

TOPEKA

DECEMBER 2023

Health & Wellness

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MAGAZINE

**HEALTH
BENEFITS
OF DANCE**

**FREE
TAKE ONE!**

**HEARTFELT
HOLIDAY
WARNING:
WHAT WOMEN
NEED TO KNOW**

**HEAD-TO-TOE
HEALTH HACKS**

**Time: A Key Element of Investing
Is it Time for a Spiritual Check-Up?**

**Why You're Swollen Instead of Swell
Don't Let the Holiday Blues Get You Down**

Helping Topekans Live Happier, Healthier Lives Since 2015!

GO RED FOR WOMEN DECLARATION

WE BELIEVE IN THE POWER OF A WOMAN'S HEART

THE POWER TO LOVE, THE STRENGTH TO FIGHT

AND THE WILL TO OVERCOME.

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

THE TIME IS NOW

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

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

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

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

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

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

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

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




1

OUT OF

3


women die of heart disease

80% of heart disease can be prevented



Women's HEART Health

GET THE FACTS



Every 60 seconds 1 woman dies of heart disease

Heart disease is the # 1 cause of death in women

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

KNOW THE SYMPTOMS

Shoulder Pain

Neck, Jaw, Arm, Back Pain

Dizziness or Nausea

Clammy Sweats

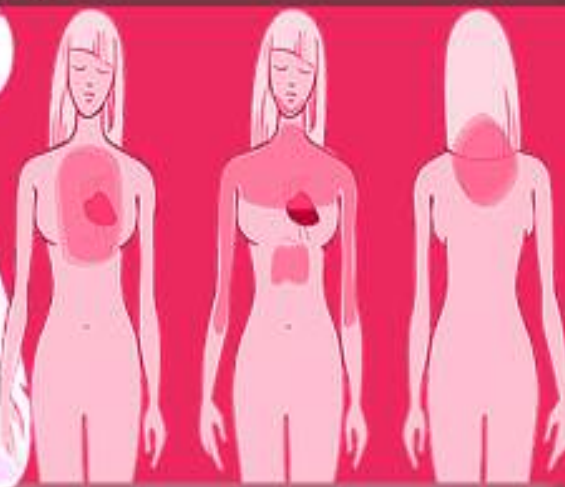
Heart flutters

Paleness


Anxiety, Fatigue or Weak

Abdominal pain

Difficulty breathing



TAKE A HEART SUPPLEMENT



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ON THE COVER:

Our cover this month features dancers from Ballet Midwest's *Nutcracker*. Read about the health benefits of dance in this issue.

You will find lots of 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.

For more information, visit our website at 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:
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Topeka's Safe Streets organization wants you to have the best holiday possible! This is a great time of year with lots of activities, celebrations and events. However, remember that with this there also comes more opportunities for crime. Here are a few things you can do to help keep your family and home safe this year:

Holiday Safety

- AVOID SHARING INFORMATION ON SOCIAL MEDIA about vacation/travel plans or expensive gifts you're purchasing/receiving.
- Cut down boxes and put them INSIDE your trash cans. Don't advertise your new possessions to passers-by!
- Keep your home well-lit! Good lighting discourages criminal activity.
- If you park your vehicle outside, make sure to lock it and remove valuables, especially your garage door openers!
- If you're leaving town, stop mail and newspaper deliveries. Work with a trusted neighbor to check in on your house.
- If travelling, stay informed of weather conditions — call "511" for weather road closings. Have an emergency kit in your car. For what to include, visit Ready.gov.
- Get to know your neighbors! Start, or join your neighborhood watch. Call 266.4606 today!

And, if you're considering taking advantage of the sales this holiday season, we have a few tips for you as well. Whether you are committed to weekday shopping, online purchases or last-minute deals, Safe Streets has a few tips to keep you safe while shopping this holiday season.

Shopping Safety

- Know your surroundings and put the cell phone away when you're walking in public. Walk confidently, in well-lit areas, paying attention to the people around you.
- Never leave a purse or wallet unattended — especially in a shopping cart, vehicle or restroom stall floor. Ladies, consider wearing a "cross-body" style purse.
- Avoid carrying large amounts of cash and take only the credit card(s) you need.
- Never leave purchases in plain-sight in your vehicle. Store them in your trunk or take home!
- Be patient with people and with other vehicles!
- If ordering online, here are a couple of things you can do to ensure your package is received:
 - Request a signature confirmation of delivery
 - Ask neighbors to watch for deliveries and agree to secure each other's packages
 - Deliver to workplace (if allowed)
 - Track packages online
 - Sign up for text notifications of delivery status.

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Don't Let the Holiday Blues Get You Down

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

The holidays bring a lot of mixed emotions and expectations that can create a condition known as the Holiday Blues. Many people begin to feel increased feelings of anxiety and depression, or persistent sadness, especially those who already live with a mental health condition.



T. Nicole Passafume

Additional stress, unrealistic expectations, sentimental memories, painful reflection, grief, and increased financial burdens can result not only in mental health symptoms but also in physical symptoms like fatigue, tension, frustration and even irritability. It can also result in changes in appetite, sleep patterns, feelings of worthlessness or guilt, feeling tense or worried and loss of pleasure in doing things you used to enjoy.

Lack of sunshine, changes in routine, indulging in food and drink at parties can also result in physical changes, like being sluggish, having low motivation, increased isolation and depression.

Individuals who are away from loved ones at the holidays are at a greater risk of increased loneliness, sadness and a general sense of loss.

Tips for avoiding the Holiday Blues.

1. Know that you are not alone. Take time for yourself but don't isolate. Spend time with supporting and caring people.
2. Decide how you want to spend the holidays this year. Don't spend all your time preparing the meal and miss out on spending time with people! This is very important if you have lost a loved one.
3. Take care of your body if you want to take care of your mind. Eat and drink in moderation. Don't drink alcohol if you are feeling down. Get exercise - even if it's only taking a short walk.
4. Limit social media.
5. Establish boundaries. It's ok to skip an event and take your own car so that you can leave whenever you want. Say no to extra things if you don't have time.
6. Set a budget. Don't overextend yourself financially in buying presents.
7. Create a realistic "To-Do" list. Cut out the stuff that's not that high on the list. Gift cards are OK. Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
8. Create a "Not To Do List". Figure out what you want to avoid and concentrate on not doing those things.
9. Lower your expectations. Don't pressure

yourself to make sure your house is spotless or make the perfect thing for a party, those things do not matter as much as you think they do.

10. Give yourself permission to ask for help if you need it.

Remember the Holiday Blues are short term, the symptoms usually decrease around the end of the new year. Be patient, take things week by week or day by day. If the holiday season passes and you're still feeling depressed or anxious, you should talk to your doctor or a mental health professional to determine if what you are experiencing is a more significant mood disorder.

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.

GET HELP, FIND HOPE



Visit us at:

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400 SW Oakley Avenue
Topeka, Kansas, 66606

24-Hour Crisis Line: (785) 234-3300

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

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24 Hour Crisis Line
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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
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FINANCIAL FOCUS

Time: A key element of investing

Who knows where the time goes? We've reached the end of another year, so it's appropriate to reflect on the nature of *time* and how it affects us. And time certainly is a key element in the pursuit of your financial goals.

As an investor, time can be your greatest ally. If you hold some investments for the long term, you could achieve an impressive cumulative growth in value. Furthermore, if you keep adding shares to these investments, possibly through a dividend reinvestment plan, you could attain "growth on growth" through the power of compounding. Of course, when you own equity investments, you will experience market fluctuations, but in general, the longer you hold these investments, the more you can reduce the effects of market volatility.

But you also need to consider aspects of time in these contexts:

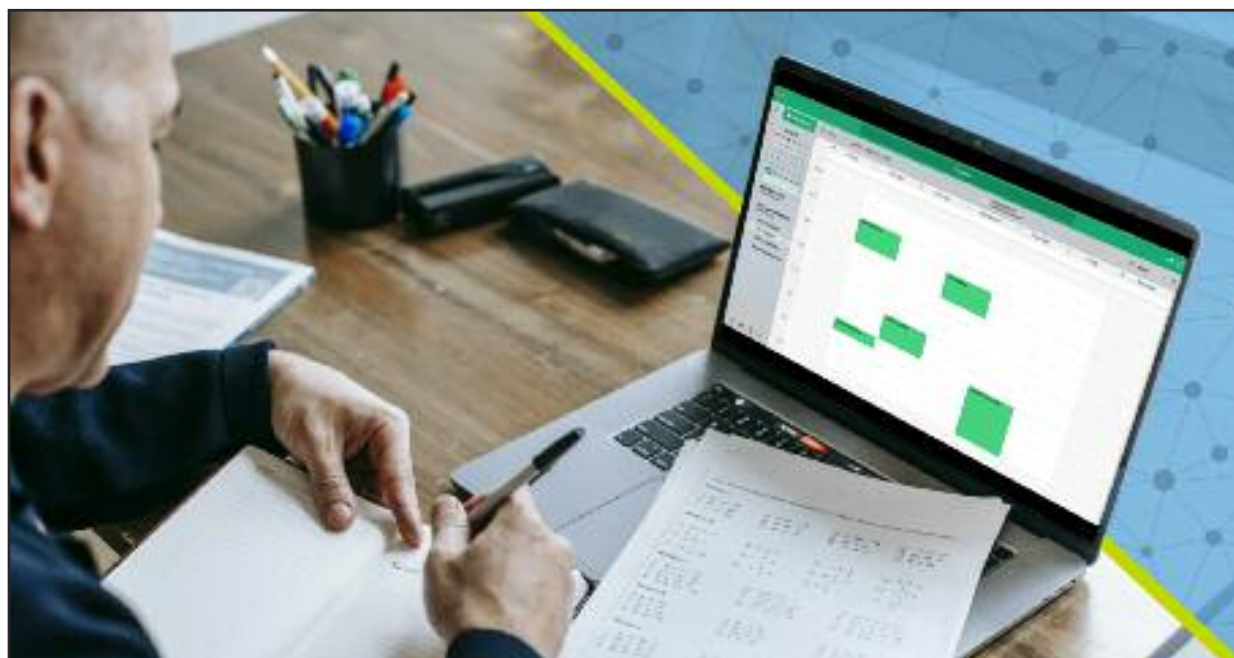
- **Checking progress on achieving goals**—When you establish a goal, such as saving for a child's education or your own retirement, you know the end date of when you'll need the money, but it's also important to mark your progress along the way. So, each year, see how far along you are in meeting your goal. If you're falling behind, you may need to adjust your investment mix.

- **Choosing an appropriate strategy**—The time needed to achieve a goal should drive your investment strategy for that goal. For example, when you are saving for a retirement that won't happen for three or four decades, you will need to invest for growth by placing a reasonable percentage of equities and equity-based investments in your portfolio, based on your comfort with the various types of risk, including interest rate risk, credit risk and market risk. You will experience some bumps along the way — keep in mind that the value of investments will fluctuate and the loss of some or all principal is possible — but you likely have

time to overcome the "down" periods. On the other hand, when you are saving for a short-term goal, such as a vacation or a new car or a wedding, you'll want a set amount of money available precisely when you need it. In this case, you may need to sacrifice some growth potential for investments whose principal value won't fluctuate, such as certificates of deposit (CDs) and bonds.

Keep in mind, though, that when you're investing for long- and short-term goals, it doesn't have to be just one strategy or the other. You can save for retirement with primarily growth vehicles but still have room in your portfolio for shorter-term instruments. And even when you're specifically investing for some short-term goal, you can't forget about your need to save and invest for retirement.

And here's one final point about the relationship between time and investing: Your risk tolerance can, and probably will, change over the years. As you near retirement, you may feel the need to adjust your portfolio toward a more conservative approach. That's because you may want to consolidate any gains you



might have achieved while also recognizing that you simply have less time to bounce back from down markets. Still, even in retirement, you'll need some growth potential in your portfolio to help you stay ahead of inflation.

When you invest, one of your biggest considerations is time — so use it wisely.

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

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Irritability | Diarrhea | Stomach discomfort | Vomiting

You can become exposed to toxins in your water by:

Cooking | Drinking | Showering | Washing Food
Preparing Drinks | Making Ice | Brushing Teeth
Wading or Swimming | Gardening
Dishwasher (all washed items will contain hidden toxins)
Washing Machine (Your skin will absorb toxins from your clothes)



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How To Get Alkaline Water From Your Tap

Let's start with the basics first. You don't want to be the filter. What do I mean by that? If you are not filtering your water, especially when you shower, your body is filtering the contaminants in the water supply. Check the EWG.org and enter in your zip code to see the contaminants in your water.

BLOWING THE LID OFF OF BOTTLED WATER

Bottled water is worse. On average, it contains 38 total contaminants, which is more than twice the amount of toxins found in our tap water. Most manufacturers are barely filtering the tap water that they source and the toxins from the plastic bottle are also leaching into the water. In addition, it is costing you 1900 times more than your tap water. That does not include the visits to the doctor or ER.

Water is the flow of life and the best way to reclaim both your mental and physical health is to filter it at the point of entry into the home. If a whole house water filter is not an option, countertop and showerhead models are the next best approach.

Since our bodies are about 70% water... choose the healthiest water so you can function at your full potential?

WHERE DOES OUR BODY STORE THAT WATER?

- Blood is about 90% • Brain and heart about 73% • Lungs are about 83%
- Skin contains about 64% • Bones are about 31%
- Muscles and kidneys are around 79%

BIG PUSH FOR ALKALINE WATER

Everyone wants alkaline water and others are charging a lot of money to get it. However, when we remove the toxins from the tap water, leaving the minerals in, our water naturally becomes al-



kaline. Spoiler: Reverse Osmosis takes minerals out which is bad for brain health. My approach is cheaper than bottled water.

Not all water filters are created equal, and I have spent the last 10 years researching the best options for optimal health and I have been working with one water filter supplier that is "Rev. Jodi Approved".

STRUCTURED WATER

Unfortunately, water at the municipality water treatment plants, undergo a harsh chemical process to remove parasites and harmful bacteria. While we don't want these in our water, the chemicals will interfere with the structure and natural energy force of our water, just like it does to our bodies. Since electro-smog will destroy my water too, after filtration, I use frequencies over the entire home to offset the harmful electro-smog, as one way to bring back the structure to my water.

Structured water health benefits include:

- Greater concentration of energy
- Reduction of toxins throughout body
- Improved absorption of vitamins and minerals
- Improved quality of sleep

- Better hydration, energy, and wellbeing
- Enhanced digestive function.

To learn more about the importance of water and staying hydrated, you can always tune into my podcast Self-Cell Care™ found on most Podcast Channels including PodBean, Facebook and YouTube.

Rev. Jodi I. Suson - Calhoun | Suson Essentials
MBA, Organizational Behavior, Human Behaviorist, Nutritionist, Aromatherapist, Certified Amen Clinics Brain Health Professional, NLP, Quantum Energy Healer, Medical Intuitive, Animal Communicator, Podcast Host: Self-Cell Care™

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Does Respite Care Improve Relationships with Your Loved Ones?

Caring for a loved one has its ups and downs. Sometimes your days are positive and fulfilling, and sometimes there are setbacks. Sometimes you feel like you could be endlessly helpful. Other days, not so much. That's why people who elect to take care of loved ones need to have a great deal of strength, compassion, and a "never give up" attitude.

However, every family caregiver gets to a point where they need more help than they can muster. Maybe your time off from work is running out and you're worried about your job, or you've been neglecting your responsibilities at home to focus on your loved one. You're exhausted, and you feel like you're being pulled in multiple directions.

This is where respite care can help. We address your loved one's care with professional, expert-level private duty care services in a way that is convenient and helpful for you and your loved one, even if that's short-term private care or an ongoing visit schedule.

When you work with Phoenix Home Care & Hospice, a superior provider of respite care near you, your loved one gets all of their needs met and more – and you get the break you deserve.

What Is Respite Care?

Respite care can include all the responsibilities that you would typically have as a family caregiver, especially if you elect these services from a premier private duty care agency. At Phoenix Home Care & Hospice, we understand that giving up the reins, even for a much-needed break, can be worrisome. You want to be sure your loved one gets all the care they're used to.

That's why Team Phoenix only hires caregivers who are dedicated to one-on-one companionship and assistance. As the leading team for private duty care and respite care near you, our commitment to developing meaningful relationships with our clients means that we will listen carefully to your loved one's needs and deliver on our promises.

In addition to respite care, our private duty care services can include:

- Care on your schedule, from a two-hour block to 24/7 care.
- Basic housekeeping, meal planning, and cooking.



- Personal hygiene and grooming.
- Help with daily tasks, like getting dressed or caring for pets.
- Companionship and conversation.
- Transportation, including social outings, doctor appointments, and grocery shopping.
- And much more.

When it is time for you to resume providing care for your loved one, you'll feel refreshed and ready. You may also begin to see a difference in how you approach care after you've given us the privilege of filling in for you.

The Transformative Power of Respite Care

Not only will you feel more rested after a Phoenix caregiver has delivered high-quality care, but many families report that their relationship with their loved one has improved.

Recent studies into family members who serve as caregivers show the value of accessing respite care near you. A 2018 study from *Inquiry*, a leading healthcare journal, explains the power of short-term private care for loved ones suffering from dementia.

In this study, caregiver participants found that respite care provided the following benefits:

1. A clearer understanding of their role's importance
2. Satisfaction with their performance as a caregiver
3. Space to feel their emotions about caregiving
4. Greater empathy toward their loved one
5. Renewed energy to take on caregiving tasks again

This study concludes that private duty care does far more than "pick up the slack" when family caregivers need a break. Respite care from Phoenix Home Care &

Hospice provides a chance to recalibrate and reflect on your relationship with your loved one, so you can return to your caregiving with a deeper sense of purpose.

Get in Touch with Phoenix for More Information on Respite Care

Whether you're interested in increments of care as small as two hours or as significant as full-day coverage, the Phoenix Home Care & Hospice team will help you create a private duty care schedule that works for you. If you're wanting a short break, we have you covered. Or, if you're considering returning to work, taking a vacation, or simply getting extra support, we'll create a comprehensive plan to care for your loved one and help them live fulfilling lives.

Contact Phoenix Home Care & Hospice today to learn more about how we can provide the care your family member requires, as well as the break all caregivers need.



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Head-to-Toe Health Hacks: Strategies for Everyday Wellness

Embracing a healthy lifestyle is often simpler than it seems. You can significantly enhance your overall well-being by seamlessly integrating straightforward practices into your daily routines. In this article, Topeka Health and Wellness explores pivotal strategies encompassing various aspects of health, from hydration to posture, providing uncomplicated yet effective ways to lead a healthier life.

Consume 8 Glasses of Water Daily

Start your day with hydration in mind. Prioritize the consumption of at least eight glasses of water daily to maintain adequate hydration levels and bolster essential bodily functions. Staying properly hydrated can increase your energy levels, aid digestion, and promote healthier skin. Remember, the foundation of healthy living begins with proper hydration.

Embrace a Sober Lifestyle

When it comes to alcohol consumption, a mindful approach is crucial. Although the occasional drink can bring pleasure, excessive intake can adversely affect your well-being. If you're struggling to manage your alcohol consumption, seeking assistance from alcohol and drug rehab centers in the US can help you regain control and transition to a sober lifestyle. Always remember that moderation is a fundamental principle of fostering healthy living.

Bridge Nutritional Gaps With Supplements

Complement your balanced diet with multivitamins. Ensuring you meet all your nutritional requirements is crucial. Multivitamins can bridge potential gaps in your diet and fortify your immune system, contributing to your overall well-being. However, remember that supplements should never be a replacement for a diverse and nutritious diet.

Choose Whole Grains for Sustained Energy

Make the switch to whole grains. Choose options like brown rice, whole wheat, and quinoa over refined grains. These whole grains are rich in nutrients, providing sustained energy, fiber, and essential vitamins that promote heart health



and digestive well-being. Your dietary choices play a substantial role in your journey toward healthy living.

Reduce Salt Intake

Enhance your meals with herbs and spices instead of excessive salt. These flavorful additions not only elevate the taste of your dishes but also bring a multitude of health benefits. Reducing your salt intake and opting for herbs and spices make your path to healthy living more enjoyable and rewarding.

Counteract Sedentary Habits

Incorporate regular movement and stretching into your routine. Counteract the negative effects of extended periods of sitting by taking short breaks to engage in physical activity. Whether it's a brisk walk, a few stretches, or simple exercises, these moments of movement can enhance circulation, alleviate tension, and preserve your overall vitality.

Maintain Good Posture

Consciously maintain good posture to prevent discomfort and pain. Whether you're seated or standing, proper alignment reduces the risk of chronic pain and fosters a confident and health-

ier version of yourself. You're actively contributing to your physical and psychological well-being by practicing good posture.

Reduce Physical and Mental Clutter

Embracing digital organization can streamline your life in more ways than one. By transitioning to storing your documents as PDFs, you reduce physical clutter and free up valuable space in your environment. This brings mental clarity and lowers stress, enhancing your overall well-being. With the added benefit of PDF's consistent formatting, you can trust that your file content will look like you wanted, further contributing to a stress-free, healthier lifestyle.

Embracing a healthier lifestyle doesn't necessitate drastic changes. You can embark on a transformative journey toward overall well-being by weaving manageable practices into your daily routines. From conscientious hydration to cultivating proper posture and embracing digital organization, each strategy contributes to a healthier existence. By integrating these simple yet effective habits into your life, you're setting yourself on a path to vitality and wellness. Remember, the pursuit of healthy living is an accumulation of small steps that yield significant and rewarding results.

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:
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TRM

Clothing, Hot breakfast and lunch,
Hygiene items

VALEO

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Screenings, City ID applications,

STORMONT

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Dec. 5th • 9:00-2:00

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

Dec. 7th • 9:00-2:00

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

Dec. 12th • 9:00-2:00

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

Dec. 14th • 9:00-2:00

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

Dec. 19th • 9:00-2:00

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

Dec. 21st • 9:00-2:00

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

**NO MAP DURING THE WEEK
OF CHRISTMAS - RESUMES
JANUARY 2ND**



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Spiritual Wellness

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

Is it Time for a Spiritual Check-Up?

ASSESSMENT IS IMPORTANT IN BOTH FAITH AND FITNESS

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

– 2 Corinthians 13:5 (NIV)

This verse reminds us of the importance of self-examination on our faith journey. It's essential to take a step back and evaluate our spiritual health regularly, just as we do with our physical health.

We often assess our physical fitness by means of challenging ourselves to lift something heavy or push to go farther or faster. Your annual doctor visit includes a variety of tests to assess your physical health. But do you take the time to assess your spiritual health? Do you spend quiet time for introspection and self-examination?

Some questions that might help with this self-examination:

- Am I spending time in God's word and prayer regularly?
- Am I loving others as Christ loves me?
- Am I growing in my relationship with God?
- Am I bearing the fruit of the Spirit?
- Am I living a life that honors God?
- Am I using my gifts and talents to serve others?



As we take the time to examine ourselves and answer these questions honestly, we can identify areas in our spiritual lives that need improvement.

Just as we work to strengthen weak muscles in our bodies, we can work to strengthen our spiritual “muscles” through intentional practices such as prayer, Bible reading, and serving others.

As you can see, there are many parallels between our faith and fitness. Once you have your spiritual foundation, the best approach to living a sustainable, healthy life is to integrate the two.

When you do this you can embrace your age and stage of life and be the woman God cre-

ated you to be.

Taking Action

Take some time for self-examination today. Ask yourself the questions above. Spend time in prayer asking for God's help and guidance in your life. You need to be spiritually healthy so that you can build the rest of your life on that faith.



–Marsha Apsley / faithandfitness.net

Heartfelt Holiday Warning: What Women Need to Know



(Ivanhoe Newswire) —

It's a well-known fact that the holiday season can bring about an increase in fatal heart attacks. One contributing factor? Stress. Recent research sheds light on a crucial distinction: how women's hearts respond to stress may differ significantly from men. So, what does that mean for women? Holiday warning

The whirlwind of holiday preparations, social gatherings, and heightened expectations can lead to overwhelming stress. For women, it's imperative to recognize that their hearts react differently to stressors. Holiday warning

Dr. Viola Vaccarino, MD, PhD, from Emory School of Medicine, who played a pivotal role in the study, notes, "We discovered that actually women not only have different responses to the acute stressors, but some of these physiological responses are associated with adverse outcomes in women only."

The study unearthed a striking revelation: women experienced more pronounced tightening in their small peripheral arteries compared to men under mental stress. This response was closely tied to more severe outcomes. Dr. Vaccarino emphasizes, "It's a female vulnerability to stress exposure that puts them at high risk that we don't see this happening in men, at least not to the same extent."

Further research highlighted that men and women might manifest different symptoms preceding a cardiac event. In women, difficulty breathing emerged as the predominant early warning sign linked to heart events. Conversely, men reported chest pain, breathing difficulties, and excessive sweating. It's worth noting that previous studies have indicated women are more inclined to overlook warning signs, sometimes delaying seeking medical assistance for hours.

Experts emphasize the urgency of promptly dialing 9-1-1 upon experiencing symptoms like that of a heart attack.



Doing so could be the crucial step that saves your life.

Research shows Americans have more fatal heart attacks during the holiday season than any other time of the year. In fact, according to a study published in *Circulation*, the top three days for heart attacks are December 25, December 26 and January 1, respectively. Regardless of where we live, researchers have found, we are more susceptible to heart attacks in the winter months, even if it is 72 and sunny in California. "A seasonal pattern to deaths from heart attack is well documented with more fatal events occurring in the winter in comparison to the summer," says Oklahoma Heart Institute cardiologist, Dr. Eugene Ichinose.

Dr. Ichinose says studies reveal "exposure to particulate air pollution and vehicular traffic, as well as the first hour after a heavy meal can increase the risk for a heart attack four-fold." Even if something is weighing heavy on our heart, Dr. Ichinose says, it could cause a heart attack. "Emotional stress may be influencing the more frequent occurrence of heart attacks by causing increased heart rate, vascular tone, platelet 'stickiness,'" says Dr. Ichinose.

So what can we do to help protect ourselves from a heart attack this holiday? Here is important information to share with your family and friends.

Don't Put off Medical Attention – Despite the big family gatherings, office parties and travel plans, if you are not feeling right, don't wait until after the holidays to get it checked out. Know the signs of a heart attack and talk with your doctor immediately. Taking the right precautions early can help stop a heart attack in its tracks.

Reduce Stress – With end of year events, projects at work, parties, shopping, and shorter days, we tend to feel rushed and stressed during this time of the year. Reduce your stress

and help give your heart a break by getting in regular exercise and good quality sleep, eat as healthy as you can and try not to overload yourself with multiple commitments.

Try Not to Overindulge – The holidays are nearly synonymous with indulgence. With many events centered on the food and drinks served, set a plan for yourself to enjoy the food and spirits, while not overindulging. Too much drinking, for example, can trigger atrial fibrillation, which can increase the risk for heart attack and stroke.

Ditch the Digging – While we benefit from regular exercise, especially during the holidays, extreme physical exertion like shoveling snow can be bad for our hearts. If a big winter storm moves in, consider asking a neighbor or friend to help shovel your sidewalks and driveway. If you smoke, have a family history of coronary artery disease or have had a previous heart attack, it is best to leave the shoveling up to someone else.

Avoid Exposure to Cold Temperatures – Winter weather can be hard on the body, especially the heart. Cold temperatures cause arteries to tighten, which can restrict blood flow and reduce oxygen to the heart. While the heart is working harder maintain body temperature, restricted blood flow and reduced oxygen to the heart can trigger a heart attack. Reduce exposure to cold temperatures outside and make sure the heat is on inside to help alleviate stress on your heart.

Keep Your Distance from the Fireplace – Although there's nothing like cozing up to the fire when it's cold outside, smoke from the fireplace is a carcinogenic like the smoke a cigarette. Studies have found the fine particles from the smoke can go deep into the lungs and increase the risk for heart attack and stroke.

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Ballet Favorite Returns

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 47th 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.

Fun Facts:

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



Great Benefits Surround Dancing At All Ages

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

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

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

1. Increases flexibility

2. Provides superior muscle toning, including strengthening and lengthening of some of the largest muscle groups
3. Improves stamina, coordination and posture
4. Increases energy and metabolism
5. Improves breathing, concentration, and balance
6. Furnishes a focus on mindfulness and calming
7. Delivers a vehicle for self-expression and self-confidence
8. Endorphin release increases happiness
9. Burns calories
10. Fends off osteoporosis
11. Combats dementia

A typical adult ballet class lasts between 45-60 minutes, once a week. In that time, you can burn more than 500 calories. If one is looking to trim down, ballet can provide an opportunity to do so, but it also generally improves overall bodily fitness

by increasing resting heart rate, and improving circulation throughout your whole body.

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

Ballet Midwest's Nutcracker Ballet is a holiday staple, a favorite that 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.

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A family pack of two adult and two student tickets is \$60 when purchased from cast members, or at Barbara's Conservatory of Dance.

For more information visit www.balletmidwest.net.

What Happens When You Stop Running for a Month?

By Ashley Mateo

Many runners feel guilty about taking time off. But in reality, it can seriously benefit your body and mind. If you just crushed a marathon or your schedule is about to get hectic as you balance work obligations with personal commitments and all the holiday happenings, you might want to consider hanging up your sneakers for a bit.

Even the elites stop running for awhile. Case in point: Des Linden—former Boston Marathon champion, Olympian, and all-around awesome human—previously posted on X (formally known as Twitter) that she hadn't run a step for a full month.

Linden may have been nonchalant about her time off, but for a lot of us, a month feels like a long time. What will happen to your Strava stats? How will this affect your training status on your smartwatch? Forget the metrics—will you even be able to run again after all that time off?

The short answer: Yes, even if you lose a little fitness. Here's what happens when you stop running for a month and how it'll affect your performance—and help it.

What happens to your fitness when you stop running for a month?

After just a few weeks of little to no exercise, your heart starts to show significant signs of detraining, according to a 2018 study on marathoners published in the *Journal of Applied Physiology*.

But a month isn't that long and if you were running regularly before, you can bounce back fast. "If you take a month off, it will take you about a month to get back to where you were," says Polly de Mille, R.N., C.S.C.S., exercise physiologist at the Hospital for Special Surgery in New York City. Think about it this way: You get a month to ride out this year, and another month to ease back into exercise at the start of a new one. Sounds pretty nice, right?

For most people, though, taking a month off of running doesn't mean melting into your couch. And if you keep active in ways beyond running, you can still keep your fitness up. "Most of the research shows that three sessions a week at least 70 percent of your VO2 max—whether that's swimming or biking or an online class—is going to do a pretty good job of maintaining your aerobic conditioning," says de Mille.

So if you're tempted to take time off from running to give your body a break or restore your motivation mentally, you can easily maintain most of your fitness by doing some cross-training.

While aerobic fitness starts to decline in seven to 14 days, muscle loss typically starts to occur in as little as three days, says Krishna Curry, outreach and marketing manager for Girls on the Run San Diego and contributing coach at RUNGRL.

"What's important to consider is what your training looked like before you took a break," she says. "If you've been training intensely over the past several weeks, you've put a lot into your tank so it's not going to be as fast a decline as somebody who wasn't that consistent with their running or who was a lot weaker to start with. And you're going to adapt a lot faster when you come back to training."

What benefits can you gain from taking a month off from running?

That month off could actually be a good thing. Remember, training is a stressor, and your body can only handle so much stress at once.

If you're already stressed about wrapping up work before the end of the year, or say, you're planning a big event like a wedding or family reunion, layering that stress with high-intensity training (i.e. running), can put you on a road to overtraining and burnout.

"At this point, we're not recovering the way we used to," says de Mille. "There's only so much we can take." So if a break from running is what you need, that's self-care.

Plus, a break is an opportunity to set new goals. When you're following a training plan, it doesn't leave a lot of time for things you



know you should be doing. Forget about mileage, and use a break to develop other areas of strength that you normally don't have as much time to focus on because you're racking up double-digit miles, says Curry.

"You can build your strength, do core work, zero in on mobility—things that will make running easier when you do get back it," she says. You may not be running, but you're shoring up all the weak links.

"Now's the time to address any compensations or imbalances you've been coping with so you can rebuild yourself properly," Curry adds.

How do you ease back into running after a month off?

When you are ready to get back to running, ease into it. "Don't assume that it's like tapering for a race and when you come back, you're going to be even more fit," says de Mille.

You especially need to be respectful of the orthopedic stress of running. "There's nothing quite like the impact that you experience when you're running, so if your tendons and muscles haven't experienced that sort of eccentric stress in a while, your cardiovascular system may be way ahead of your musculoskeletal system in terms of readiness to go long or work hard."

Sure, you'll probably be excited to get back to it. But don't feel like you need to make up for lost time. "It's really important that people map out their plan beforehand so they can stay consistent," says Curry.

Look back at the weekly volume you were maintaining before your break and pick the bare minimum—a healthy volume of running that you can maintain without inciting any injury, she says. Then, Curry typically starts by adding one to two miles per week.

As the volume increases relative to your starting point, those weekly increases get smaller. Just make sure to "lower your expectations for what you're going to do," says de Mille. "Be patient with yourself and listen to your body."

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Making Healthier Meals, Snacks, Desserts & Leftovers

Wouldn't it be cool if you could get the Nutrition Facts of your holiday meal just by taking a picture of the entire feast? There's always another holiday just around the corner. At least it can seem that way – all year long. Each one has specific edibles (whether that be meats, vegetables, fruits, dairy or — candy!) that are customary to eat. “Eat” is putting it mildly. We indulge with big portions frequently. “Holiday nutrition” to most of us seems to be an oxymoron or at least something that just can't be. This article we think can equip you to make HEALTHIER holiday nutrition your reality.

There are plenty of healthy eating Bible verses that can be used to condemn just about every yummy holiday goody you'll encounter. Using the Bible to force change during the holidays can be a spiritual setup that Satan uses to cause strife and problems. Here at Faith & Fitness Magazine we want to help you take some simple steps toward honoring God by making a commitment to BETTER holiday nutrition.

HEALTHIER IS DEFINITELY BETTER

The macaroni, stuffing, sweet potato and other baked recipes are often high in carbs. Add a whole stick of butter or two to make it really decadent and you just loaded up with lots of fat too. Yeah and a good amount of salt really brings out the flavor. Plus some sugar! Honestly, that beautiful garden salad you make with lots of raw veggies and just a light splash of vinaigrette is going to be the real holiday nutrition. Eat a big serving of it and you get an immediate 100 bonus points so to speak. But come on, those carb dishes — if you're like most people during the holidays, you've gotta' at least sample a spoonful or 2! What can you do?

Make the holiday dishes you prepare with better holiday nutrition in mind. For example if the recipe calls for a stick of butter, reduce that amount to 3/4 or even 1/2 of a stick. AND – back off the amount of salt you put in it too. It's still a carb dish with fat and sodium but it's a bit healthier and that is definitely better.

In other words the holidays are definitely not the time to try to get everyone to be vegan, lose weight and build muscle. If they go away from this meal having eaten more vegetables, not gained as much weight as they usually do and being a bit more active than last year then you can celebrate that you brought better holiday nutrition to the holiday gathering.

Here's some more ideas to make the holidays healthier:

- Typically people try a little this and a little that. So make more smaller healthier dishes so they can try more “healthy”. Sure, maybe you were asked to only bring 1



side dish – and it just so happens to be the really rich pie for which you're famous for making (before you got serious with your faith and fitness lifestyle). Go ahead and make it amazing and then also bring a couple small healthier dishes to add to the already huge buffet table. Tell 'em, “I saw this recipe. It looked delicious and I just had to try it for the holiday.”

- Push the water in a fun way. Make a water bar with exotic and flavorful additives such as fruit, herbs, juice and bling (like fancy drinking glasses, straws and more). Better holiday nutrition means that when you think about the drinks you rethink water. God gave us a great beverage. Drink it.
- Eat smaller portions. But what a kill joy that is, right?! You know that everybody wants more and more and MORE. So have the to-go containers ready with a marker and bags and encourage people to have seconds for tomorrow and the next day and for even giving to others.

BEYOND THE MEALS: SNACKS, APPETIZERS, DESERTS AND LEFTOVERS

SNACKS: Holiday nutrition isn't just about focusing on the big meal. Everyone wants to cheat and snack both before and after the meal and throughout the whole day. Be ready to make snack time a healthier cheat. For starters you can revert to raw. Veggies that are raw are straight up healthy nutrition as only God can package it. Raw whole cranberries dipped in raw honey. It's different and daring right? Get the kids to do a contest with this “snack”. The winner gets a prize. And – as the kids try it the adults too get a chance to try something healthier. So, maybe everyone is a winner.

Snacks are considered a cheat (and everyone is going to cheat during the holidays) so making your snacks healthier may be one of the best ways to improve holiday nutrition.

APPETIZERS: Here is where you can perhaps make your healthiest impression. While charcuterie boards traditionally have preserved meats (high in sodium) and cheese (high in fat) you can make a healthier charcuterie board that will have everyone talking. The appetizer is an ideal part of the meal to tap into God's great spice rack and highlight some specific herbs and seasonings that are your favorite.

DESERTS: In contrast to the many healthy ventures you can take with appetizers, you may feel it is particularly challenging to make a healthier desert. But – you can. Some of the best deserts are the simple one's. So some vanilla ice cream topped with blueberries is an awesome way to do both simple and healthier. The ice cream, unless it is vegan ice cream, is pretty high in fat but the blueberries deliver the healthier benefit. Blueberries, loaded with nutrients, are considered a super food. These delicious antioxidants may help reduce blood pressure and reduce heart disease. If you're not into berries but prefer chocolate you'll be happy to know that it too is a super food.

LEFTOVERS: As mentioned above, instead of “stuffing” yourself at a holiday meal, portion your seconds into to-go packages for leftovers for the next few days. Just make sure the food is refrigerated properly and that you eat it before it goes bad.

But – leftover time is the time to add your even healthier sides from home. In addition to the leftovers, include a side salad, some whole grain cracker or bread, some extra fresh raw veggies or fruits. Nobody ever wants to eat JUST leftovers, so adding the healthy extras you have at home is a total holiday nutrition win!

–Brad bloom / faithandfitness.net

Why You're Swollen Instead of Swell

I woke up about a year ago with my finger stuck to the palm of my right hand and could not bend it back into place. Quickly controlling my panic, I took the fingers of my left hand and straightened the digit to its normal position.

I'd seen this phenomenon in others before, and after reading the symptoms, my suspicions of having a trigger finger were confirmed. Also known by its complex name, stenosing flexor tenosynovitis, trigger finger is a form of swelling in the pulley system of the tendon.

Really? A pulley system to raise the fingers up and down? God's design never ceases to amaze me. You and I are fearfully and wonderfully made.

Anyway, I was definitely swollen that morning instead of swell. It was a clear sign for me to take care of the stiffness in my hands and its underlying cause of inflammation for good.

GOOD, BAD AND UGLY INFLAMMATION

As you may already know, inflammation is either short-term and beneficial or it is long-term and causes problems. Being a nurse for over twenty years, and seeing inflammation's profound effects on people, I suspected my body was responding to the long-term kind.

However, I wanted to understand the root cause rather than begin medications, get injections, or have surgery. Even though the condition can be due to carpal tunnel syndrome or arthritis, I've been trained to see there is some type of invader triggering this response.

Let me explain what I mean more clearly.

God gives you and I the inherent ability to fight when attacked. This system of protection includes hormones to respond to danger and chemical pathways to fight infection. The body's amazing power and authority to respond to invasion results in helpful, restorative measures causing short-term inflammation.

The battle begins when temporary invasions of bacteria and viruses stimulate white blood cells (WBC). They come in all their armor to defeat the enemy. Neutrophils and macrophages are the WBCs arriving to dismantle the invader and sweep



up debris. They are followed by helper T cells and B cells who develop special skills to recognize and remember the intruders' characteristics in preparation for a future invasion.

The resulting inflammation is appropriate and serves a purpose.

SNEAKY INVADER IS TEMPTING AND DELICIOUS

However, when the invasion is persistent from food sensitivities or junk food, chronic inflammation can result. Damage occurs in different bodily places at the cellular level. Common results of this slow building storm are disorders like arthritis, autoimmune disease, cardiovascular disease, metabolic syndrome, fatty liver, diabetes, neurodegenerative diseases, and cancer.

I'm not surprised to read 50% of all deaths are related to these chronic inflammatory conditions. But what does alarm me is the way this enemy gets past my defenses.

He came in stealthily disguised as tempting and delicious. I fell for the holiday cookies, brownies, and cheesy dips like many others do. Studies show sugar is known to trigger inflammation throughout the body.

Since the occurrence of this finger condition came alongside indulgences, I decided to do a little experiment.

What if I cut out all the excess sugar consumption and dairy for a few weeks and see what happens? Following an eating pattern filled with antioxidants and nutrients became key to returning my cells to normal. You can learn more about how to do this too in my blog post "15 Strategies to Begin Intentional Eating: Living the Life God Calls us to Live."

Four weeks later, with no sugar and no dairy consumed, my trigger finger resolved on its own. Here are the four steps that helped me get past the swelling in my tendons:

1. Prayer to understand the cause and guide me to find answers to the root of the problem.
2. Limiting sugary foods with more than three ingredients to 1-2 times a week.
3. Enjoy more fruits and vegetables from the produce section of the grocery store.
4. Pickleball, walking, and a dance class are fun ways to help blood flow well to all extremities.

The steps were easy to implement and well worth the effort!



—Marsha Apsley / faithandfitness.net

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Healthy Recipes for the Holidays

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

Healthier Mac and Cheese



Made healthier with whole wheat bread crumbs, low-fat milk and cheese, whole wheat noodles, and reduced butter.

Ingredients

- 1 (16 ounce) package whole wheat macaroni (such as Smart Taste®)
- 2 tablespoons butter
- 2 ½ tablespoons all-purpose flour
- 2 cups shredded low-fat Cheddar cheese
- ½ cup grated Parmesan cheese
- 3 cups low-fat (1%) milk
- 2 tablespoons butter
- ½ cup whole wheat bread crumbs
- 1 pinch paprika

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Melt 2 tablespoons butter in a saucepan over medium heat. Stir in flour to make a roux. Slowly add milk to roux, stirring constantly. Stir in Cheddar and Parmesan cheeses and cook over low heat until cheese is melted and sauce is thick, about 3 minutes. Place macaroni in large baking dish and pour sauce over macaroni. Stir well.

Melt 2 tablespoons butter in a skillet over medium heat. Add breadcrumbs and stir until butter is absorbed, 2 to 3 minutes. Spread over macaroni to cover. Sprinkle with paprika.

Bake in preheated oven until cheese sauce is hot and breadcrumbs are browned, about 30 minutes.

Nutrition Information (Servings: 4)

Per serving: 770 calories; fat 22g ; carbohydrates 107g; protein 43g; sodium 750mg

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

Grandma's Chicken Noodle Soup



Very savory and tasty! Use smoked chicken for even more flavor!

Ingredients

- 2 ½ cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 ½ tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- ⅓ cup cornstarch
- ¼ cup water
- 3 cups diced, cooked chicken meat

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil until noodles are tender, about 8 minutes. Drain, rinse under cool running water, and drain again.

Bring broth, salt, and poultry seasoning to a boil in a Dutch oven. Stir in celery and onion; reduce the heat, cover, and simmer until vegetables have softened, about 15 minutes.

Mix cornstarch and water together in a small

bowl until cornstarch is completely dissolved; gradually stir into soup. Stir in noodles and chicken, and cook until heated through, 2 to 3 minutes.

Nutrition Information (Servings: 12)

Per serving: 147 calories; fat 4g ; carbohydrate 11g; protein 16g; sodium 1664mg

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

Bourbon Fig Compote



A sweet and tangy compote that is excellently paired with a blue cheese or Brie. Serve with crackers.

Ingredients

- 7 ounces dried Mission figs, diced
- ¼ cup white sugar
- ¼ cup bourbon whiskey
- ¼ cup balsamic vinegar
- 1 tablespoon lemon juice
- 1 pinch salt

Directions

Combine figs, sugar, whiskey, balsamic vinegar, lemon juice, and salt in a small saucepan; bring to a boil. Reduce heat and simmer until liquid reduces by half, about 30 minutes. Cool before serving.

Nutrition Information (Servings: 12)

Per serving: 74 calories; fat 0g; carbs 16g; protein 1g; sodium 3mg

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

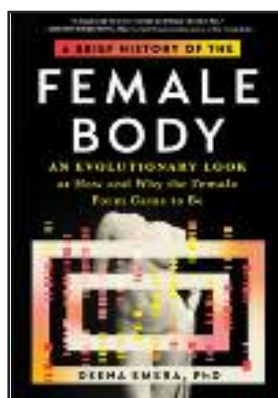
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

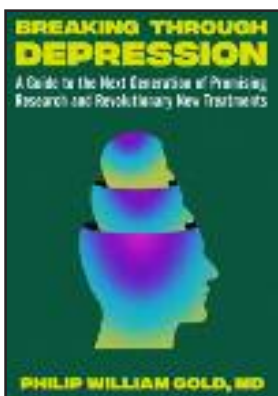
A brief history of the female body: an evolutionary look at how and why the female form came to be – by Deena Emera; Sourcebooks; New Health Books 613.9 EMU

Evolutionary geneticist and educator Dr. Deena Emera has spent much of her career studying the evolution of female reproduction. A Brief History of the Female Body draws on her vast expertise as a biologist, her experience as a mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and, more importantly, why the female form has transformed over the years and its effects on women's health.



Breaking through depression: a guide to the next generation of promising research and revolutionary new treatments – by Phillip Gold; Twelve; New Health Books 616.8527 GOL

Breaking Through Depression explores how the anatomy of the brain and the biochemistry of nerve impulses play a major role in how we view ourselves and the world. Drawing from his long-term research, Dr. Philip W. Gold makes the case for depression arising at the intersection of genetic vulnerability with stressful, disturbing life experiences that get encoded in our emotional memory. Breaking Through Depression will delve into the interplay between our anatomy and our lived experiences as the key to understanding why there are such individual differences in how we make connections with others, deal with adversity, or recover from trauma. More im-



portantly, Dr. Gold reveals the latest breakthroughs that can heal people struggling with depression.

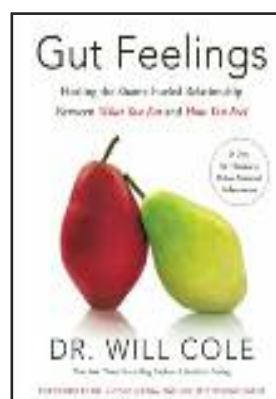
Gut feelings: healing the shame-fueled relationship between what you eat and how you feel – by Dr. Will Cole; Rodale Books; New Health Books 616.3 COL

The definitive guide to understanding the connection between what you eat and how you feel, offering a 21-day plan to reset your relationship with your body and heal the gut inflammation caused by stress, shame, and trauma--from the New York Times best-selling author of Intuitive Fasting and Ketotarian.

It's easy to suffer from frustration and confusion when it comes to nutrition and health. With so much focus on what, when, and how to eat, the emotional component of eating tends to get left behind. Dr. Will Cole sheds light on the relationship between your physical and emotional health, providing a framework for you to better understand the gut-brain connection and influence that connection for the better. He illustrates how stress and shame can cause gut inflammation and sabotage your health in a process called Shameflammation. On the other end, problems with the gut can often present themselves in the form of mood swings, anxiety, and food cravings. True health isn't just about what you eat, but how you feel.

How to help your child clean up their mental mess: a guide to building resilience and managing mental health – by Dr. Caroline Leaf; Baker Books; New Health Books 616.89 LEA

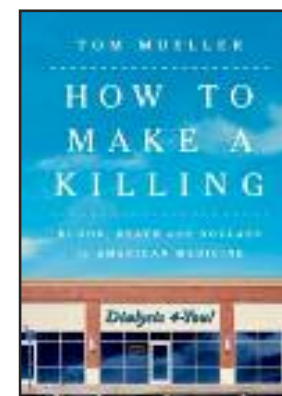
Is your child struggling with toxic thoughts or mental health challenges brought on by stress, breaks in routine, isolation from friends, bullying, or social pressure? If left unaddressed, these mental messes can follow your child into their teens and adulthood, causing mental, emotional, relational, and physical problems that



will steal their peace and joy in life. If you're seeing the signs of a mental mess, there's hope. With deep understanding and compassion, bestselling author Dr. Caroline Leaf teaches you how to help your child, recognize negative feelings and respond in a healthy way, navigate a world that can feel scary and overwhelming, manage uncomfortable or challenging situations, replace toxic thoughts with brain-building practices that produce better outcomes, develop resilience and emotional strength. Backed by clinical research, easy-to-understand mind-management skills, and practical application for the problems kids are facing today, How to Help Your Child Clean Up Their Mental Mess provides a clear and effective five-step plan to teach your child how to manage their mind so they can live a life with greater resilience, health, and happiness.

How to make a killing: blood, death and dollars in American medicine – by Tom Mueller; W.W. Norton & Company; New Health Books 616.61 MUE

Six decades ago, visionary doctors achieved the impossible: the humble kidney, acknowledged since ancient times to be as essential to life as the heart, became the first human organ to be successfully replaced with a machine. Yet huge dialysis corporations, ambitious doctor-entrepreneurs and Beltway lobbyists soon turned this medical miracle into an early experiment in for-profit medicine--and one of the nation's worst healthcare catastrophes. With powerful insight and on-the-ground reporting, New York Times best-selling author Tom Mueller introduces an unforgettable cast of characters. Heroic patients, including a Hollywood stuntman and body double, risk their lives to blow the whistle on how they've been mistreated. An unpaid activist living in a south Georgia trailer park fights to save patients from involuntary discharge from their lifesaving care. Industry insiders put their careers on the line to speak out about the endemic wrongs and pervasive inequality they've witnessed--and about dialysis executives who dress as musketeers and Star Wars characters to exhort their employees to more aggressive profit-seeking.



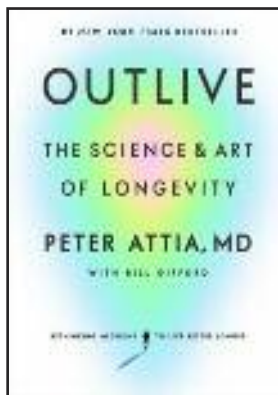
How to say goodbye: the wisdom of hospice caregivers – by Wendy MacNaughton; Bloomsbury Publishing; New Health Books 610.8756 MAC

As artist-in-residence at the Zen Hospice Project Guest House, Wendy MacNaughton experienced firsthand how difficult it is to know what to do when we're sharing final moments with a loved one. In this tenderly illustrated guide to saying goodbye, with a foreword by renowned physician and author BJ Miller, MacNaughton shows how to make sure those moments are meaningful. Using a framework of "the five things" taught to her by a professional caregiver, *How to Say Goodbye* provides a model for having conversations of love, respect, and closure: with the words "I forgive you," "Please forgive me," "Thank you," "I love you," and "Goodbye," each oriented toward finding mutual peace and understanding when it matters most.



Outlive: the science & art of longevity – by Peter Attia, MD; Harmony; New Health Books 613.0438 ATT

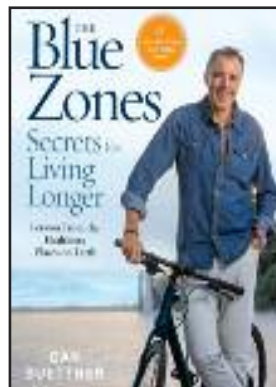
Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health. For all its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, Alzheimer's disease, and type 2 diabetes. Too often, it intervenes with treatments too late to help, prolonging lifespan at the expense of healthspan, or quality of life. Dr. Attia believes we must replace this outdated framework with a personalized, proactive strategy for longevity, one where we take action now, rather than waiting. This is not "biohacking," it's science: a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health.



The Blue Zones secrets for living longer: lessons from

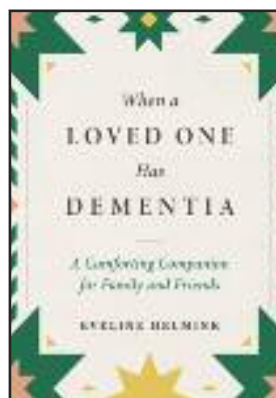
the healthiest places on earth – by Dan Buettner; National Geographic; New Health Books 613.0438 BUE

National Geographic Explorer and best-selling author Dan Buettner has traveled the globe to uncover the best strategies for longevity, which he found in the blue zones: places around the world where higher percentages of people enjoy remarkably long, full lives. Buettner returns to Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Costa Rica's Nicoya Peninsula; and Loma Linda, California to check in on the super-agers living in the blue zones and interprets the not-so-secret sauce of purpose, faith, community, down-time, natural movement, and plant-based eating that has powered as many as 10 additional years of healthy living in these regions. And Buettner reveals an all-new blue zone--the first man-made blue zone yet explored.



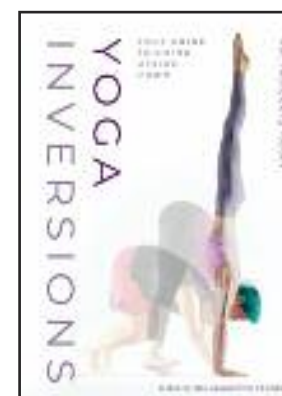
When a loved one has dementia: a comforting companion for family and friends – by Eveline Helmink; The Experiment; New Health Books 616.831 HEL

Dementia enters life through the back door, slipping in unnoticed. Once it's there, it can make you feel powerless, angry, and unsure how to move forward. When her mother developed dementia, Eveline Helmink wasn't prepared. As she learned firsthand, when your loved one is suffering, it takes a toll on you, too. As you navigate finding professional caregivers and adapting to your loved one's behavioral challenges, this book will help you confront all the complexities of the experience. Identify healthy and unhealthy coping mechanisms. Work through feelings of denial, grief, guilt, shame, and fear. Summon the courage to make decisions in your loved one's best interest. Live in the present, find laughter, and show love in the face of dementia. When a Loved One Has Dementia weaves together Eveline's unflinching personal account and her empathetic guidance, allowing you to walk through the endless tunnel and illuminating the path to acceptance, forgiveness, and love.



Yoga inversions: your guide to going upside down – by Kat Heagberg Rebar; Shambhala Publications, Inc.; New Health Books 613.7046

An approachable, user-friendly guide to inversions of all kinds for anyone who wants to try going upside down, featuring 85 practices that explore the physical, emotional, and spiritual aspects of yoga. An easy-to-follow guide with 175 beautiful color photos. For each pose Rebar offers adaptations, challenging variations, and everything in between. She also shares options to prepare safely and practices to build strength. In addition to teaching the physical practice of inversions, Rebar addresses the mental, emotional, and spiritual aspects of this often-challenging practice.



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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.

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

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

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

SATURDAY NIGHT CRUISES – 5pm: 1st Sat. – Spangles, 29th & Topeka Blvd.; 2nd Sat. – Fairlawn Plaza; 3rd Sat. – The Dugout, 17th & Fairlawn; 4th Sat. – The Pad; 5th Sat. – The Dugout.

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

KNIGHTS OF LIGHTS – Nov. 24 - Dec. 31, 5:30-10pm, Fridays, Saturdays & Sundays, KC RenFest grounds, Bonner Springs. Stroll through a Renaissance wonderland with lights, shopping, food, entertainment and fun. Visits with Santa, Mrs Claus and Barbie the Christmas Elf will captivate you and the sights, scents and sounds of the festivities will enchant you.

<https://www.etix.com/ticket/p/59351124/knights-of-lights-2023-bonner-springs-kansas-city-renaissance-festival>

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. Winterwonderlandtopeka.com

LEARNERS SESSION - every Saturday morning 11-1, Sk8away, 815 SW Fairlawn. Free skate lessons by certified instructors. \$8 per person but an adult skates for free with paid child! sk8away.net, 785-272-0303, manager@sk8away.net

GARY'S BERRIES – SANTA'S ACRES – Nov. 24 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. Meet Santa. garysfarmfest.com or call (785) 246-0800.

NATIVITIES AND NOELS -- Dec. 1 and 2, 10 a.m. to 9 p.m.; Dec. 3, 1 to 7 p.m., Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Rd. Over 800 nativities from around the world, ongoing live Christmas music, refreshments, nativity craft for children. "Christmas Around the World" music program at 7 p.m. on Saturday includes congregational singing and Christ-centered Christmas music from many different countries shared by many different local churches. Free. For info: call 785-554-8068 or go to <https://www.facebook.com/nativitiesandnoels>

FAMILY-FRIENDLY FRIDAY FLICKS - Dec. 1, 8, 15 and 22, 6pm light meal followed by movie at Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Freewill donations accepted.

FESTIVAL OF THE NATIVITIES – Dec. 2, 9-12, Faith Lutheran Church, 1716 SW Gage. Take a tour of a variety of different nativities sets, along with live music, children's activities, and light refreshments!

HOLIDAY CRAFT SHOW – Dec. 2, 9-3, Great Overland

Station. Shop homemade, local goods. 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 holiday season. 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; including the "official arrival of Santa." Reindeer will be on hand as Chance Encounter plays afterward at Evergy Plaza. www.topekapartnership.com/gtp-events

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

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

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

SENT PICTURES WITH SANTA & RESOURCES FAIR –



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.




Now hiring!

Do you love kids and want to be part of a family-like team? We have several positions at both CPLS and Little Lions Learning Center now open.

We are hiring for these part-time positions:

- Lunch Kitchen Worker
- Cafeteria Manager
- Food Director

We are hiring for this full-time position:

- Lead Pre-K Teacher

See "Careers" at the bottom of the page at cpls.org for more information & applications

CAIR PARAVEL LATIN SCHOOL • TOPEKA, KS • WWW.CPLS.ORG



Dec. 9, 9-11am, 455 SE Golf Park Blvd. Healthcare services, shopping for gifts, wrapping and more.

SPIRIT OF CHRISTMAS – Dec. 9, 10-3, Topeka Church of the Brethren, 3201 NW Rochester Rd. Guest Speaker Dana Hart – Remembering the Birth of Christ and celebrating the symbols of our Lord. Crafts 10:30-3, meal 12-12:30pm. A benefit for Topeka North Outreach. 555-864-1992 or charla.kingery@gmail.com

DRIVE THROUGH LIVING NATIVITY – Dec. 10, 5-7pm, First Lutheran Church, Huntoon & Fairlawn. Free.

BLUE CHRISTMAS SERVICE – Dec. 17, 6pm, First Presbyterian, 817 SW Harrison. A service of remembrance and hope.

C5Alive "CHRISTMAS" LUNCHEON – Dec. 14, 11:30-1, at Fairlawn Plaza Mall. Featuring Christmas fun and games. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: C5 POWER Luncheon, Jan. 11, 11:30-1.

FREE CHRISTMAS MOVIE NIGHT - A CHRISTMAS STORY – Dec. 15, 6:30-8pm. Oakland Church of the Nazarene 939 NE Oakland Ave. Popcorn and snacks

GLORIA! - Dec, 15; 7pm; White Concert Hall, Washburn University. Shawnee Choral Society presents their annual winter concert, free for all ages; facebook.com/ShawneeChoralSociety/Topeka

BREAKFAST IN BETHLEHEM – Dec. 16, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Join us for breakfast, and then travel through our interactive stations for fun activities focused on the story of Christmas. Free of charge!

THE NUTCRACKER BY KANSAS BALLET ACADEMY – Dec. 16 at 7pm & 17 at 1pm, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787

OLD PRAIRIE TOWN CHRISTMAS – Dec. 16, 10am-2pm, 199 NW Filmore. Old Prairie Town will be filled activities: make magic reindeer feed, help an elf on the railroad hand cart, write a letter to Santa at the depot, take pictures with Santa in the Mansion, enjoy music and dance in the Everest Church, make an ornament to take home and hear a story in the school house. Families can enjoy shopping for nostalgic gifts or treats in the Mulvane General Store and Potwin Drug Store as well. Warm beverages can be purchased from El Cafecito. \$5 per person

WING FLING -Dec 16, 2pm, Stormont Vail Events Ctr. Live music by Undercover, sporting events in the big screen, and party games like cornhole, ladder toss, etc. stormontvailventscenr.com

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

CHRISTMAS EVE CANDLELIGHT SERVICE – Dec. 24, 8am, 9am & 10am, First Southern Baptist Church, 19th & Gage.

CHRISTMAS SERVICES – Dec. 24 at 9:30am and also 4 & 6pm, and Dec. 25 at 9:30am., 8am, 9am & 10am, First Southern Baptist Church, 19th & Gage.

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

CHRISTMAS EVE SERVICE - Dec. 24, 3pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave.

NEW YEAR'S EVE WATCH NIGHT SERVICE - Dec. 31, 4pm, Kansas Avenue United Methodist Church Fellowship Hall, 1029 N. Kansas Ave.

ONGOING EVENTS:

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

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

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.fl-

ocritkans.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

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@tsopl.org

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

SENIOR STRETCHING EXERCISES - Mon. – Wed. – Fri.,


**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.

Dec. 14, 11:30-1: "Christmas" Luncheon

**Join us for Christmas Fun at
Fairlawn Plaza Mall!**

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

Save the Dates!

- Jan. 12: **POWER Luncheon**, 11:30-1
- Feb. 8: **POWER Luncheon**, 11:30-1
- Mar. 14: **POWER Luncheon**, 11:30-1
- Mar. 30: **EASTERFEST at Great Overland Station!**

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





**Knights of
LIGHTS**

NOV 24 - DEC 31, 2023

Fridays and Saturdays: 5:30 - 10:00pm
Sundays: 5:30 - 9:00pm
PLUS Thursday, Dec 21st: 5:30 - 9:00pm

- Meet Barbie the Christmas Elf
- Lighted Maze, Castle, and Pirate Ship
- Visit with Santa and Mrs. Claus

- Half a Million Lights
- Giant Rocking Horse
- Free Hot Cocoa for Kids
- Free Gift Bag for Adults and Children
- Free Gift Bag for Dogs

Make a reservation for a private igloo dinner

— FOR MORE INFO: KCFEST.COM —



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

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

TOPEKA 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. 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@sbcglobal.net, or Betsy Thompson, 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.

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.

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.

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. 785-380-9309

NARVE Meeting (Nat'l Assn of Railroad Veteran Employee) - 2nd Tuesday of each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 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 highland-heightscc.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.

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.

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

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 or call (785) 633-8321

through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, first come first served. 785-234-1111
www.RandelMinistries.com

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at 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

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 jim-baer73@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

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; La-

boomaha@att.net.

NOTO MARKET & ART WALK ON FIRST FRIDAYS - NOTO arts district. Arts, antiques, crafts, flea market.

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

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

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

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

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Apply at hhhstopek.org.

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

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

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com



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THE NUTCRACKER
A TOPEKA HOLIDAY TRADITION SINCE 1977

DECEMBER 8, 9, 10
7:30 pm shows Friday & Saturday
1:30 pm shows Saturday & Sunday
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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

