muscles won't get so tight. If you have to warm up outside, wear an extra, easy-to-peel layer like a light hoodie, which you can tie around your waist later.

2. Keep your head and hands warm.

While it's been proven false that you lose the most heat through your head, it's still a damn good idea to keep your head and ears warm in the cold. Wear a thick beanie or earmuffs, which you can also easily stuff in your pockets if you get hot. Also, wear gloves. I have no idea how people can run without gloves when it's below freezing. Even with gloves, your fingers eventually get stiff and numb.

3. Wear a base layer.

A base layer is ideal for any cold weather run because it keeps you as warm as a thick coat would while being significantly less cumbersome, and besides, it wicks away moisture. Wear a base layer top and bottom, and from there add extra layers based on temperature.

4. Wear shoes with traction.

Ideally, run on a path that's clear of snow and ice. If you're running on snow, however, wear shoes with great traction and protection, and pair them

with warm, comfortable socks that keep your feet dry.

5. Underdress by a few degrees.

You should dress for warmth, but you shouldn't dress like you're climbing Mount Everest. As you run, your body temperature increases—wear too much, and it'll get mad hot. Instead, underdress slightly: If it's 25 outside, dress like it's 45. (Adjusting by 20 degrees is a good rule of thumb.) Once you start running, you'll heat up to compensate. Unless it's cold and windy. In that case, bundle up appropriately, or say "screw it" and stay inside with a cup of tea.

6. Stay aerobic.

Your heart beats faster when it's cold, which intensifies any outdoor run. So, unless you're training for a specific event, cold weather isn't really the best time to channel your inner Usain Bolt. Prevent extra stress on your body by staying in your aerobic zone (calculate your target heart rate – it changes depending on your age). It will feel slower than what you're used to, but you will still get the same benefits. Use it to improve your conditioning, maintain your running muscles, and simply enjoy the outdoors with a running partner or in solitude. Calculate your heart rate link: <https://www.runnersworld.com/beginner/a20812270/should-i-do-heart-rate-training/>

7. Stay hydrated.

You might not sweat much when it's 10 degrees out, but hydration is still important. Drink liquids before, during, and after a run.

8. Time yourself.

Keep your run between 30 and 60 minutes. Highly experienced runners can do slightly more, but after 90 minutes, you risk compromising your immune system. Compromising your immune system link: <https://pubmed.ncbi.nlm.nih.gov/17303714/>

9. Finish fast.

Your body temperature will drop quickly after you finish your run, so prepare in advance. Minimize the distance from the end of your run to a warm place. If you can finish your run at your front door, perfect; if you have to drive back home, have a thick jacket and hot beverage waiting for you in the car.

10. Keep at it.

Since you're interested in cold weather running—snow, sleet, and freezing temps be damned—then you're definitely dedicated. So even if your first cold weather run is surprisingly a slog, the next one will be better. And should it get too hairy out there even for you, you can always run inside. A treadmill will do the job 'til spring.







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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...

Researcher finds stunning connection between spiritual health and happiness

People who pray and connect with God are more likely to experience happiness and enjoy positive mental health, research shows.

Extensive research into 13-to-25-year-olds has long found “religion is good for you,” said Josh Packard, Ph.D., executive director of Springtide Research Institute.

“Faith and spirituality are good for you,” Packard says. “If you’re a person who believes in some kind of higher power and has a connection to that higher power, you’re generally flourishing more than your peers.”

He continued, “Those who pray more tend to be flourishing more in all areas, including their mental health.”

Packard’s comments are particularly stunning when America faces an “epidemic of mental health [crises] among young people.” Meanwhile, there’s also a massive rise in the proportion of “nones” who no longer affiliate with a specific faith or religion.

Data pointing to increased wellness among the faithful are particularly pertinent in the midst of challenging times, pointing to a potential solution to cultural conundrums. It’s not the first time, or the first study that has linked the two.

Packard said there are lessons in Springtide Research Institute’s findings that can inform the culture and churches alike, especially in an era in which faith is being downplayed or diminished.

“Young people would be better off if more of



them had a connection to something bigger than themselves,” Packard said. “But also, I think a lot of religious institutions and leaders would do well to take mental health into account so faith and belief could be appropriately part of somebody’s overall approach to health.”

Although young people might not be aligning with Christianity at rates they once were, Packard said many still see themselves as spiritual, and more than half pray. While the separation from biblical truth is undoubtedly troubling for Christians, these realities at least show openness to a higher power. That intrigue could lead to receptive gospel intro-

ductions.

“We see lots of desire from Gen Z to embark on these conversations and explorations of meaning and purpose and, ‘Why am I here on this earth?’” he said. “So the desire hasn’t gone away. The exploration hasn’t gone away.”

Countless surveys and studies show the benefits of faith. Other recent research has found Christians are exceptional at giving, fare better in relationships, are happier and more content, and have better mental health.

—Dwight Widaman / Metro Voice



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Healthy Recipes for the Holidays

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

Classic Turkey and Rice Soup



This turkey rice soup is warm and comforting.

Ingredients

Stock:

- 1 turkey carcass
- 1 large onion, halved and skin left on
- 1 large carrot, roughly chopped
- 1 stalk celery, roughly chopped
- 1 head garlic, halved
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 bay leaves
- salt and ground black pepper to taste
- 2 quarts water, or as needed

Soup:

- 2 large onions, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 1 teaspoon poultry seasoning
- 1 teaspoon dried rosemary
- 1 teaspoon onion powder
- 2 cups cooked rice
- salt and ground black pepper to taste

Directions

Make stock: Combine turkey carcass, onion, carrot, celery, garlic, rosemary, thyme, bay leaves, salt, and pepper in a stockpot; pour in enough water to cover. Bring mixture to a boil, cover the pot, reduce heat, and simmer until flavors have blended, about 1 hour.

Remove turkey carcass and pull remaining meat from bones; reserve meat and discard carcass. Use a slotted spoon to remove and discard vegetables and bay leaves.

Make soup: Stir onions, carrots, celery, garlic, poultry seasoning, rosemary, and onion powder

into stock; bring to a boil. Reduce heat, cover the pot, and simmer until vegetables are very tender, 20 to 30 minutes.

Add cooked rice and reserved turkey meat to soup; season with salt and pepper. Cook until rice and turkey meat are warmed through, about 5 minutes.

Tips: You can use turkey meat instead of a carcass. Roast legs or thighs in the oven, then continue with instructions for the stock. To further reduce fat, make the stock ahead and chill it in the refrigerator. Any fat will rise to the top and can be easily removed.

Nutrition Information (Servings: 8)

Per serving: 115 calories; protein 3g; carbohydrates 22g; fat 2g.

Source: allrecipes.com

Candied Pecans



Just six ingredients and the best combination of sweet and salty, with delicious crunch in every bite.

Ingredients

- ⅓ cup white sugar, or more to taste
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt, or more to taste
- 1 large egg white
- 1 tablespoon water
- 1 pound pecan halves

Directions

Preheat the oven to 250 degrees F (120 degrees C).

Mix sugar, cinnamon, and salt together in a small bowl.

Whisk egg white and water together in a large bowl until frothy. Toss pecans in the egg white mixture to coat. Slowly pour in sugar mixture and stir until pecans are evenly coated. Spread onto a baking sheet.

Bake in the preheated oven for 10 minutes. Stir pecans and rearrange into a single layer. Continue to cook, stirring every 10 to 15 minutes, until pecans

are evenly browned, another 30 to 50 minutes.

Nutrition Information (Servings: 10)

Per Serving: 342 calories; protein 5g; carbohydrates 13g; fat 33g.

Source: allrecipes.com

Christmas Tree Appetizers



The perfect appetizer during the Christmas holidays are healthy, yummy and easy to make.

Ingredients

- 6 pretzel sticks, or as needed
- 4 pita breads, cut into large triangles
- 1 (6 ounce) container guacamole, or to taste
- ½ red bell pepper, minced
- 1 yellow bell pepper, halved lengthwise and seeded

Directions

Break pretzel sticks in half and poke each through the rounded side of each pita bread triangle for the "tree trunk". Spread guacamole on each pita triangle and sprinkle red bell pepper in a zigzag pattern over guacamole layer creating a decorated "tree".

Cut yellow bell pepper into small star shapes using a small star-shaped cookie cutter. Place yellow star on top of each "tree".

Tip: Feel free to substitute ingredients - use your imagination!

Nutrition Information (Servings: 12)

Per serving: 136 calories; protein 4g; carbohydrates 26g; fat 2g.

Source: allrecipes.com

New Health & Wellness Info at the Library

By Kelly Barker

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

This naked mind: nicotine: the science-based method to reclaim your health and take control easily – by Annie Grace; Avery, an imprint on Penguin Random House; New Health Books 613.85 GRA

Tobacco is bad for us; that's a given. But even though you may know the negative health effects, nicotine's hold is strong, subconscious, and emotional: It tastes good, it's a companion when you're alone, and it can be a shield against stress. What if none of these things were true, though? What if nicotine actually tasted bad and didn't make you less lonely? What if it didn't relax you? It may seem hard to believe, and it's okay to be skeptical, but coming to a new mindset about smoking and vaping is the key to quitting. Here, Annie Grace and William Porter combine their trusted approaches to overcoming problem drinking--science-backed, habit-breaking systems that have worked for thousands--to vanquish tobacco addiction.

Life time: your body clock and its essential roles in good health and sleep – by Russell Foster; Yale University Press; New Health Books 612.022 FOS

A fascinating journey through our circadian rhythms, sleep, and health, by a world-leading expert on circadian neuroscience. Biological clocks are embedded in every aspect of human biology, guiding us toward the prime times of day to sleep, eat, think, and work. Award-winning scientist Russell Foster brings decades of study to this journey through the circadian rhythms that dominate our days and nights. By dismantling long-standing myths and citing cutting-edge science, Foster empowers readers to get back into rhythm and live healthier, sharper lives: scheduling meals

to prevent obesity and diabetes; timing medications to increase their effectiveness; getting better sleep through exposure to natural light; and much more.

Mayo Clinic, the essential diabetes book: a complete guide to prevent, manage and live well with diabetes – by M. Regina Castro, M.D.; Mayo Clinic Press; New Health Books 616.462 MAY

Whether you or a loved one are living with type 1 or type 2 diabetes, this is a practical manual for learning the ins and outs of the disease - why it develops, how it affects your body, how it's treated, and what you can do to live well in spite of it. The newly revised third edition also outlines the most up-to-date information on new medications, advances in insulin delivery, and the latest technology being used by medical experts. With the collective knowledge and wisdom of a team of Mayo Clinic experts, you can be on your way to not just managing your illness, but thriving.

Sit up straight: future-proof your body against chronic pain with 12 simple movements – by Vinh Pham; Scribner; New Health Books 613.78 PHA

Futureproof your body and relieve chronic pain resulting from sitting, slouching, and other bad lifestyle habits with this easy-to-perform set of daily stretching and movement routines--from an innovative physical therapist and social media star who coaches dozens of celebrity clients. A precise and simple toolkit for tweaking the way we move (or refuse to move), Sit Up Straight outlines a process that starts with a daily posture regimen. Performed correctly, Vinh's twelve simple movements, which can be done in twenty minutes, will lock in protection for the rest of the day. But Vinh goes further. He provides stretching and exercise routines for many of the specific ailments that affect us--from hamstring pulls to sciatica to rotator cuff problems--and, best of all, he offers a series of customized movements based on age, gender, and the kind of work we perform.

Psyched: seven cutting-edge psychedelics changing the

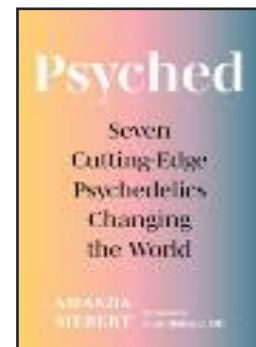
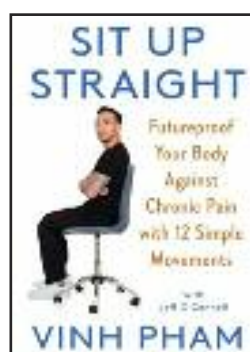
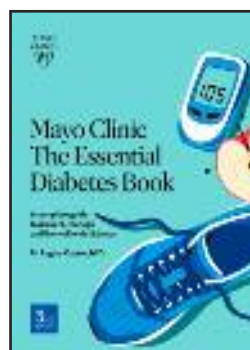
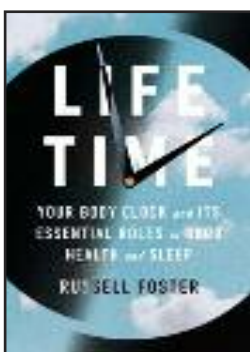
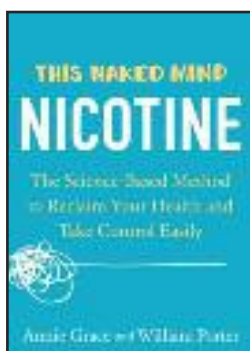
world – by Amanda Siebert; Greystone Books; New Health Books 615.1044 SIE

For the psychonaut to those curious about psychedelics, this definitive guide to seven psychedelic substances and how they are changing our world is the perfect holiday stocking stuffer. This practical guide to psychedelics will appeal to anyone interested in their own health and wellbeing. Once feared and misunderstood, psychedelics have emerged as one of the most promising therapies of the 21st century. Through cutting-edge research, substances such as MDMA and LSD are being recognized as powerful keys to healing and human improvement, offering solutions for mental health issues including PTSD and depression. Similarly, plant medicines like ayahuasca, peyote, and iboga, used since time immemorial by Indigenous cultures for spiritual purposes, have been shown to promote feelings of empathy, connection, and love for the self, others, and the world around us.

A silent fire: the story of inflammation, diet, and disease – by Shilpa Ravella; W.W. Norton & Company; New Health Books 616.0473 RAV

Inflammation is the body's ancestral response to its greatest threats, the first line of defense it deploys against injury and foreign pathogens. But as the threats we face have evolved, new science is uncovering how inflammation may also turn against us, simmering underneath the surface of leading killers from heart disease and cancer to depression, aging, and mysterious autoimmune conditions. In A Silent Fire, gastroenterologist Shilpa Ravella investigates hidden inflammation's emerging role as a common root of modern disease--and how we can control it. A paradigm-shifting understanding of one of the most mysterious, buzzed-about topics in medicine and nutrition, A Silent Fire shows us how to live not only long but well.

The tiger and the cage: a memoir of a body in crisis – by Emma Bolden; Soft Skull; New Health Books 618.144 BOL

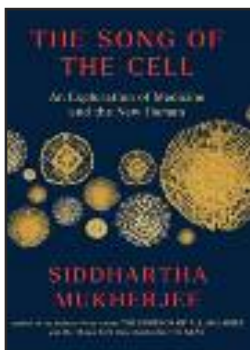


With *The Tiger and the Cage*, Bolden uses her own experience as the starting point for a journey through the institutional misogyny of Western medicine--from a history of labeling women "hysterical" and parading them as curiosities to a lack of information on causes or cures for endometriosis, despite more than a century of documented cases. Recounting botched surgeries and dire side effects from pharmaceuticals affecting her and countless others, Bolden speaks to the ways people are often failed by the official narratives of institutions meant to protect them.



The song of the cell: an exploration of medicine and the new human – by Siddhartha Mukherjee; Scribner; New Health Books 610.9 MUK

Mukherjee begins this magnificent story in the late 1600s, when a distinguished English polymath, Robert Hooke, and an eccentric Dutch cloth-merchant, Antonie van Leeuwenhoek looked down their handmade microscopes. What they saw introduced a radical concept that swept through biology and medicine, touching virtually every aspect of the two sciences, and altering both forever. It was the fact that complex living organisms are assemblages of tiny, self-contained, self-regulating units. Our organs, our physiology, ourselves – hearts, blood, brains – are built from these compartments.

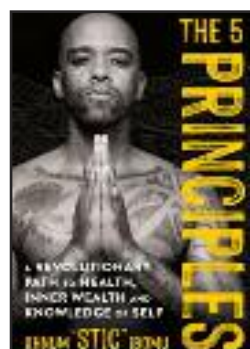


The discovery of cells – and the reframing of the human body as a cellular ecosystem – announced the birth of a new kind of medicine based on the therapeutic manipulations of cells. A hip fracture, a cardiac arrest, Alzheimer's dementia, AIDS, pneumonia, lung cancer, kidney failure, arthritis, COVID pneumonia--all could be reconceived as the results of cells, or systems of cells, functioning abnormally. Told in six parts, laced with Mukherjee's own experience as a researcher, a doctor, and a prolific reader, *The Song of the Cell* is both panoramic and intimate – a masterpiece.

The 5 principles: a revolutionary path to health, inner wealth, and knowledge of self – by Khnum "Stic" Ibomu; Balance; New Health Books 613.2 IBO

Award-winning rapper, producer, and champion of healthy living – Khnum Ibomu, widely known as 'Stic' from the revolutionary but gangsta hip hop duo, dead prez, has inspired millions with his music and lifestyle. But

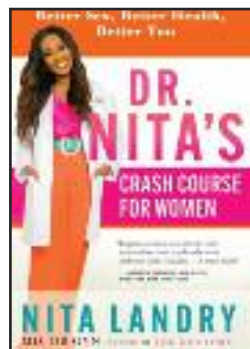
he wasn't always the people's champ of healthy living in hip hop. As a young aspiring rapper on the rise in the late nineties, Stic was no stranger to the typical self-destructive lifestyle habits of excessive drinking, abusing weed, poor dietary choices, and enduring many stressful days and sleepless nights. And ultimately his health paid the price, resulting in a dangerous diagnosis: gout.



In *The 5 Principles*, he now brings the lessons he's learned to a wider audience. Stic's relatable, non-preachy, proactive and integrative approach to wellness is centered around 5 principles: Knowledge; Nutrition; Exercise; Rest; Consistency. *The 5 Principles* empowers readers to experience the wealth of wellbeing via numerous tools, processes, practices, principles, and disciplines that Stic has lived and learned.

Dr. Nita's crash course for women: better sex, better health, better you – by Nita Landry; New World Library; New Health Books 618.1 LAN

The health and wellbeing resource every woman needs and deserves. With a winning combination of straight talk and science savvy, Dr. Nita's frank, health-forward book will empower you to:

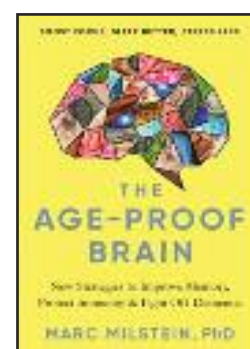


- ditch fundamental misunderstandings about female anatomy and enjoy a healthy, happy sex life
- find the right doctor and ask the right questions
- stay on top of breast and gynecological cancer screening and prevention
- deal with reproductive concerns
- clear confusion about period problems, sexually transmitted infections, orgasms, and hush-hush female issues like leaky bladder

The age-proof brain: new strategies to improve memory, protect immunity, and fight off dementia – by Mark Milstein; BenBella Books, Inc.; New Health Books 613.0438 MIL

Serious mental decline is not an inevitable part of aging. You can boost your short and long-term brain health and significantly lower the risk of dementia – if the right steps are taken now. Fifty million people have dementia worldwide, but it doesn't have to be that way. We, not our genes, can control our cognitive destiny. Serious mental decline is not an inevitable part of aging.

In *The Age-Proof Brain*, scientist and popular speaker Dr. Marc Milstein reveals the secrets to improving brain function, which lie in the brain's surprising connection with the rest of the body. Debunking common misinformation, he offers science-driven strategies in an entertaining, motivating, and easy-to-follow guide to: Improve memory and productivity; increase energy and boost your mood; reduce the risk of anxiety and depression; form healthy habits to supercharge your brain; and prevent nongenetic Alzheimer's and dementia.



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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

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

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

ICE SKATING – Daily through Jan. 29, 11am-9pm, Everygr Plaza downtown. 5 skate sessions each day: 11am–12:30pm, 1–2:30pm, 3pm–4:30pm, 5pm–6:30pm, 7pm–8:30pm. For info: dylan.tyler@spectrap.com. Tickets: <https://www.simplenetix.com/e/the-corefirst-ice-rink-tickets-118216>

270 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 7, 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

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

GARY'S BERRIES - FESTIVAL OF LIGHTS – Nov. 25 through December, at 5991 17th Street, Grantville, KS 66429, off of Highway 24. Christmas characters such as Santa and the Grinch, nearly one million lights, plenty of food items (like fudge, donuts, kettle corn and more), shopping and more. It also tells the story of "The Greatest Gift," as in the story of Christ. <https://garysfarmfest.com> or call (785) 246-0800.

FESTIVAL OF TREES – Nov. 22 - Dec. 3, 10-6, Fairlawn Plaza. Features trees & wreaths beautifully decorated by talented designers. silent auction and Sweet Shoppe featuring fabulous homemade treats. For info: www.slifestivaloftrees.com

NATIVITIES AND NOELS - Dec. 2 and 3, 10 a.m. to 9 p.m.; Dec. 4, 1 to 7 p.m., Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Rd. 850 nativities from around the world, ongoing live Christmas music, refreshments, nativity craft for children. Christmas music program at 7 p.m. on Saturday includes choirs from Westminster Presbyterian Church, New Hope and Love Community Church, West Side Christian Church, and area Latter-day Saint congregations. Free. For info: call 785-554-8068 or go to <https://www.facebook.com/nativitiesandnoels>

CHRISTMAS BAZAAR – Dec. 3, 11-1,

2245 SW Eveningside Dr. Cookie/Candy Walk (priced per pound), Baked Goods, Crafts & other items for sale, Theme Baskets to bid on. Soup Luncheon available for purchase

PLATINUM EXPRESS – Dec. 3, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

CHRISTMAS MARKET – Dec. 1-3, 10am-6pm, God's Storehouse

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

TOP CITY DAY OUT – Dec. 3, 10-3, Stormont Vail Events Ctr. Come shop snacks, beauty, health, home goods, decor, gifts, local businesses, clothing, jewelry, and more! Many booths will be offering free samples or pampering services. Admission is a \$2 donation for Project Linus For every booth you make a purchase with, you will receive a ticket. There will be a gift basket with items donated from our vendors up for grabs! Also, the first 100 families in the door will receive a goodie bag loaded with coupons and samples from our vendors.

HOLIDAY CRAFT SHOW – Dec. 3, 9-3, Crestview Community Ctr, 4801 SW Shunga Dr. Features 50 vendor booths with hand-made gift items. Free Adm

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.

HOLIDAY MARKET – Dec. 3, 10, & 17, 10am-3pm, Redbud Park Pavilion in NOTO. This will be an INDOOR market. info@notoartsdistrict.org for

HOLIDAY EXTRAVAGANZA – Dec. 4, 9am-4pm, Sports Pavilion Lawrence, 100 Rock Chalk Lane. See artisans and vendors from all over the state.

CHRISTMAS IN CARBONDALE VENDOR FAIR - Dec. 4, 11-6, ELM Building. Vendor and donor contact: mev56b87@gmail.com.



LUMINARIES – FESTIVAL OF LIGHTS – Dec. 4, 5:30-7pm, junction of U.S. Highway 73 and Kansas Highway 20 in Horton. Drive-thru display. Living Nativity scenes.

BLUE CHIRSTMAS - SERVICE OF HOPE AND HEAL-

Visit Historic Lecompton and see the **LARGEST Christmas Trees and Ornaments DISPLAY** in the Midwest!

Open Nov. 1 to Jan. 7 • Mon. - Sat.: 10am to 4pm • Sun.: 1 - 5pm


Over 270 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!

Christmas Vespers
Dec. 4, 2pm

While there, tour

- Constitution Hall
- Territorial Capital Museum
- National Landmarks



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Topeka Acappella Unlimited Chorus

Annual Christmas Show

Taste of Christmas

Dec. 10, 2 p.m.

First Lutheran Church
1234 Fairlawn Road,
Topeka.

To purchase tickets go to
acappellaunlimited.com.



ING— Dec. 4, 3pm, Prince of Peace Lutheran Church, 3725 SW Wanamaker Dr. For those whose heart is heavy because of burdens this past year or years. Contact Pastor Kevin De-Hope or Mary Hume (parish nurse) at 785-271-0808.

NOON NOELS— Dec. 7 & 14, 12-12:30pm, First Presbyterian Church of Topeka, 817 SW Harrison St. Enjoy the sights and sounds of the Christmas Season. A meal will be served before and after each "service" at 11:30am or 12:30pm. (A \$5 donation is suggested). Dec. 7: Cair Paravel Madrigals. Loaded baked potato bar and cinnamon rolls. Dec. 14: Highland Park HS Singers; Lasagna, salad, breadsticks, and dessert. Noon Noels will also be livestreamed on the church Facebook page and the church website at www.fpctopeka.org. (785) 233-9601. Price: \$0

C5Alive "CHRISTMAS" LUNCHEON— Dec. 8, 11:30-1, at Fairlawn Plaza Mall. Featuring Christmas fun and games. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public— Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: POWER Luncheon, Jan. 12, 11:30-1.

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.

CHRISTMAS LIGHT SHOW— Dec. 9, 10, & 11, at 6, 7, 8, & 9pm, Topeka Bible Church, 1101 SW Mulvane St. Dazzling light displays synchronized to live performances of Christmas music by artists you can see through the windows of the building. A huge LED screen lets you get "up close" to the live performances as you enjoy the show from the comfort of your car. Music is played over your car's stereo. Price: Free, 30 minutes long. 785-234-5545

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

MARK & THE SHARKS— Dec. 10, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

TASTE OF CHRISTMAS CONCERT— Dec. 10, 2pm, First Lutheran Church, 1234 SW Fairlawn. Topeka Acappella Unlimited women's barbershop Chorus performs. Tickets \$20, available at acappellaunlimited.com

CHILDREN'S SHOPPING SPREE— Dec. 10, 9:30am-2:30pm, Garfield Community Center gym. All gifts priced at \$10 and under/gift wrapping available. Admission: Free

HI-CREST CHRISTMAS MARKET— Dec. 10, 9-11am, SENT Topeka (old Avondale East School), 455 SE golf Park Dr. Food market, craft vendors, Santa photos, health resources and more.

OLD PRAIRIE TOWN CHRISTMAS— Dec. 10, 4-7pm, Old Prairie Town— 124 NW Fillmore. Featuring fun around every corner plus a live reindeer. Adm \$5 at the gate

BREAKFAST WITH SANTA— Dec. 10, 8:30-10:30am, West Indianola Elementary School. Crafts, games, pictures with Santa and a hot breakfast. Free

RED STOCKING BREAKFAST— Dec. 10, 7:30-10:30am, The Pennant, 915 S. Kansas Ave. Get tickets in advance at www.kcls.org or at the door. Children 10 & under free. Benefits KCSL's child abuse prevention programs and services.

ANNUAL ACTION SUMMIT— Dec. 15, 8:30am-1pm. Community members focused on community health and wellness are encouraged to attend. For info: Sarah Karns at skarns@unitedwaytopeka.org or www.heartland-healthyneighborhoods.org

"IT'S A WONDERFUL LIFE" FILM SCREENING— Dec. 16, 7pm, Jayhawk Theater. Adults \$7; students/senior/military \$5 admission. Doors open at 6pm.

STEVE KILE— Dec. 16, 7pm, The Vinewood.

Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

CHRISTMAS MOVIE AND KARAOKE— Dec. 16, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave.

BLUE CHRISTMAS SERVICE— Dec. 17, 2pm, Grace UMC, 2627 SW Western. A service of remembrance and hope.

WING FLING— Dec 17, Stormont Vail Events Ctr. Buy one ticket, get one free. stormontvaileventscenter.com

THE NUTCRACKER BY KANSAS BALLET ACADEMY— Dec. 17 at 7pm & 18 at 1pm, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. Info: 785-234-2787

SARA EVANS CHRISTMAS CONCERT— Dec 18, Stormont Vail Events Ctr. stormontvaileventscenter.com

BISHOP JAMES MURUNGA— Dec. 18, 10:30am, Harvest Fellowship Church. Murunga is presiding Bishop of Grace Community Fellowship Center in Kenya, as well as National Chairman of Churches Together Consortium.

INTERACTIVE NATIVITY & OPEN HOUSE— Dec. 18, Topeka Church of the Brethren Parking Lot, 3201 NW Rochester Rd. An opportunity to interact with the actors and pet a donkey and sheep. Share refreshments or meditate quietly while watching a video presentation about the Christmas Story in our sanctuary. Info at Topeka Church of the Brethren/events on Facebook. (785) 249-6651. Free

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

CHRISTMAS EVE SERVICE— Dec. 24, 1pm, Oakland United Methodist Church, 801 N.E. Chester Ave.

CHRISTMAS EVE SERVICE— Dec. 24, 3pm, Kansas Avenue United Methodist Church, 1020 N. Kansas Ave.

CHRISTMAS EVE SERVICE— Dec. 24, 6:30pm, Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd. 785-273-2248, office@wnnaz.org, wnnaz.org



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

Dec. 8, 11:30-1:
"CHRISTMAS"
Luncheon
at Fairlawn Mall



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

Save the Dates!

- Jan. 12: POWER Luncheon, 11:30-1
- Feb. 9: POWER Luncheon, 11:30-1

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

CHRISTMAS EVE SERVICE – Dec. 24, 4pm, Candlelight service at 6:30pm, Crestview UMC, 2245 SW Eveningside Dr.

CHRISTMAS DAY SERVICE – Dec. 25, 10:30am, Wana-maker Woods Church of the Nazarene, 3501 SW Wana-maker Rd. Info: 785-273-2248, office@wnnaz.org, wwnnaz.org

BOP DADDIES NEW YEAR'S EVE PARTY – Dec. 31, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehis-toricvinewood.com. 785.260.6772

WATCH NIGHT NEW YEAR'S EVE SERVICE – Dec. 31, 4pm, Kansas Avenue UMC, 1029 N. Kansas Ave.

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

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 - Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No

Charge. 785-354-8777 or 785-213-6016

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

TOPEKA TWILIGHT LIONS BRANCH CLUB - 3rd Thursdays at 7pm, check Facebook page for location. Visitors welcome. Topekalions.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.topekaswingdance.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, 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.

CAREGIVERS GROUP- Caring Hearts of Hope meet every other Tuesday from 6-7pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversation and sharing and is open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates and info, go to "Weekly Class List" at www.highlandheightsccc.com or call 785-379-5642.

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,



Gary's, where families come together and memories are made.

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

What equipment is used?

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

Who does the screening?

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

How do I get the Screener scheduled?

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

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!

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

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

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., 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 hhhstopeka.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 op-

portunities for caregivers to get together and share their ideas & feelings. 235-1367. 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com



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