

**TOPEKA**

**JANUARY 2023**

# Health & Wellness

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**MAGAZINE**

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TRENDS  
FOR 2023**

**A New Year  
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**FREE  
TAKE ONE!**

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# 10 Tips for Keeping New Year's Resolutions

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

## Be Realistic

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

## Plan Ahead

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

## Outline Your Plan

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

## Make a Pros and Cons List

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



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

## Talk About It

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

## Reward Yourself

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

## Track Your Progress

Keeping track of progress can be a big help on the journey. Make note of each small success made toward reaching the larger goal. Short-term goals are easier to keep, and small accomplishments will help with motivation. Instead of focusing on losing 30 pounds, say, focus on

losing that first five. Keeping a food diary or a symptom journal may also help in staying on track.

## Don't Beat Yourself Up

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

## Stick to It

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

## Keep Trying

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

## FACTS ABOUT NEW YEAR'S RESOLUTIONS

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

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

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

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





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## ON THE COVER:

Our cover this month features a dinner party-style restaurant with food served family-style. You will find more about the trends for the new year, and other useful information in the pages of this issue.



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# TOTAL DIET APPROACH TO HEALTHY EATING

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

## DIETARY GUIDELINES FOR AMERICANS (DGA)

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

Percentage	Issue
82%	DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier
68%	DON'T EAT FRUITS OR VEGETABLES at least twice per day
62%	HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier
60%	JUGGLE BOTH WORK & FAMILY; PREPARE to prep meals in 15 min.
36%	HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

## FACTORS THAT INFLUENCE EATING PRACTICES:

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

## SUPPORT FOR THE TOTAL DIET APPROACH


DASH	USDA	LET'S MOVE
<ul style="list-style-type: none"> <li>• Dietary Approaches to Stop Hypertension (DASH)</li> <li>• Eating plan consists of healthful food choices over time</li> <li>• Endorsed by U.S. Department of Health and Human Services</li> </ul>	<ul style="list-style-type: none"> <li>• The U.S. Department of Agriculture (USDA)</li> <li>• MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Campaign launched by the White House</li> <li>• Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity</li> </ul>

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

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


**eat right.** Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics: "Total Diet Approach to Healthy Eating" (February 2012)



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**GENERAC**



# Understanding Seasonal Affective Disorder

By Anabel Feauto, Health Promotion Specialist

**D**uring different seasons in people's lives, they may experience periods of sadness or not feeling like their usual selves. Someone who shows significant changes in their mood during the winter season may have something known as Seasonal Affective Disorder (SAD), which is a form of depression. In most cases, SAD begins in the fall or winter and remains until the days are brighter and warmer when spring comes around. SAD can also occur in the springtime, although this is a less common form. According to Mental Health America, each year about 5% of the U.S. population experiences seasonal depression. SAD is considered a type of depression and not a separate disorder, because of the similar characteristics.



Anabel Feauto

The specific causes of SAD remain unknown. However, several factors may contribute to it. The reduced level of sunlight may affect an individual's serotonin level. This can impact a person's mood, as lower levels of serotonin are linked to depression. A sleep-related hormone, melatonin, has also been linked to SAD. When it is dark, the body naturally produces more melatonin. The shorter and darker days can show an increase in an individual's melatonin level. Melatonin can also affect an individual's circadian rhythm, which can impact the usual sleep/wake rhythm of an individual. These causes can be associated with the symptoms of SAD.

## Risk factors

SAD is more common in women than in men. The main onset occurs between 20 and 30 years of age. A

few other risk factors may include family history, having depression, low levels of Vitamin D, and living further from the equator. Having these risk factors does not mean an individual has SAD, however it is important to be aware.

Bipolar disorder is another risk factor for SAD. When the seasons change, there may be a link between the change and mania. During the spring and summer, some people can have increased symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation, and irritability. During the fall and winter times they may experience depression.

## General symptoms

- Fatigue, low energy level, and/ or oversleeping
- Feeling listless, sad, or down most of the day, or nearly every day
- Losing interest in activities once enjoyed
- Having difficulty concentrating
- Sleeping too much or having trouble sleeping
- Appetite changes
- Agitation, anxiety, and/or irritability
- Overeating and weight gain
- Having suicidal thoughts

There are steps you can take to help prevent or reduce the symptoms if the changing seasons impacts you. Practicing self-care all year long may help reduce the risk of SAD. Even taking small steps like going outside on sunny days whether it is cold or hot may help reduce symptoms. Additionally, getting regular exercise, eating a healthy diet, and maintaining healthy sleep habits with predictable sleep/wake cycles may prevent SAD.

## Treatment

The good news is that there are several effective treatments for those who may be suffering from SAD.

Spending time outdoors and having exposure to sunlight can help relieve symptoms. If getting sunlight outdoors is not possible, try light therapy. Light therapy includes being exposed to a special light for a specific amount of time each day to simulate the light you would experience outside. Also, psychotherapy can help to improve view of self, interpersonal relationship skills, identify stressors, and how to manage them.

## When to seek professional help

If you think seasonal depression is something that affects you, please seek professional help to find the best treatment for you. It is normal to have days when you feel down. However, if you start to notice the symptoms of SAD (trouble sleeping, appetite change, loss of interest, suicidal thoughts), please seek professional help before getting overwhelmed by the symptoms.

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## National Suicide Prevention Life Line

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## Shawnee County Suicide Prevention Coalition

SCSPC.org

## Family Service & Guidance Center (18 and under)

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# FINANCIAL FOCUS

## Time for New Year's financial resolutions

It's that time of year when many of us promise ourselves we'll go to the gym more, or learn a new language, or take up a musical instrument, or any number of other worthy goals. But this year, when making New Year's resolutions, why not also consider some financial ones?

Here are a few to consider:

- **Don't let inflation derail your investment strategy.** As you know, inflation was the big financial story of 2022, hitting a 40-year high. And while it may moderate somewhat this year, it will likely still be higher than what we experienced the past decade or so. Even so, it's a good idea to try not to let today's inflation harm your investment strategy for the future. That happened last year: More than half of American workers either reduced their contributions to their 401(k)s and other retirement plans or stopped contributing completely during the third quarter of 2022, according to a survey by Allianz Life Insurance of North America. Of course, focusing on your cash flow needs today is certainly understandable, but are there other ways you can free up some money, such as possibly lowering your spending, so you can continue contributing to your retirement accounts? It's worth the effort because you could spend two or three decades as a retiree.

- **Control your debts.** Inflation can also be a factor in debt management. For example, your credit card debt could rise due to rising prices and variable credit card interest rate increases. By paying your bill each month, you can avoid the effects of rising interest rates. If you do carry a balance, you might be able to transfer it to a lower-rate card, depending on your credit score. And if you're carrying multiple credit cards, you might



benefit by getting a fixed-rate debt consolidation loan. In any case, the lower your debt payments, the more you can invest for your long-term goals.

- **Review your investment portfolio.** At least once a year, you should review your investment portfolio to determine if it's still appropriate for your goals, risk tolerance and time horizon. But be careful not to make changes just because you feel your recent performance is not what it should have been. When the financial markets are down, as was the case for most of 2022, even quality investments, such as stocks of companies with solid business fundamentals and strong prospects, can see declines in value. But if these investments are still suitable for your portfolio, you may want to keep them.


- **Prepare for the unexpected.** If you encountered a large unexpected expense, such as the need for a major home repair, how would you pay for it? If you didn't have the money readily available, you might be forced to dip into

your long-term investments or retirement accounts. To prevent this, you should build an emergency fund containing three to six months' worth of living expenses — or a year's worth, if you're retired — with the money kept in a low-risk, liquid account.


These resolutions can be useful — so try to put them to work in 2023.

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

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# The Hidden Costs of EMF Toxins

**I** imagine being a gymnast and body builder one minute, and then taking a fall, followed by getting misdiagnosed and over-medicated to the brink of a near-death situation. It was then I discovered it's a whole food diet, and nutrition, along with other holistic tools, that lets the body heal itself. This experience forced me to assess my environment and start looking at the not so obvious root causes of my ill health. The first thing I did was examine the stressors in my environment. Besides the chemicals in my food, water, cosmetics, and cleaning supplies, I was surprised to learn about the negative impact of electromagnetic frequencies, EMF, that come from our electronic devices. Electric and magnetic fields are invisible areas of energy, radiation, that are produced by our electronic devices and appliances. EMF is harmful to our DNA and the long-term effects are not fully tested but we are learning more every day.

The fact is that the electro-smog is changing how we feel physically, emotionally, and spiritually. You might not know that when we use wireless technology, our red blood cells clump together. So, holding your phone to your head, or wearing ear buds, is never a good practice. You don't need to be a doctor to know that poor blood flow by your brain is a bad thing. You may need to think outside the box about supporting your emotional and physical health. My husband and I were arguing each time we were at the grocery store and then realized we were standing under 5G towers.

Let's face it. We are not getting rid of our electronics like TV's, hair dryers, cell phones and the world is still rolling out 5G. The long-term low-dose electromagnetic radiation exposure can lead to a compromised central nervous system; it can cause neurobehavioral disorders, including circadian imbalance, headache, fatigue, depression, and anxiety. I have had them all. So, if you are not actively protecting yourself from the toxic environment, then the electro-smog is costing you your health. So, what are some resources that I use to offset the dangers we cannot change?

I use safe and easy solutions to neutralizing, not blocking, EMF. I like to use a blended approach which includes essential oils, herbs, fungi, and EMF Neutralizers. Since there are 16 smart meters on my bedroom wall, and we don't really know the full impact of the 5G towers and the streetlamps in the neighborhood, I use them all.



Rev. Jodi L Suson-Calhoun

## EMF Neutralizers

EMF Neutralizers are my first go to when I want to protect my DNA. I have found that they are not all created equal, and some have inflated price tags. I feel safe with Aulterra which is scientifically proven EMF Protection against the harmful effects of EMF radiation. Putting science aside, I always focus on "HOW DO I FEEL?" I feel better using the Aulterra paramagnetic rare-earth minerals. I wear them in a pendant, I have them as discs on my phone, I plug them in via a USB drive into my car and the wall of my home -- oh and I take them as capsules too so

I can heal from the inside out. This mineral Neutralizes EMF radiation and is part of my daily health protocol that provides a protective defense against powerful environmental toxins, including certain forms of radiation.

## Essential Oils

Essentials oils was the first way that I took control of my health, and the results were powerful. I diffuse them (instead of using cancer causing air fresheners), apply them topically, I inhale them for emotional well-being, and consume some of them internally for cellular regeneration. I use the third party tested dōTERRA Essential Oils as I trust the purity and the process. Also, outside research shows the positive effect of essential oils on telomere length. They discovered that certain oils, most notably rosemary and basil, were shown to be "capable of increasing the apparent length



of telomeres" on cells when applied in low doses.

## Herbs and Fungi

I have always had stress, so I now use adaptogenic herbs and fungi to support my body to be more resilient to our ever-changing environment. My favorites are Holy basil, Ashwagandha, and a blend of 10 powdered mushrooms (Chaga, Lions Mane, Cordyceps, Reishi, Shitake, Maitake, Turkey Tail, King Trumpet, Antrodia Camphorata, Argaricus Balzei) all of which reduce my stress levels and keep me agile and focused. I add them daily to my dandelion coffee, smoothies, baked goods and of course this is coupled with a whole food organic diet. As with anything, understand how your food is sourced and grown. I use OM Mushrooms because they are grown on Myceliated Oats vs rice. The difference can impact your brain health.

What else can you do? Unplug your Wi-Fi at night and put your phone on airplane mode before bed. Hardwire your computer and keep your TV out of the bedroom. Avoid using Bluetooth ear buds. Ditch the microwave and exchange it for a convection oven. If possible, opt out of the utility companies smart meter programs. I have implemented these practices and I feel more alert when I wake up in the morning, I have more energy throughout the day, and I do not get into fights with my husband anymore at the grocery store because we keep ourselves protected.

For more information on toxic free living and how it relates to our emotional wellbeing, you can reach out to me Jodi Suson at Jodi@SusonEssentials.com www.SusonEssentials.com

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

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Sources:

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# FINANCIAL HEALTH & WELLNESS

## IRS announces delay for start of \$600 reporting threshold

**T**he Internal Revenue Service today announced a delay in reporting thresholds for third-party settlement organizations set to take effect for the upcoming tax filing season.

As a result of this delay, third-party settlement organizations will not be required to report tax year 2022 transactions on a Form 1099-K to the IRS or the payee for the lower, \$600 threshold amount enacted as part of the American Rescue Plan of 2021. As part of this, the IRS released guidance today outlining that calendar year 2022 will be a transition period for implementation of the lowered threshold reporting for third-party settlement organizations (TPSOs) that would have generated Form 1099-Ks for taxpayers.

"The IRS and Treasury heard a number of concerns regarding the timeline of implementation of these changes under the American Rescue Plan," said Acting IRS Commissioner Doug O'Donnell. "To help smooth the transition and ensure clarity for taxpayers, tax professionals and industry, the IRS will delay implementation of the 1099-K changes. The additional time will help reduce confusion during the upcoming 2023 tax filing season and provide more time for taxpayers to prepare and understand the new reporting requirements."

The American Rescue Plan of 2021 changed the reporting threshold for TPSOs. The new threshold for business transactions is \$600 per year; changed from the previous threshold of more than 200 transactions per year, exceeding an aggregate amount of \$20,000. The law is not intended to track personal transactions such as sharing the cost of a car ride or meal, birthday or holiday gifts, or paying a family



member or another for a household bill.

Under the law, beginning January 1, 2023, a TPSO is required to report third-party network transactions paid in 2022 with any participating payee that exceed a minimum threshold of \$600 in aggregate payments, regardless of the number of transactions. TPSOs report these transactions by providing individual payee's an IRS Form 1099-K, Payment Card and Third-Party Network Transactions.

The transition period described in Notice 2023-10, delays the reporting of transactions in excess of \$600 to transactions that occur after calendar year 2022. The transition period is intended to facilitate an orderly transition for TPSO tax compliance, as well as individual payee compliance with income tax reporting. A participating payee, in the case of a third-party network transaction, is any person who accepts payment from a third-party settlement organization for a business transaction.

The change under the law is hugely important be-

cause tax compliance is higher when amounts are subject to information reporting, like the Form 1099-K. However, the IRS noted it must be managed carefully to help ensure that 1099-Ks are only issued to taxpayers who should receive them. In addition, it's important that taxpayers understand what to do as a result of this reporting, and tax preparers and software providers have the information they need to assist taxpayers.

Additional details on the delay will be available in the near future along with additional information to help taxpayers and the industry. For taxpayers who may have already received a 1099-K as a result of the statutory changes, the IRS is working rapidly to provide instructions and clarity so that taxpayers understand what to do.

The IRS also noted that the existing 1099-K reporting threshold of \$20,000 in payments from over 200 transactions will remain in effect.

—Peggy Beasterfeld, EA



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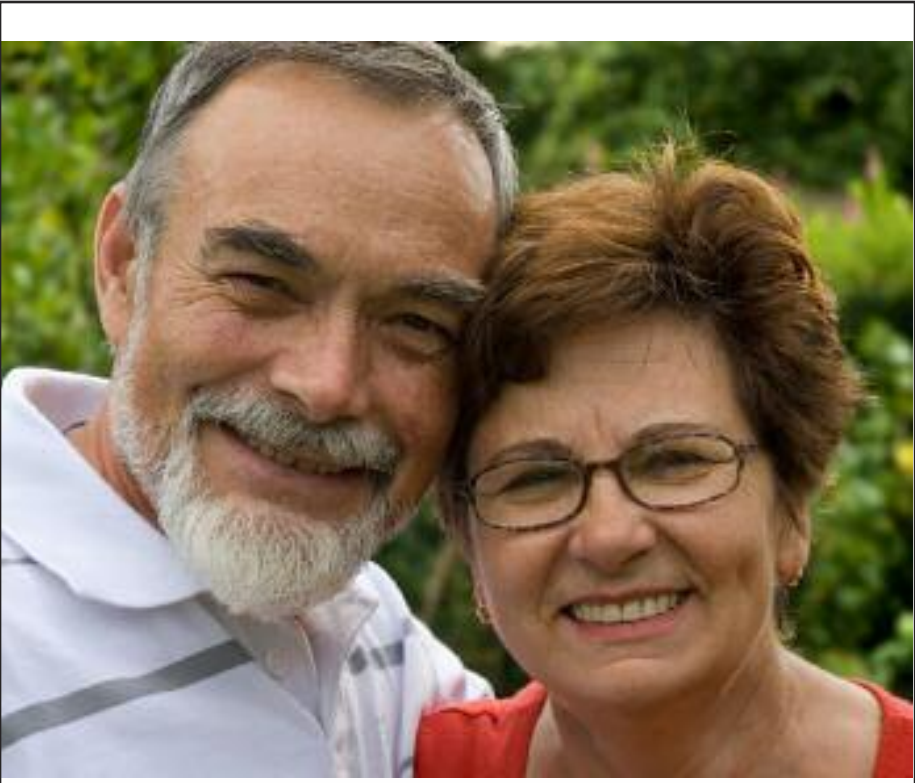
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- Hot Showers & Clean Clothes
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- Mental Health Assessments
- Primary Care Services
- Lifeline Cell Phones
- Covid testing
- City ID's



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### TRM

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### VALEO

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

### STORMONT

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Valeo, TRM, Free LifeLine Phones Stormont-Vail

### Jan. 12 • 9:00-2:00

Salvation Army  
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Valeo, TRM, Free LifeLine Phones, SDC/KSU, Stormont-Vail

### Jan. 17 • 9:00-2:00

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Valeo, TRM, Free LifeLine Phones Stormont-Vail

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## Questions about MAP?

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Topeka, KS



# Top Fitness Trends for 2023

Here's what experts are predicting to be the biggest fitness trends of 2023, and what you need to know about the workouts, recovery methods, training styles, and more you'll be seeing.

## 1. Virtual Reality Workouts

Ambling through an IRL workout in a drab basement gym is so last year. In 2023, virtual reality (VR) workouts will become mainstream as these high-tech headsets and devices grow more widespread (the augmented reality and VR product and services industry is expected to grow to \$80.6 billion by 2029, and Apple is rumored to be releasing a VR headset in 2023). Meanwhile, software com-



panies continue to add new apps that make working out feel like a game. From slashing music notes in Beat Saber to climbing mountains in The Climb app, VR workouts have gotten a major upgrade (both in terms of graphics and the physical challenge) as of late.

Start your VR workout journey with Meta's Oculus Quest 2, one of the more affordable VR headsets on the market. It pairs seamlessly with Supernatural, an app that offers gamified total-body workouts that take you to picturesque, hyper-realistic locations.

## 2. Mobility Training

In addition to all the workout varieties that already make up a well-balanced fitness routine (think: strength training, cardio, and low-impact workouts), one of the biggest 2023 fitness trends is further emphasis on prioritizing mobility training. Mobility training is working to improve your ability to safely move a muscle or muscle group through a range of motion within a joint. And it's about so much more than just being flexible. Developing your



mobility helps improve functional movement, prevent injuries, reduce pain, and more. And since being sedentary can lead to more injuries and muscle dysfunction, mobility training will be crucial for making sure your joints are fully functional and you're able to move pain-free.

And while mobility is totally different from flexibility (mobility is your ability to move a muscle or muscle group through a range of motion, while flexibility is your connective tissues' ability to temporarily lengthen) stretching is also primed to have a major moment in 2023. In fact, you can expect to see prioritizing post-workout recovery (through stretching, low-impact activity, and yes, those high-tech massage guns) as another form of self-care in the coming year.

## 3. Posture Workouts

As more people experience the side effects of weak postural muscles (think: tech neck, dowager's hump), they're seeking exercises to improve posture for a comfortable, pain-free daily life. The antidote to WFH life, posture workouts train and strengthen the muscles that support your spine (such as the erector spinae, transverse abdominis, and pelvic floor) and lumbopelvic hip complex



(your lumbar spine, pelvis, and hips), which are key in keeping you upright.

## 4. Primal Movement

One of Pinterest's most-predicted 2023 fitness trends, primal movement refers to the movements humans have been doing naturally for hundreds — even thousands — of years, such as crawling, lunging, reaching, pushing, and more. Forget the complicated exercises that don't have any basis in real-life movements (after all, have you ever seen someone do a Turkish get-up outside of a workout?). Instead, think of primal movement as a subcategory of functional training — aka training your body to perform



the moves necessary for daily life. Get in on the back-to-basics trend by adding squats, deadlifts, bear crawls, and farmer carries to your workouts.

## 5. Standing Abs Workouts

Keep your yoga mat rolled up — the latest trend in abs exercises has you on your feet. Standing abs workouts are becoming more popular (just check out the #standingabs hashtag on TikTok, which has more than 22.7 million views). After all, working your core while upright brings different benefits than your traditional sit-ups and crunches. This includes improving posture more effectively than supine (lying face up) movements, engaging more muscle groups (think: glutes, lower back muscles, and even your upper body muscles), and preventing injuries related to poor balance. You can add kettlebells or dumbbells to challenge your core even further. Plus, standing core workouts can be more accessible for people with bigger chests. Try this standing abs workout to get a head start on this 2023 fitness trend.

## 6. Exercise as a Mental Health Tool

The last few years have been difficult — to put it mildly — and it's become key to find ways to prioritize mental health and self-care. While facials and bubble baths definitely count as rest and recovery, more and more people are turning to movement as a way to protect and enhance their mental health. After all, exercise has been proven to reduce stress, help with depression and anxiety, improve sleep, and even improve brain function. But even aside from the proven physical benefits of working out, this year you'll continue to see people using exercise as a way to connect with others, enjoy much-needed alone time, work toward personal goals, and build confidence, all of which are crucial in maintaining mental health.

On a similar note, finding a form of exercise that you actually look forward to doing just adds joy to your life. Instead of forcing yourself to power through a grueling HIIT session, it's time to reject any pressure that makes you feel like you have to exercise a certain way for it to "count."

—Kristen Geil / shape.com

# Game Changer for Type 2 Diabetes



(Ivanhoe Newswire) —

**I**t's been called the largest epidemic in human history. Not COVID – diabetes. More than 37 million Americans are living with it right now, and more than 90 percent of those have Type 2 diabetes. Seven million people rely on a daily insulin shot to manage their condition. Now, a breakthrough in the diabetes world may simplify the future of diabetes treatment.

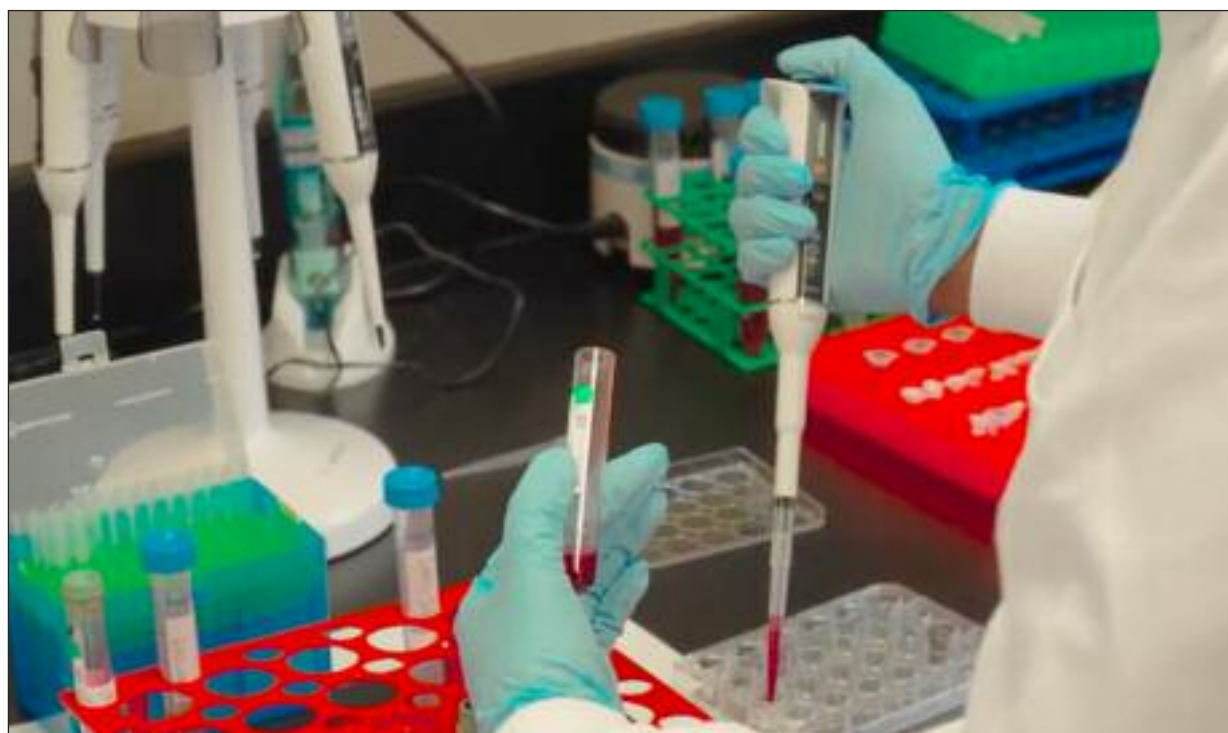
Wherever you are, whatever you're doing — needing insulin to treat diabetes can be difficult.

Forty-eight-year-old Chris Sheridan was diagnosed with Type 2 diabetes 20 years ago and has been checking his glucose levels every day for years, now.

"I had to give myself a shot every day," he tells Ivanhoe.

Chris had to remember to take his insulin while working on his Jeep, and then, making sure he has it when he's in the middle of nowhere. Then, Chris was offered to be part of a clinical trial that would allow him to take only one insulin shot a week.

Adult endocrinologist at Scripps Whittier Diabetes Institute, Athene Philis-Tsimikas, MD, explains, "It is taking the same molecule of insulin, a human insulin, a synthetic human insulin, but it's been altered a little bit and allows it to last longer in the body and get taken up a little bit slower."



Dr. Philis-Tsimikas is part of the team leading an international study comparing the new once-weekly shot to the daily insulin shots.

"There was not only equal lowering of the blood sugar to an equivalent amount between the two groups, but there was actually greater lowering, better blood glucose control," Dr. Philis-Tsimikas further explains.

This one shot may give millions of people new hope in the new year.

"When you think about a once-weekly injection for people with diabetes, they're going from having to take 365 injections a year to only 52 times a year. And although this might not seem like a lot to you and me, to the person having to do the injection, it can be incredibly significant," Dr. Philis-Tsimikas emphasizes.

Novo Nordisk, in Denmark, created the once-weekly insulin shot. They plan to file for market approval in the United States, Europe, and China early next year. That means it could hit doctors' offices by mid-2023.

Type 2 diabetes is an impairment in the way the

body regulates and uses sugar as a fuel. This long-term condition results in too much sugar circulating in the bloodstream. Eventually, high blood sugar levels can lead to disorders of the circulatory, nervous and immune systems. Type 2 diabetes used to be known as adult-onset diabetes, but both type 1 and type 2 diabetes can begin during childhood and adulthood. Type 2 is more common in older adults, but the increase in the number of children with obesity has led to more cases of type 2 diabetes in younger people. More than 37 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but more and more children, teens, and young adults are also developing it.

The symptoms of type 2 diabetes can be so mild that you don't notice them. About 8 million people who have it don't know it. Symptoms include being very thirsty, constant urination, blurry vision, fatigue, wounds that won't heal, unintentional weight loss, and/or frequent infections. Your doctor can test your blood for signs of type 2 diabetes. Usually, they'll test you on two days to confirm the diagnosis. But if your blood glucose is very high or you have many symptoms, one test may be all you need.



# Keeping Your Pet Healthy During the Winter

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

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

## Why pets may need winter sweaters

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

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

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

## How to add extra layers

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

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

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

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



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

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

## Skin-saving solutions

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

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

can cause dryness and itchiness. Brush your dog or cat to remove hair and dander.

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

## Don't forget nutrition

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

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

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

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

### SMART TIPS FOR YOUR DOG

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

 Alcohol	 Avocado	 Caffeine	 Chives	 Chocolate	 Dairy
 Garlic	 Grapes/raisins	 Ham	 Macadamia nuts	 Mushrooms	 Nutmeg
 Seeds/pits	 Spicy	 Sugar-free candy and gum	 Tobacco	 Yeast/dough	 Onions



# Biggest Food Trends You'll See In 2023

**W**hat will we all be cooking and eating in 2023? There's a lot to think about this time around. We've weathered a pandemic and are all thinking about ways to recover and find joy through food. Environmental concerns are more present than ever before. TikTok has become ubiquitous, skyrocketing Gen Z creators to fame and changing the way food trends start and spread. While trendiness feels like a trend, with dishes like butter boards everywhere one week and forgotten the next, it's hard to drill down to what will be the overarching food trends that'll be everywhere in 2023. Below is what Food Network editors have come up with.

## We're All Craving Nostalgic Food

Since the pandemic, many Americans, partic-



ularly content creators, are turning to the brands and dishes that remind them of simpler bygone times. Apps like TikTok, which encourage recreating trends like the viral dirty Shirley (pictured here) have crystalized this focus on childhood and past eras — though what's nostalgic to each person totally varies — from apple hand pies to

## Just Add Water

halwa to pizza toast and everything in between. Brands are tapping into nostalgia too; s'mores flavored foods were big at this year's Sweets & Snack Expo, for example. Look closely and you will notice more foods and cleaning products are being sold as powders or pastes. Consumer packaged goods companies are using less water — or none at all — to cut down on shipping costs, greenhouse gas emissions and packaging and to conserve water. Case in point: Kellogg's recently released just-add-water cereal bowls "Instabowls," which contain powdered milk. And some



products, like those from Omsom (pictured below left), an Asian-American brand started by sisters tired of the not-so-inspiring dinner shortcuts in most American grocery stores, provide concentrated punches of flavor that make dinner just as delicious as it is easy.

## What to Know about Honey Alternatives

More Americans today are exploring vegan cooking; according to the Good Food Institute, the sales of plant-based foods grew three times faster than overall food sales in 2021. Vegan honey alternatives, or ingredients that can be substituted for honey 1:1, comprise a growing category, driven in part by bee colony collapse disorder. Look for new products made from ingredients like cane and coconut nectar, as well as some that focus on ingredients that have existed for hundreds of years like date syrup (pictured above). As more products come on the market, we expect recipes, to start specifically calling for honey alternatives.



## Steam Ovens Are the New Air Fryers

Sales of combi ovens (ovens that cook with steam and convection) grew globally 10.2% year-on-year in 2022. For the second year running, Zillow found steam ovens to be the number one item to boost the value of a home, with those homes selling for 3.7% more than expected on average. Steam technology is being incorporated into all sorts of oven appliances, such as the Ninja Speedi Rapid Cooker and Air Fryer and the Tik Tok-famous Balmuda Steam Toaster Oven (pictured below) in order to crisp food while

maintaining its fluffy interior. As more appliances integrate steam technology, prices will come down and home cooks will use it regularly, in the same way they adopted air frying.



## Tamarind Is the Ingredient of the Year

Tamarind is a culture-spanning ingredient that, while native to Africa, is popular in multiple cuisines, including Mexican, Indian and Southeast Asian. The mouth-puckery fruit is often sold as pods or a paste in various sweet-sour-tangy-tart formulations. It's taking off in the U.S. in sweets, snacks and beverages because Gen-Z'ers just so happen to have a penchant for big, bold, unique flavors, especially ones that are international. In the past year, Banderilla Tama Roca Tamarindo Mexican Candy Sticks has been a breakout term in Google, meaning the search term grew by more than 5,000%. Tangy Tamarind Doritos' launch in summer 2022 marks the first tamarind-flavored salty snack by a major US snack brand. For some tamarind cooking inspo, check out our Bhutta Bhel, Tamarind Pineapple Quencher and One-Pot Mushroom Biryani with Tamarind and Coconut Milk.



## Live Fire Cooking

Live fire cooking is a broad term that refers to cooking food over embers, AKA wood that has burned down into white ash. It's a method that spans cultures and millenium and includes, among other techniques, grilling, cooking over a campfire and spit roasting. Many restaurants are installing wood-fired ovens and grills. Simulta-



neously, networks and authors are creating live fire cooking content. In Food Network's digital video series *Stoked*, for example, Chef Yia Vang celebrates the legacy of making wood fire grilled Hmong food ranging from Spatchcock Quail (pictured below left) to Tiger Bite Hot Sauce. Home cooks are becoming interested in trying their hand at live fire cooking. Interest in outdoor project cooking is spiking, with people investing in outdoor cooking stations, Ooni Pizza Ovens and Blackstone Griddles.

### Should You Be Zhuzhing Food?

The origin of the word is not completely known, but some trace it back to early 20th century. More recently, a version of zhuzh (jueje) was made popular in the early 2000s. Garnishing used to be a step reserved for chefs in pricey restaurants. But with the proliferation of all-purpose seasonings — like everything bagel and togarashi — people are sprinkling, dusting and drizzling their way to better tasting meals at home. Now, zhuzhing is a mode of cooking for many people — and an especially visual way to finish dishes on social media, where balsamic drizzles are popular. There are more and more topplings available for zhuzhing savory dishes, and let's not forget the sweet ones (check out Food Network's favorite ways to zhuzh up meals and 9 ways to zhuzh up hot chocolate at [foodnetwork.com](https://www.foodnetwork.com)).



### The Rise of International E-Marketplaces

Many big box grocery stores have limited shelf space, making international ingredients hard to find — yet there's high demand. International e-marketplaces are growing and have massive reach and major money behind them. Some, like Weee! and Tocabe are startups, while others are direct to consumer extensions of big brands like Goya, which launched an online marketplace in September to sell its Latin food products directly to the consumer. Thanks to social platforms like YouTube and TikTok, home cooks can follow creators who make content that feels authentic to their backgrounds and identities. Recipes like silken tofu banchan (pictured here), a Korean recipe that involves dumping soft tofu from its package and dressing it with a soy sauce-based topping, are going viral on Tik Tok because of their ease and big flavor. As shoppers learn about new global ingredients, they continually broaden what they consider to be pantry and fridge staples.



### Restaurants that Feel Like Dinner Parties

During the pandemic, as restaurants shut down and people trusted only their close friends, dinner parties were prevalent. Now, everyone is busier and looking to socialize and meet new people. Enter the dinner party-style restaurant and supper club, which promises to create the party vibes for you with communal tables and food served family-style. For example, Cloth & Flame throws dinner parties in all 50 states designed to bring communities together over innovative cooking. Pictured above is one of their dinners in the Arizona desert town of Arcosanti. Even if a dinner party restaurant doesn't open in your town, expect to see restaurants incorporating elements that bring people together like communal tables or welcome drinks.

### Viral Middle American Dishes

After people moved away from coastal cities during the pandemic (the U.S. Census Bureau 2021 Vintage Population Estimate Report recorded that both Cupertino, California and New York City's population declines were amongst the highest in the country), a lot of the trends started coming from middle America. People are obsessed on a national level with dishes that once only existed in specific regions of the country such as dirty soda, cowboy caviar (pictured above), trash plates, Shaker lemon pie, crunchy buckeyes, chicken riggies and more. Expect to see food buzz coming out of Michigan's Traverse City (searches for the city's cherry festival were breakout in 2022). People were also really excited about the Minnesota



State Fair food — pickle pizza in particular experienced all time high searches.

### Better-for-You Recovery Beverages

"Recovery" is the catchword that has taken over the wellness industry. It has broad appeal — from mental health to gut biome to post-workout or post-drinking hydration. A bevy of new recovery products, mostly drinks, have better-for-you, plant-based ingredient lists and are designed to help with immediate recovery post workout or drinking. Research supports recovery beverages with a carbohydrate-to-fat ratio of 4:1 (3:1 is also acceptable) within a 120-minute window post workout. As some Americans are learning to pause and care for themselves, more CPG companies — across all categories — will offer a hand in recovery.



### Parents Want Sustainable Kid Food

In past years, terms like organic and sugar-free have been prevalent buzzwords on kids' food packaging. At the 2022 Fancy Food Show, we saw three labels taking center stage: upcycling, regenerative farming and net zero. According to Innova Market Insights' 2022 Lifestyle & Attitude Survey, for the first time ever, more consumers surveyed globally said the health of the planet was their top global concern instead of the health of the population. And products with environmental claims are growing at three times the pace of total food and beverage activity. As environmentally conscious branding becomes ubiquitous in kid food and beyond, it's important to read the fine print. The rules about corporate pledges are still being formed, and while some companies are in fact doing good, others are greenwashing — or making deceptive claims about their environmental impact. It's important to take a second to look into, say, the year by which a company pledges to reach net zero carbon emissions, as it could be 60 years into the future.





# Running Resolutions: Start Slowly, and Eat Your Favorite Foods

By Talya Minsberg

**H**ere is a runners advice Q. and A. with Amy Yoder Begley, Atlanta Track Club coach and a 2008 Olympian.

## What advice do you give to new runners?

I tell people to try to get rid of all of the barriers that would keep you from running.

Make sure you have shoes that are fitted: You don't want old shoes that are going to cause sore knees, a sore back or blisters that would keep you from running. Learn to fuel and hydrate to make sure you don't bonk on a shorter run. And start slow. There's walking, there's run-walking and there's running. It can be easier to start with 30 seconds running and 30 seconds walking instead of three miles.

## What do you tell runners who are trying to level up their performance?

People who have just been running who haven't added anything like hill repeats will see huge improvements as long as they progress slowly.



Make three days a week important workouts. Add a speed workout a week, a threshold a week and a longer run a week. Start slow and low with the intervals and add to it.

## Any advice for runners coming back from an injury?

Coming back from injury is the same for everybody: You need to start slower than you think.

I say the same thing with elite athletes and everyone else coming back. They say, "I'm ready to start!" and I say, "Yeah . . . wait one or two more days." It's a progression.

## When do you tell runners to consider working with a coach?

People come to me when they have done one or two races and they want to hit a certain goal. So if you've been running for a while, or done a couch-to-5K program, or done three or four 5K races but are not getting any faster, that's a good time to find a coach.

Look for someone who has training plans but also has flexibility in those plans to be able to fit your

life. Can you move things around? If it's a team, do they meet as a group, and are there times and places that work for you?

It can be hard to fit it in, so it's important to find something that's going to work in your life. Once you're addicted to it, yes, you'll get up at 4:30 a.m. to get it in. But not at first. At first, make it accessible so you don't find yourself racing across town to make it to a workout.

## Any words of wisdom on goal-setting?

Finding flexibility in your plans is huge, and be OK to pivot and find a different race if needed. You may spend a lot of time and energy and

money on training, and you don't want the disappointment to keep you from finding another opportunity. Or if an injury happens, you don't want to push through and hurt yourself.

Have multiple goals for the year and have process goals too. You could get terrible weather for your half-marathon or your marathon. And you might not hit your time goal or age goal.

But if you have a progress goal — I'm going to try and run four days a week, or I'm going to try and go to all the speed sessions this season, or I'm going to try and stretch every day — have that process goal just in case you don't hit that time goal.

Also, if you are getting injured while running, it can be helpful to find a coach.

## What should runners look for in a coach?

Look for someone who has training plans but also has flexibility in those plans to be able to fit your life. Can you move things around? If it's a team, do they meet as a group, and are there times and places that work for you?

It can be hard to fit it in, so it's important to find something that's going to work in your life. Once you're addicted to it, yes, you'll get up at 4:30 a.m. to get it in. But not at first. At first, make it accessible so you don't find yourself racing across town to make it to a workout.

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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...**

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

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

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

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

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

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

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

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

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

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

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

This is an important question to ponder. God knows the desire of our hearts. He promises us perfect peace, perfect justice, perfect truth. He created us and placed us in the Garden of Eden. Mankind fell. Now He seeks to restore that Garden of Eden-like creation for us, but only for those who seek His



righteousness above all else.

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

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

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

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

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

But He didn't offer universal salvation. You've still got to play by His rules. And Jesus' rules are the same as the Father's:

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

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

*Don't serve idols.*

*Don't take His name in vain.*

*Remember the sabbath.*

*Honor your parents.*

*Don't murder anyone.*

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

*Don't steal.*

*Don't bear false witness against your neighbor.*

*Don't covet your neighbor's stuff.*

Aren't these good rules or Commandments?

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

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

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

So, I wouldn't suggest waiting.

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

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

—Joseph Farah



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# Healthy Recipes for the Winter months

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

## No Guilt Chocolate Cake



This chocolate cake is warm, yummy, and guilt-free. No workout required to burn off calories!

### Ingredients

- 1 teaspoon coconut oil, or as needed

### Cake:

- 1 (15.25 ounce) package dark chocolate cake mix
- 1 (12 ounce) package soft tofu
- ½ cup brewed coffee

### Chocolate Topping:

- ¼ cup dark chocolate chips
- 3 tablespoons almond milk
- 2 tablespoons powdered peanut butter (such as PB2®)

### Directions

Preheat oven to 350 degrees F (175 degrees C). Rub enough coconut oil into a 9-inch springform pan to lightly coat bottom and sides.

Blend cake mix and tofu together in a food processor until well mixed, 1 to 2 minutes. Add brewed coffee and blend until well mixed, scraping sides down as needed. Pour batter into the prepared springform pan.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, 25 to 30 minutes.

Mix chocolate chips, almond milk, and powdered peanut butter together in a microwave-safe bowl; heat in microwave for 30 seconds. Mix and heat for 30 seconds more. Spoon chocolate

topping over cake.

### Nutrition Information (Servings: 12)

Per serving: 186 calories; protein 4g; carbohydrates 33g; fat 5g.

Source: allrecipes.com

## Spinach Fettuccine with Scallops



A kind of fancy dinner for the new year.

### Ingredients

- ½ pound dry fettuccine pasta
- 6 tablespoons olive oil, divided
- 1 (10 ounce) package frozen chopped spinach
- salt and pepper to taste
- ¾ pound scallops
- 4 cloves garlic, sliced
- 2 (4.5 ounce) cans sliced mushrooms, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup white wine
- ground black pepper to taste

### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve. Meanwhile, in a large skillet, heat 1 to 2 tablespoons of oil and add spinach and salt and pepper to taste. Sauté spinach for 5 to 7 minutes or until wilted and no longer watery. Remove spinach from skillet and toss with pasta; transfer and keep warm.

In the same skillet, heat 2 more tablespoons of oil and add scallops and 2 cloves of sliced garlic. Cook scallops for 1 to 2 minutes or until they appear opaque. Add scallops and garlic to fettuccine and spinach mix; transfer and keep warm.

In the same skillet, heat 2 tablespoons of oil. Add 2 more cloves of sliced garlic and sauté until

golden. Add mushrooms, soup and white wine to skillet. Stir over medium heat for 8 minutes or until warm. Pour over fettuccine and spinach and add ground black pepper to taste; serve.

### Nutrition Information (Servings: 4)

Per Serving: 614 calories; protein 27g; carbohydrates 57g; fat 27g.

Source: allrecipes.com

## Beef Sausage Stew



An easy week night dinner the family will love.

### Ingredients

- 1 pound smoked beef sausage, cut into bite-size pieces
- 1 small onion, chopped
- 3 (15 ounce) cans black-eyed peas, rinsed and drained
- 2 (10.75 ounce) cans low sodium chicken stock
- 1 cup water
- ½ teaspoon cayenne pepper, or to taste
- 2 cups uncooked instant rice

### Directions

Place the sausage and onion into a large saucepan over medium heat, and cook and stir until the sausage begins to brown, about 10 minutes. Stir in the black-eyed peas, chicken stock, water, and cayenne pepper, and bring to a boil. Stir in the rice, cover, and cook, stirring occasionally, until the rice is tender, 20 to 25 minutes.

### Nutrition Information (Servings: 8)

Per serving: 406 calories; protein 18g; carbohydrates 45g; fat 17g.

Source: allrecipes.com

# New Health & Wellness Info at the Library

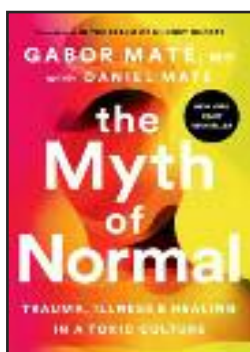
By Elizabeth Phelps

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

**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

In this groundbreaking investigation into the causes of illness, physician Gabor Maté dissects how in Western countries that pride themselves on their health-care systems, chronic illness and general ill health are on the rise. Nearly 70% 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?

Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of "normal" as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today's culture stresses the body, burdens the immune system, and undermines emotional balance. Maté brings his perspective to myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society, and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté's most ambitious and urgent book yet.



**The sleep prescription:** seven days to unlocking your best rest – by Aric Prather; Penguin Books, an imprint of Penguin Random House, LLC; New Health Books 616.8498 PRA

From renowned sleep scientist Dr. Aric Prather, a book that offers a simple yet powerful plan to improve your sleep in seven days. We need to sleep to survive. If we stopped sleeping, we would die. Sure, it would take a while, but sleep is as essential as food, water, and oxygen.

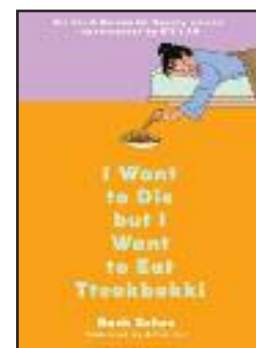
Eventually, without it, our bodies begin to shut down. So why on earth can something that should be so natural, instinctual, and automatic be so hard? Dr. Prather studies sleep for a living, and he'll tell you right off the bat that there's usually one major thing that gets in the way of sleep: you. Not just you. All of us. We are great at getting in the way of our own sleep. We don't mean to. And we're not making obviously bad choices. In the sleep clinic at the University of California, San Francisco, Dr. Prather has a line out the door of people struggling to achieve good sleep. By the time they come to him, they've tried everything. In *The Sleep Prescription*, Dr. Prather shares the most powerful solutions that he uses to help his patients at the clinic achieve restorative sleep. Going beyond the obvious solutions, Dr. Prather shares surprisingly simple yet deeply effective techniques that will help you lie back and let sleep work its magic. Over the course of seven days, this book will teach you how to get out of your own way, so that your body can do what it was built to do: sleep.



**I want to die but I want to eat tteokbokki** – by Se-hui Paek; Bloomsbury Publishing; New Health Books 616.8527 PAE

Baek Sehee is a successful young social media director at a publishing house when she begins seeing a psychiatrist about her - what to call it? -

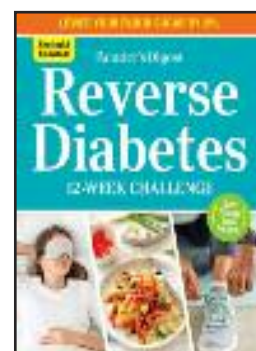
depression? She feels persistently low, anxious, endlessly self-doubting, but also highly judgmental of others. She hides her feelings well at work and with friends, performing with the calmness her lifestyle demands. The effort is exhausting, overwhelming, and keeps her from forming deep relationships. This can't be normal. But if she's so hopeless, why can she always summon a desire for her favorite street food: the hot, spicy rice cake, tteokbokki? Is this just what life is like?



Recording her dialogues with her psychiatrist over a twelve-week period and expanding on each session with her own reflective micro-essays, Baek begins to disentangle the feedback loops, knee-jerk reactions, and harmful behaviors that keep her locked in a cycle of self-abuse. Part memoir, part self-help book, this is a book to keep close and to reach for in times of darkness. It will appeal to anyone who has ever felt alone or unjustified in their everyday despair.

**Reverse diabetes:** 12 week challenge – Reader's Digest; New Health Books 616.462 REV

With the 12-week Eat, Move, Choose plan as a reliable source of guidance and support, readers of this updated and revised edition of *Reverse Diabetes* will be well on their way to reversing insulin resistance, losing weight, using less medication, and feeling healthier and more energized. Sifting through mountains of conflicting advice about managing diabetes--from friends, family, colleagues, and more--can often be overwhelming and confusing. This eliminates the need for guesswork and provides a streamlined, achievable path to better





health.

The 12-week plan is broken down into concrete, manageable goals, including: \*Walk at least five days a week \*Include lean protein at every meal \*Enjoy seven to eight hours of sleep a night \*Make active choices. The goals are supplemented by step-by-step plans, interactive quizzes, infographics, recipes, and other resources that help readers understand the hows and whys behind each recommendation.

With science-backed guidance that takes the most current diabetes research into account plus completely new recipes, meal plans, and other tools to make it a breeze to implement, this updated and revised volume offers an easy-to-follow 12-week challenge shown to lower blood sugar by 25 percent. Roughly 40% of the book is new – new research, new recipes and meal plans, and new planner/tracker tools.

**Reconnecting after isolation:** coping with anxiety, depression, grief, PTSD, and more – by Susan J. Noonan; Johns Hopkins University Press; New Health Books 616.8 NOO

Although spending time alone for short periods may be restorative and helpful, unintentional or involuntary isolation can have profound detrimental effects on emotional and physical health. We all need social interaction and meaningful relationships in our lives to be well and thrive.

The book touches on how social isolation, loneliness, and stress affect each of us individually and can sometimes provoke depression, anxiety, post-traumatic stress disorder, suicidality, and substance use. Describing specific lifestyle interventions that may help, it offers tips for: developing coping skills, facing isolation-induced fears, adapting to changes caused by imposed isolation, finding mental health care, improving sleep, building resilience, adopting a healthy diet, overcoming burnout, grieving loss, engaging in regular exercise, keeping daily routines, maintaining contact with others, and managing re-

entry anxiety as you establish new school/work routines following social isolation.

**The anti-viral gut:** tackling pathogens from the inside out – by Robynne Chutkan; Avery, an imprint of Penguin Random House; New Health Books 616.3 CHU

Multiple studies have now confirmed a dramatic link between the health of our microbiome - the trillions of bacteria that live in our digestive tract and help fight invading viruses - and our likelihood of getting devastating illnesses like COVID. The balance of these microscopic organisms can also influence the severity of infection and impact our body's ability to combat lingering symptoms including inflammation, brain fog, fatigue, depression, and more. Dr. Chutkan explains this groundbreaking research and offers a prescriptive plan for anyone recovering from a viral illness to rehab their gut microbes and restore their health. Low-fiber diets, limited exposure to nature, and overzealous use of pharmaceuticals have messed up our microbiome, making many of us susceptible to the worst long-hauler effects of COVID. But the good news is that unlike our genes, our microbiome can change dramatically in as little as thirty hours after food reaches the gut.

**Total body beautiful:** secrets to looking and feeling your best after age 35 – by Andrea Orbeck; Human Kinetics; New Health Books 613.7045 ORB

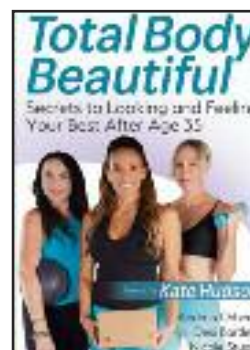
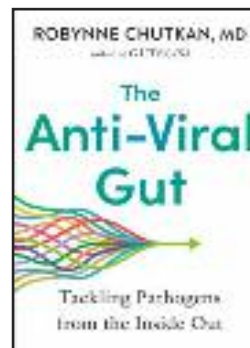
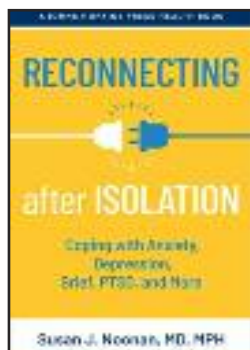
A woman's mind and body change as she goes through life, and so should her outlook on what it means to be healthy and fit. If you're a woman over age 35, you need fitness and wellness advice that's uniquely tailored to your needs so you can look and feel your best. This expert team of authors have worked with hundreds of celebrities, supermodels, and ordinary women to develop workout and wellness solutions

to stay active and feel good in their own skin--and they can do the same for you. These authors understand the complexities of women's bodies and the changes that occur as women age. More than an exercise guide, Total Body Beautiful explores the changes that women experience during and after pregnancy, during perimenopause, and during and after menopause. You'll learn how hormones affect your physical body and emotional wellness, the effects of exercise on the brain, and how nutrition affects the way you look and feel. You'll get practical and research-backed advice on improving strength, mobility, flexibility, and aerobic fitness. You'll learn how to choose fitness activities based on your goals--both now and when your life priorities change.

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**HEALTH INFORMATION**

**HEALTH INFORMATION** - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

785-580-4400. [www.tscpl.org](http://www.tscpl.org)

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# Healthy Event Calendar for Greater Topeka

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

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

**JAN. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://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](mailto:dylan.tyler@spectrap.com). Tickets: <https://www.simplertix.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](http://lecomptonkansas.com)

**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 [thehistoricvinewood.com](http://thehistoricvinewood.com). 785.260.6772

**HOTEL JOB FAIR** – Jan 4, 9am-1pm, Hotel Topeka at Vail Events Center. Current Open Positions Available: Inspector, Room Attendants, Part-Time Front Desk, Associate, Sales Coordinator, Banquet Porter (Setup), Banquet Server, Banquet Prep, Cook, Line Cook, Kitchen Steward, Full-Time Maintenance, Restaurant Server

**BLOOD DRIVE** – Jan. 5, 9am-3pm, Christ Lutheran Church, 3509 SW Burlingame. Call 800-RED-CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) to make appointment. (use code TopekaCLC) Visit [www.redcrossblood.org/rapidpass](http://www.redcrossblood.org/rapidpass) for more info.

**THE BASH** – Jan. 7, 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

**READING THE ENTIRE BIBLE OUT LOUD** – Jan. 7, 12:30-2:30pm, Kansas Capitol. The Entire Word of God will be read out loud. Enter on north side street level and come to 2nd floor Rotunda. For more information, contact: [cultureshieldnetwork@gmail.com](mailto:cultureshieldnetwork@gmail.com)

**TOPEKA FARM SHOW** – Jan. 8-13, 9am-5pm. Stormont Vail Events Ctr.

**PRAYER ON THE HILL** – Jan. 9, Kansas Capitol. Prayer on the first day of the legislature. For info: [donna@cultureshield.com](mailto:donna@cultureshield.com)

**C5Alive "POWER" LUNCHEON** – Jan. 12, 11:30-1 at The Peak. Featured Speaker: Tamika Sellars will speak about her missionary trips. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. \$15 for non-members &

repeat guests. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org), so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! • SAVE THE DATE: C5 POWER Luncheon, Feb. 9, 11:30-1 at The Peak. Featured Speaker: Joe Patton.

**WILDER HORSES** – Jan. 13, 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

**JAM4DAN16** – Jan 13-15, Celtic Fox. For details: <http://jam4dan.com/j4d16>

**MIQRA RETREAT FOR YOUTH** – Jan. 14, 1pm & Jan 16, 11am, Grace Cathedral, 710 SW 8th. MIQRA (meek-rah) is a weekend retreat for youth that focuses on the Bible and allows teens to discover what's in it, why we should care,


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JANUARY 29	<p><b>"Kansas Day" "If I West West, I Think I Would Go to Kansas": Abraham Lincoln, the Sunflower State, and the Election of 1860"</b> by Jonathan Earle, Ph.D., Dean, Roger Hadfield Ogden Honors College Louisiana State University, Baton Rouge, Louisiana. <i>Special introduction by Suzanne Valdez, District Attorney, Douglas County, Kansas.</i></p>
FEBRUARY 5	<p><b>"The U.S. Army's Response to the Unrest in Kansas - 1855-1861"</b> by Robert J. Smith, Ph.D., Director, Fort Riley Museum, Ft. Riley, Kansas.</p>
FEBRUARY 12	<p><b>"John Brown, a lit match in a tinderbox"</b> by Grady Atwater, Site Administrator, John Brown Museum and State Historic Site, Osawatomie, Kansas.</p>
FEBRUARY 19	<p><b>"John H. Matthew and 'The Lecompton Swindle' "</b> by T. Kevin Griffin, Major (Retired) &amp; MA</p>
FEBRUARY 26	<p><b>"Steamboats on the Kansas River"</b> by Kendall G. Gort, Major (Retired) author, retired senior professor, Combat Studies Institute, Fort Leavenworth, Kansas. (Books signing following talk)</p>
MARCH 5	<p><b>"An 1869 Conversation with General Robert E. Lee"</b> by Lane Smith, costumed historical interpreter. <i>Special introduction by Dr. Herschel L. Stroval, costumed Civil War Union officer historical interpreter.</i></p>





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and how to read it. Sign-up here: <https://bit.ly/EDOKSessions>

**RADIANT DANCE WINTER CONCERT** – Jan 15, 1pm: Mini/Petite solo, duo, trio; 4pm: groups; 7pm: Junior/Teen solo, duo, trio. At TPAC

**94.5 COUNTRY BRIDAL FAIR** – Jan. 21-22, Ramada Downtown.

**REWIND BAND** – Jan. 21, 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

**RALLY AND MARCH FOR LIFE** – Jan. 24, Capitol Building, Downtown Topeka. • 8:30-11 a.m. – REGISTRATION at Capitol Visitor's Center – Get info on legislative activities, maps, lobbying, capitol tours, pro-life booths and more. • 9-10 a.m. – WORKSHOPS – 30-minute educational workshop sessions provided by KFL in Capitol Visitor Center auditorium. • 10:30 a.m. – NON-DENOMINATIONAL RELIGIOUS SERVICE at Visitor's Center. • 10:30 a.m. – Catholic Mass with Kansas Bishops at TPAC. • 12 p.m. – MARCH FOR LIFE from TPAC to south steps of the state Capitol. • 12:15 p.m. – Rally for Life on the south Capitol steps. • 2:30 p.m. – WORKSHOPS – 30-minute educational workshop sessions provided by KFL. All workshops will take place in the Capitol Visitor Center and are no charge. Everyone is welcome for lunch any time between 11:30 a.m. and 2:30 p.m. for free-will donation in the Mater Dei Assumption Catholic Church basement. Mater Dei, 204 SW 8th Ave., is north and across the street from the Capitol. If weather is a problem, the rally will be held on the 1st floor rotunda of the Capitol. For details about the capitol building and parking information, visit [www.kshs.org/p/kansas-state-capitol-plan-your-visit/18649](http://www.kshs.org/p/kansas-state-capitol-plan-your-visit/18649). 785-383-8636 or 913-406-4446. For more info: [kfl@kfl.org](mailto:kfl@kfl.org), or 800.928.5433 or go to [kfl.org](http://kfl.org).

**MONSTER BUCK CLASSIC** – Jan. 27-29, Stormont Vail

Events Center.

**LAZY WAYNE BAND** – Jan. 27, 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

**4CLOSURE** – Jan. 28, 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

**ON YOUR FEET** – Jan 29 6pm, TPAC. The smash hit Broadway Musical!

**BLEEDING KANSAS** - Sundays from Jan. 29-Mar. 5, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults.

**LAST SUNDAY FREE BREAKFAST BUFFET** – Jan. 29, 8am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

**BLOOD DRIVE** – Feb. 1, 1-6pm, Fairlawn Plaza Mall. A combined project by Topeka service clubs: Lions, Rotary, Optimists, Kiwanis, Civitan & Sertoma. To schedule, contact Guy at 816-210-6801 or [gniederhauser@cbcks.org](mailto:gniederhauser@cbcks.org). Mention "Celebrate Community" blood drive when you call or email.

**TOPEKA HOME SHOW** – Feb. 10-12, Stormont Vail Events Center.

**ARAB SHRINE CIRCUS** – Feb. 24-26, Stormont Vail Events Center.

**8th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 8, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Health Fair will be 10-3, inside and outside Great Overland Station, including vendor booths, children's games, food, facepainting, pony rides, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, [info@C5Alive.org](mailto:info@C5Alive.org) or 640-6399.

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## 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@rhctopeka.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. 478-2929

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

**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.

**TOPEKA SWING DANCE** - Tuesdays, 7-8:30pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

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

**NARVE Meeting** (Nat'l Assn of Railroad Veteran Employee) - Second Tuesday of each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

**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.highlandheightscc.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, 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 CARE-**

**GIVER 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.

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Save the Dates!

- Feb. 9: POWER Luncheon, 11:30-1: Joe Patton
- Mar. 9: POWER Luncheon, 11:30-1: TBA

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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



**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.nar-anonmidwest.org

**HARVESTER'S PROGRAM FOR SENIOR CITIZENS** – second Sat., at Christian Lord Ministries, 2421 SE California. Call 266-4979.

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

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

**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 re-

sume 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.

**QUARE 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

**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)

# #sleevesrolledup

# TRM MINISTRIES

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THE **CAPITAL CITY CHRISTIAN CHAMBER OF COMMERCE** PRESENTS

# 8TH ANNUAL TOPEKA EASTERFEST

**EASTER PARADE + FAMILY FUN FAIR!**



**It all takes place at Great Overland Station and on N. Kansas Avenue!**

**Fun Fair** open 10 am - 3 pm at **Great Overland Station**, with **Live Music** 10:45 am - 3 pm!

**Parade** starts at 10 am at **Garfield Park** and goes to the tracks in **NOTO**. **Big Egg Hunt** follows parade at 11 am at **Great Overland Station**! **Food Trucks** open 9 am - 3 pm at **Great Overland Station**.

**Vendor Market and Health Fair** open 10 am - 3 pm at **Great Overland Station**, with craft stations, face painting, Easter Bunny photos, **Petting Zoo**, **Inflatables**, **Carnival Games**, **Cup Cake Walks**, **Health products & demonstrations**, **Dance**, **Gymnastics**, **Ballet**, **Vision Screening** and more!

**Volunteers needed! Contact:**

**info@C5Alive.org** or **785-640-6399**

**For booth, sponsor & parade entry information:**

**info@C5Alive.org** or **785-640-6399**

Funds raised will be shared with a local non-profit serving local kids



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**SATURDAY, APRIL 8, 2023 • 10 AM - 3 PM**

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair