

TOPEKA

FEBRUARY 2023

Health & Wellness

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MAGAZINE



EIGHT ESSENTIALS FOR A HEALTHY HEART



**How does
Loneliness
Affect
Mental
Health?**

The pursuit of true happiness and meaning in life
Struggling with mental health issues? You are not alone!

Prepare yourself for a long retirement
I used my body as a toxic waste dump

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1 Million Hearts®

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1 of every **3** deaths is caused by heart disease and stroke

Health care costs for heart attack and stroke:
\$312.6 BILLION

Leading cause of **PREVENTABLE DEATH** in people 40-65 years of age

2 MILLION+ heart attacks and strokes each year

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

FOCUS ON THE ABCS

Aspirin when appropriate
Blood pressure control
Cholesterol management
Smoking cessation

USE HEALTH IT

Use **electronic** health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.

USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**

47% to 70% increase in aspirin use for secondary prevention

46% to 70% increase in blood pressure control

33% to 70% increase in cholesterol management

23% to 70% increase in help for those who want to quit smoking

20% reduction in sodium consumption

50% reduction in trans fat consumption



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www.TopekaHealthandWellness.com

PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848

info@TopekaHealthandWellness.com

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ON THE COVER:

Our cover this month features three ladies out for a healthy walk. You will find many more tips for your heart health, and lots of other useful information in the pages of this issue.



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FEBRUARY IS

American Heart Month

WELLNESS SMARTS AT A GLANCE

Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.

1 PROTECTING YOUR HEART

2 Aim for a healthy weight. Excess weight increases your chance of developing heart disease.

4 Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.

3 Don't smoke or use other tobacco products. Avoid secondhand smoke as well.

5 Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.

6 Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.


8 Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.

7 Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.

9 If you drink alcohol, do so only in moderation.


10 Learn the warning signs of a heart attack and heart disease, and don't ignore them.





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How does Loneliness Affect Mental Health?

By Anabel Feauto, Health Promotion Specialist

Loneliness is a universal common emotion that everyone experiences. The month of February can be a challenging time for some, as it is known for the month of love and connection. However, with Valentine's Day approaching, many people can have increased feelings of loneliness. Even those in a relationship may feel lonely. It is complex and unique to everyone how it is felt. Loneliness can make people feel unwanted, alone, and empty. It is not always about being alone, it can be felt by those who are surrounded by others constantly and are still experiencing isolation and emptiness. Research suggests that loneliness can impact our physical and mental well-being.



Anabel Feauto

Loneliness is a natural feeling that can be triggered during certain life changes. This is a period when there is a decrease in contact with familiar people or no contact all together. A life change that impacted everyone was the Covid-19 pandemic. According to the American Psychological Association, the pandemic increased loneliness by 5%. The impact of quarantining, physical distancing, and loss of loved ones still plays a major factor on loneliness in our community today. Some other events that might make you feel lonely are:

- Ending a relationship or friendship
- Moving away or further from your support system
- Losing a loved one
- Changing jobs, schools, or living situation
- Being diagnosed with a chronic or terminal illness
- Working remote
- Social media

The situations vary as well as the adjustment period to them. It is understandable that loneliness feelings persist among major life changes. However, problems can arise when loneliness is persistent and becomes chronic. It will

start to impact an individual's overall health. The negative feelings in the mind can lead to chronic loneliness.

Chronic loneliness with a lack of support and no stable community can contribute to several mental health conditions. It may be a response to a mental health condition or a trigger that initiates a mental health condition.

- **Depression:** Loneliness and depression have a strong relationship within one another. If you have been feeling lonely or socially isolated, there are negative self-beliefs that arise, and life satisfaction can decrease.
- **Substance Misuse:** It is common to numb painful feelings with alcohol or other drugs that people feel when dealing with chronic loneliness. A lack of social support can be a major obstacle when dealing with recovery of substance misuse.
- **Anxiety:** Chronic loneliness can exacerbate already existing social anxiety. Having a support system may help these feelings and without it, it can be challenging to navigate the negative feelings along with loneliness.
- **Poor quality of sleep:** Feelings of loneliness can contribute to fatigue and low energy that can impact daytime function. This can contribute to quality of sleep and lead to worsening mental health conditions.

Studies show a relationship between social engagement and mental health. There is a cycle in which symptoms of a mental illness can limit connections and support, which can lead to the loss of that support. The loss of support can lead to increased symptoms, and so forth. It is important to understand this cycle and start to take the steps needed for social support to better overall health.

Maintain and strengthen your relationships

Stay in touch with your loved ones. If you have had to move, try to talk to your friends and family weekly. This can be a phone call or a video call that can remind you of the important relationships you have. This may not feel the same as in-person but focusing on quality relationships that make you feel connected is important.

Volunteer or consider community service

Find areas that interest you and try to get involved. If you are feeling isolated or socially excluded, it may lead to feelings of having no purpose or value. Giving back to the community can help add meaning to your life and can lead to connecting with others with the same interests as you.

Try a new hobby

If you are feeling lonely, you may feel like time is moving slowly. Try filling that time with something new you have always wanted to do. Starting an art project, gardening, dancing, walking in nature, or even something in your community. This can increase your happiness and may lead to new connections.

Ask for help

Don't be afraid to ask for help. If you are feeling lonely, tell someone. Understand that everyone feels lonely from time to time, and it is okay to reach out. If the feelings of loneliness linger, reach out and seek professional help.

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

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

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Sandy Reams – Group Facilitator
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FINANCIAL FOCUS

Prepare yourself for a long retirement

We all want to live long lives. We all expect to live long lives. But are we financially prepared for this longevity?

Before we get to the issue of preparation, let's look at a couple of interesting findings from a 2022 survey by Age Wave and Edward Jones:

- The surveyed retirees said, on average, they expect to live to 89, and they said the ideal length of retirement is 29 years.
- When asked if they want to live to 100, nearly 70% of the respondents said "yes." The main reason for this desire for long life? To spend more years with their family and friends.

Of course, none of us can see into the future and know how long we'll be around. But with advances in medical care and a greater awareness of healthy lifestyles, these aspirations have a real basis in reality.

However, if you're going to enjoy a longer lifespan, and the extra years with your loved ones, you need to ensure your finances are also in good shape. How can you make this happen?

Here are some basic steps to follow:

- Save and invest early and often. This may be the oldest piece of financial advice, but it's still valid. The earlier you start saving and investing for your retirement, the greater your potential accumulation. Consider this: If you began saving just \$5,000 per year at age 25, and earned a hypothetical 6.5% annual rate of return, and didn't take any early withdrawals, you'd end up with \$935,000 by the time you reached 65. But if you waited until 35 to start saving and investing, and you earned the same hypothetical 6.5% return – again with no early withdrawals – you'd only end up with \$460,000. And if you didn't start



saving until 45, you'd end up with just over \$200,000, again given the same 6.5% return.

- Be mindful of debt. You may not want to be burdened with certain debts when you enter retirement. So, while you're still working, try to reduce unwanted debts, particularly those that don't offer the financial benefits of tax-deductible interest payments. The lower your debt load, the more you can save and invest for the future.

- Keep reviewing your progress. It's important to monitor the progress you need to make toward achieving your goal of a comfortable retirement. Over the short term, your investment balances may fluctuate, especially in volatile financial markets such as we've seen in the early part of this year. But you'll get a clearer picture of your situation if you look at long-term results. For example, have your accounts grown over the past 10 years as much as you had planned? And going forward, do you think you're in good shape, or will you need to make some changes to your investment strategy? Keep in mind that, if you're 50 or older, you can make "catch-up"

contributions to your IRA and 401(k) that allow you to exceed the regular limits. You may also want to adjust your investment mix as you near retirement to potentially lower your risk exposure.

Hopefully, you will enjoy many years of a healthy, happy retirement. And you can help support this vision by carefully considering your financial moves and making the ones that are right for you.

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

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Scott D Van Genderen, CFP®, ChFC®, AAMS®
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I Used My Body As A Toxic Waste Dump

Let's get right to the point. I went into surgery in 2011, 48 years old, to have my ovaries removed because of heavy periods and the doctor found parasitic cysts all over my female organs and I ended up with a full hysterectomy. Some cysts were as large as small apples and while they varied in size, they all had one thing in common. They were filled with green and brown fluid like what you would see at a toxic waste dump. The real questions are... how did I let this happen to my body and what was the solution to letting my body heal itself?

How Did This Happen?

In 1977 I was 14 years old with heavy periods and blood clots, and the protocol was to put girls on the pill. I did not know differently, I trusted doctors, I followed the narrative. Of course, we were all programmed to believe that a pill for every ill was the way to handle our health concerns. I quickly became emotional and erratic, so I got off the pill about 5 days later. I did not understand that we heal from the inside out.

In hindsight, I realized my daily routines were off balance. The breakfast cereals led to hyperactivity compliments of the food coloring that has been linked to hyperactivity disorder, ADD, ADHD, irritability, depression, hives, asthma and more. After lunch I needed a nap. Dinner landed me in the bathroom. If this seems like you, it may be common, but it is not normal.

After a healthy meal, we should have greater energy, mental acuity and focus. If we don't, we have an opportunity to create that by doing things differently.

I clearly had digestive issues that were related to what I ate and that was magnified by the stress from the negative internal dialogue and self-limiting programmed beliefs. The boxed food that I was eating was laden with chemicals. The GMOs had entered the market under the radar and even the apples I ate no longer fueled my health.



Rev. Jodi L Suson-Calhoun

I had labored breathing from cleaning house with synthetic cleaners. That was coupled with headaches, red itchy skin, and bruises. I was congested from the moment I came out of the womb. I resorted to taking over the counter allergy medication repeatedly just to make it through the day which made me agitated.

By 1997, I complained of pain in my right shoulder, after a fall in the parking lot at work. I was told that the pain was all in my head. I was eventually put on 19 medications that led to 21 different chronic diseases. Fast forward to 2011, and my periods were so painful that I missed work, social events and life. My mom had died 9 months earlier from ovarian cancer and I am starting to wake up to the fact that I need to make changes. Honestly, no one has mentioned my lifestyle yet. I turned to surgery, and the surgeon found all sorts of gunk that was a result of the toxic mess I fed myself for 48 years. The toxic pills, the unfiltered water, the synthetic food. Then there are the hidden toxins that magnify the catastrophe.

The Solution

By 2013 after both parents had passed. I finally woke up. I started listening to the voices in my

head...God and my spirit guides. I listened and let them guide me to a path of real health. Really. I mean when the neurologist asked me if I had a referral to his office, it was kind of hard to tell him it was a "God Job." Eventually they let me in. When I revealed to the doctor GOD referred me, he replied, "talk to me." I was beyond grateful that he wanted to listen. This was the first doctor that listened and that saved my life. He determined that I was mis-diagnosed and got me started in the right direction.

And let's talk about "Real Health." Let's not sugar coat it. It is not alternative health, holistic health, synthetic health or complimentary health. Real health is what God intended for you and me all along. Plants and energy-based healing that allows the body to heal itself.

I kicked fake food and sugar to the curb. I welcomed in organic whole foods and plant-based cleaners and personal care items. I learned about nutrients and how they would fuel my body. I practiced prayer, sound healing and meditation. I lost 92 pounds, and I reversed all my chronic diseases, including small fiber neuropathy, diabetes, high cholesterol, trigger fingers, arthritis, asthma, fibromyalgia, depression, pain, adrenal fatigue just to name a few. I was no longer symptomatic and while I still have the genetics for many of these diseases, they will not be expressed if I fuel my body with what it needs. We have the power to let our bodies heal itself and I love to show the world how. You may ask... what about energy? We are energy bodies. Some of the frequency we hold is ours, some not. Much of the pain we have can be released through prayer. It was never ours to begin with. I will leave you with that thought. If you really want to know more, you can reach out to me. www.susonessentials.com

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

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FINANCIAL HEALTH & WELLNESS

Save for retirement now, get a tax credit later

Low- and moderate-income workers can save for retirement now and possibly earn a special tax credit in 2022 and years ahead.

The Retirement Savings Contributions Credit, also known as the Saver's Credit, helps offset part of the first \$2,000 workers voluntarily contribute to Individual Retirement Arrangements, 401(k) plans and similar workplace retirement programs. The credit also helps any eligible person with a disability who is the designated beneficiary of an Achieving a Better Life Experience (ABLE) account, contribute to that account. For more information about ABLE accounts, see Publication 907, available on IRS.gov. The Saver's Credit is available in addition to any other tax savings that apply.

Still time to take action

Eligible workers still have time to make qualifying retirement contributions and get the Saver's Credit on their 2022 tax return. People have until April 18, 2023 – the due date for filing their 2022 return – to set up a new IRA or add money to an existing IRA for 2022. Both Roth and traditional IRAs qualify. Contributions to certain other workplace retirement plans also qualify. See the instructions to Form 8880 for details. Employees unable to set aside money this year may want to schedule their 2023 contributions soon so their employer can begin withholding them in January.

Who qualifies

Income limits, based on a taxpayer's adjusted gross income and marital or filing status, apply to the Saver's Credit. But due to inflation, the limits will increase markedly in 2023. As a result, the Saver's Credit can be claimed by:



- Married couples filing jointly with incomes up to \$68,000 in 2022 or \$73,000 in 2023.
- Heads of household with incomes up to \$51,000 in 2022 or \$54,750 in 2023.
- Married individuals filing separately and singles with incomes up to \$34,000 in 2022 or \$36,500 in 2023.

Like other tax credits, the Saver's Credit can increase a taxpayer's refund or reduce the tax owed. A taxpayer's credit amount is based on their filing status, adjusted gross income, tax liability and amount contributed to qualifying retirement programs or ABLE accounts. Form 8880 is used to claim the Saver's Credit, and its instructions have details on figuring the credit correctly.

In tax year 2020, the most recent year for which complete figures are available, Saver's Credits totaling more than \$1.7 billion were claimed on about 9.4 million individual income tax returns. The Saver's Credit supplements other tax benefits available to people who set money aside for retirement. For example, most workers may deduct their contributions to a traditional IRA. Though Roth IRA contributions are not deductible, qualifying withdrawals,

usually after retirement, are tax-free. Normally, contributions to 401(k) and similar workplace plans are not taxed until withdrawn.

Some restrictions apply

Other special rules that apply to the Saver's Credit include:

- Eligible taxpayers must be at least 18 years of age.
- Anyone claimed as a dependent on someone else's return cannot take the credit.
- A student cannot take the credit. A person enrolled as a full-time student during any part of 5 calendar months during the year is considered a student.

Any distributions from a retirement plan or ABLE account reduce the contribution amount used to figure the credit. For 2022, this rule applies to distributions received after 2019 and before the due date, including extensions, of the 2022 return. Form 8880 and its instructions have details on making this computation.

To learn more about other ways to get ready for the tax season ahead, visit [IRS.gov/getready](https://www.irs.gov/getready).

—Peggy Beasterfeld, EA



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Nutrition Guide for Elderly Relatives with Arthritis

Did you know that your diet can have just as much of an effect on your arthritis relief as medication, physical therapy, or other types of treatment for pain? In fact, research studies confirm that the Mediterranean diet, specifically, helps curb arthritis inflammation.

At Phoenix Home Care & Hospice, home health aides can help your elderly loved one grocery shop and prepare meals that support a healthy lifestyle. If your elderly relative needs to make some positive changes in their diet to help curb inflammation and pain, here are the foods that should be on their grocery list. As always, check with your doctor before making dietary changes.

Healthy Fats

Healthy fats from sources like nuts, seeds, avocados, and olive oil are necessary for an arthritic diet. To start, nuts and seeds are packed with inflammation-fighting monounsaturated fat and they also promote weight loss because they are high in calories and satiating. About one ounce of nuts daily is recommended.

Similarly, olive oil is loaded with heart-healthy fats and oleocanthal, which has similar properties to NSAID drugs, which are frequently used to treat arthritis. As a result, optimal amounts of olive oil can reduce pain sensitivity. Although extra virgin olive oil is great, avocado, safflower, and walnut oil are also great healthy fats for an arthritic diet.

Fish

The American Heart Association recommends three to four ounces of fish, twice a week, but arthritis experts say even more is better! Why? Certain types of fish are loaded with healthy omega-3 fatty acids that help reduce joint swelling and pain, the duration of morning stiffness, and disease activity among people who have rheumatoid arthritis. Coldwater fish like salmon



and tuna are best, but if your loved one doesn't prefer fish, fish oil supplements will provide the same benefits. Fish oil supplements also eliminate mercury from their products, whereas consuming fish on any level may mean increasing levels of mercury in your body.

Fruits and Vegetables

A good variety of fruits and vegetables is ideal for arthritic individuals because they are packed with antioxidants. Veggies that are high in vitamin K like broccoli, spinach, lettuce, kale, and cabbage all help reduce inflammation. In addition, the right amount of daily vitamin C helps prevent inflammatory arthritis and helps maintain healthy joints. Citrus fruits are a great source of vitamin C.

Beans

Beans contain fiber and phytonutrients, which fight inflammation, according to several studies. Beans are also an inexpensive source of protein and about one cup twice a week (or more) is a great amount.

Whole Grains

Whole grains contain lots of healthy fiber, which studies show combats inflammation. Whole grains are ideal, but if your elderly relative has a gluten in-

tolerance or sensitivity, it's best to avoid certain grains.

Phoenix Home Health & Hospice can help your loved one maintain a healthy diet

Our individualized home health services can include dietary planning, grocery shopping, and meal prepping to help your loved one better manage their arthritis symptoms. Again, we cannot stress the importance of checking with your primary care physician or professional care team before making dietary changes.

These experts will assess your medications and symptoms to see if any foods may actually be detrimental to your health.

Contact us for more information about our services or to arrange in-home care for a loved one.



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MAP vehicle serves homeless in Topeka

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

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TRM

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Questions about MAP?

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

Change of location:

MAP will be deployed at
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National Alliance on Mental Illness

nami Topeka

We are Topeka's voice on mental illness. People working together to improve lives and outcomes through education, advocacy, and support for those with anxiety, depression, OCD, ADHD, bipolar, PTSD, etc.

Check out these and other support groups we offer:

Family 2 Family Workshop - Feb. 13 to April 10

For families, friends and caregivers of adults over 18 who live with mental illness.

Free 9-week workshop meets Monday evenings 6-8:30pm, Feb. 13 - April 10, at
Countryside UM Church, 3221 SW Burlingame Rd.

To register, contact Marilyn Rowland at mrowland533110@yahoo.com
or 785-806-3049.

NAMI Family Support Group

A free support group for adults with a loved one experiencing mental health conditions. Led by NAMI trained facilitators. Meets the 2nd Monday of each month at Faith Lutheran Church, 1716 SW Gage. 6-7:30pm. Try it once & just listen.

Peer to Peer Class

A free eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Topeka Public Library - 2nd Floor Wednesday's Mar. 15 - May 3, 2-4:30pm

For more information: 785-580-3021 • topekanami@gmail.com

www.namikansas.org • NAMITopeka19 on Facebook

Struggling with mental health issues? You are not alone!

NAMI Topeka is Topeka's voice on mental illness: People working together to improve lives and outcomes through education, advocacy, and support. For those struggling with mental health issues such as anxiety, depression, OCD, ADHD, bipolar, PTSD, etc., it's important to know: you are not alone.

NAMI Topeka is the local affiliate of the National Alliance on Mental Illness. NAMI Topeka offers peer support, advocacy and education programs for people with mental illnesses and those who love them.

In Topeka and across the nation, NAMI education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need. The toll-free national NAMI helpline responds personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many.

Public awareness events and activities, including Mental Illness Awareness Week and NAMIWalks, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

What people are saying

"I've learned how to communicate with my parents about what's going on with me"

"I am now aware that I'm not alone. I'd like to become more involved in NAMI and advocacy"

"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network, and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood"

"It was really nice being with people who understood"

"I've really learned how to cope with my triggers better, and I'm now on the path to truly loving myself"

"I felt safe in this class. I've been able to talk about things I haven't been comfortable expressing elsewhere"

Nami Topeka hosts several local support groups to meet various local needs. These groups allow everyone to be heard and gain coping skills. They will help you gain hope and develop relationships, encourage empathy, productive discussion and a sense of community.

Family 2 Family

Family 2 Family workshop is held twice a year. It is a free workshop for families, friends and caregivers of adults,



over 18, who live with mental illness. It is a 9-week workshop that meets on 9 consecutive Monday evenings. It covers:

- Class 1. Introduction to NAMI Family 2 Family
- Class 2. Understanding Mental Health Conditions & Preparing for Crisis
- Class 3. Getting a Mental Health Diagnosis and Sharing stories
- Class 4. Overview of Mental Health Conditions
- Class 5. Treatment Options
- Class 6. Communications Skills & Problem Solving
- Class 7. Collaboration, Empathy & Recovery
- Class 8. Self-Care & Moving Forward
- Class 9. Celebration

The next class is February 13 - April 10, 2023, 6pm - 8:30 pm at Countryside UM Church 3221 SW Burlingame Rd., Room #4. Parking is in north lot; enter thru north door. Bottled water, snacks, workbooks provided.

To register for the group, contact Marilyn Rowland at mrowland533110@yahoo.com or 785-806-3049.

Peer to Peer Class

Peer to Peer is a free eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos. It is a safe, confidential space providing an opportunity for mutual support and growth. With experience compassion and understanding from people who relate to your experiences, it is a place to learn more about recovery in an accepting environment.

NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story

- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

The next class will be held at the Topeka Public Library, 2nd Floor, Wednesday's March 15th - May 3rd 2pm-4:30pm.

To register or for information, contact Jessica Harvey at jessica@namikansas.org or you can register online at <https://720.nami.org/register/35171/details>

NAMI Family Support Group

This is a free peer-led support group for adults with a loved one experiencing mental health conditions. Led by NAMI trained facilitators, it is an opportunity to talk, listen, and vent in a friendly space. You may gain insight from the challenges and successes of others facing similar experiences. Everyone has an opportunity to be heard and get what they need.

"Sometimes there is trauma in a person's background," said Kay Logan, group facilitator. "Maybe there are bipolar issues for others. Even sleeping can be a problem for some. There is a need to be able to share about issues, or just to vent, and relieve anxiety. This is a friendly place, no judgement or embarrassment – just try it once, and maybe just listen the first time."

The group meets the 2nd Monday of each month at Faith Lutheran Church, 1716 SW Gage, from 6-7:30pm. For more information contact Kay Logan at 785-408-1089 or KayMLogan6@gmail.com, or Susan Barnes at 785-220-6671 or Sedebarnes@hotmail.com.

Partner & Spouse Support Group

A free online peer-led group to support spouses, domestic partners, and significant others of a loved one with a mental illness. You can join with others in a safe environment on the 1st & 3rd Tuesday of each month, at 7pm on Zoom. Register at <https://720.nami.org/register/19632/details>.

NAMI Connection Recovery Support Group

A free peer-led support Group for anyone 18 and over dealing with mental health challenges. Held at Topeka Public Library the 1st and 3rd Friday of each month from 1pm to 3:30pm. This group is a good entry point to see what NAMI is all about. Contact Terry Moser at drterrencemoser@gmail.com or Penny Kryfka at pennykryfka@yahoo.com.

For more information you can reach NAMI Topeka at 785-580-3021 or topekanami@gmail.com. You can also check out the website at www.namikansas.org, or follow them at NAMItopeka19 on Facebook.

Your Heart: Five Resolutions to Live Longer



(Ivanhoe Newswire) —

Hearth disease is the leading cause of death in the US, killing one person every 34 seconds. However, there are simple lifestyle changes that can help you build a strong heart.

This new year, there are five easy ways to start better caring for your heart health. First, follow the 80/20 rule.

“Try to pick 80 percent of your foods to be whole foods,” says Holistic Cardiologist at Baptist Health, Mona Shah, MD.

Whole foods have not been processed, refined, or had ingredients added to them. This includes fruits, veggies, nuts, whole grains, meat, fish, and eggs. Another heart healthy resolution to add is incorporating 30 minutes of exercise into your routine every day.

“Even if it means you’re walking 30 minutes a day, and it’s split into 10, 10, and 10,” said Shah.

One recent Harvard review found that walking two and a half hours a week cut the risk of



heart disease by 30 percent. Also, resolve to get more sleep this new year. In one study, people sleeping less than six hours a night had a 20 percent higher risk of a heart attack.

Another resolution to consider is aiming to reduce stress levels. Meditation can help, and Doctor Mona Shah, MD, also recommends keeping a gratitude journal. Write down three things you’re grateful for each morning.

“It releases happy hormones. Dopamine, serotonin, oxytocin, all these things that help our arteries, help our blood pressure, help our heart rate, let us live longer,” said Shah.

The last resolution is to nix bad habits like smoking and drinking. If you do have a drink, limit your alcohol consumption to no more than six to eight ounces a day and **cut out cigarettes altogether**. Research shows smoking causes about one out of every four deaths from heart disease.

Another resolution you may want to consider is to sit less. One study showed that sitting for eight hours or more a day was linked to about a 20 percent higher risk of heart disease or dying from any cause compared to those who sat for only half that time. If you can, use a standing desk or take breaks from sitting throughout the day.





Don't turn your nose to Fido's or Fluffy's bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet's teeth and gums but its internal organs as well. The American Veterinary Medical Association sponsors National Pet Dental Health Month in February to address the significance of oral health care for pets.

According to the AVMA, "more than 85% of dogs and cats that are at least 4 years old have a condition in which bacteria attack the soft gum tissue. This condition is called peri-



odontal disease. Periodontal disease is the final stage in a process that begins with the development of plaque on your pet's teeth.



Periodontal disease is the most common clinical condition in cats and dogs even though it's completely preventable.

Make it a point this month to learn more about pet dental health, including how to take care of your pet's teeth year-round, and why it is important. Providing a high level of Oral Care can lengthen the life of your pet and reduce undue infections and pain.



Remember, while February is National Pet Dental Health Month, dental health should be a daily ritual for pet owners all year long.

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Eight Essentials for a Healthy Heart

Cardiovascular disease is the number one cause of death in the United States and globally. Studies throughout the past two decades indicate more than 80% of all cardiovascular events may be prevented by a healthy lifestyle and management of risk factors.

To help Americans measure their cardiovascular health and make meaningful lifestyle changes, the American Heart Association introduced Life's Essential 8, a checklist that explains eight habits and health measures that affect heart and brain health and overall well-being.

The checklist incorporates knowledge gained from more than 2,400 scientific papers on cardiovascular health published since it was originally introduced as Life's Simple 7 more than a decade ago. It has been expanded to apply to anyone age 2 and older, and now includes sleep as the eighth cardiovascular health component, reflecting findings that healthy sleep is essential for optimal heart and brain health.

"The idea of optimal cardiovascular health is important because it gives people positive goals to work toward at any stage of life," said Donald M. Lloyd-Jones, M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine. "We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people."

Start making positive changes to improve your heart and brain health with these eight essential steps.



Eat Better

The checklist offers a simple questionnaire to assess your eating pattern. A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein; and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils (like olive and canola) for cooking.

Get Active

For most adults, the target level of moderate physical activity (such as walking) is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids ages 6 and older need 1 hour or more of play and structured activities per day.

Quit Tobacco and Nicotine

Nicotine makes your heart rate and blood pressure skyrocket while carbon monoxide and tobacco rob your heart, brain and arteries of

oxygen. There are about 4,000 chemical components found in cigarettes; at least 250 of them are harmful to your overall well-being. Reducing your health risk means eliminating exposure to any form of nicotine, including cigarettes, e-cigarettes and vaping devices, as well as limiting your exposure to secondhand smoke.

Get Adequate Sleep

Getting a good night's sleep is vital to cardiovascular wellness. Measured by average hours of sleep per night, the optimal level is 7-9 hours daily for adults. Ideal daily sleep ranges for children are 10-16 hours per 24 hours for ages 5 and younger; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.



Maintain a Healthy Body Weight

Although the measure of body mass index (BMI) is not a perfect metric, it is easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular wellness.

Manage Cholesterol Levels

Non-HDL (“bad”) cholesterol, rather than total cholesterol, is a reasonable predictor of cardiovascular risk. Non-HDL cholesterol can be measured without fasting, which means it can be assessed at any time of day and reliably calculated.

Manage Blood Glucose

When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate in the bloodstream. Hemoglobin A1c readings measure your long-term blood glucose control. A normal A1c is below 5.7%; between 5.7%-6.4% indicates pre-diabetes.

Understand Blood Pressure Readings

An optimal blood pressure is less than 120/80 mm Hg while hypertension is defined as a 130-



139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

For more ideas to achieve optimal cardiovascular health, or to assess your wellness and lifestyle risks, visit heart.org/lifes8.

—Family Features;

Source: American Heart Association

The Beat on High Blood Pressure

Nearly half of adult Americans have high blood pressure or are taking medication for hypertension. About one in five adults with high blood pressure is unaware of it and would not report it. If left untreated, high blood pressure, also known as hypertension, can lead to serious health consequences.

What is high blood pressure?

Blood pressure is the pressure that blood puts on the walls of your arteries. Your blood pressure may fluctuate based on many factors, including daily activities, emotions and even certain medications. Having blood pressure that's consistently too high may result in a diagnosis of hypertension.

What are the symptoms of high blood pressure?

People with chronic high blood pressure may not show any signs or symptoms. Measuring your blood pressure is the only way to determine if it's high. Regular appointments with your health care provider may help you determine your blood pressure patterns.

What happens if high blood pressure goes untreated?

If left untreated, high blood pressure can affect everything from your brain to your kidneys. Hypertension can be a risk factor for heart attack, heart disease, stroke, kidney disease and dementia.

How do I know if I have high blood pressure?

The best way to determine if you have chronic high blood pressure is a screening by a health care provider. If you are diagnosed with hypertension, you can work with your health care team on a plan to manage your blood pressure, which may include lifestyle adjustments, med-



ication and regularly monitoring your blood pressure at home.

How can I manage high blood pressure?

Many people with high blood pressure can help manage it by making lifestyle changes. Talk with your health care provider about adjustments to



your routine that may help manage high blood pressure, such as:

- Getting regular physical activity
- Quitting smoking
- Keeping a well-balanced diet
- Maintaining a healthy weight
- Limiting sodium and alcohol
- Managing stress*

If you're interested in a screening for high blood pressure, contact your health care provider or make an appointment at your local clinic.

6 Steps to Run Hills Properly

By Christine Luff, ACE-CPT

If you're one of those runners who dreads running hills, it may be because you're not using the right hill running techniques. With the correct technique, you can master hill running and avoid over-exertion and strain. Follow these steps for proper hill running, and you may actually look forward to inclines during your runs.

Steps for Hill Running

With proper pacing, technique and form, hills won't be so daunting. Follow these tips for running hills during training and races.

1. Pace Yourself

Don't start thinking that you want to attack the hill. The key to running hills properly is to maintain your effort level (which translates into a slower pace on the uphill), so you don't waste energy and end up out of breath at the top of the hill (that's a common mistake among runners).

2. Watch Your Form

As you approach an uphill, make sure you have good running form. Your arms should be at a 90-degree angle and

should be moving forward and back (rotating at the shoulder), not side to side. Look ahead of you, not to the sides. Your gaze should be focused 10 to 20 ahead for proper form and safety.

3. Check your posture

Your back should be straight and erect. You can lean in very slightly from the hips, but make sure you're not hunched over. Also, be sure to avoid straining your neck forward. Keep your head in line so that your ears are over your mid-shoulders to avoid neck tension and strain.

4. Change Your Arm Swing

Arm swing technique is one of the factors that affect running efficiency. Concentrate on swinging your arms lower and shorter.² By keeping your arm swing lower and quicker, your legs will stay lower to the ground resulting in a short, quick stride. Be sure to keep your hands relaxed.

5. Return To a Normal Stride

As you reach the top of the hill, you can begin your normal stride again. If you run the hill properly, you'd be able to pass runners who wasted too much energy on the hill. Returning to your normal stride will help you get back into your natural rhythm.

6. Be Careful Downhill

The best way to run downhill is to lean forward slightly and take short, quick strides. Don't lean back and try to brake yourself. Try to keep your shoulders just slightly in front of you and your hips under you. Although it's tempting to overstride, avoid taking huge leaping steps to reduce the pounding on your legs.

Tips for Races

- Do not "attack" the hill, this will lead to exhaustion
- Use the same effort (not pace) on the hill as you do on flat ground
- Whatever effort you use, be sure you can sustain it so you do



not run out of energy

- Use the downhill portion to run faster, leaning forward and using gravity to assist you

Build Strength and Stamina

Once you've perfected your technique, you can build your strength and improve your speed and confidence by running hill repeats. This workout uses a hill of 100 to 200 meters long (300 to 600 feet or one to three city blocks).

Hill Repeats

Run this hill repeats workout with good form, practicing the techniques for posture and efficiency.

- Run at your 5K pace uphill
- Recover running or walking downhill.
- Try two to three repeats for beginners and six to 10 repeats for advanced runners

Of course, one of the ways to run hills without going outside is to use a treadmill. Using the treadmill's incline feature can simulate hills and allow you to work on your hill running form.

Some treadmills also feature a decline setting to simulate running downhill. If you are preparing for a hilly race, it's best to practice both your uphill and downhill running form.

A Word of advice

Running hills is a daunting task for runners, but with the proper form and technique and some solid practice, you can become better at it. Keeping a steady pace and not overexerting yourself will help you maintain the energy to finish the race. Practicing on hills or a treadmill set at an incline is an excellent way to prepare. Make sure to take rest days for recovery as well.







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The Pursuit of True Happiness and Meaning in Life

By Will Graham

People will try many different things in an attempt to bring themselves happiness and fulfillment. Some pursue philanthropy, good deeds, mentoring or positive social work. Others throw themselves into hobbies, jobs or relationships. Unfortunately there are many who pursue destructive vices that only bring suffering.

While many follow the world's path in seeking fulfillment, the Bible gives instruction from one of the wisest men who ever lived—King Solomon. Philosophers, kings, rulers and sages would come, sit, and listen to his wisdom.

Solomon searched for true happiness and meaning in life, and he gives us his conclusions in Ecclesiastes 12:13-14.

Fear God: Surprisingly, Solomon does not say to get more education or to acquire more wealth. He has all of this and has concluded that it is all vanity. Rather, Solomon's first and primary conclusion is to fear God (v. 13).

The fear of God is the sense of awe that emerges when we see our lack of holiness, since we are broken sinners, and we are met with God's perfect righteousness. It is not a sense of being scared or timid, but that of reverent awe.

Keep God's Commandments: Solomon's second conclusion is to keep God's commandments (v. 13), which—by the way—is a natural result of fearing God. Once we are in awe of God, we will follow Him. Often in life we think that God's commands steal our joy and happiness. However, the opposite is true. The commandments are given so that we can enjoy life and live it to the fullest.

Those two points—fearing God and keeping His



commandments—encompass everything in a person's life. Solomon says in verse 13, "For this is man's all." Nothing else.

Now, why does Solomon say that this is man's all? It is because we will be judged by the Lord (v. 14). I believe that the reason people do not fear the Lord (stand in awe) or keep His commandments is because we often forget about God's judgment. However, like it or not, we will be judged—both believers and non-believers.

Not only are we judged, but our works will also be judged. Solomon says that both our good and bad will be judged, and all the things done in secret will be judged as well. Nothing is kept from God's judgment.

I don't know about you, but that thought is a bit intimidating to me. I fear God and strive to follow Him in all that I do, but I also know I've fallen far short of His glory (Romans 3:23).

The good news is that Jesus became the perfect

sacrifice, taking our judgment. 2 Corinthians 5:21 says, "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him." Christ paid "the wages of sin" on our behalf, giving those who call upon Him as Savior the gift of "eternal life in Christ Jesus our Lord" (Romans 6:23).

Does that mean that we should not fear God, or that we do not need to keep His commandments? Of course not. We should pursue Jesus and His righteousness with all that we are. However, we will never be "good enough," and that's why Christ came and offered His atoning sacrifice.

If you've not yet surrendered your life into His hands and accepted the hope only Jesus offers—the hope that brings true and lasting peace—I encourage you to do so today!

Your heart can be filled with God's peace. Ask for His help today.

Scripture Reference: Ecclesiastes 12:13-14:

13 Let us hear the conclusion of the whole matter:

Fear God and keep His commandments,
For this is man's all.

14 For God will bring every work into judgment,
Including every secret thing,
Whether good or evil.

-Will Graham is the Vice President and Associate Evangelist at the Billy Graham Evangelistic Association. For more information on the BGEA, visit <https://billygraham.org>. This article was reprinted with permission.



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Healthy Recipes for a Healthy Heart

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

Oven Roasted Sweet Potatoes



These savory sweet potatoes are cooked with onions and garlic, then drizzled with balsamic vinegar before serving.

Ingredients

- 4 cups chopped peeled sweet potato
- 1 sweet onion, cut into wedges
- 2 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar, or more to taste
- 1 pinch salt and ground black pepper to taste

Directions

Preheat the oven to 425 degrees F (220 degrees C).

Mix sweet potatoes, onion, and garlic in a bowl. Drizzle olive oil over the mixture and toss to coat; pour into a shallow roasting pan.

Roast sweet potato mixture in the preheated oven, turning frequently, until the vegetables are soft and golden brown, 30 to 35 minutes.

Remove from the oven. Drizzle balsamic vinegar over the vegetables; season with salt and pepper.

Nutrition Information (Servings: 4)

Per serving: 224 calories; fat 10g ; carbohydrates 31g; protein 3g

Source: [allrecipes.com](https://www.allrecipes.com)

Heart Healthy Burrito



This hearty and healthy meal will certainly satisfy the biggest appetites in the house.

Ingredients

- 4 (10 inch) Mission® 96% Fat Free Flour Tortillas
- 2 cups grilled chicken strips, pre-cooked, prepared refrigerated or frozen
- 1 ½ cups brown rice, microwaveable
- 1 ½ cups broccoli, microwaveable
- 2 cups Cheddar Cheese, shredded

Directions

Cook chicken strips, brown rice and broccoli according to each of their package instructions. Re-serve hot.

Warm tortillas in a microwave for 10 seconds.

To build 1 burrito: Place 1/2 cup of chicken on the bottom third of each tortilla, followed by 1/3 cup of brown rice, then 1/3 cup of broccoli.

Evenly sprinkle 1/2 cup of cheese over the broccoli.

Repeat steps 1 through 4 using remaining tortillas and ingredients.

Roll each tortilla into a burrito, forming a larger size burrito. Cut each burrito in half, on an angle, and serve hot.

Nutrition Information (Servings: 4)

Per Serving: 763 calories; fat 25g; carbohydrates 86g; protein 46g.

Source: [allrecipes.com](https://www.allrecipes.com)

Heart-Healthy Potato Ham Soup



A heart-healthy version of potato ham soup loaded with veggies and turkey ham is low in fat and high in flavor. Serve with hearty bread and your favorite cheese.

Ingredients

- 2 ½ quarts water
- 4 cups peeled and diced potatoes
- 2 ½ cups diced turkey ham
- 1 large onion, diced
- 1 (10 ounce) can butter beans, rinsed and drained
- 3 carrots, chopped
- 2 stalks celery, chopped
- 1 cup frozen corn kernels
- 1 (8 ounce) can cream-style corn
- 1 teaspoon dill
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (12 fluid ounce) can evaporated milk

Directions

Heat water in a 6-quart pot over high heat; add potatoes, turkey ham, onion, beans, carrots, celery, frozen corn, cream-style corn, dill, salt, and black pepper. Bring water to a boil, lower heat to medium-low, and simmer, stirring occasionally, until potatoes are tender and soup is reduced, 1 to 1 1/2 hours.

Remove pot from heat and stir in milk until incorporated and soup is creamy..

Nutrition Information (Servings: 10)

Per serving: 219 calories; fat 5g; carbohydrates 30g; protein 14g.

Source: [allrecipes.com](https://www.allrecipes.com)

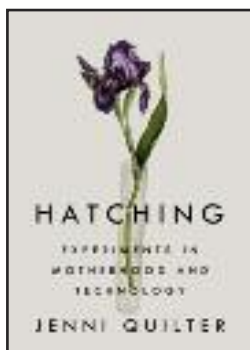
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

Hatching: experiments in motherhood and technology – by Jenni Quilter; Riverhead Books; New Health Books 618.178 QUI

Since the world's first test-tube baby was born in 1978, in vitro fertilization has made the unimaginable possible for millions of people, but its revolutionary potential remains unrealized. Today, fertility centers continue to reinforce conservative norms of motherhood and family, and infertility remains a deeply emotional experience many women are reluctant to discuss.

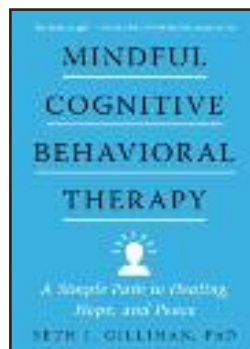


This book explores what it is like to be one of those women, both the site of a bold experiment and a potential mother caught between fearing and yearning. Quilter observes her own experience with the eye of a critic, recounting the pleasures and pains of objectification, how medicine mediates between women and their bodies, how marketing redefines pregnancy and early parenthood as a set of products, and how we celebrate the "natural" and denigrate the artificial. With nuance, empathy, and a fierce intellect, Quilter asks urgent questions about what it means to desire a child and how much freedom reproductive technologies actually offer.

Mindful cognitive behavioral therapy: a simple path to healing, hope, and peace – by Seth Gillihan; HarperOne, an imprint of HarperCollins; New Health Books 616.89142 GIL

A practicing psychologist offers a fresh approach for treating mental health issues that speaks to our times, blending mindfulness and spirituality with Cognitive Behavioral Therapy to effectively overcome negative thinking, achieve deep healing, and attain lasting peace.

Mental health professionals have many science-based techniques for alleviating symptoms like anxiety and depression. However, these reductive approaches often don't deliver the lasting peace we seek. Gillihan's mindful cognitive behavioral therapy method blends insights from CBT, mindfulness, Stoicism, and Christian mysticism into the therapeutic process. He reveals how we can use this method in our daily lives to master negative thoughts and choose the right actions to become fully present and at peace.



Flex your age: defy stereotypes and reclaim empowerment – by Joan MacDonald; Indianapolis, IN; New Health Books 613.70446 MAC

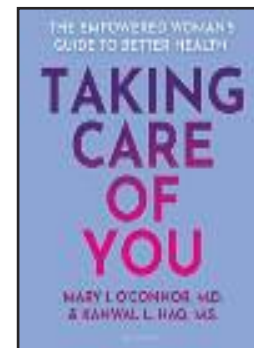
As we get older, our bodies go through many changes, many out of our control. But for those that aren't, all we need sometimes is advice about how to make specific, sustainable, and successful decisions that can alter the course of how our lives go from that point forward. This is where Joan MacDonald comes in. Just a few years ago, this septuagenarian wasn't happy with how she looked and what she ate. With help from her daughter, Michelle (a certified strength and conditioning specialist), Joan developed exercise and diet goals as well as objectives for how to change her mindset—not just how she saw herself physically but how she felt about herself mentally.



Change is hard. Doing things differently than you did them before is hard. Making different choices is hard. But in this book, that's part self-help and part memoir, you'll learn how Joan made her miraculous transformation as well as how Michelle helped her mother on that journey. You'll also learn motivation techniques, fitness and nutrition fundamentals, and how to find and contribute to a community of support.

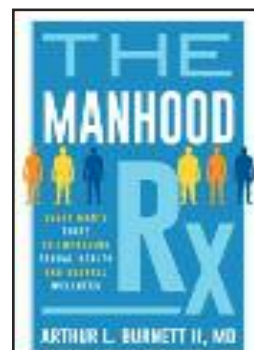
Taking care of you: the empowered woman's guide to better health – by Mary O'Connor; Mayo Clinic Press; New Health Books 613.0424 O'CO

The mission in writing this book is to support women in becoming better advocates for their own health, a "what-you-need-to-know" resource on women's health and a tool that can assist in asking questions and communicating health concerns. Women do not always receive the same health care as men. Women of lower socioeconomic status and women of color experience health care disparities. This is unacceptable, and we want to help change that by empowering all women to be actively engaged with their health care team. This book focuses on conditions that impact women more than men or differently from men, as well as other areas important to women across their lifespans. Taking Care of You is an easy-to-use and accessible guide to be shared between mother and daughter, sister, aunt, and grandmother – an essential resource for every woman, and those who love her.



The manhood Rx: every man's guide to improving sexual health and overall wellness – by Arthur Burnett; Rowman & Littlefield; New Health Books 613.952 BUR

A top urologist's prescription for better sexual health and overall wellness. According to research studies, men with health problems, and more specifically sexual health problems, are more likely than women to have had no recent contact with a doctor regardless of income or ethnicity. This reluctance to seek medical help means that for men, their diseases often go undetected until it is significantly progressed, and this late discovery has serious consequences. To make matters worse, when men do see their physicians, many doctors find it difficult to talk about sexual health with



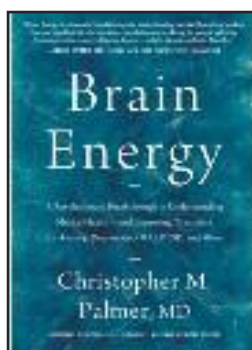
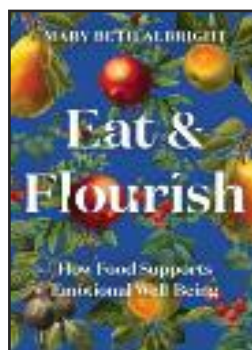
their patients. Common conditions are often dismissed or simply go unaddressed. This avoidance creates real health problems. Dr. Burnett takes a deep dive here into identifying what healthy sexual function looks like, and clearly identifies the distinct components of the male sexual response that every healthy man experiences. Readers will learn about the specific problems that can present, their underlying or contributing causes, and how each can be resolved.

Eat & flourish: how food supports emotional well-being – by Mary Beth Albright; Countryman Press, a division of W.W. Norton & Company; New Health Books 613.2 ALB

Food has power to nourish your mind, supporting emotional wellness through both nutrients and pleasure. Albright draws on cutting-edge research to explain the food/mood connection. She redefines "emotional eating" based on the science, revealing how eating triggers biological responses that affect humans' emotional states both immediately and long-term. Albright's accessible voice and ability to interpret complex studies from the new field of nutritional psychology, combined with straightforward suggestions for what to eat and how to eat it, make this an indispensable guide. Readers will come away knowing how certain foods help reduce the inflammation that can harm mental health, the critical relationship between the microbiome and the brain, which vitamins help restore the body during intensely emotional times, and how to develop a healthful eating pattern for life. A 30-day kickoff plan is included.

Brain energy: a revolutionary breakthrough in understanding mental health—and improving – by Christopher Palmer; BenBella Books, Inc.; New Health Books 616.89 PAL

This is the book that will forever change the way we understand and treat mental health. If you or someone you love is affected by mental illness, it might change your life. We are in the midst of a global mental health crisis, and mental illnesses are on the rise. But what causes mental illness? And why are



mental health problems so hard to treat? Drawing on decades of research, Harvard psychiatrist Dr. Chris Palmer outlines a revolutionary new understanding that for the first time unites our existing knowledge about mental illness within a single framework—Mental disorders are metabolic disorders of the brain.

Brain Energy explains this new understanding of mental illness in detail, from symptoms and risk factors to what is happening in brain cells. Palmer also sheds light on the new treatment pathways this theory opens up—which apply to all mental disorders, including anxiety, depression, ADHD, alcoholism, eating disorders, bipolar disorder, autism, and even schizophrenia. Brain Energy pairs cutting-edge science with practical advice and strategies to help people reclaim their mental health.

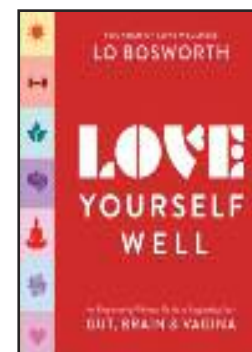
Man kind: tools for mental health, well-being, and modernizing masculinity – by Ronald Levant; Johns Hopkins University Press; New Health Books 616.89 GER

Masculinity requires a redesign. Men exhibit higher rates of suicide, lower rates of help-seeking, higher rates of substance use and abuse, and higher rates of anger and violence. How can this change? In Man Kind, counseling psychologist Zachary Gerdes, PhD, provides a framework for improving men's mental health and well-being while redefining what it means to be masculine. Rather than following a traditional view of masculinity focused on stoicism, patriarchy, and self-reliance, Gerdes provides his LIFT model – Leverage, Insight, Freedom, Truth – a road map to help men foster collaboration, understand when and how to utilize resources, and build mental resilience and flexibility.

Love yourself well: an empowering wellness guide to supporting your gut, brain & vagina – by Lo Bosworth; De St., an imprint of William Morrow; New Health Books 613.0424 BOS

A frank and accessible guide to optimizing women's health by Lo Bosworth—the CEO and founder of Love Wellness—tracing the interconnectivity of the gut, brain, and vagina, and providing natural solutions to intimate problems. Love Yourself Well is inspired by Lo's personal journey to health, and the setbacks she

encountered along the way. As she would come to find, the issues she was experiencing were common—but sadly invisible in conversations about public health. Alongside a panel of medical experts, Lo demystifies the science behind the gut-brain-vagina axis, showing how—with frankness and humor—she has become the go-to expert for millennials on sexual health and overall wellness. Most importantly, Lo provides a space to engage honestly and openly about the intimate issues women face—and need to speak about.



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estaley@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

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

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

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

TROOP 59 ANNUAL PANCAKE FEED – Jan. 28, 7am-12pm, Faith Lutheran Church, 1716 SW Gage. \$7 each, all you want pancakes, includes sausage & juice. Proceeds help get Scouts to summer camp.

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. Mention "Celebrate Community" blood drive when you call or email.

FOCUS ON FENTANYL – Feb. 2, 9:30-10:30am, Sunflower Foundation on the former Menninger Campus, 5820 SW 6th. Prevention and Resiliency Services (PARS) and Safe Streets present a community education event, designed to spark engagement, increase awareness and understanding, and empower the community to be informed and vocal on challenges faced in Topeka. Cheryl Wah and Kimberly Piña-Brugman from the Drug Enforcement Administration will discuss the fentanyl crisis in Shawnee County. RSVP - <https://tinyurl.com/2p4yse37>

FIRST FRIDAY FLICKS: "COURAGEOUS" -Feb. 3, 7pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Refreshments served.

CLOTHING CLOSET – Feb. 4 & 11, 9am-12pm, First Free Methodist Church, 3460 SE Indiana. Free clothing & small household items.

NO BOUNDARIES DANCE CO. SHOWCASE – Feb. 4, 6pm, Jayhawk Theatre. Explore the creativity of movement, music, and emotion that connects each of us with the real possibility of transformation. carlymalsom@gmail.com

"THE CHOSEN" – Feb. 5 and following, 9:30am, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Episodes from Season 3 will be shown beginning Feb. 5.

C5Alive "POWER" LUNCHEON – Feb. 9, 11:30-1 at The Peak. Featured Speaker: Joe Patton on Marketing – What Would Jesus Do?

Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door; \$15 for non-members & repeat guests. Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

• SAVE THE DATE: C5 POWER Luncheon, Mar. 9, 11:30-1 at NOTO Arts Center.

TOPEKA HOME SHOW – Feb. 10-12, Stormont Vail Events Ctr. stormontvaileventscenter.com or 785-251-5552

SHOW ME REPTILES/SHOW ME SNAKES – Feb. 11, Stormont Vail Events Ctr. stormontvaileventscenter.com or 785-251-5552

FREE MOVIE: "LIFEMARK" – Feb. 11, 6:30pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. David's


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





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comfortable world is turned upside down when his birth-mother unexpectedly reaches out to him, longing to meet the 18-year-old son she's only held once. Free movie snacks provided. Childcare available.

HUGS & KICKOFFS VENDOR FAIR – Feb. 12, 11am-3pm, YWCA, 3635 SW Chelsea. 20+ small business vendors. Valentines photos & gifts, chair massage & more.

ANNUAL SUPER BOWL PARTY! – Feb. 12, 5pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends & family to watch the Super Bowl with us! There will also be interactive football themed games! Bring chili, sliders, appetizers, taco bar items (meat provided), or dessert. Contact info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: Lakenaz@aol.com

THE MOVIE "MAYBERRY MAN" - Feb. 17, 7pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Free admission. (Come early for the Chili & Soup Supper 4:30pm-6:30pm and then stay for the movie!)

CHILI & SOUP SUPPER – Feb. 17, 4:30 – 6:30pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. \$9 Adults, \$4 Kids 10 & under. Chili or Vegetable Beef Soup (all you can eat), plus Cornbread, Crackers, Relishes, Dessert & Drink. Dine in or Carry Out. Hot Dogs & Chili Dogs also available for \$1.50/\$2.00. Community Invited!

CHILL, SOUP AND HOT DOGS! – Feb. 18, 3-6pm, Seaman Community Church, 2036 NW Taylor. Fundraiser for Topeka North Outreach Operation Backpack. For info or to donate, call 785-213-1061

BLACK HISTORY TALK SHOW: WHAT DOES GOD HAVE TO SAY? – Feb. 19, 4pm, New Mt. Zion Baptist Church, 2801 SE Indiana. Four Sr. Black Pastors Discussing The Black Family, The Black Church, The Racial Divide and Politics, Party's, Policies, and Politicians. For info: 316-737-1813

LECRAE – Feb. 22, 8pm, The Granada, 1020 Massachusetts, Lawrence, KS

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

COMIC CONVENTION – Feb. 25-26, Great Overland Station. Special guests, cosplay, geek boutiques, video games, board games, comics, books, tv & film.

CAPITAL CITY CARNAGE DEMOLITION DERBY – Mar. 3-4, Stormont Vail Events Ctr. stormontvaileventscen-ter.com or 785-251-5552

MENTAL HEALTH SEMINAR – Mar. 4, 8:30 am–4 pm, SENT Topeka, 455 SE Golf Park Blvd. Understanding and Helping Youth with Problematic Sexual Behaviors. REGIS-TER: https://senttopeka.com/.../mental-health-seminar... / (785) 783-2535

25 ANNUAL MIDWEST CHRISTIAN COL-LEGE EXPO – Mar. 4. 10am – 12pm, Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. 60 colleges from 17 states; free semi-nars. Special mini-seminar at 9am: "Navigating Through Faith and Science in College." Organ-ized and sponsored by Metro Voice, Precision Print KC, area radio stations and more. 816-524-4522. MetroVoiceNews.com

61ST ANNUAL KANSAS PRAYER BREAK-FAST – Mar. 7, 6:30-8am, Fellowship Bible Church, 6800 SW 10th. Doors open at 6:30 for breakfast, program at 7. Featured Speaker: Her-bie Newell, Ex. Dir. of Lifeline Childrens Serv-ices. \$20/ticket. www.kansasprayerbreakfast.org

BIG DADDY WEAVE – Mar 15, 7pm, Fellow-ship Bible Church. transparentproductions.com

BLARNEY BREAKFAST – Mar. 18, 7 – 10am, Blind Tiger. All-you-can-eat breakfast buffet, en-tertainment, raffles, and more. Celebrity servers! All proceeds help your friends with disabilities served at Capper Foundation build their abilities.

Info: Lacey Kinder, 795-272-4060 x 1165

8th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Apr. 8, 10am-3pm, at Great Overland Sta-tion 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, Ven-dor 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 or 640-6399

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NOTO IN BLOOM – Apr. 22, 6-9:30pm. This unique event celebrates the best of NOTO – the art, the food, the experience – and its impact on the community.

ONGOING EVENTS:

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com

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@tsclp.org

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

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

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

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 OUT-REACH 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 2nd and 4th Tuesdays from 5:30-6:30pm 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 CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

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

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

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

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

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

TOPEKA TWILIGHT LIONS BRANCH CLUB – 3rd



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

Feb. 9, 11:30-1: "POWER" Luncheon
**Featuring Joe Patton on Marketing: What
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at The Peak, 1930 SW Gage

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



Save the Dates!

- Mar. 9: POWER Luncheon, 11:30-1
- Apr. 8: **EASTERFEST** at Great Overland Station!
- Apr. 13: POWER Luncheon, 11:30-1

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

FREE Vision ! Screening Service



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Eye Screening for children 6 months to 6 years old

Who can use this service?

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

What equipment is used?

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

Who does the screening?

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

How do I get the Screener scheduled?

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

Thursdays at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

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

Bldv. 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 resume once the current safety restrictions are lifted. Email Hayley Young at hdy-

oung@alz.org or call 785.379.3067 for the meeting link and other info.

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

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

See complete updated calendar at
TopekaHealthandWellness.com

#sleevesrolledup

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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 11am at **Great Overland Station**! **Food Trucks** open 9 am - 3pm at **Great Overland Station**.

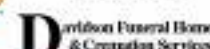
Vendor Market and Health Fair open 10 am - 3 pm at **Great Overland Station**, with craft stations, face painting, Easter Bunny photos, **Petting Zoo**, **Inflatables**, **Carnival Games**, **Cup Cake Walks**, **Health products & demonstrations**, **Dance**, **Gymnastics**, **Ballet**, **Vision Screening**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

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

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