

**TOPEKA**

**NOVEMBER 2023**

# Health & Wellness

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

**MAGAZINE**

November is  
**NATIONAL FAMILY  
CAREGIVERS MONTH**

**FREE  
TAKE ONE!**

## **DEVELOPING AN ATTITUDE OF GRATITUDE**

Is this the key to  
a happy life ?



**Attitude of gratitude: Giving thanks through dance**  
**Getting support when you have Type 2 Diabetes**

**Making charitable giving less 'taxing'**  
**Healthy extremes: Competition for life**

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



## November is National Diabetes Awareness Month

# What is diabetes?

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

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

More than 9 million Canadians live with diabetes or prediabetes.

### Health effects

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

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

### The reality

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

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

Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year.

By 2020, it's estimated that diabetes will cost the Canadian health care system \$16.9 billion a year.

There are three main types of diabetes:

### Type 1

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



### Type 2

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



### Gestational

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

### Signs & symptoms

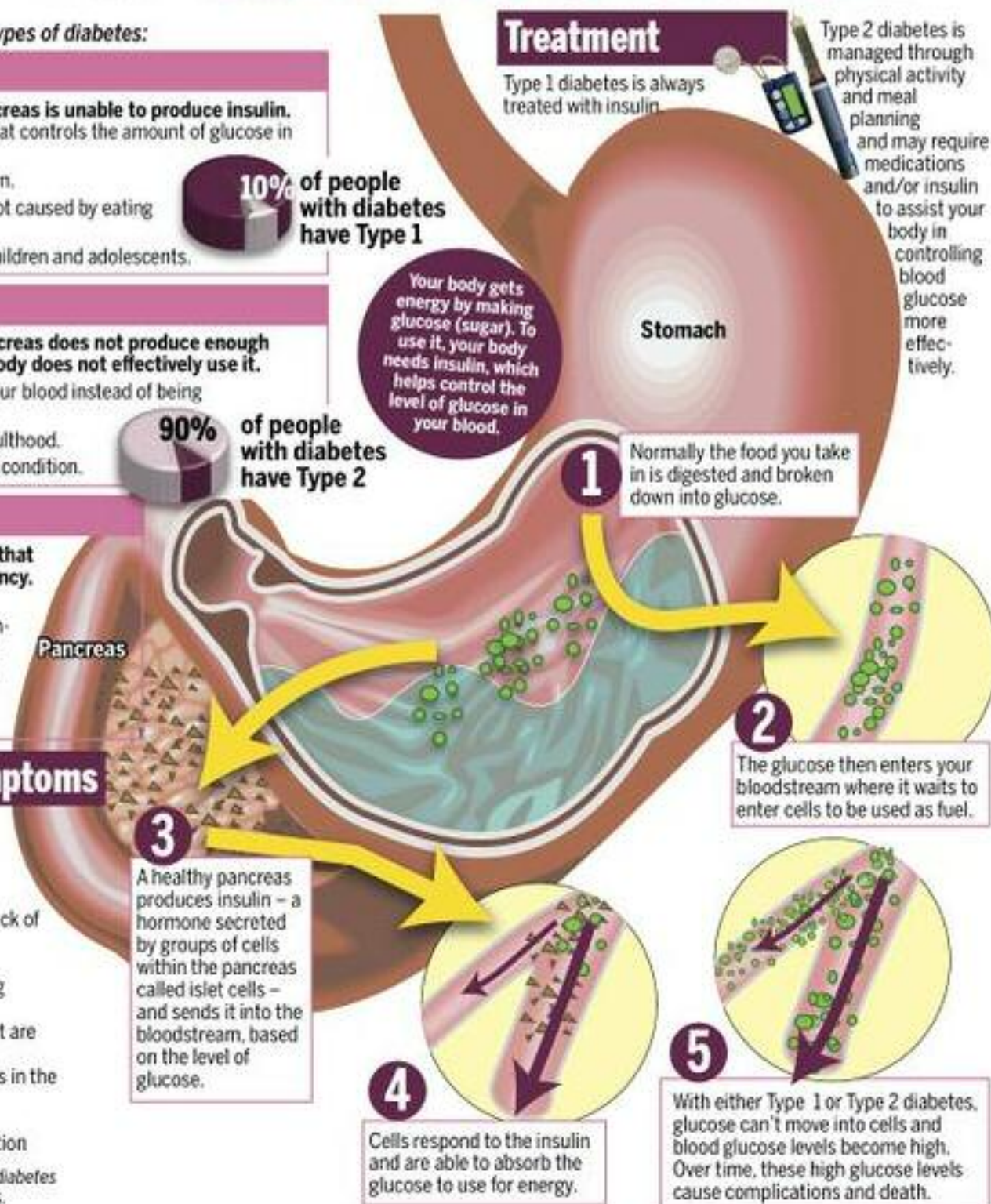
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Many people with Type 2 diabetes may display no symptoms.

### Treatment

Type 1 diabetes is always treated with insulin.

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







A Free Monthly Magazine Promoting  
Healthy & Happy Living in the Capital City

**785-380-8848**

2611 SW 17th St., Topeka, KS 66604  
info@TopekaHealthandWellness.com

**www.TopekaHealthandWellness.com**

**PUBLISHER:** Lee Hartman 785-640-6399

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

**SALES & MARKETING:** 785-380-8848

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

Topeka Health & Wellness is available at over 300 locations in the Greater Topeka area, including Hospitals, Medical Offices, Dental Offices, Spas, Fitness Centers, Restaurants, Coffeehouses, Groceries, Health Food Stores and other business & retail locations, including over 100 indoor & outdoor Display Racks.

Advertisers are offered exclusive rights to write articles in their area of expertise, by doctors and other experts within their companies. Therefore our readers are being educated and informed by local experts, and can easily reach out to them for more information.

*Written materials submitted become the property of Topeka Health & Wellness, and all content in print or online is for informational purposes only and is not intended as professional medical advice or treatment. The statements and opinions contained in the advertisements and articles are not necessarily the views of Topeka Health & Wellness. Any reproduction of our print or online content without prior written consent is prohibited.*

## ON THE COVER:

Our cover this month is meant to remind readers of things they are thankful for, and to contemplate the benefits of an attitude of gratitude.

You will find lots of other information about this and other health topics in this issue.

Our thanks go out to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

For more information, visit our website at [www.TopekaHealthandWellness.com](http://www.TopekaHealthandWellness.com) for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.

We are also on Twitter at:

[www.twitter.com/TopekaHealthMag](https://www.twitter.com/TopekaHealthMag)

You can also find us on Facebook at

[www.facebook.com/TopekaHealthandWellnessMagazine](https://www.facebook.com/TopekaHealthandWellnessMagazine).



## The Benefits of Gratitude

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

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

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

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

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

Consumer Cellular®

NO HIDDEN FEES.  
NO HIDDEN  
ANYTHING.  
FREEDOM CALLS.

Plans start at just \$20/month.

855-473-8579

© 2023 Consumer Cellular Inc. Terms and Conditions subject to change.

Hello Garage®

Clean, Organized Spaces.



#1 Kansas City Garage  
Renovation Experts

Concrete Floor  
Coatings

Cabinets &  
Shelving


Garage  
Accessories

Get your free estimate today!

855.408.9209

THE HOLIDAYS CAN BE A DIFFICULT TIME OF THE YEAR.





Valeo's Crisis Center is  
always open for mental  
health emergencies.

24-Hour Crisis Line: (785) 234-3300  
24-Hour Detox Number: (785) 234-3448

Valeo's Crisis Center  
400 SW Oakley Avenue  
Topeka, KS 66606

VISIT US AT:   or [valeotopeka.org](https://www.valeotopeka.org)

LET VALEO PROVIDE YOU WITH HOPE THROUGH RECOVERY.

PROTECT  
WHAT MATTERS MOST

Whether you are home or away,  
protect what matters most from  
unexpected power outages with a  
Generac Home Standby Generator.

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE  
CALL NOW BEFORE THE  
NEXT POWER OUTAGE  
(816) 791-7962



FREE 7-year Extended  
Warranty\* – A \$735 Value!



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



# Gratitude and Mental Health

*National Gratitude Month*

By T. Nicole Passafume, CPS TTS  
Health Promotion Specialist  
Valeo Behavioral Health Care

**N**ovember is National Gratitude Month. As we approach the season of giving, many people start to think about what they are grateful for in their lives as they plan their holiday shopping and family gatherings. While it's nice to count your blessings for the big events like a wedding, a graduation, or the birth of a new baby, practicing gratitude for the small things in life has benefits all year round.



T. Nicole Passafume

Having an 'attitude of gratitude' by focusing on the positives in life like a warm sunny day, a clean house, or a job well done, increases happiness which in turn decreases stress. Even taking the time to appreciate a good cup of coffee has many mental health benefits such as relieving stress and improving your mood.

Our daily lives are often full of stress and we let our small achievements go unnoticed. Think about the past few days, what have you accomplished? Did you cook a delicious meal, start a new book or help a friend? Take a moment to celebrate that, to express gratitude for those accomplishments. Sometimes, sim-

ply getting out of bed can be cause for celebration!

Making gratitude part of your daily routine can help your brain to focus on the good things and become more resilient when things don't go as planned. When something bad or unexpected happens it won't impact us as much because we are able to recover more easily by shifting our focus to the positive instead of dwelling on the negative, we then recover more quickly from negative events. Very much like an athlete who conditions his body will recover from injury, we can condition our minds to recover from stress and anxiety.

Studies have found that a single act of thoughtful gratitude produces an immediate increase in happiness and a reduction in depressive symptoms. These effects eventually disappear but incorporating gratitude as part of our daily lives prolongs the effects of those feelings of happiness. Add a trip to the thrift store to your weekly routine to donate some of the items you no longer use and then celebrate having a tidy home. Write a kind note to a friend, leave an anonymous gift for someone to brighten their day. Acts of kindness shown to others increase your feelings of gratitude for what you have.

Practicing gratitude has proven to lead to a more positive outlook on life, increased op-

timism improves social bonds and feelings of connectivity which lessens the likelihood of isolation and decreases depression. People who actively express gratitude tend to be more engaged in activities to take care of their physical health, like eating well and exercising. This leads to higher energy levels, better sleep and a stronger immune system and the ability to fight off illness or infection.

Practicing gratitude is one small way you can tend to your emotional wellbeing and mental wellness each and every day.

**If you or a loved one are struggling with mental health challenges, professional help is available. Valeo's Crisis Center is open 24 hours a day, 7 days a week for walk-in mental health emergencies. It is located at 400 SW Oakley Avenue. You can also call the Valeo Crisis Line, available 24 hours a day, at 785-234-3300.**

THE HOLIDAYS CAN BE A DIFFICULT TIME OF THE YEAR.



24-Hour Crisis Line: (785) 234-3300  
24-Hour Detox Number: (785) 234-3448

Valeo's Crisis Center  
400 SW Oakley Avenue  
Topeka, KS 66606

VISIT US AT:   or [valeotopeka.org](https://www.valeotopeka.org)

LET VALEO PROVIDE YOU WITH HOPE THROUGH RECOVERY.

## 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

## Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator  
[Topeka.Heals@gmail.com](mailto:Topeka.Heals@gmail.com)  
785-249-3792

# PHOENIX

## HOME CARE & HOSPICE

*New Beginnings and Dignity in Life's Journey...*

- Hospice • Home Health
- Privately Paid Services
- Comprehensive Disease Management

"When I thought I could not live *independently* in the comfort of my own home...  
I did with Phoenix Home Care & Hospice!"

For more information call  
**(785) 260-6444**

www.phoenixhomeco.com



Available  
Now

REV. JODI L. SUSON-CALHOUN  
SUSON ESSENTIALS, LLC

After being mis-diagnosed for nearly 2 decades and disabled for almost 4 years, Rev. Jodi learned the truth about our food and water supply and how it impacted her emotional health.

She now paves the way for others to transform their lives using plant and energy-based healing, including mindset, brain, emotional, spiritual and physical health. She provides people the freedom to be who they are on their own terms.

## EMOTIONAL Healing TOXIC FREE LIVING

<https://susonessentials.com/product/emotional-healing-toxic-free-living-book/>

SCHEDULE YOUR APPOINTMENT:

**847-738-0242**

<https://susonessentials.com/food-for-health/>

Jodi@SusonEssentials.com • [www.susonessentials.com](http://www.susonessentials.com)

Coming Soon!



- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters

Call Peggy at:  
**785-286-7899**



peggystaxks.com

**Edward Jones**

> [edwardjones.com](http://edwardjones.com) | Member SIPC

### Compare our CD Rates

Bank-issued, FDIC-insured

3-Month	<b>5.35 % APY*</b>
6-Month	<b>5.40 % APY*</b>
18-Month	<b>5.50 % APY*</b>

Call or visit your local financial advisor today



**Scott D Van Genderen, CFP®, ChFC®, AAMS™**  
Financial Advisor

4009 Sw 10th Ave  
Topeka, KS 66604  
785-273-2277

\* Annual Percentage Yield (APY) effective 01/13/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDH-18676-A © 2022 EDWARD J. JONES & CO., L.P. ALL RIGHTS RESERVED.





# FINANCIAL FOCUS

## Can you make charitable giving less ‘taxing’?

Once again, it's the season of generosity. In addition to considering gifts for your loved ones, you might want to think about charitable gifts as well. But what should you know before making gifts to charities? And what impact might these gifts have on your financial and tax situation?

First, you may want to create a gift budget by deciding just how much you will give to charitable organizations over the rest of the year.

Next, look closely at the groups to whom you wish to contribute. You can find many reputable charities, but some others may be less worthy of your support. One of the red flags of a questionable organization is the amount of money it spends on administrative costs versus the amount that goes to its stated purpose. You can check on the spending patterns of charitable groups, and find other valuable information about them, on the well-regarded Charity Navigator website ([charitynavigator.org](http://charitynavigator.org)).

Once you've established a gift budget and are comfortable with the groups you choose to support, you might turn your thoughts to another key issue connected with charitable giving: tax benefits. A few years ago, changes in the tax laws resulted in a large increase in the standard deduction, which meant that many taxpayers found it more favorable not to itemize — and lost the ability to take charitable deductions. But if you still do itemize, your charitable gifts or contributions to tax-exempt groups — those that qualify as 501(c)(3) organizations — can generally be deducted, up to 60% of your adjusted gross income, although lower limits may apply, depending on the nature of your gift and the organization to which you're contributing.

Other, more long-term avenues also exist that combine charitable giving with potential tax benefits. One such possibility is a donor-advised fund, which allows you to make an irrevocable charitable con-



tribution and receive an immediate tax deduction. You can give cash, but if you donate appreciated assets, such as stocks, your tax deduction would be the fair market value of the assets, up to 30% of your adjusted gross income. Plus, you would not incur the capital gains tax that would otherwise be due upon the sale of these assets. Once you establish a donor-advised fund, you have the flexibility to make charitable gifts over time, and you can contribute to the fund as often as you like.


Another possible tax benefit from making charitable contributions could arrive when you start taking required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and 401(k). These RMDs could be sizable — and distributions are counted as taxable income. But by taking what's called a qualified charitable distribution (QCD), you can move money from a traditional or Roth IRA to a qualified charitable organization, possibly satisfying your RMD, which then may be excluded from your taxable income. You must start taking RMDs at 73 but you can begin making QCDs of up to \$100,000 per year

as early as age 70½. (This amount will be indexed for inflation after 2023.)

Establishing a donor-advised fund and making qualified charitable distributions are significant moves, so you'll need to consult with your tax advisor first. But if they're appropriate for your situation, they may help you expand your ability to support the charitable groups whose work you admire.

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

**Edward Jones**



**Scott D Van Genderen, CFP®, ChFC®, AAMS®**  
Financial Advisor  
4009 Sw 10th Ave  
Topeka, KS 66604-1916  
785-273-2277

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

WKT 5214M A

# Why You Should Practice Gratitude

**W**hen we think of gratitude, we are acknowledging the things we are thankful for in our lives.

Gratitude is not only being grateful for the things in your life but being grateful for the gifts that have been given to you. What that means is that there are many things to be grateful for. It takes mindfulness to be aware of what's going on around you and notice the little things.

For instance, when you go for a walk, notice the cool breeze brushing against your face. Notice the sky; is it gray or bright blue? Are there clouds? Do you hear the birds singing? Are they flying or on the ground foraging for food?

Mindfulness allows you to be grateful for the little things that you notice. It has nothing to do with what you have or what you do. You are grateful for the long deep breath you take during meditation or the heavy rainfall because it replenishes the earth. You are thankful for the good that happens in your life.

## The upside of being grateful

The benefits of gratitude can go well beyond the initial feeling. Studies are showing that gratitude has a connection with your sense of well-being. Science is starting to understand the relationship between the brain and gratitude. However, results can vary, partially due to the different levels of gratefulness everyone tends to feel.

Researchers have found that gratitude that results from gifts falls into two criteria. First, does the person perceive the gift as a genuine effort from the giver, and second, does the recipient find the gift valuable, and does it fulfill a need?

In other words, gifts are valued by the genuineness of the present and its worth to the receiver.

UCLA's Mindfulness Awareness Research Center has found that when you regularly express gratitude, it changes the brain's molecular structure (literally).

In one study, the researchers looked at the brain concerning moral sentiments. They found through MRIs that those who had feelings of gratitude tended to have more grey matter in the critical areas of the brain that react to moral sentiment or pleasure.

When feelings of gratitude are expressed and received, the brain releases dopamine and serotonin, the two neurotransmitters responsible for making us feel good. So when you consciously practice gratitude, it can change your neural pathways, and you have a permanent feeling of happiness and positivity.

Practicing gratitude is not only good for your mind, but



it's also good for your body. Researchers at the National Institute for Health (NIH) found that gratitude triggers higher activity levels in the hypothalamus. The hypothalamus is responsible for many essential body functions, including body temperature, thirst, fatigue, and sleep, and plays a significant role in metabolism and stress.

This is significant because the relationship between the body and the brain becomes clearer. As a result, what you think and feel may have a lot to do with your physical health. Gratitude is a significant component of happiness.

## How to Practice Gratitude

There are many ways that you can practice gratitude. Begin by reflecting on the things that life has given you.

- Your baby's laughter
- The sound of the waves crashing on the beach
- The food for your family
- The roof that you live under
- The job that pays your bills
- The inspiring message you hear at church
- Your best friend
- Your family

Here are some ways to continue practicing gratitude:

## Gratitude Journal

One of the most common ways to start a gratitude practice is to keep a gratitude journal. In a 2003 study, the researchers found that participants who kept a journal reflecting their gratitude not only exercised more, they were optimistic and felt better about their lives in general.

All you need is a notebook and a pen!

Try writing in your gratitude journal about how thankful you are for your family and friends on Thanksgiving Day by using phrases like: "I am thankful for \_\_\_\_\_ because \_\_\_\_\_." Or "I am thankful that \_\_\_\_\_ happened because \_\_\_\_\_." You could even include pictures and postcards from years past to make of gratitude.

Write words on the sidewalk or in public places that focus on gratitude. You can also post pictures of things you are grateful for. Here is an example: "I'm thankful for my life because \_\_\_\_\_."

## Acts of Kindness

You may have heard of "random acts of kindness." You can incorporate an act of kindness into each day by:





- Giving someone a hug when they are feeling down
- Saying hi to someone you've never talked to before
- Open the door for someone
- Help a homeless person with a meal

There are many small things you can do as an act of kindness if you look for them. They don't have to be huge or expensive. Little things count.

### Smile More Often

Never underestimate the power of a smile. A smile can not only be contagious, but it makes you and the person you smile at feel good. You don't even have to know the person you are smiling at. So, go ahead, make a stranger's day!

### Volunteer

Volunteer for an organization that helps people. Not only will you be helping the organization and those who depend on it, but you will also be helping yourself. When you talk to people who may not have it as fortunate as you do, you learn to appreciate what you have. You also learn to admire the people you are helping because they have a positive attitude despite their adversities.

### Give People Recognition

When you're at work, and someone does a good job, let them know it. You are not only giving them praise, but you are validating the excellent work they did.

### Think of Others

Think about the people who serve you each day, such as a sales clerk, a bus driver, a waitress, or a gas station attendant. Don't forget to thank them or tell them they are doing excellent.

### Look at the Positive Side of Challenges

We all have challenges in our life—unfortunately, most of the time, we choose to see them negatively. Look back at your challenges and examine how they created positive changes in your life by making you the person you are today. Then you can be grateful for those challenges.

### Express your Gratitude

Tell someone you care about how grateful you are to have them in your life. Write a letter call a loved one and express your gratitude to the person.



### Thankful Table

Instead of talking about what you are thankful for at your Thanksgiving dinner, why not have a table where people get to write down what they are thankful for? That way, no one person dominates the conversation, and everyone gets the chance to express their gratitude.

### 30 Days of Gratitude

To be grateful for what you have, you need to express it daily, becoming a new healthy habit for you. Expressing gratitude daily can change your life in many ways. Every day, before you do anything else, make sure you express gratitude. Even if it's hard to find things to be grateful about, try it out for 30 days, and with time you'll start seeing energy shifts in your favor!

- Be grateful when you are healthy
- Or for being alive
- For everything in your life that ever made you happy, including the things that have changed over time.
- Be grateful for being you
- Being around people who care about you
- For your family, friends, and all the important people to you. They are one of GOD's greatest gifts. So always remember to show gratitude when they are present.
- Be grateful for everything in your life, including material things or simple pleasures like cuddling with your pet. Expressing gratitude for these daily experiences will open up so many doors in life! It's easier to see opportunities when you look at the positive side instead of focusing on what is missing from your life. You tend to attract what you put out into the universe, which means that if you feel poor, then chances are more negative thoughts about money will continue to come.
- Be grateful for your mistakes and failures because they are a great learning experience that can help guide you towards success on another path.
- When the going gets tough, be grateful for all the times things have been challenging in your life as this is what makes you stronger. It's often those moments when we've faced adversity that make us stronger as people by teaching us valuable lessons about how to handle complex situations better next time around!

The 30 days of gratitude challenge will not only change your life but will also brighten up everyone else's day too. Every day, share something for which you're grateful with a friend or a loved one.

### Gratitude Meditation & Mindfulness

We spend a great deal of time thinking about the past and the future. Mindfulness teaches you to think about the here and now. We talked briefly about how mindfulness allows you to be grateful. Here is a perfect way to express mindfulness and gratitude by infusing them into your meditation practice to get into the habit of gratitude.

Sit quietly and think about at least five things you are grateful for. Then, as you think of each one, picture it in your mind. Doing this every day helps to rewire your brain to be more positive.

Learning to practice gratitude can be life-changing. Not only do you learn to appreciate the things you took for granted before, but you also enhance your happiness and the feeling of well-being.

This is partly due to the fact that your brain changes the more you practice gratitude. Gratitude allows you to break free of selfishness.

Being grateful does not mean you have to receive presents to be happy. On the contrary, the art of gratitude is about appreciating all the little things that life has to offer and passing that gratitude on to others.

"Gratitude is the key to a happy life that we possess in our hands since if we are not grateful, no matter how much we have, we will not be content — because we will always want to acquire something new or different." ~ Br. David Steindl-Rast

A mindfulness app, such as the one available at mind-tastik.com, can help you get where you need to be in your meditation practice. There are hundreds of meditations that can help with stress, anxiety, and self-help. If you would like to begin to practice gratitude and live a more positive lifestyle, you can download Mind Tastik in the Apple App Store or Google Play.

### Conclusion on Practicing Gratitude

It turns out that there are some simple steps we can take to improve our outlook on life without too much effort or time commitment involved at all! These ideas are ways you might want to consider practicing gratitude so your brain will rewire itself for positivity and success.

Saying thank you makes the person receiving your gratitude feel good, which helps them become more optimistic about their life. By making other people happy, you are spreading positivity in the world, which will also positively affect your life. So be grateful for that!

—By Ph. D Anthony Anderson





# FINANCIAL HEALTH & WELLNESS

## Beware of fake charities; check before donating

**W**ith the tragic crises and natural disasters happening around the globe, many are responding to the call to give what they can to help. The Internal Revenue Service today warned taxpayers to be wary of criminals soliciting donations and falsely posing as legitimate charities. When fake charities scam unsuspecting donors, the proceeds don't go to those who need the help and those contributing to these fake charities can't deduct their donations on their tax return.

"We all want to help innocent victims and their families," said IRS Commissioner Danny Werfel. "Knowing we're trying to aid those who are suffering, criminals crawl out of the woodwork to prey on those most vulnerable – people who simply want to help. Especially during these challenging times, don't feel pressured to immediately give to a charity you've never heard of. Check out the charity first and confirm it is authentic."

Those who wish to make donations should use the Tax-Exempt Organization Search (TEOS) tool on IRS.gov to help find or verify qualified, legitimate charities.

With the TEOS, people can:

- Verify the legitimacy of a charity
- Check its eligibility to receive tax-deductible charitable contributions
- Search for information about an organization's tax-exempt status and filings

In addition, the IRS urges anyone encountering a fake or suspicious charity to see the FBI's re-



sources on Charity and Disaster Fraud.

### Fake charities

Criminals commonly set up bogus charities to take advantage of the public's generosity during international crises or natural disasters. Typically, they seek money and personal information, which can be used to further exploit victims through identity theft.

Fake charity promoters may use emails, fake websites, or alter or "spoof" their caller ID to make it look like a real charity is calling to solicit donations. Criminals often target seniors and groups with limited English proficiency.

Here are some tips to protect against fake charity scams:

- Verify first. Scammers frequently use names that

sound like well-known charities to confuse people. Potential donors should ask the fundraiser for the charity's exact name, website and mailing address so they can independently confirm the information. Use TEOS to verify if an organization is a legitimate tax-exempt charity.

- Don't give in to pressure. Scammers often pressure people into making an immediate payment. In contrast, legitimate charities are happy to get a donation at any time. Donors should not feel rushed.
- Don't give more than needed. Scammers are on the hunt for both money and personal information. Taxpayers should treat personal information like cash and not hand it out to just anyone.
- Be wary about how a donation is requested. Never work with charities that ask for donations by giving numbers from a gift card or by wiring money. That's a scam. It's safest to pay by credit card or check — and only after verifying the charity is real.

Taxpayers who give money or goods to a charity can claim a deduction if they itemize deductions, but these donations only count if they go to a qualified tax-exempt organization recognized by the IRS.

—Peggy Beasterfeld, EA



**Peggy's Tax & Accounting Svc LLC**  
**300 SE 29th, Suite C**  
**Topeka, Kansas 66605**  
**785-286-7899**  
**Frontdesk@peggystaxks.com**



# 8 top food allergens

## and their alternatives

BY ALEXIS KORNBLUM  
LEXISCLEANKITCHEN.COM

#EVERYDAYMOMENTS



### gluten

wheat germ, bran, cereals, bulgar, rye, barley, wheat-based pastas, breads, cookies, crackers, etc.

**SWAP:** NON-GMO CORN TORTILLAS, RICE NOODLES, ZUCCHINI LINGUINE USING A SPIRALIZER, HOMEMADE GRANOLAS, GLUTEN-FREE FLOURS SUCH AS ALMOND FLOUR, COCONUT FLOUR, TAPIOCA FLOUR, ETC.



### eggs

mayo, baked goods, breads, marshmallows, meringues, meatballs, ice cream, etc.

**SWAP:** MASHED BANANA, APPLESAUCE, NUT BUTTER, FLAX/CHIA EGG/GELATIN EGG: 1 TBSP FLAX/CHIA/GELATIN, 3 TBSP HOT WATER-WHISK AND LET SET UNTIL THICK.



### dairy

Cow's milk, cheese, cottage cheese, half and half, cream, sour cream, pudding, yogurt, etc.

**SWAP:** ALMOND MILK OR OTHER NUT MILKS, COCONUT MILK, DAIRY-FREE CHOCOLATE CHIPS, SORBET FOR ICE CREAM, COCONUT OR ALMOND MILK BASED ICE CREAM



### soy

soy sauce, soy milk, tofu, soy protein isolate, miso, some deli meats, tamari, etc.

**SWAP:** COCONUT AMINOS FOR SOY SAUCE



### peanuts

peanut butter, trail-mix, peanut oil, etc.

**SWAP:** SUNBUTTER (MADE FROM SUNFLOWER SEEDS), ALMOND BUTTER, COCONUT BUTTER (WATCH FOR CROSS CONTAMINATION)



### fish

Tuna, salmon, cod, catfish, etc.

**SWAP:** CHICKEN, BEEF, PORK



### shellfish

Shrimp, crab, lobster, mussels, oysters, etc.

**SWAP:** SALMON, COD, SWORDFISH, HALIBUT, CHICKEN, BEEF, PORK



### tree nuts

walnuts, hazelnuts, almonds, pine nuts, brazil nuts, cashews, macadamia nuts, etc.

**SWAP:** COCONUT ITEMS, SUNFLOWER ITEMS

If you have an allergy, always be aware of cross-contamination. Always consult with your doctor before making any major medical/dietary changes.



## MAP vehicle serves homeless in Topeka

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

Services offered include:

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



## SCHEDULE Tuesday & Thursday



**MOBILE ACCESS  
PARTNERSHIP**  
Topeka Rescue Mission's  
homeless hotline:  
785-230-8237

### TRM

Clothing, Hot breakfast and lunch,  
Hygiene items

### VALEO

Showers, COVID testing, Mental Health  
Screenings, City ID applications,

### STORMONT

Child visits, Annual physicals, Chronic  
care follow-up, Routine lab work, Blood  
pressure & Diabetes checks,  
Immunizations **Please call  
785-270-4440 to set an Appointment.**  
Bi-lingual staff available.

### FREE LIFELINE PHONES

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

### STREET DOG COALITION

Vaccines for pets, Parasite control,  
Spay/Neuter

### SCHD

Hepatitis A vaccines, Tetanus shots  
and Flu shots

### KDHE

Voluntary blood draws for Hepatitis A,  
Hepatitis C, STI Panels, and HIV  
as well as rapid Syphilis tests.  
Added Pneumovax, Tetanus, Shingles  
and Flu shots.

### Nov. 2nd • 9:00-3:00

Children's Palace  
601 NW Harrison  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail, SCHD

### Nov. 7th • 9:00-2:00

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

### Nov. 9th • 9:00-2:00

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

### Nov. 14th • 9:00-2:00

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

### Nov. 16th • 9:00-2:00

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

### NO MAP DURING THE WEEK OF THANKSGIVING

### Nov. 28th • 9:00-2:00

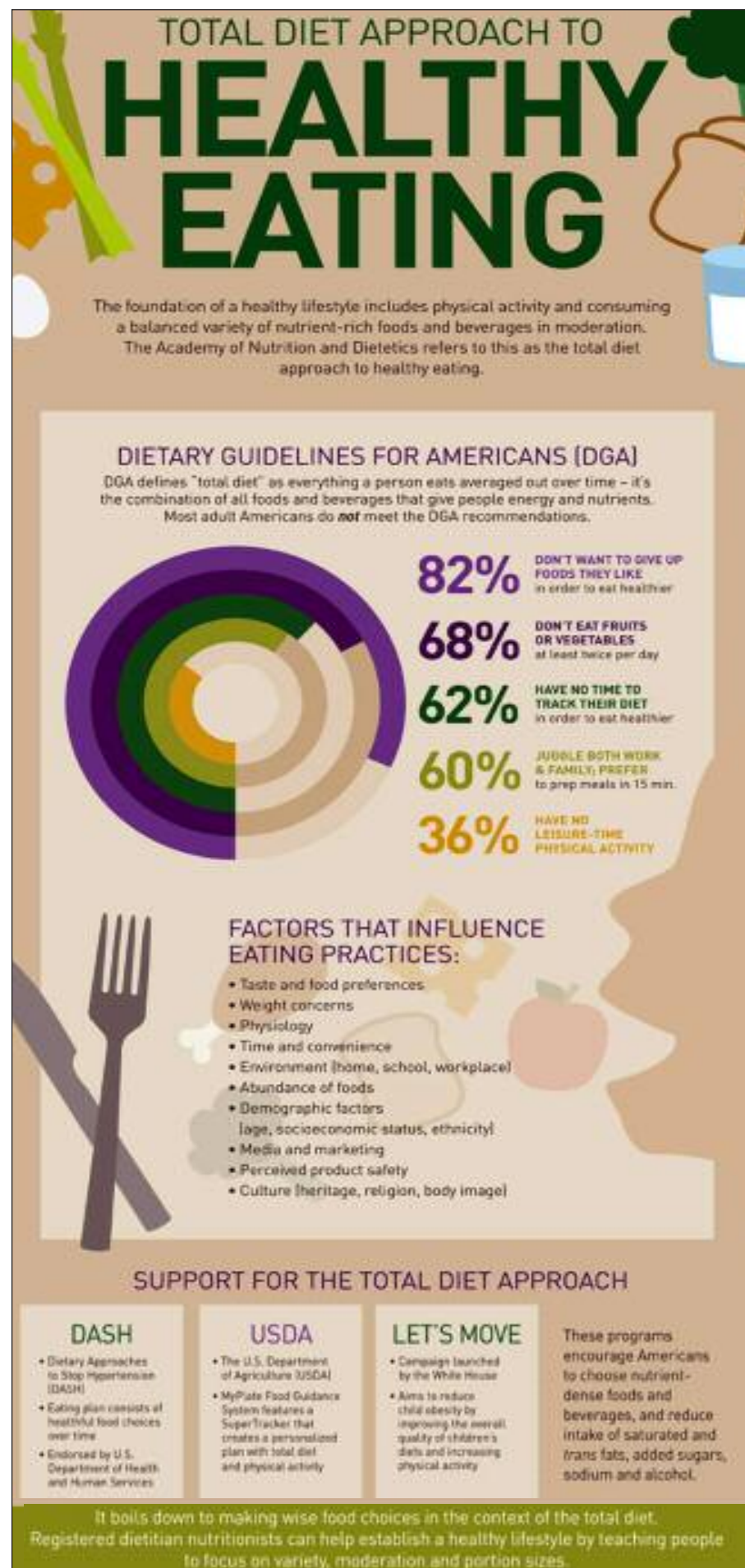
Salvation Army  
1320 SE 6th  
Valeo, TRM, Free LifeLine Phones,  
Stormont-Vail, SCHD

### Nov. 30th • 9:00-2:00

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



**Questions about MAP**  
Please contact Jenny Falk  
Director of MAP Operations  
at [jfalk@trmonline.com](mailto:jfalk@trmonline.com)





# Getting Support from Family & Friends When You Have Type 2 Diabetes

I remember the day I was released from the hospital after experiencing a diabetes scare. A loved one picked me up, and the car ride home was silent. There was so much I wanted to say about my experience and how much I needed that person to encourage me and be there for me during this difficult time. Unfortunately, I wasn't comfortable striking up the conversation.

Back then, I wish I had known that although managing type 2 diabetes can be a challenging journey, it's not one I absolutely had to face alone, even though I felt alone. I should have been vocal about expressing the help I needed.

What about you? Do your loved ones know your struggles with managing diabetes, and do they know how much you need their support?

Your family and friends can be invaluable sources of support, both emotionally and practically. However, seeking and receiving support from them can sometimes be tricky.

That's why I want to share some practical advice for seeking support from those in your circle when you're struggling to manage type 2 diabetes.

## 1. Educate Them About Diabetes

First and foremost, it's crucial to ensure that your family and friends have a clear understanding of type 2 diabetes and where you stand in terms of your health. Many people have misconceptions about diabetes. By educating those close to you, you can help dispel myths and be in a better position to create a supportive environment.

There's nothing like having a heart-to-heart conversation with those who care about you. Invite them to go to a doctor's appointment with you or provide them with reliable resources to learn about type 2 diabetes. Encourage open and honest discussions to answer any questions or concerns they may have. The more they understand, the better they can support you.

## 2. Share Your Goals and Challenges

Communication is key when seeking support. Share your diabetes management goals and the challenges you face with your family and friends. Let them know what you're working toward and how they can help.



For example, if you're trying to adopt a healthier diet, explain your dietary restrictions and ask them to join you in making nutritious food choices when you're together. If you're striving to be more active, invite them to go for walks or engage in other physical activities with you. Sharing your goals allows them to actively participate in your journey.

## 3. Be Specific About Your Needs

While your loved ones may want to help, they might not always know how best to do so. To make it easier for them, be specific about your needs. If you require someone to accompany you to medical appointments or remind you to take your medication, ask for their assistance directly. Clear communication can prevent misunderstandings and ensure your needs are met.

## 4. Establish a Support System

Building a strong support system is essential for managing type 2 diabetes effectively. Identify family members or friends who are willing and able to offer support. This could be a spouse, a sibling, a close friend, or even a support group for people with diabetes.

Having a reliable support system in place means you have people you can turn to when you're feeling overwhelmed, need someone to talk to, or require assistance with daily tasks related to diabetes management. As my personal experience has taught me, although not everyone you expect support from may step up, don't give up hope.

## 5. Coping With Disappointment

When I faced moments in my diabetes management journey where I felt alone and didn't receive the support I expected from certain individuals, it was disappointing. So, I know it can be disheartening when you hope for understanding and assistance from those close to you, only to encounter indifference or even resistance.

In those situations, it's essential to cope with disappointment in a healthy way. While you can't control the actions of others, you can control how you react. Take a step back and evaluate the expectations you had. Sometimes people may not fully grasp the gravity of your situation or may have their reasons for not being as supportive as you hoped.

## 6. Seek Support Beyond Your Immediate Circle

If you find that some of your closest friends or family members are not as supportive as you'd like, it's essential to seek support from other sources. There are countless diabetes support groups, both online and in-person, where you can connect with individuals who understand what you're going through. These communities can provide the understanding and encouragement you may be missing from your immediate circle.

## 7. Remember Those Who Do Support You

While it's natural to feel disappointed by the lack of support from some, it's equally important to recognize and appreciate those who do stand by your side. Express gratitude for the friends and family members who have been there for you, because their support is invaluable in your diabetes management journey.

## 8. Advocate for Yourself

Ultimately, you are your best advocate when it comes to managing type 2 diabetes. Don't be afraid to assert your needs and educate those around you about your condition. Your experience can serve as a powerful tool for raising awareness and fostering understanding.

So remember, although managing type 2 diabetes can be tough, together, with the right support system, you can face your challenges and lead a healthier, happier life. You got this!

— By Oscar Camejo / [webmd.com](https://www.webmd.com)



# Can Alzheimer's risk factor study help with prevention?



(Ivanhoe Newswire) —

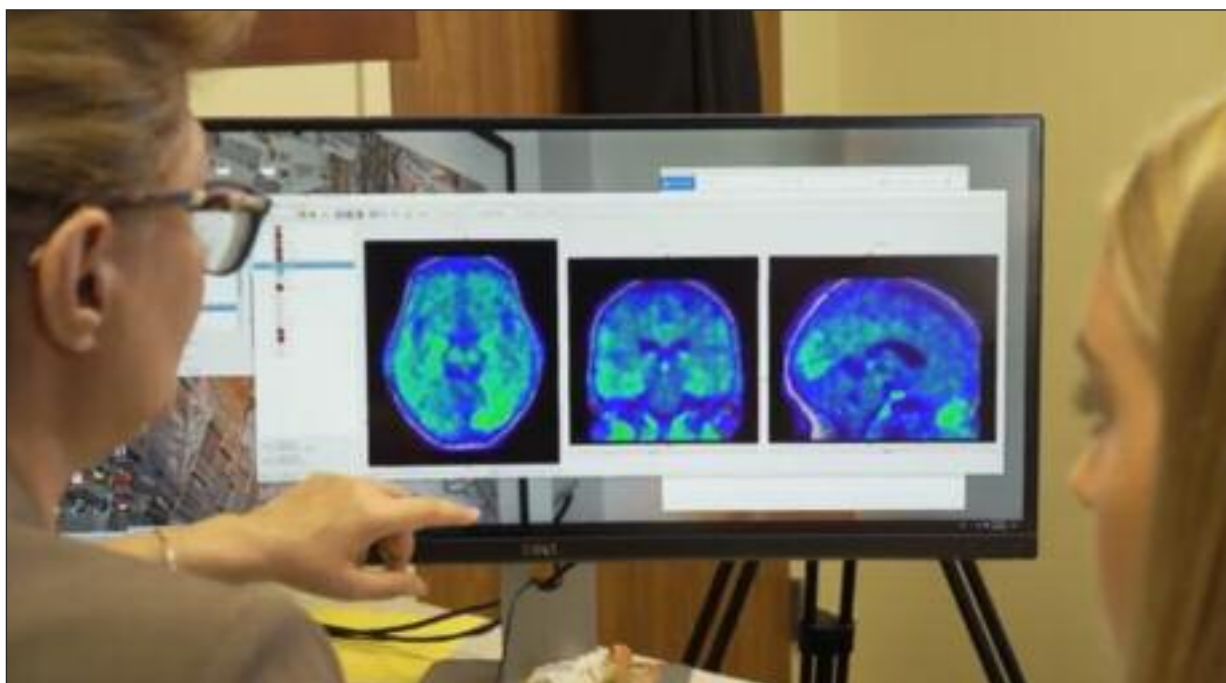
**M**ore than six million Americans are living with Alzheimer's disease. By 2050, that number is expected to more than double! Researchers are constantly searching for answers as to what causes this mysterious disease. Now, they may be one step closer to identifying some risk factors.

Alzheimer's disease is both devastating and deadly. In fact, it's the sixth leading cause of death in the US. One of the biggest problems doctors face is that symptoms typically don't appear until the disease has progressed.

Reisa Sperling, MD, Dir. Ctr. for Alzheimer's Research and Treatment at Brigham and Women's Hospital explains, "We know now that the process of Alzheimer's disease begins in the brain well more than a decade before people get symptoms."

That's why researchers are trying to better identify those at risk. A recent study found people who develop infections such as herpes simplex virus type one or cytomegalovirus in mid and late life are more likely to suffer from Alzheimer's and other dementias. Other research found individuals who had viral encephalitis, which is essentially inflammation of the brain caused by a virus, were at least 20 times more likely to be diagnosed with Alzheimer's than those who didn't have the condition.

Some of the latest research also suggests other possible risk factors include having a head injury, experiencing hearing loss, heart disease, untreated depression, and living in social isolation. Recognizing these risk factors could help doctors spot the disease earlier – which is key



for a better outcome.

Doctor Sperling says, "If we can catch this, nip it in the bud before people have symptoms maybe that's the way we really cure Alzheimer's disease."

Age is the single most important risk factor when it comes to Alzheimer's disease. The likelihood of developing Alzheimer's doubles every five years after you reach age 65. But about one in 20 people with the disease have early-onset and are younger than 65.

Alzheimer's disease is a brain disorder that steadily chips away at one's memory and thinking skills until the individual eventually loses the capacity to carry out natural simple tasks. Early-onset Alzheimer's is very rare, but when it happens it's typically between a person's 30s and mid-60s. Those with late-onset Alzheimer's typically first see symptoms while in their mid-60s. Experts say that over 6 million Americans aged 65 and older may have Alzheimer's. It's predicted that the number of people who will experience Alzheimer's will increase to 13 million by 2050. Getting older is a significant risk factor for Alzheimer's disease. As far as its symptoms, an individual with Alzheimer's will usually display vision/spatial issues, poor judgement, or cooking a meal.

There isn't one distinct test that can be used to determine whether a person has Alzheimer's. However, through the combination of varying diagnostic tools (such as brain imaging, neurological exams and cerebrospinal fluid)

and other medical information (such as a patient's medical history), doctors can come to a consensus when diagnosing a patient. During the neurological exam, the doctor will assess the patient for brain disorders aside from Alzheimer's. They'll look for brain tumors, fluid buildup in the brain, signs of stroke, and Parkinson's disease. The test will gauge eye movement, reflexes, coordination, sensation, strength, and speech. An MRI, CT, or PET may accompany the neurological exam as well.

A new drug by the name of "Lecanemab" was partially approved earlier this year by the FDA for Alzheimer's disorder. Due to the partial approval its availability has been restricted to individuals who can either pay \$26,500 a year for the medication or were enrolled in the clinical trial. As of yet it's not covered under Medicare or Medicaid. If the drug receives full FDA clearance, it will be the first drug on the market for Alzheimer's that modifies the trajectory of the disease, rather than simply treating symptoms.

Side effects have reared its head in some people with reports of brain swelling, microhemorrhages, and bleeding in some patients. The Centers for Medicare and Medicaid Services has decided to cover the cost of the drug for patients who opt into the national registry. At present, the registry hasn't been established and the Alzheimer's Association believes the need for registry "as a condition of coverage is an unnecessary barrier." It's estimated that once fully approved, Lecanemab can exceed \$1 billion in sales by 2026 and top \$5.7 billion by 2030.



# Spiritual Wellness

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

## Healthy Extremes COMPETITION FOR LIFE

**S**port became like a metaphor for her life, wanting to achieve God's best in all areas.

Rose Mary Fries has been a competitive bodybuilder for more than thirty years. At the age of fifty-one, her last serious injury was ten years ago. Though she nurtures a competitive spirit, she also is a strong believer in "common sense and medical sense." She will not push herself to injury even for a win. Overtraining is not an option for her. She loves bodybuilding and wants to train and compete for life.



muscle definition by shedding fat), she will not powerlift, opting for high energy, lighter lifting and training exercises.

Also, Rose Mary is a mindful eater, monitoring her food consumption with the precise macronutrients (carbohydrates, proteins and fats) needed to power her body with the nutrients and fuel to thrive and prevent injury.

Rose Mary's childhood was much like the Leave It to Beaver sitcom. Both her parents were teachers, and her classmates considered her a "goody two-shoes." One thing the other students did not account for was her God-given drive to compete. She wanted to show others and herself that "God-fearing people could excel and win." In school, she competed in sports with all her heart, feeling God's presence and favor during every competitive event (Colossians 3:23).

This childhood competitive drive translated into her adult years. Sport became like a metaphor for her life, wanting to achieve God's best in all areas.

As a neo-natal nurse practitioner, she manages the care and procedures of premature and sick newborns. And as a competitive bodybuilder, she manages the care and procedures of her health, maintaining the professionalism and caution she exhibits for her body as she does for her patients.

*Rose Mary explains, "The way that I prep, I could do it forever."*

When she feels even a twinge in one of her muscles, she will rest that muscle and train around it. During "peak week," (the difficult final stage of bodybuilding preparation when the competitor achieves

Like the cliché, Rose Mary pushes herself to the limits — but not the unhealthy limits that some in competitive sports promote.

*Her limits are set by a higher standard—a standard that may not always lead to the win but does lead to a lifestyle of physical and spiritual health.*

Rose Mary met Ronnie Coleman, eight-time Mr. Olympian winner, in 2005 when he gave his famous speech about bodybuilding and his faith. At that moment, she knew that God had planted the passion in her to compete, in order to be a healthy role model to those around her.

Rose Mary explains that "the more she empties herself of western culture, the more she is filled with spiritual clarity." Bodybuilding competition draws her closer to God and causes her to lean into His presence. She knows that she can achieve all things through Jesus Christ because He gives her strength (Philippians 4:13). She wants to be "healthy and physically fit for as long as possible," saying that "You don't have to succumb to the years." At fifty-one years old, after twenty years of training and competition, she won her pro card. She demonstrates strength and beauty in the



middle years of life.

Other than God, the reason for Rose Mary's successful health and fitness journey is learning how to bring her passion for fitness into all areas of her life. Whether living on the coast with her young family or retiring with her husband on a ranch as empty-nesters, she has always kept her health a priority.

However, she has learned that sometimes life can interfere, and she has unapologetically walked away from competitions (that she trained and paid for) in order to be a serving presence for her family and friends during emergencies and times of need.

*She could easily choose to push her body along downward spiraling extremes that many take in competitive sports, but she will not compromise her ethics or her health — no matter the scores the judges may give her.*

Rose Mary knows that the key to a long, active lifestyle is finding balance within competition and never compromising her health. She has found peace that surpasses all understanding, and the limelight of the stage could never force her to cause damage to her body or her relationships because of unhealthy, unbalanced training. (Philippians 4:7).

— faithandfitness.net



# 47 Years of Nutcracker Ballet

## Ballet Midwest Hosts Annual Production

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

Make the Nutcracker ballet a part of your holiday must-dos and watch this unique story transform on the stage during the 46th annual Ballet Midwest Nutcracker, December 8-10, 2023 at the Topeka Performing Arts Center.

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

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



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

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

Ballet Midwest's Nutcracker Ballet is a holiday staple and will be performed live at TPAC, Friday, December 8th at 7:30 pm, Saturday, December 9th at 1:30 pm and 7:30 pm and Sunday, December 10th at 1:30 pm.

Ticket prices are \$25 for adults, \$22 for seniors 55 and older, and \$16 for students 18 and younger. A family pack of two adult and two student tickets is \$60. Tickets can be purchased in person at the TPAC box office, from cast

members, and at Barbara's Conservatory of Dance.

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

### Fun Facts:

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





# Putting the attitude in gratitude: Giving thanks through dance

**N**ot only is November the month that jump starts the holiday season, but it is also the month when we prioritize thankfulness and gratitude. In a field where it is easy to be consumed by shortcomings, limitations or even comparisons to others, it is important to stop and appreciate what dance gives us. Here are five ways dance supports a practice of gratitude.

## #1. Differing abilities

Whether it is in the studio, in an after-school program or in the club on a Saturday night, dance brings people of different abilities and backgrounds together. Dance can help us appreciate our own abilities while celebrating the accomplishments of others. We can learn to appreciate and honor other cultures and traditions around the world. Furthermore, it affords us opportunities to experience these cultures or even travel around the world through performance or education.

## #2. Deeper connection

Dance is a form of expression and a therapy for some. It allows us to connect to parts of ourselves that we might not even realize exist. Through dance, many people experience spiritual awakenings or the feeling that they are connecting to their very soul. Martha Graham said, "Dance is the hidden language of the soul of the body." Dance transcends verbal language and can provide a deeper understanding of ourselves as well as the world around us.

## #3. Always growing

Dance teaches us that there is always room for improvement and that we never truly stop learning. Dance allows us to continually grow and challenge ourselves. We can be grateful for the lessons that dance teaches us. Although our execution may change as we age, we can continue to embrace the physical and cognitive benefits that dance provides.



## #4. Family affair

We can appreciate the family that is created through our dancing. The friendships, the camaraderie; a unique brother or sisterhood established often transcends decades and lasts a lifetime. Even the mentors or teachers we have the pleasure to learn from become a part of our dance family tree.

## #5. Freedom to explore

Dance gives us permission to explore our boundless creativity, to truly appreciate the freedom of our movements and the body's ability to adapt and change when given a safe container. Freedom to be exactly who we are without fear of judgment and to be witnessed in our authenticity is something to truly be grateful for.

So what if you are feeling disconnected from your gratitude? There are ways to explore gratitude through movement. Here are three ways to prepare your mind for gratitude using your body.

## #1. Identify areas of your body that give you life.

Recognizing that your heart pumps the blood necessary to keep you moving, your lungs provide oxygen that sustain your organs, and your brain houses the motherboard that makes your body operate is one way to reframe and validate the parts of you for which you are thankful. Identifying the parts of you that contribute to your strengths on the dance floor can also create a newfound appreciation for your body, especially if you continually focus on flaws.

## #2. Identify parts of you that need TLC.

Illuminating parts of you that feel less than, not enough, or unworthy provides opportunity to identify and meet your own needs and foster your ability for self-care and compassion. Pay attention to the parts of you that go into auto-pilot. Often times, they have the most to say; we just don't stop to listen.

## #3. Focus on breath.

Breath has the power to calm down the mind and body and can increase our capacity physically and emotionally. As you breathe in, focus on sending the breath to every inch of your being. This not only creates mental space to think and process information but also increases physical space in the body to breathe more fully and to accept and express gratitude.

Gratitude is truly a practice and doesn't come easy to everyone. Finding ways to recognize what you are thankful for can be a challenge in itself. Hopefully you have some ideas on where to begin. I encourage you to start a dance gratitude journal. Write down three to five things that you are grateful for after you engage in dance. The more you practice, the more it will be habit and potentially part of your daily life.

*-Erica Hornthal, LCPC, BC-DMT, Dance Therapist*



# The Best Running Plan for Anyone Just Starting Out

By Sarah Lorge Butler

**A**ll you really need to start running are good shoes and comfortable clothes, plus a place to find your stride. But what makes sticking with the sport way more approachable and easy to conquer is a beginner running plan that teaches you to build up your training slowly, so you stay injury-free and motivated to keep working.

Fortunately, Runner's World has a beginner running plan perfect for anyone who wants to get started. Developed by Budd Coates, a former editor-in-chief of Runner's World, this plan has helped thousands of new runners start clocking time on their feet.

After checking out the training plan, keep reading for additional tips on how to be a successful runner.

## 12 Stages of This Tried-and-True Beginner Running Plan

The plan includes walk/run segments. Repeat each workout at least three or four times in a week before moving on to the next stage.

**Stage 1 - Build up to 30 minutes of non-stop walking.**

**Stage 2 - Walk for 4 minutes. Run for 1 minute.**

Repeat that sequence 4 more times (for a total of 5 times). End with 4 minutes of walking. → Total workout time: 29 minutes, 5 of which are running.

**Stage 3 - Walk for 4 minutes. Run for 2 minutes.**

Repeat that sequence 4 more times (for a total of 5 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 10 of which are running.

**Stage 4 - Walk for 3 minutes. Run for 3 minutes.**

Repeat that sequence 4 more times (for a total of 5 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 15 of which are running.

**Stage 5 - Walk for 2 minutes 30 seconds. Run for 5 minutes.**

Repeat that sequence 3 more times (for a total of 4 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 20 of which are running.

**Stage 6 - Walk for 3 minutes. Run for 7 minutes.**

Repeat that sequence 2 more times (for a total of 3 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 21 of which are running.

**Stage 7 - Walk for 2 minutes. Run for 8 minutes.**

Repeat that sequence 2 more times (for a total of 3 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 24 of which are running.

**Stage 8 - Walk for 2 minutes. Run for 9 minutes.**

Repeat that sequence 1 more time (for a total of 2 times). Then walk for 2 minutes, run for 8 minutes.

End with 3 minutes of walking. → Total workout time: 35 minutes, 26 of which are running.

**Stage 9 - Walk for 1 minute. Run for 9 minutes.**

Repeat that sequence 2 more times (for a total of 3 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 27 of which are running.

**Stage 10 - Walk for 2 minutes. Run for 13 minutes.**

Repeat that sequence 1 more time (for a total of 2 times). End with 3 minutes of walking. → Total workout time: 33 minutes, 26 of which are running.

**Stage 11 - Walk for 2 minutes. Run for 14 minutes. Then walk for 1 minute, run for 14 minutes.** End with 3 minutes of walking. → Total workout time: 34 minutes, 28 of which are running.

**Stage 12 - Walk for 3 minutes (or until you're good and ready). Then run for 30 minutes nonstop.** End with 3 minutes of walking. → Total workout time: 36 minutes, 30 of which are running.



**Seeking community-minded individuals who want to give back to the community. What are you passionate about that Lions can help you do? Volunteer to Serve with the time you have available.**

**Contact: Lion Irene Haws  
785-249-1913**

**Email: irene@idesigngs.com**





## Caring for next spring's perfect lawn starts now.

Let the experts at TruGreen® provide a tailored plan that can help your lawn look its very best year-round.

Save now with

# 50% OFF\*

Your First Service

AMERICA'S #1 LAWN CARE COMPANY



TruGreen will gladly visit your property as needed between scheduled visits to ensure your satisfaction\*



Our tailored lawn plans utilize the latest technology and techniques that help make your lawn green and healthy.




Our TruGreen Lawn Assessment® will examine your grass and soil types and tailor your plan based on the results.†

Call for your **FREE**, no-obligation quote today!


## 1-855-206-9602

\*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. †Purchase of annual lawn plan required for TruGreen Lawn Assessment, which is performed at the first visit. America's #1 lawn care company based on U.S. market share of professional lawn care companies. 2022 MMR Brand Health Tracker. \*Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.



TOPEKA COMMUNITY CYCLE PROJECT

shop learn work ring



Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

**Oakland Community Center, 1534 SW Clay St.**  
**Mailing Address: P.O. Box 504, Topeka, KS 66601**  
**topeka@cycleproject.org • (785) 380-9827**



RENEWAL by ANDERSEN  
FULL-SERVICE WINDOW & DOOR REPLACEMENT



ENGINEERED WITH  
FIBREX MATERIAL  
ANDERSEN EXCLUSIVE FEATURE



**BUY 1, GET 1**  
**40% OFF**  
**Windows, Patio & Entry Doors<sup>1</sup>** Minimum purchase of 4.  
**PLUS**  
**\$0 Money Down, \$0 Interest,**  
**\$0 Monthly Payments for 12 Months<sup>1</sup>** Minimum purchase of 4 - interest accrues from date of purchase but is waived if paid in full within 12 months.

**CALL BY JANUARY 31** to schedule a **FREE** consultation.

 **855-454-4135**

<sup>1</sup>DETAILS OF OFFER: Offer expires 1/31/2024. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 money down, \$0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 9/24/2023 and 1/31/2024. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. Central CA License #1096271, CA License CLSB #1050316, License WRCS-50303, WA License# RENEWAW856K6, WA License #RENEWAP878M, OR License #198571. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2023 Andersen Corporation. All rights reserved. RBA13228

**NORTH AMERICA'S**  
**#1 Selling Walk-In Tub**  
Featuring our *Free Shower Package*

**SPECIAL OFFER**

*Now* you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

*Now you can have the best of both worlds--there isn't a better, more affordable walk-in tub!*

Call today and receive a  
**FREE SHOWER PACKAGE**  
**PLUS \$1600 OFF**  
FOR A LIMITED TIME ONLY  
Call Toll-Free 1-855-431-3053



With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



Call Today for Your Free Shower Package

## 1-855-431-3053

FINANCING AVAILABLE WITH APPROVED CREDIT

EASE OF USE CERTIFICATE

MADE IN TENNESSEE

BBB ACCREDITED

LIFETIME LIMITED WARRANTY





## BECOME DEBT FREE IN AS LITTLE AS 24-48 MONTHS

If you owe more than \$10,000 in credit card or other unsecured debt, see how National Debt Relief can help resolve your debt for a fraction of what you owe.

**Call today:**

**+1 (844) 954-5013**



BEFORE



AFTER

## Keep your home safe with concrete repair

Worrying about your uneven or cracked concrete can make owning a home very stressful. By investing in concrete repair, you can fix your driveway, walkways, patio, and more in one easy lift.

**THRASHER**  
FOUNDATION REPAIR

**GET A FREE ESTIMATE**  
**866-571-8749**

## Connect Anywhere, Anytime.

### Enjoy Free Internet Data on Your Mobile Devices with ACP

You qualify today for the Government Free Internet Program if a household of two has an income of less than \$39,440, or if you receive:

- Medicaid
- SNAP
- SSI
- WIC
- Veterans Pension
- Survivors or Lifeline Benefits
- Tribal Assistance Program
- Housing Assistance



Get a subsidized 4G Android Tablet for \$20



**CALL TODAY (877) 920-0871**



785-235-3340

Voice@cox.net

- Local, Regional & National News
- Free Local Event Calendar
- Service to 20,000 readers monthly
- Family-friendly content
- Distribution to 500 Topeka outlets
- Low ad rates & free design
- Print & Online News & Advertising
- Serving non-profits
- Helping small businesses

www.MetroVoiceNews.com    facebook.com/TopekaMetroVoice

## Economical Advertising for Small Businesses

Reach 10,000 Families at lowest cost per thousand  
Even small businesses need to advertise - We can help!

~ Print, digital, email, website, social media ~

*Prices start at \$20 per month*



# Twenty Ways to Care for Caregivers

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

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

10. Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.

11. Reduce daily caffeine intake.

12. Get professional help if you feel your support system isn't adequate or if you feel overwhelmed.

13. Take a break very day, even if it's only 10 minutes alone in the backyard.

14. Explore community resources and connect yourself with them.

15. Listen to music.

16. Learn relaxation techniques.

17. Regularly attend one or more support groups and education workshops.

18. Give yourself a treat at least once a month: an ice cream cone....a new shirt or

dress....a night out with friends....a flowering plant.

19. Read the Fearless Caregiver Manifesto

20. Know your limitations.

—caregiver.com

## FEARLESS CAREGIVER MANIFESTO

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

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





# TOPEKA Health & Wellness MAGAZINE

## Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

### *Will you help us?*

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist  
Dentist • Massage therapist • Sports Medicine  
Fitness coaching • Pediatrician • Emergency Care • Nursing  
Health insurance provider • Ear, nose, and throat doctor • Pet care  
OB / GYN • Senior Health and Wellness provider • Health Care Finances



By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact Lee Hartman at 785-640-6399 or [info@topekahealthandwellness.com](mailto:info@topekahealthandwellness.com).



# Healthy Recipes for the Holidays

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

## Light and Baked Mozzarella Sticks



A light version of a popular appetizer. Serve with marinara sauce.

### Ingredients

- cooking spray
- 1 large egg
- ¾ cup Italian seasoned bread crumbs
- 8 toothpicks
- 4 reduced-fat mozzarella string cheese sticks, halved

### Directions

Preheat a toaster oven on the broil setting; alternatively, set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Grease a small baking sheet with cooking spray; set aside.

Beat egg in a small bowl. Place bread crumbs into a separate small bowl.

Insert a toothpick vertically into each cheese stick half to the mid-way point. Dip each cheese stick into egg, then press in bread crumbs to coat. Repeat dipping in egg and bread crumbs for a double-thick coating. Place cheese sticks on the prepared baking sheet and coat with additional cooking spray for uniform browning.

Broil in the preheated oven until golden brown, 4 to 5 minutes. Allow cheese sticks to set before serving, about 1 minute.

### Nutrition Information (Servings: 4)

Per serving: 181 calories; fat 8g ; carbohydrates 16g; protein 12g; sodium 580mg

Source: allrecipes.com

## Rosemary Roasted Turkey



This recipe makes your turkey moist and full of flavor. Can also be used for chicken breasts.

### Ingredients

- ¾ cup olive oil
- 3 tablespoons minced garlic
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon chopped fresh basil
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- salt to taste
- 1 (12 pound) whole turkey

### Directions

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

In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside.

Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin.

Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat.

Place the turkey on a rack in a roasting pan. Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 180 degrees F (80 degrees C).

### Nutrition Information (Servings: 16)

Per serving: 597 calories; fat 34g ; carbohydrate 1g; protein 68g; sodium 165mg

Source: allrecipes.com

## Spicy Sweet Potato Chips



Here's a seasonally appropriate alternative to potato chips.

### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- ¼ teaspoon cayenne pepper
- 3 large sweet potatoes, peeled and cut into 1/4-inch slices
- salt and pepper to taste

### Directions

Preheat the oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Stir olive oil, maple syrup, and cayenne pepper together in a small bowl. Brush sweet potato slices with maple mixture and place onto the prepared baking sheet. Sprinkle with salt and pepper.

Bake in the preheated oven for 8 minutes, then flip over, brush with any remaining maple mixture, and continue baking until tender in the middle and crispy on the edges, about 7 more minutes.

### Nutrition Information (Servings: 6)

Per serving: 138 calories; fat 5g; carbs 23g; protein 2g; sodium 82mg

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 Mindful Body:** thinking our way to chronic health – by Ellen Langer; Ballantine Group; New Health Books 615.851 LAN

When it comes to our health, we tend to live our lives as though our ailments--our stiff knees or frayed nerves or diminished eyesight--can change only in one direction: for the worse. Award-winning social psychologist Ellen J. Langer's life's work proves the fault in this negative outlook as well as the healing power of its alternative: mindfulness--the process of active noticing where we are not bound by past experience or conventional wisdom. Dr. Langer outlines her bold new theory of mind-body unity, along the way clearly demonstrating how our thoughts and perspectives have the potential to profoundly shape our well-being. Whether it is hotel chambermaids who lost weight when they simply came to see that their work constituted exercise, or patients whose wounds healed faster in rooms with accelerated clocks, she shows how influential our thoughts are to the state of our bodies. Her work has likewise proven that discouraging health news can have negative effects. Learning you are prediabetic, for example--even if your blood sugar reading is only a fraction away from "normal"--may actually play a part in the development of the disease.

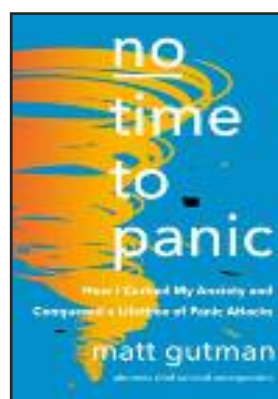
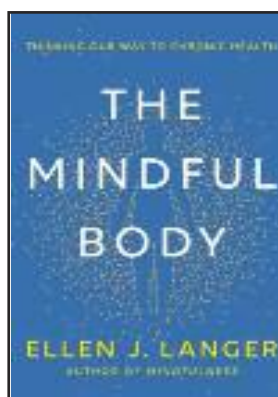
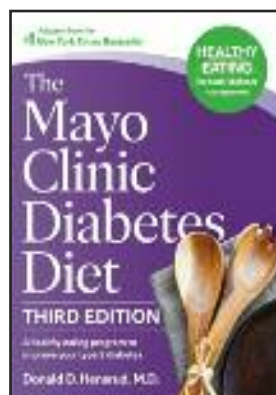
**The Mayo Clinic Diabetes Diet:** a healthy-eating program to improve your type 2 diabetes – by Donald Hensrud; Mayo Clinic Press; New Health Books 616.462 HEN

Did you know losing weight can reverse the phys-

ical process that causes diabetes? Yes! Within days of losing weight, blood sugar improves, sometimes dramatically. Losing weight isn't easy, of course, but The Mayo Clinic Diabetes Diet is a different type of weight-loss program. Adapted from the #1 New York Times bestselling book, The Mayo Clinic Diet, this diabetes diet plan is a whole-lifestyle approach specifically designed to help you lose weight--and keep it off. This book can help you change your mindset around weight loss success, five habits to kick to help you transition into a healthy lifestyle, and five bonus habits to make the weight loss process as pain free as possible.

**No Time to Panic:** how I curbed my anxiety and conquered a lifetime of panic attacks – by Matt Gutman; Doubleday; New Health Books 616.8522 GUT

Matt Gutman can tell you the precise moment when his life was up-ended. Reporting live on a huge story in January 2020, he found himself in the throes of an on-air panic attack--and not for the first time. The truth is that Gutman had been enduring panic attacks in secret for twenty years: soul-bruising episodes that left his vision constricted, his body damp, his nerves shot. Despite the challenges, he had carved out a formidable career; but his January 2020 broadcast was unusual for all the wrong reasons. Mid-panic, Gutman misstated the facts of a story, a blunder that led to a monthlong suspension, not to mention public shame and personal regret. It was a reckoning. Gutman's panic attacks had become too much for him to bear in secret. He needed help.



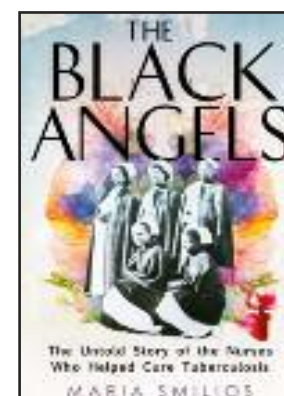
So begins a personal journey into the science and treatment of panic attacks. Unsparing, perceptive, and often funny, this is the story of a panic sufferer who took on the monster within. Filled with wisdom and actionable insights, it's at once an inspirational journey and a road map--if not toward a singular cure, then to something even more worthy: peace of mind.

**The Black Angels:** the untold story of the nurses who helped cure tuberculosis – by Maria Smilios; G. P. Putnam's Sons; New Health Books 614.542 SMI

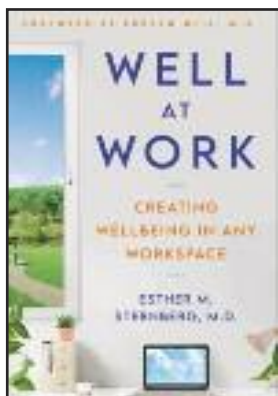
New York City, 1929. A sanatorium, a deadly disease, and a dire nursing shortage. In the pre-antibiotic days when tuberculosis stirred people's darkest fears, killing one in seven, white nurses at Sea View, New York's largest municipal hospital, began quitting en masse. Desperate to avert a public health crisis, city officials summoned Black southern nurses, luring them with promises of good pay, a career, and an escape from the strictures of Jim Crow. But after arriving, they found themselves on an isolated hilltop in the remote borough of Staten Island, yet again confronting racism and consigned to a woefully understaffed sanatorium, dubbed "the pest house," where it was said that "no one left alive." The Black Angels recovers the voices of these extraordinary women and puts them at the center of this riveting story, celebrating their legacy and spirit of survival.

**Well at Work:** creating wellbeing in any workspace – by Esther Sternberg; Little, Brown Spark; New Health Books 613.792 STE

**Well at Work** reveals how to optimize our workspaces for wellbeing across the seven domains of integrative health: stress and resilience; movement; sleep; relationships; environment; nutrition; and spirituality. You'll learn: \*How the environment

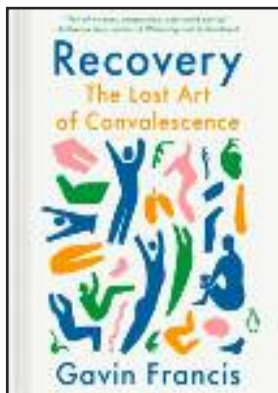


you work in all day can affect your sleep at night \*Optimal lighting and noise levels for reducing stress and improving focus \*How to adjust temperature and humidity to stay alert and protect against infection \*Why open-plan offices can keep you more active \*The myriad benefits of access to nature (and how to bring nature indoors) \*Office layouts that foster social interactions but not distraction \*Foods to enhance cognitive performance. Above all, you'll come away with a menu of simple steps anyone can take to be – and stay – well at work.



**Recovery:** the lost art of convalescence – by Gavin Francis; Penguin Books; New Health Books 610.44 FRA

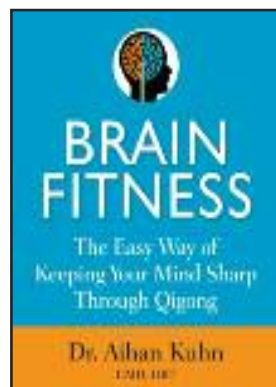
A gentle, expert guide to the secrets of recovery, showing why we need it and how to do it better. For many of us, time spent in recovery--from a broken leg, a virus, chronic illness, or the crisis of depression or anxiety--can feel like an unwelcome obstacle on the road to health. Modern medicine too often assumes that once doctors have prescribed a course of treatment, healing takes care of itself. But recovery isn't something that "just happens." It is an act that we engage in and that has the potential to transform our lives, if only we can find ways to learn its rhythms and invest our time, energy, and participation.



Drawing on thirty years of medicine, and on insights from practitioners, psychologists, and writers across history, physician Gavin Francis delivers a profound, practical, and deeply hopeful guide to recovery. Rejecting the idea that healing is passive, Recovery offers tools and wisdom for convalescence, and shows how tending to our bodies, environments, and perspectives can help us move through the landscape of illness--and come out the other side whole.

**Brain Fitness:** the easy way of keeping your mind sharp through qigong – by Aihan Kuhn; YMAA Publication Center; New Health Books 613.7148 KUH

Dr. Aihan Kuhn shares her expertise in tai chi, qigong, and Traditional Chinese Medicine, giving readers exercises designed to prevent brain aging. This book represents a synthesis of Dr. Kuhn's studies in martial arts as well as Eastern and Western healing.



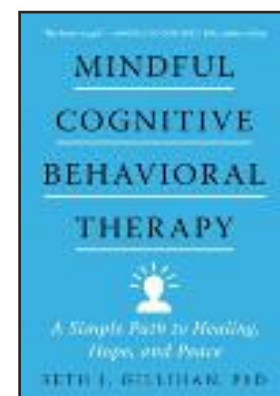
Tai chi and qigong practitioners around the world have long known that these arts promote fitness and self-defense. In this book Dr. Kuhn explores their physical, mental, emotional, and spiritual benefits, emphasizing how tai chi and qigong aid in memory, emotional balance, and lifelong learning. With this book you will: \*Learn Dr. Kuhn's keys to prevent brain aging \*Discover the physical, mental, emotional, and spiritual benefits of tai chi \*Learn how tai chi and qigong assist in human healing. Dr. Kuhn says we have long assumed that getting older means facing a decline in memory, attention span, numerical ability, creativity, alertness, learning ability, and language. "But we were wrong," she adds. "New findings from science show that if the brain can be consistently stimulated, no matter our age, the brain can remain youthful and healthy."

**Mindful Cognitive Behavioral Therapy:** a simple path to healing, hope, and peace – by Seth Gillihan; HarperOne, an imprint of HarperCollins Publishers; New Health Books 616.89142

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 long for. Practicing psychologist and one of the top popularizers of Cognitive Behavioral Therapy (CBT), Dr. Seth Gillihan believes we need to do more than relieve our symptoms to become healthy and whole. To achieve long-lasting health and well-being, we must embrace the spiritual in our healing.

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. This extraordinary guide teaches us how to retrain our minds to banish the stubborn lies we tell ourselves and adapt new healthful and spiritual practices that can help us focus on the deep truths of our existence--that we are perfect in our imperfections, and most important, that we are beings deserving of love.



*Get These Books, DVDs and More!* Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

Check out our article [“Find Healthy Reading Options while you are Safer at Home”](#) at [tscpl.org](http://tscpl.org). Learn about our Curbside Pickup, delivery through TSCPL @ Home, and our many digital options through Libby, Overdrive, Hoopla, and Flipster.

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at [tscpl.org/downloads](http://tscpl.org/downloads) or [tscpl.org/downloads/ebooks](http://tscpl.org/downloads/ebooks).



**Contact Lissa Staley:**  
[estaley@tscpl.org](mailto:estaley@tscpl.org)

**Topeka & Shawnee County  
Public Library**

**1515 SW 10th Ave., Topeka, KS 66604  
785-580-4400 • [www.tscpl.org](http://www.tscpl.org)**



# Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com).

## MEDICAL

**KMC GASTROENTEROLOGY & ENDOSCOPY CENTER** - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. [KMCPA.com](http://KMCPA.com). • [TopekaEndoCenter.com](http://TopekaEndoCenter.com)

## DIABETES PROGRAM

**24 For Life** - Program offered by Midland Care to prevent or delay Type 2 Diabetes. For information, contact Donna Doel at 785-250-5210 or [ddoel@midlandcc.org](mailto:ddoel@midlandcc.org)

## PEDIATRIC DENTISTRY

**ADVENTURE DENTAL & VISION** - Now your child's dental and vision needs can be met at the same location. Medicaid welcome.. 400 SW 29th St. 785-236-7787

## PEDIATRIC VISION

**ADVENTURE DENTAL & VISION** - Healthy eyes are vital for school success. Medicaid welcome. 400 SW 29th St. 785-236-7787

## ATTORNEY SERVICES

**K. KIRK NYSTROM, Attorney**

**Wills • Powers of Attorney  
Estate Planning • Probate • Trusts**

- Free Parking
- Emergency Hospital Visits
- Evening & Saturday Appointments

*We've Moved Upstairs!*

112 SW 6th Avenue, Suite 509  
Topeka, Kansas 66603

785-235-6977  
[k.nystrom@att.net](mailto:k.nystrom@att.net)  
[www.nystromlaw.net](http://www.nystromlaw.net)

*"36 years Experience"*

*But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24*

## HEALTH ADVERTISING

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

## MEDICAL PRODUCTS

**CPAP**

**Supplies & Services LLC**

*Specializing in all your CPAP needs*

785-289-3188 2905 SW Gage

## COUNSELING

**MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING** for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit [www.midlandcare.org](http://www.midlandcare.org).

**SMJ SHANE M. JONES**  
A ASSISTANT, P.A.

**COUNSELING YOU CAN TRUST**  
[www.shanemjones.com](http://www.shanemjones.com)

2704 N. Topeka Blvd., Suite D  
Topeka 785-266-7732

5040 Bob Billings Parkway, Suite B  
Lawrence 785-832-8638

Shane Jones, L.S.C.S.W.

**Areas of expertise:**

- Marriage & Relationships
- Depression
- Anxiety
- Adoption
- Addictions
- Foster Care
- Grief-Loss

## ASSISTED LIVING

**Advena**

LIVING ON TENTH

Skilled Nursing  
Rehabilitation  
Long-Term Care

Mental Health Services  
VA-Connected

Call us to learn more: (785) 233-8918  
2015 SE 10th Ave, Topeka, KS 66607 • [www.advenatenth.com](http://www.advenatenth.com)

## MENTAL HEALTH - ADDICTION

**MENTAL HEALTH - ADDICTION TREATMENT** - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley. 785-233-1730

## EMERGENCY FOOD & SHELTER

**TRM MINISTRIES**

**TOPEKA RESCUE MISSION MINISTRIES**

**FAITH WITH ITS SLEEVES ROLLED UP**

Main: 785.354.1744  
Donate: Text **TRMgive** to 77977  
Non-Cash Donations: 785.357.4285  
Volunteer Services: 785.354.1744 ext. 393  
[TRMonline.org](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

## CHRISTIAN EDUCATION

**CAIR PARAVEL LATIN SCHOOL** - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. [www.cpls.org](http://www.cpls.org)

**K-12 Christian Education**

A Christ-centered, quality education, plus:  
Athletics/Wheelchair Soccer/Chess/Instrumental/Boating  
Fine Arts: Choir, Band, Drama, Speech, Art

Call 785-286-0427 today for a tour.

**Heritage Christian School**  
"Spiritually Grounded, Academically Excellent, Faithfully Serving"

**Advanced EDUCATION**

[HCSTopeka.org](http://HCSTopeka.org) | [info@HCSTopeka.org](mailto:info@HCSTopeka.org) | 2000 NW Clay, Topeka, KS 66606

**Alpha Christian Children's Home & School**  
[www.alphachristianchildrenshome.com](http://www.alphachristianchildrenshome.com)

**WHAT WE DO:**

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

**HOW YOU CAN HELP:**

1. Pray
2. Volunteer
3. Refer Children in Need To Us
4. Monetary & Food Donations

Find out more by calling  
785-597-5235  
Located East of Topeka  
15017 27th Street  
PO Box 727  
Perry, Kansas 66807

**RETIREMENT COMMUNITY****GRAPHIC DESIGN SERVICES**

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

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

**BICYCLES**

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

**HOME CARE AND HOSPICE**

**PHOENIX HOSPICE & HOME CARE** - providing hospice & home care services built on innovation, skill, and Christ-like values of compassion, honesty, and patience. 2945 SW Wanamaker Dr., Suite B, 785-260-6444.

**MIDLAND HOSPICE** - The sooner you call, the sooner we can help. 800-491-3691  
www.midlandcareconnection.org

**DELI MEATS**

*Get Your Healthy Meat & Deli Items at*

**HERMAN'S  
BEEF & SAUSAGE HOUSE**  
823 N.W. Gordon St. Topeka, KS 66608  
**(785) 233-7328**  
We Specialize In Meat & Deli Items

**NUTRITION / SUPPLEMENTS**

An advertisement for Innov8tive Nutrition. It features the company logo, the text "A whole new way to be your best!", and a photo of a man's torso wearing a patch. It includes contact information for Cindy Durkin.

**FINANCIAL WELLNESS**

**PEGGY'S TAX AND ACCOUNTING SERVICE** - 300 SE 29th St, Topeka, KS. Multiple - year tax returns, tax problem resolutions, IRS letters, etc. 785-286-7899.  
FrontDesk@peggystaxks.com  
www.peggystaxks.com

An advertisement for Edward Jones featuring a photo of Scott D. Van Genderen, CFP®, ChFC®, AAMS®, Financial Advisor. It lists his address and contact information.

**FOR RENT**

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

**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

**PERSONAL INJURY**

**PERSONAL INJURY ATTORNEY** - Call us for a free consultation. Patton & Patton. 785-273-4330 • www.joepatton.com

**RECOVERY**

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

**COMMUNITY CARE LINE**

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

**FUNERAL & CREMATION SERVICES**

An advertisement for Davidson Funeral Home &amp; Cremation Services. It includes the company name, "Family Owned &amp; Operated for over 100 years", address, and a photo of the building.

**FARM & HOME SUPPLIES**

An advertisement for Tarwater Farm &amp; Home Supply. It features contact information (phone, toll-free, fax, email, mobile), the owner's name, address, and a logo with the tagline "BECAUSE OF THE CUSTOMER... WE EXIST!".

**PET CARE**

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

**MERIDEN ANIMAL HOSPITAL**

**Jeffrey F. Van Petten, DVM**  
Veterinary Acupuncture & Chiropractic Care  
Member - AVMA, IVAS, AVCA  
7146 K-4 Hwy, Meriden, Ks  
785-484-3358 • Phone answered 24 hours  
staff@Meriden-Animal.com



# Healthy Event Calendar for Greater Topeka

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

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

**OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansas.org/calendar](http://www.getoutdoorskansas.org/calendar)

**GARY'S PUMPKIN PATCH & FALL FESTIVAL** – Sept. 29-Oct 29, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. [garysberries.com](http://garysberries.com), [garysfarmfest.com](http://garysfarmfest.com); 785-246-0800

**SILENTS IN THE CATHEDRAL** – Oct. 27, 7-10pm, Grace Cathedral

**FREE MONTHLY HYGIENE GIVEAWAY** – Oct. 28, Nov. 18, & Dec. 16, 3 to 4pm, Faith Temple, 1162 SW Lincoln

**HAM & BEAN DINNER WITH CRAFT BAZAAR** – Oct. 28, 4:30 to 7:00pm, Elmont United Methodist Church, 6635 NW Church Ln. Free will donation for meals.

**TRUNK OR TREAT** – Oct. 28, 3-5pm, St. Davids Episcopal, 17th & Gage

**TRUNK OR TREAT** – Oct. 28, 9-3, Vail Event Center.

**TRUNK OR TREAT CARNIVAL** – Oct. 28, 4-6:30pm, Capital Gymnastics, 3740 SW Park Ave.

**TRUNK OR TREAT & TROOP 10 CHILI FEED** – Oct. 28, 4-6pm, First Baptist Church, 3033 SW MAcVicar

**FREE MONTHLY HYGIENE GIVEAWAY** – Oct. 28, 3-4pm, Faith Temple, 1162 SW Lincoln

**TRUNK OR TREAT** – Oct. 28, 3-5pm, NOTO Arts District

**LAST SUNDAY FREE BREAKFAST BUFFET** – Oct. 29,

9am – 12pm, Philip Billard Post 1650, 3110 SW Huntton. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

**TRUNK OR TREAT** – Oct. 29, 6-8pm, First Southern Baptist, 19th & Gage.

**TRUNK OR TREAT** – Oct. 29, 6-8pm, First Southern Baptist Church, 19th & Gage.

**TRUNK OR TREAT** – Oct. 31, 5:30-6:30pm, KS Big Brothers/Big Sisters, 2348 SW Topeka Blvd.

**TRUNK OR TREAT** – Oct. 31, 6:30-8pm, East Side Baptist Church, 4425 SE 29th St. Hayrides, drawings for gift cards. More info available at [esbcks.org](http://esbcks.org)

**TRUNK OR TREAT** – Oct. 31, 5-6:30pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Hot Chocolate, Hayrack Ride, Hotdogs, Candy, Fun, Games, Popcorn, & more! 785.266.3247

**TRUNK OR TREAT** – Oct. 31, 5:30-7:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha. Bounce house food trucks, games

**“SHARE THE WARMTH” PROGRAM** – Thru Nov. 18. Providing coats for those in need. Scotch Fabric Care collection & cleaning at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. Distribution: on Saturday, December 2: 9a to 2p at Topeka Salvation Army, 1320 SE 6th St. 785-408-9100

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

**TAILS ON THE TRAIL WALK-A-THON** – Nov. 3, 4, 17, 18, 11:30am, HHHS. Participants will get their TOTT long sleeve, a goody bag and access to event activities. Participants will engage in a walk-a-thon at 5 different locations. This will be completed on your own time. Walk on your own or get the whole family together. We will also have yoga and a zumbathon for those interested! [sky.meininger@hhs-topeka.org](mailto:sky.meininger@hhs-topeka.org). Tickets: 2023TOTT.givesmart.com

**BOLD & BRIGHT HOLIDAY SHOW** – starting Nov. 3, 11-8pm and continuing every Wed-11-5, Thu 11-7, Fri 11-7, Sat 10-4 in NOTO Arts Center. Celebrate the joy of the season and everything Bold & Bright. Over 25 works of art

**SHAKESPEARE SHORTS and BALLET** – Nov. 3, 6pm, Redbud Park NOTO. Lady Shakes Theatre Company performs a selection of scenes and monologues indoors in the barn at Redbud Park in NOTO. Following, Ballet Midwest will take the stage for some previews of the Nutcracker Ballet. Free event.

**FREE MOVIE NIGHT – “INVISIBLE”** – Nov. 4, 6pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. Doors open 5:30pm. Free movie snacks, childcare available.

**HOLIDAY EXTRAVAGANZA** – Nov. 4, 9-3, The Woodshed, 1901 N. Kansas Ave.. An eclectic collection of unique vendors & food trucks, for a festive day of merry fun while supporting local businesses this season!

**NAACP FREEDOM FUND BANQUET** – Nov. 4, 6pm, Ramada Inn Downtown. The speaker is retired Judge Joe Johnson. NAACP Topeka Unit #4042. 785-266-2227

**FALL BACK** – Nov. 5, 2am. Daylight Saving Time ends. Set your clocks back 1 hour. Be on time for church!

**ELECTION DAY** – Nov. 7. Don't forget to vote!

**FOCUS ON HUMAN TRAFFICKING** – Nov. 7, 9:30-10:30am, Sunflower Foundation on the former Menninger Campus, 5820 SW 6th. Substance use and its impact on relationships. 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. RSVP - <https://tinyurl.com/2p4yse37>

**NASHVILLE NIGHTS** – Nov. 9, 7pm, TPAC. 3 top songwriters – Lee Thomas Miller, Wendell Mobley and Barry Dean have multiple Grammy, CMA and ACM nominations and a combined 19 #1 hit singles.

**BLIZZARD BASH DEMO DERBY** – Nov. 9-12, Stormont Vail Events Ctr. [info@stormontvailventscenr.com](mailto:info@stormontvailventscenr.com). 785-251-5552

**TOPEKARAMA COMIC AND POP CULTURE FEST** – Nov. 11, 10-4, Vail Events Ctr. Ag Hall.

**VETERANS DAY PARADE – SUNFLOWER SALUTE** – Nov. 11, 11am, State Capitol Building. The main stage will be at 10th and Kansas. Parade registration will enter at 12th and Harrison. Registration begins at 9am

**MAKERS MARKET** – Nov. 11, 8:30-2, First Church of the Nazarene, 1001 SW Buchanan. More than 25 local creators will be displaying & selling unique items perfect for the upcoming holidays. Crafts, homemade treats & baked goods

**NATIONAL SHOEBOX COLLECTION WEEK**, Nov. 15 – 22. Operation Christmas Child volunteers will collect shoebox gifts at various drop-off sites. [www.samaritanspurse.org/operation-christmas-child/drop-off-locations](http://www.samaritanspurse.org/operation-christmas-child/drop-off-locations)

**WOMEN WHO'VE CHANGED THE HEART OF THE CITY LUNCHEON** – Nov. 16, 11:30am seating, 12-1pm luncheon & program, The Beacon, 409 SW 9th St. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. RSVP to Mary Flin, 785-431-6000 or [maryflin@tumi-topeka.org](mailto:maryflin@tumi-topeka.org)

**WOMEN WHO'VE CHANGED THE HEART OF THE**



**Shawnee County Warm Line**  
1-800-972-8199

Feeling worried, lonely or isolated?  
Call to request regular check-in phone calls,  
or call when you want to talk!

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

Monday - Friday from 10 am - 2 pm.



**CITY NETWORKING/AWARDS**—Nov. 16, 5:30-6:30pm networking, 6:60-7:45pm awards, The Beacon, 409 SW 9th St. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. RSVP to Mary Flin, 785-431-6000 or maryflin@tumitopeka.org

**"REFLECTIONS ON WATER IN KANSAS"**—Nov. 16, 7pm, Topeka Shawnee County Public Library, Marvin Auditorium. Rex Buchanan, former Director of the Kansas Geological Survey, will present. Register on the Kansas Sierra Club website to receive a ZOOM link if you prefer.

**CRAFT & BAKE SALE**—Nov. 16, 8am-6pm & Nov. 17, 8am-4pm, Mother Teresa of Calcutta Catholic Church, 2014 NW 46th St. Handcrafted items, baked items, crocheted & knitted items, soup & cinnamon rolls for lunch.

**GINGERBREAD HOMES FOR THE HOLIDAYS**—Nov. 17, 9am-5pm; Nov. 18, 10am-5pm; Nov. 19, 11am-4pm. TPAC, 214 SE 8th Ave. View and bid on elaborate gingerbread houses. Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade candy. Meet Santa. Adm. \$6. 785-234-2787. TopekaPerformingArts.org

**RELIGIOUS FREEDOM SYMPOSIUM**—Nov. 18, 3-5pm, WU Student Union Conference room A & B. Explore how the rights guaranteed under the religious freedom clauses of the First Amendment ensure protection and fairness for all. Advancing the causes of religious freedom and also nondiscrimination. Free adm.

**CASA HOMES FOR THE HOLIDAY'S TOUR**—Nov. 18—19, 10-4. Tickets at the door or in advance at [www.casaof-shawneecounty.com](http://www.casaof-shawneecounty.com).

**RED KETTLE KICKOFF CONCERT**—Nov. 18, 5pm, White Concert Hall. WU Wind ensemble, WU Jazz ensemble, Faculty Brass Quintet, guest artist Allen Vizzutti. 785-408-9100. Benefits Topeka Salvation Army, 1320 SE 6th St.

**NOTO HOLIDAY MARKETS**—Nov. 18, 25 & Dec. 2, 8, 16, 11am-5pm, NOTO Arts Center. Shop local and support local artists, artisans and makers.

**NOTO CELEBRATION OF LIGHTS KICK OFF**—Nov. 18, 11am-8pm, NOTO Arts District. Enjoy carriage rides, musical performances, holiday cookie workshops, shopping and a tree-lighting ceremony at 6pm.

**FESTIVAL OF TREES**—Nov. 21- Dec. 2, 10am-6pm, Fairlawn Plaza Mall. Wonderfully decorated trees and a silent auction.

**TARC's WINTER WONDERLAND**—Nov. 22-Dec. 31, 6-9pm Mon-Wed; 6-10pm Thu-Sun. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph. 785.506-8720. Winterwonderland-topeka.com

**CHOCOLATE NUTCRACKER**—Nov. 25, 2pm & 7pm, TPAC. An urban twist on the classic ballet, showcasing a variety of ethnic dances, including hip hop, jazz, African contemporary, lyrical, praise dance and ballet, staged by It Takes a Village Inc.

**TOPEKA JAZZ: BRIAN BAGGETT TRIO**—Nov. 26, 3pm, TPAC. Tickets: TopekaJazz.com

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

**FESTIVAL OF TREES SOIREE**—Dec. 1, 6-9pm, Fairlawn Plaza Mall. Join SLI for a fun evening celebrating the holidays! You will be able to enjoy heavy hors d'oeuvres, dessert, drinks, DJ, games, and activities throughout the mall, live auction, silent auction, and the wonderfully decorated trees all in one evening.

**LINDSEY STIRLING Snow Waltz Tour**—Dec. 1, 7pm, TPAC.

**HOLIDAY CRAFT SHOW**—Dec. 2, 9-3, Great Overland Station. Shop homemade, local good. Children will love the free Exploration Station where they can create their own crafts, play and watch holiday movies with staff while parents shop. Hot coca and cookies! Free adm.

**LAWRENCE OLD-FASHIONED CHRISTMAS PARADE**—Dec. 2, 11am, Downtown Lawrence. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holidays. Cozy up with hot cocoa and blankets. Feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garland and bells.

**MIRACLE ON KANSAS AVENUE PARADE**—Dec.

2, 6-8pm, Downtown Topeka. Lighted parade at 5th & Kansas. [www.topekpartnership.com/gtp-events](http://www.topekpartnership.com/gtp-events)

**NUTCRACKER BALLET**—Dec. 8, 7:30pm; Dec. 9, 1:30pm & 7:30pm; Dec. 10, 1:30pm at TPAC. Ballet Midwest's holiday staple. Tickets at TPAC box office, and Barbara's Conservatory of Dance. [www.balletmidwest.net](http://www.balletmidwest.net)

**RED STOCKING BREAKFAST**—Dec. 9, 7:30-10:30am, The Pennant, 915 S. Kansas Ave. Get tickets in advance at [www.kcls.org](http://www.kcls.org) or at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

**THE KREADY HOLIDAY SPECTACULAR**—Dec. 23, 1:30 & 7pm, TPAC. Bringing back Topeka native and Broadway star, Jeff Kready, with his wife, Broadway star Nikki Renée Daniels



**Developing and Uniting  
Christian Leadership**

• Business • Non-profits • Churches

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

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

**Nov. 9, 11:30-1: "POWER" Luncheon**

**Follow our Facebook page for updates and details! [www.facebook.com/C5Alive](https://www.facebook.com/C5Alive)**

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

Save the Dates!

- Dec. 14: **CHRISTMAS** Luncheon, 11:30-1, Fairlawn Plaza Mall
- Jan. 12: **POWER** Luncheon, 11:30-1
- Feb. 8: **POWER** Luncheon, 11:30-1
- Mar. 14: **POWER** Luncheon, 11:30-1

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

# Knights OF LIGHTS

A Renaissance Christmas Extravaganza

A production of  
The Kansas City  
Renaissance Festival

November 24, 2023  
thru  
December 31, 2023

FREE Parking  
Rain or Shine

913-721-2110  
[www.kcrenfest.com](http://www.kcrenfest.com)



## 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](http://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.

**THE HEAT** – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkans.org](http://www.flocritkans.org) Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Thu. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

**MONDAY FARMERS MARKET** – Mondays 7:30-11:30am, May 9 to Oct. 3, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

**OVERBROOK FARMER'S MARKET** - every Monday now to Labor Day, 4-6 pm at the Overbrook Fair Grounds.

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

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

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

**TOPEKA NEEDLEWORK GUILD** - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

**TOPEKA LIONS CLUB** – 2nd Mon. Noon at Wings, Etc Come at 11:30 to order food. Guests welcome

**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

**TAI CHI FOR HEALTH** – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or [madondailey@gmail.com](mailto:madondailey@gmail.com). To Join from Home via Zoom, contact Madon for the Zoom link.

**PICKLEBALL** – Mon. & Wed, 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is. Contact Dave, [davemathias@sbc-global.net](mailto:davemathias@sbc-global.net), or Betsy Thompson, [betsyjthompson@gmail.com](mailto:betsyjthompson@gmail.com).

**SHEPHERD'S CENTER BOOK CLUB** - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact Pat at [pattyk696@yahoo.com](mailto:pattyk696@yahoo.com).

**SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS)** Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne Crawford at 785-273- 4527 or email [anne.crawford@cox.net](mailto:anne.crawford@cox.net).

**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.

**DUPLICATE BRIDGE** - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for brain health. Email [janescola@hotmail.com](mailto:janescola@hotmail.com).

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

**HEALING AFTER LOSS TO SUICIDE (HeALS)** Topeka support group meets the 1st Tuesday of each month via Zoom. The 3rd Tuesday meeting is in-person at 1st Congregational Church, 17th and Collins. Both meetings are 6:30-8. [Topeka.heals@gmail.com](mailto:Topeka.heals@gmail.com). 785-380-9309

**NARVE Meeting** (Nat'l Assn of Railroad Veteran Employee) - 2nd Tuesday of each month at Grace Episcopal

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

**DISPLAY in the Midwest!**

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

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



While there, tour

- Constitution Hall
- Territorial Capital Museum
- National Landmarks

**HISTORIC LECOMPTON**

**Civil War Birth Place** **Where Slavery Began to Die**

**Kansas & National Historic Landmarks**

Lecompton Turnpike Exit • 10 miles East of Topeka on U.S. 40 & 24

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

### FREE Vision ! Screening Service



### Now Scheduling

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

#### Who can use this service?

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

#### What equipment is used?

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

#### Who does the screening?

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

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

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



Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

**CAREGIVERS GROUP** - Caring Hearts of Hope meet 2nd & 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. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at [highlandheightscc.com](http://highlandheightscc.com) or 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](mailto: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](http://www.RandelMinistries.com)

**MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM** - 4th Wed. 10-11:30am. Contact Rich McReynolds at [rlm4017@gmail.com](mailto:rlm4017@gmail.com). A Zoom link will be sent to you.

**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](mailto:vip@topekanorthoutreach.org)

**LINE DANCING** - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or [jimbaer73@gmail.com](mailto:jimbaer73@gmail.com) to register.

**TOPEKA COSMOPOLITAN CLUB**: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

**BRIDGE GROUP** - 1st & 3rd Thu. 1-3:30pm, at Our Savior Lutheran

Church, 2021 SW 29th Make arrangements by Mon. 5pm with Joan Arterburn at 408-5174.

**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.

**PROSTATE CANCER SUPPORT GROUP** - First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

**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 Thur. at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. [Topekalions.org](http://Topekalions.org)

**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](mailto: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](http://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.nara-nonmidwest.org](http://www.nara-nonmidwest.org)

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

**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](mailto:KLCarlson20@cox.net).

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

**HHHS Volunteer Program** - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Apply at [hhhstopek.org](http://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](mailto: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 & share 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)**





# We want to hear from you!

**Help us know more about the type of content you enjoy reading in Topeka Health & Wellness by completing this very short survey. A few minutes of your time will help us better publish more relevant content to help you lead a healthy life!**

## You Can Win!

**Those who participate will be entered into a drawing for gift certificates from local businesses!**

*You could win any of these prizes!*

- \$20 gift certificate to The Pad Restaurant
- \$20 gift certificate to Amigo's Mexican Restaurant
- \$20 gift certificate to Hanover's Pancake House
- \$20 gift certificate to Jackson's Greenhouse
- \$20 gift certificate to World Cup Coffee
- \$20 gift certificate to Luis's Place
- \$20 gift certificate to Tortilla Jack's

Simply complete our Health & Wellness survey and you can also enter to win!  
For questions email [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com)

