

TOPEKA

JANUARY 2024

Health & Wellness

www.TopekaHealthandWellness.com

MAGAZINE

FREE
TAKE ONE!

WHAT WILL YOUR RESOLUTIONS BE?

- Physical Health
- Emotional Health
- Financial Health
- Mental Health

FOOD AND FITNESS TRENDS FOR 2024

A New Year search for immortality
A key to health - reducing inflammation

It's OK – and important – to talk about suicide
Benefits of visualization techniques for runners

Helping Topekans Live Happier, Healthier Lives Since 2015!

7 Tips for Keeping New Year's Resolutions

Making New Year's resolutions is a yearly tradition for many people. Yet, some of us fall short of reaching our goals.

Below are seven tips to help you make and stick to your New Year's resolutions. By following these suggestions, UC Davis Health experts say you can set yourself up for success.

1. Be picky about your resolutions

We may want to lose weight, eat more vegetables, volunteer more, quit smoking and spend more time with family. But experts say that's too many goals to set for a New Year's resolution. Pick one, maybe two things you'd like to focus on and go all in. This sets you up to achieve specific goals instead of feeling like a failure for hitting none of them.

2. Plan your resolution

It's best to plan for your goal. Think through how you want to accomplish your resolution and how long it might take to reach your goal. For example, if your resolution is to quit smoking, research how long it takes an average person to kick the habit and the possible setbacks to expect. Proper planning will help ensure you can see it through to the end.

3. Set very specific goals

Many of us will set a New Year's resolution like "exercise more." But what does that really mean? Instead, you should be detailed in your resolution. It could be "exercise 30 minutes daily." This gives you a measurable goal to reach each day that you can check off



your list. It will help you feel more accomplished.

4. Don't take on too much

Start small. Avoid setting an overly high expectation of yourself. If you'd like to lose weight, pick a small but realistic weight loss goal. Maybe for you that's 10 pounds in two months. Once you reach that goal, you can think about losing another 5-8 pounds. Setting small goals can help you achieve big results.

5. Choose a new resolution

Avoid picking a goal that you've tried in the past but failed. You may set yourself up to fall into the same pitfalls that stopped you previously. Instead, pick something different where you can set up a better path to success. Or maybe you can modify a previous goal if that's something you still want to accomplish.

6. Identify accountability partners for support

Lean on people – whether it's a friend to keep your exercise resolution on track, or a spouse to help with healthier eating habits. We function better with community around us, motivating and reminding us why we chose that New Year's resolution in the first place.

7. Give your resolution time to become a habit

New routines don't just become habit overnight. A 2009 study found that on average, it takes 66 days to form a new habit. Be patient with yourself. If you have minor setbacks or don't hit your goal one week, pick it

back up the next week. Just keep working at your goal and eventually it can become second nature.

—Cultivating Health

FACTS ABOUT NEW YEAR'S RESOLUTIONS

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

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

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



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

785-380-8848

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

www.TopekaHealthandWellness.com

PUBLISHER: Lee Hartman 785-640-6399

Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848

info@TopekaHealthandWellness.com

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

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

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

ON THE COVER:

Our cover this month features a couple getting advice on their new year resolutions. Check out what our experts have to say about about this and many other health topics in this issue.



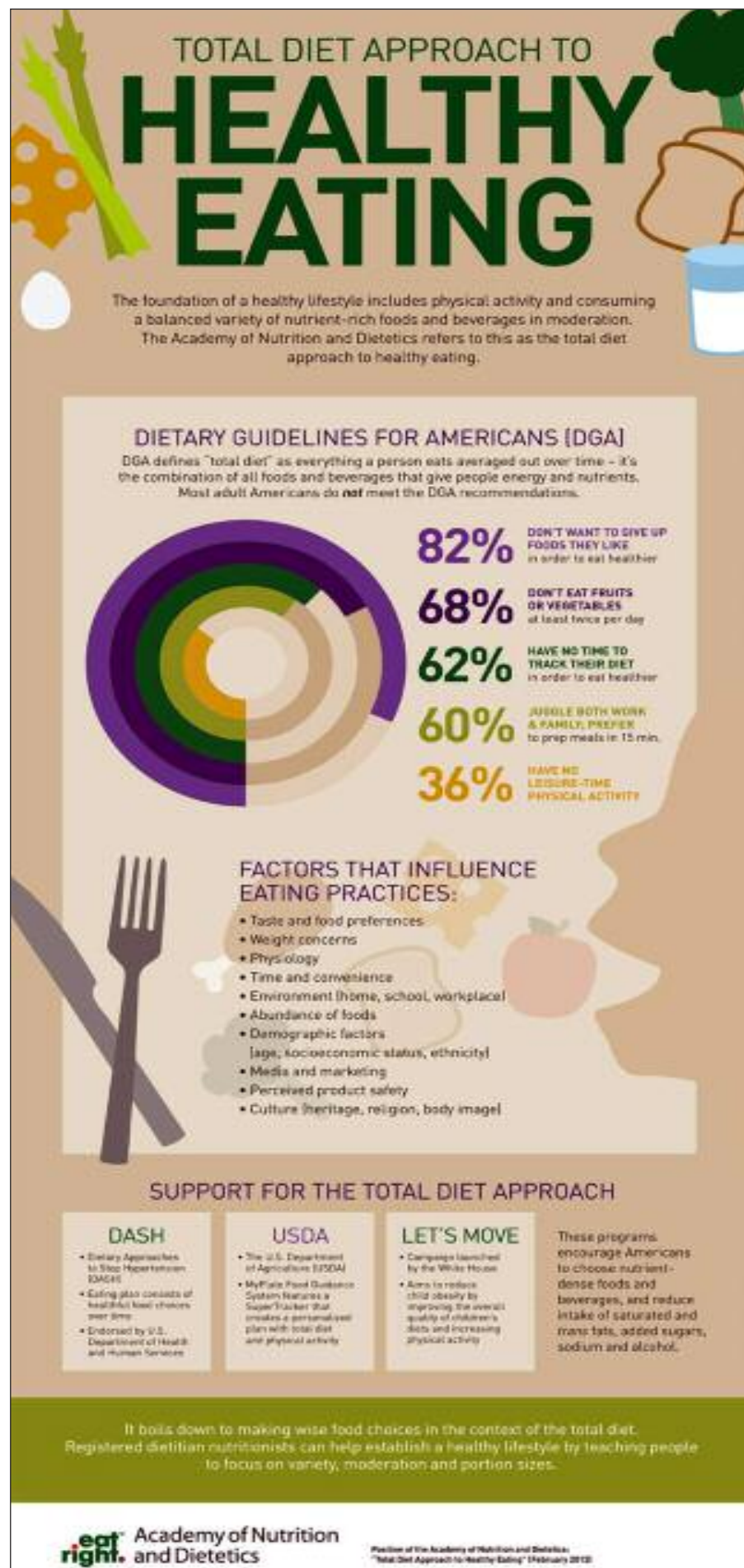
Our thanks go out to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at info@TopekaHealthandWellness.com.

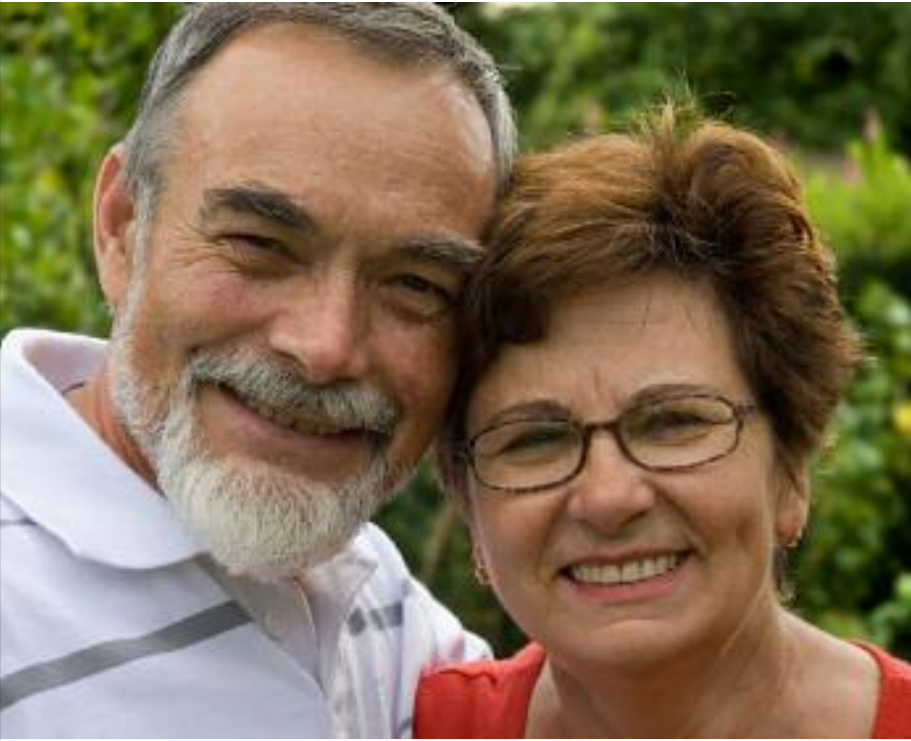
For more information, visit our website at www.TopekaHealthandWellness.com for all our offerings on past and present articles, health news stories, event calendar and an archive of our past issues in pdf form.



We are also on Twitter at:
www.twitter.com/TopekaHealthMag

You can also find us on Facebook at
www.facebook.com/TopekaHealthandWellnessMagazine.







You can help *prevent* colon cancer.

If you're 50 or older, talk to your doctor about getting screened for colon cancer.

There are several screening options available, including simple take-home tests. Visit cancer.org/colon or call 1-800-227-2345 to learn more.



cancer.org | 1.800.227.2345
1.866.228.4327 TTY



©2016 American Cancer Society, Inc. No. 012859
Models used for illustrative purposes only.



Clean, Organized Spaces.



#1 Kansas City Garage Renovation Experts

Concrete Floor Coatings

Cabinets & Shelving

Garage Accessories

Get your free estimate today!

855.408.9209

GET HELP, FIND HOPE.



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



24-Hour Crisis Line: (785) 234-3300
24-Hour Detox Number: (785) 234-3448
Valeo's Crisis Center
400 SW Oakley Topeka, KS 66606

VISIT US AT:   or valeotopeka.org

CELEBRATING OVER 55 YEARS OF RECOVERY SERVICES

It's OK – and important – to talk about suicide

By Mikki Burcher, Mental Health First Aid Instructor
Valeo Behavioral Health Care

Recently, the Center for Disease Control and Prevention released the latest provisional estimates for suicide deaths in the United States in 2022. The data is troubling. Rates of death by suicide have risen over the past decade, with significant increases in both 2021 and 2022. 2022 had 49,449 deaths by suicide, the highest number ever recorded.



Mikki Burcher

This means that 1 American dies by suicide every 11 minutes.

National Suicide Prevention Month, which happens each September, is a timely reminder that we NEED to talk about suicide. We should not only be aware of the signs and symptoms that indicate someone might be thinking about suicide, but also how to talk to them and what to do to keep members of community safe when they express suicidal thoughts.

If someone has a radical change in behavior, such as sleeping too much, avoiding contact with others, or being very angry, they may be having suicidal thoughts. People who are thinking about suicide may say that they are a burden to others or talk about feeling empty, hopeless, numb, or trapped. A person who is considering ending their life may begin putting their affairs in order, giving away their possessions, talking about dying, or saying goodbye to loved ones.

If you think that someone you know might be considering suicide, you should ask them directly. Many people will ask vague questions (such as “Are you going to hurt yourself?”) because they think bringing up suicide will put the idea into someone’s mind. However, research shows that asking about suicide does not increase the likelihood that someone will commit suicide or increase thoughts of suicide. Vague questions can lead to vague answers, which may minimize the seriousness and urgency of the situation.

Instead of using indirect language, ask: “Are you having thoughts that you want to kill yourself, or have you attempted suicide?” If thinking about asking someone this question feels overwhelming, you can practice saying it out loud until you no longer feel discomfort.

If someone indicates that they are having suicidal thoughts, be ready to ask more questions. Try to assess how urgent the situation is by asking short, specific questions. You can ask if they have made a plan to end their life, if they have taken steps to carry out their plan (such as acquiring a weapon), or if they have made any attempts in the past. You should also ask if they have been using alcohol or other drugs, as intoxication can increase the risk of a person acting on suicidal thoughts.

Always encourage others to seek professional help when they are experiencing suicidal thoughts. If you believe that the person is in immediate danger, work with that person, when possible, to keep them safe. You can offer to call their emergency contact, mental health provider or primary care physician; call or text the 988 Suicide & Crisis Lifeline; or, if in Shawnee County, call

the Valeo Crisis Line at 785-234-3300. If you believe the person is in immediate danger, call 911.

When we openly talk about suicide, we reduce stigma and increase awareness about the importance of mental health care in our community. By engaging in these hard but necessary conversations, we actively show care for our friends and neighbors who may be in crisis and do our part to decrease the number of deaths by suicide.

988 Suicide & Crisis Lifeline

We can all help prevent suicide. You can dial 988 for help. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Valeo Behavioral Health Care Crisis Services

If you or a loved one are struggling with mental health challenges, including suicidal thoughts, 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.

Valeo Behavioral Health Care (Adults)

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

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

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

Healing after Loss to Suicide Group (HeALS)

Sandy Reams – Group Facilitator
Topeka.Heals@gmail.com
785-249-3792

VALEO'S CRISIS CENTER IS ALWAYS OPEN FOR MENTAL HEALTH EMERGENCIES.

Valeo
Behavioral Health Care

VALEO PROVIDES HOPE THROUGH RECOVERY!

Valeo provides essential mental health and substance use disorder services. We are proud to serve our community!

400 SW Oakley Ave • Topeka, KS • 66606
valeotopeka.org • 24-Hour Crisis Line 785-234-3300

Consumer Cellular®

NO HIDDEN FEES.
NO HIDDEN
ANYTHING.
FREEDOM CALLS.

Plans start at just \$20/month.

855-473-8579

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



STROKE KILLS.
BE FAST! Call 911.

Know the Signs:

Balance

sudden loss of balance or coordination

Eyes

sudden change in vision

Face

sudden weakness of the face

Arms

sudden weakness of an arm or leg

Speech

sudden difficulty speaking

Time

time the symptoms started

During a stroke 32,000 brain cells
die **every second.**

BE FAST! Call 911.

Comfort
+ Joy =

Finding the perfect
gifts for everyone
on your list
without leaving
your couch.

A GIFT FOR YOU
enjoy
20%
OFF





USE CODE: MBQ4189

GourmetGiftBaskets.com
—only the best gourmet gifts—

Edward Jones®

> edwardjones.com | Member SIPC



What's important to you?
Let's talk.



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

MKT-5894M-A-A1AECSPAD (01/2023)



FINANCIAL FOCUS

New Year's financial resolutions

Now that we've reached 2024, you might be thinking about your goals and hopes for the new year. But in addition to whatever personal resolutions you might make — volunteering, going to the gym more, learning a new language and others — why not make some financial resolutions, too?

Here are a few to consider:

- **Boost your retirement savings.** If you can afford it, try to increase your contributions to your IRA and 401(k) or similar employer-sponsored retirement plan. The more you put away in these accounts, the greater your chances of reaching your retirement goals. At a minimum, contribute enough to your 401(k) to earn your employer's match, if one is offered. And whenever your salary goes up, consider raising the amount you put in to your 401(k).

- **Reduce your debts.** It's not always easy to reduce your debts — but it's worth the effort. The lower your debt load, the greater your monthly cash flow. So, look for ways to consolidate debts or find other, possibly more productive, ways of using credit. And if you truly can't afford something that's nonessential, don't go into debt for it. "Live within your means" is an old piece of advice, but it's just as valid now as ever.

- **Build an emergency fund.** If you suddenly needed a major home or car repair, or received a large medical bill not fully covered by insurance, would you have the funds available? If not, you might be forced to dip into your retirement accounts or other long-term investments. To avoid this possibility, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account that's separate from the ones you use to meet your daily expenses. It can take a while to build such a fund, but if you make it a priority and contribute regular amounts each month, you can make good progress.



- **Avoid emotional decisions.** Too many people over-react to events in the financial markets because they let their emotions get the better of them. If the market is temporarily down, it doesn't mean you need to sell investments to "cut your losses" — especially if these investments still have good fundamentals and are still appropriate for your portfolio. It can be hard to ignore market volatility, but you'll be better off if you focus on the long term and continue following an investment strategy that's designed to meet your needs.

- **Review your goals.** Over time, your goals may have changed. For example, while you once might have wanted to retire early, and planned for it, you may now find that you'd like to work a few more years. If that's the case, you may also need to adjust your financial and investment strategies.

- **Revisit your estate plans.** If you've married, divorced, remarried or added children to your family within the past few years, you may need to review the account titling and beneficiary designations on your 401(k) and other retirement assets, along with your estate-planning documents, such as your will or living

trust. You might also need to revise these documents in other ways.

Of course, you may not be able to tackle all these resolutions at one time, but if you can work at them throughout the year, you can potentially brighten your financial outlook in 2024 — and beyond.

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

Edward Jones



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

edwardjones.com

WKT 5214M A



PHOENIX
HOME CARE & HOSPICE
New Beginnings and Dignity in Life's Journey...

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

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

For more information call
(785) 260-6444

www.phoenixhomehc.com

Could Your Water Be Making You Sick?



ProOne Water filters work with other water systems. Using the chart below, identify which filter works with your system.

	ProOne® G2.0 - 6"	ProOne® G2.0 - 7"	ProOne® G2.0 - 9"
Alkalapure	●		
AquaOne	●	●	●
Berkey®	●	●	●
Condition	●	●	●
Fluorid Filter	●	●	●
Waterdrop		●	●

● Top choice - recommended by ProOne®

Tap and shower water in most areas are contaminated, toxic, and unclear. After exposure, many people experience:
Itchy eyes and skin | Brain fog | All over body pain
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)

*****SPECIAL*****
Whole House System 15% Off
All Other Systems 25% Off
FREE Gift With Any Purchase



847.738.0242

susonesentials.com/
water-filtration-systems-1



metro
VOICE
NEWS

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

785-235-3340

Voice@cox.net

www.MetroVoiceNews.com facebook.com/TopekaMetroVoice

Economical Advertising for Small Businesses

Reach 10,000 Families at lowest cost per thousand
Even small businesses need to advertise - We can help!
~ Print, digital, email, website, social media ~
Prices start at \$20 per month

Connect Anywhere, Anytime.

Enjoy Free Internet Data on Your Mobile Devices with ACP

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

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



Get a subsidized 4G Android Tablet for \$20

CALL TODAY (877) 920-0871

A Key To Health - Reducing Inflammation

Inflammation is a real concern in this bio-risky environment that we all live in. Every day we are exposed to toxic people which is another form of inflammation. We are exposed to toxic chemicals that can get stored in our fat cells unless we find a way to remove them with ease and grace.

Most recently, I have been on a journey to remove the toxins from my body because I was overly exposed to EMF Radiation. My cells became very damaged. I gained 50 pounds from being exposed to 15 smart meters every day for 14 months. One smart meter can provide up to the full body radiation exposure of 160 cell phones. In addition, the smart meter is a pulsed wave. The pulsed wave can penetrate deeper into our cells. They emit as many as 14,000 short bursts of intense microwave radiation a day, disrupting cellular health which will result in symptoms like migraines, tinnitus, insomnia, dizziness, anxiety, chest pain, weight gain, palpitations and memory loss. I had them all.

My only choice was to move homes and so I did. After moving, I easily lost 25 pounds within a couple of months. The second part of the weight loss has proven to be a bit harder. Thankfully, my body is a master healing machine, as is yours, and we can repair the damage from exposure to EMF Radiation and other toxins.

Inflammation and Pooping

If you have inflammation, you are most likely constipated. Unless you are pooping after every meal, you are not optimally processing your food. Next, most everyone is deficient in magnesium, and it is helpful for a variety of functions. Don't laugh, but I first started taking magnesium on the advice of another health practitioner because I was so constipated. I then learned how powerful it was for helping me sleep, proper nerve function, and recently I learned from Dr. Mercola that it can be effective when addressing EMF damage. There are a variety of types of magnesium, right now I use Malate as it is one of the most bio-available forms. However, to learn more about this I would read the book EMF*D by Dr. Joseph Mercola or check out the website for Dr. Josh Axe. They both have a plethora of information and I refer to both of these holistic doctors often.

Since I am certified in Nutrition, You can also get Magnesium through my online nutritional dispensary and get 15% off all orders. <https://us.fullscript.com/wel>



- Organic Apple Cider Vinegar – 4 ounces
- Turmeric Essential Oil – 8 drops
- Black Pepper Essential Oil – 1 drop
- Cardamon Essential Oil – 4 drops
- Ginger – 3 Tsp – Crushed (I buy mine frozen) or 1 drop Essential Oil
- Cinnamon Essential Oil – 1 drop or 1/4 Teaspoon Cinnamon Powder
- Organic Honey – 2 teaspoons

In addition to being certified in Essential Oils through Life University and Dr. Josh Axe, I am a reseller of Essential Oils and I love the two brands doTERRA and Lotus Garden Botanicals. I encourage you to set up an appointment <https://susonessentials.com/contact/> to see which is best for you. The first 15 minutes are Free.

Rev. Jodi L. Suson-Calhoun can be reached at Jodi@SusonEssentials.com 847-738-0242 www.SusonEssentials.com

[come/suson-essentials/store-start](https://www.suson-essentials.com/store-start)

My Personal Recipe

My at home recipe for fighting inflammation was a download from source energy. I suggest that you muscle test this for yourself, see a nutritionist, or other healthcare practitioner to find out what is for your highest good. Also, if you have any food sensitivities, I suggest that you omit that item in the recipe. Consider setting up an appointment with me so I can support your body in releasing those food sensitivities. It is typically accomplished in 1 hour blending a variety of modalities that access meridian points and the brain at the same time. Really cool stuff and can be delivered remotely.

Tools: Measuring Cups | Mason Jar with Lid | Ingredients List

Directions: Add the following to the Mason Jar, put the lid on and close it tight. Shake it up. Once the crushed ginger has dissolved, it is ready for consumption. I take a teaspoon at a time, and I typically take it 3 times a day. I muscle test this each time to make sure it is still for my highest good. If you want to learn how to muscle test, I have it on my YouTube channel for free. https://www.youtube.com/watch?v=_eJRcz86Vd8

Sources:

<https://www.electrosmogprevention.org/public-health-alert/smart-meters-radiation-exposure-up-to-160-times-more-than-cell-phones-hirsch/>

<https://theecologist.org/2017/apr/11/smart-meters-and-cell-damage-pulsed-em-radiation-our-health-risk>

Rev. Jodi L. 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™

Jodi@SusonEssentials.com 847-738-0242



How the City of Topeka ID Card Program works

City of Topeka ID Card Program

The Topeka Police Department's City of Topeka ID Card Program is the first of its kind in the state of Kansas. The ID program is designed to help the unsheltered and indigent population in Topeka.

About the Program

The City of Topeka ID Card Program is designed to bridge the gap for the unsheltered or those who otherwise wouldn't be able to afford or have the proper documentation to apply for a state issued ID. The city issued ID cards are free and available to anyone in need. The city issued ID cards will include the person's legal name, photo, signature, date of birth, personal demographics, address or last known location and a Kansas State ID card number if applicable.

In order to qualify, individuals must go through the Topeka Police Department for this process. The City of Topeka ID cards can be used to apply for a job through Day Labor Services, apply for residency and more. It is important for people to understand that the City of Topeka ID cards are free, but they do not come with the same rights as a state issued ID card, driver's license or passport.



Frequently Asked Questions (FAQs)

How do you apply for an ID card?

Applications must be filled out in person during our weekly open house. The open house takes place every Thursday from 3:00 p.m. – 5:00 p.m. at the Law Enforcement Center located at 320 S Kansas Ave. Topeka, KS 66603.

What should I bring with me to the open house?

If you have any form of ID, such as a birth certificate, a social security card or an expired driver's license, please bring it with you. If you don't have any forms of ID, you are still able to fill out an application. Please be aware that if you don't have any forms of ID, it may take longer to verify your identity.

How long does it take to receive my ID card?

On average, it takes between one and three weeks to verify your identity and complete your ID card. If there are any issues confirming your identity, you can expect delays.

Where do I pick up my ID card?

Your ID card can be picked up during the weekly open house. Hours for the open house are listed above.

Once I pick up my ID card, how do I apply for a state ID?

When you pick up your ID card, you will need to sign up for an appointment. Appointments take place weekly, on Thursday's at 10:00 a.m. at the Kansas Department of Revenue's License Office. The office is located at 300 SW 29th St. **Note: You must sign up for an appointment. You cannot show up at the KDOR office without an appointment. There are no exceptions.**

What do I need to bring with me to the state ID appointment?

You are responsible for getting yourself to the state ID appointment on time. You will need to bring your city ID card with you, as well as at least one document with your proof of address on it (if you have one). The state ID costs as much as \$25 including tax. You are responsible for bringing this payment with you to your appointment.

Anyone with questions about the City of Topeka ID Card Program can email cotid@topeka.org. Otherwise, questions will be answered at the weekly open house.



How To Save Money While Getting Fit (Splurging Not Required)

Staying fit and healthy throughout the year can be challenging. Add to this the fact that maintaining a healthy lifestyle can be costly, and you might be hesitant to go all in. But what if you could do so affordably? Here we provide some budget-friendly strategies to get yourself feeling great in no time!

Don't Eat Out as Frequently

While dining out occasionally is undoubtedly acceptable, it can eat into your budget big time. Furthermore, it could prove to be the temptation you don't need if you are trying to cut calories, or you're just trying to eat healthier overall.

You could just as well cook tasty food at home with the many apps that are available such as Kitchen Stories, BBC Good Food, and Tasty — often at a fraction of the cost. There are plenty of apps and websites available for saving your recipes and finding new ones.

Make All of Your Regular Wellness Visits

With universal healthcare, you have no excuse not to attend your regular checkups. These appointments are important to ensure your health and fitness goals are on track. Maintaining and organizing your own medical records can make this process smoother and stress-free, as your doctor — and yourself — will have your medical records to refer to as needed.

If lack of insurance is preventing you from seeking regular preventative care, there are good options available. Shopping the ACA healthcare exchange is a great way to find high-quality insurance plans that can fit your budget. These plans all cover annual preventative care visits.

Reduce Your Stress

Reducing stress is a crucial aspect of maintaining and improving overall health. One often overlooked source of stress in the home is clutter. Living in disorganized spaces can lead to feelings of anxiety and overwhelm. Thus, keeping your home tidy and free from unnecessary items can significantly reduce your stress levels. Involving your kids in this process can be beneficial as well. Encourage them to take responsibility for their areas, especially their playroom. Not only will this help keep your home clean, but it also teaches them valuable life skills like organization and responsibility. Remember, a clean, clutter-free home can contribute to a calm, stress-free mindset, promoting better mental and physical health.



Stay Fit at Home

There are many different ways to work out and stay active at home, without having to spend money on expensive gym memberships or personal training sessions. One option is to do body-weight exercises, which involve using your own body as resistance to build strength and tone muscles. These can include things like sit-ups, walking lunges, or plank exercises.

Another option is to use household objects for fitness purposes, such as a chair that can be used for chair dips or a set of soup cans that can be lifted as weights. Finally, you can also opt for activities like running or cycling outdoors, using nothing but your own body and the natural features of your surroundings.

In fact, there are plenty of ways that you can get more steps every day. Take intentional walk breaks throughout your day, and take the long route instead of a shortcut. And, whenever possible, walk instead of drive to pick up a meal, groceries, or to see friends. Use a walk score map to find the best walking routes local to you.

Buy More for Less

One of the best ways to save money when buying groceries is to purchase everything in bulk. Buying in large quantities typically results in lower prices

per unit, as stores are able to offer discounted rates for larger orders. Additionally, purchasing items in bulk can help you to avoid impulse spending, as you will inevitably have a well-stocked pantry or fridge that prevents you from buying extra items every time you shop.

To take full advantage of bulk pricing, Budget Bytes points out that it is important to carefully plan out your meals and create a detailed grocery list before heading to the store. This will help ensure that you only purchase the items that you actually need, without wasting money on things that might go bad or go unused. Another tip for saving money when shopping in bulk is to use coupons whenever possible, either by clipping newspaper coupons or finding digital deals online.

Use Budget-Friendly Strategies to Feel Great

As you can see, being fit and healthy doesn't have to be stressful. In fact, it should be a pleasant and rewarding journey that one should embark on willingly without having to worry about finances standing in the way. Use your insurance for preventative health services and try to walk more. Be more conscious of cost-saving opportunities and more on top of your health in general.

—Johnna Oneil | www.findyourwellbeing.org

MAP vehicle serves homeless in Topeka

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

Services offered include:

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



SCHEDULE

Tuesday & Thursday



MOBILE ACCESS
PARTNERSHIP

Topeka Rescue Mission's
homeless hotline:
785-230-8237

TRM

Clothing, Hot breakfast and lunch,
Hygiene items

VALEO

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

STORMONT

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

FREE LIFELINE PHONES

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

STREET DOG COALITION

Vaccines for pets, Parasite control,
Spay/Neuter

SCHD

Hepatitis A vaccines, Tetanus shots
and Flu shots

KDHE

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

Jan. 2nd • 9:00-2:00

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

Jan. 4th • 9:00-2:00

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

Jan. 9th • 9:00-2:00

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

Jan. 11th • 9:00-2:00

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

Jan. 16th • 9:00-2:00

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

Jan. 18th • 9:00-2:00

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

Jan. 23rd • 9:00-2:00

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

Jan. 25th • 9:00-2:00

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

Jan. 30th • 9:00-2:00

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

Questions about MAP
Please contact Jenny Falk
Director of MAP Operations
at jfalk@trmonline.com



BEFORE



AFTER

Keep your home safe with concrete repair

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

THRASHER
FOUNDATION REPAIR

GET A FREE ESTIMATE
866-571-8749



NATIONAL
DEBT RELIEF

BECOME DEBT FREE IN AS LITTLE AS 24-48 MONTHS

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

Call today:

+1 (844) 954-5013



Top Fitness Trends for 2024 You Can't Miss

In a world where well-being is becoming increasingly important, keeping up with the latest fitness trends is essential. As we step into 2024, the fitness landscape is evolving, offering a blend of innovative fitness trends, inclusivity and personalized well-being.

The choices we make at the beginning of the year set the tone for the months to come. This is especially true when it comes to our health and fitness journey. Starting the year on the right foot also means incorporating trends that address not just physical fitness but holistic well-being. Trends are not just fleeting fads; they represent the collective wisdom of the health and wellness community, offering insights into the most effective and enjoyable ways to stay fit. Let's dive into the top 10 fitness industry trends that are set to redefine our approach to fitness in the coming year:

1. LONGEVITY AS THE NEW MANTRA

Long gone are the days when fitness solely revolved around chiseled muscles and short-term goals. In 2024, the focus is shifting towards longevity and supporting anti-aging. Fitness enthusiasts are embracing practices that not only sculpt the physique but also contribute to overall health and resilience. Workouts designed to improve cardiovascular health, boost immune function and promote mental well-being are gaining traction.

2. RECOVERY TAKES CENTER STAGE

Understanding the importance of recovery is no longer the exclusive domain of elite athletes. In 2024, the fitness industry is placing a significant emphasis on recovery as an integral part of any workout routine. Techniques such as cryotherapy, infrared saunas and targeted massage therapies are becoming commonplace, helping individuals bounce back faster and prevent burnout.

3. EMBRACING OUTDOOR FITNESS

In 2024, there's a growing trend of taking workouts outdoors. This trend encompasses everything from hiking, cycling, jogging to outdoor yoga sessions. It's not just about enjoying fresh air; it's about connecting with nature, enhancing mental health and offering a diverse range of physical challenges.

4. THE RISE OF COMMUNITY AND INCLUSIVITY

In 2024, the fitness scene is shifting from individual pursuits to a collective journey. The importance of a fitness

community and inclusivity is taking center stage in fitness trends of 2024. Members are seeking workout environments that foster a sense of belonging and support. Group Fitness Classes, fitness challenges and social workout apps are on the rise, creating spaces where everyone, regardless



of fitness level, feels welcome.

5. MOBILITY AND BALANCE: BEYOND THE WEIGHTS

While powerlifting will never go out of style, 2024 is witnessing a surge in the popularity of workouts that focus on mobility and balance. Functional fitness routines that improve everyday movement patterns are gaining traction. From yoga to stability exercises, individuals are recognizing the importance of a well-rounded fitness regimen that goes beyond just strength.

6. GENERATIONAL GYMGOERS: FITNESS FOR ALL AGES

In 2024, the fitness landscape is embracing gymgoers of all ages, highlighting the universal appeal of health and fitness. To cater to this diverse demographic, fitness facilities are evolving to meet the unique needs and preferences of different age groups. From specialized Group Fitness Classes for seniors to family-friendly workout spaces, the fitness industry is becoming more inclusive and accommodating to a broader demographic.

7. EMPOWERING WOMEN THROUGH STRENGTH TRAINING

One of the most popular workout trends for women specifically is strength training. In 2024, women are embracing the power of lifting weights, challenging stereotypes and fostering a sense of empowerment. Strength training has become a space where women can challenge themselves, achieve new levels of fitness, and build communities that support and inspire each other. The emphasis is on empowerment, inclusivity and redefining what strength looks like, encouraging women of all ages and backgrounds to engage in these transformative fitness practices.

8. TECH INTEGRATION FOR PERSONALIZED WORKOUTS

Innovations in fitness technology are shaping the way we approach our workouts. From wearable devices that track every step to AI-powered fitness apps that tailor routines

based on individual progress, technology is becoming an indispensable part of the fitness journey. In 2024, we can expect even more personalized and data-driven approaches to help individuals achieve their health and fitness goals.

9. MIND-BODY CONNECTION: MINDFUL WORKOUTS FOR MENTAL WELLNESS

In today's fast-paced world, mental wellness is taking its rightful place in the fitness spotlight. The mind-body connection is becoming a key focus, with workouts designed to not only strengthen the body but also calm the mind. Practices like mindfulness meditation, yoga and tai chi are gaining popularity for their ability to reduce stress, improve focus and enhance overall mental well-being. As individuals recognize the profound impact of mental health on physical fitness, mind-body workouts are emerging as a cornerstone of a comprehensive fitness routine.

10. PERSONALIZED NUTRITION PLANS: FUELING FITNESS FROM WITHIN

The concept of one-size-fits-all nutrition is giving way to personalized nutrition plans that complement individual fitness goals. Understanding that what works for one person may not work for another, the fitness industry is increasingly integrating nutrition into the holistic well-being equation. From DNA-based diets, to using food to restore the gut-brain connection to personalized meal delivery services, individuals are now able to tailor their nutrition to their unique needs, optimizing their energy levels, recovery and overall fitness performance. Nourishing the body from within is as crucial as the workouts themselves.

Embracing a Holistic Approach to Well-Being

New fitness trends are all about embracing a holistic approach to well-being. Longevity, recovery, community and inclusivity are at the forefront, transforming the way we perceive and engage with fitness. As we navigate the ever-evolving fitness landscape, it's clear that 2024 is a step forward into a more innovative era of fitness. So embrace the trends and embark on a journey to a healthier, happier you.

— eosfitness.com

Turning Cancer Cells Against Themselves



(Ivanhoe Newswire) —

Radiation is one of the key treatments in the fight against all forms of cancer. In fact, more than 50 percent of all cancer patients receive radiation therapy – that means that this year, more than 650,000 people in the U.S. will receive radiation to try and wipe out their disease.

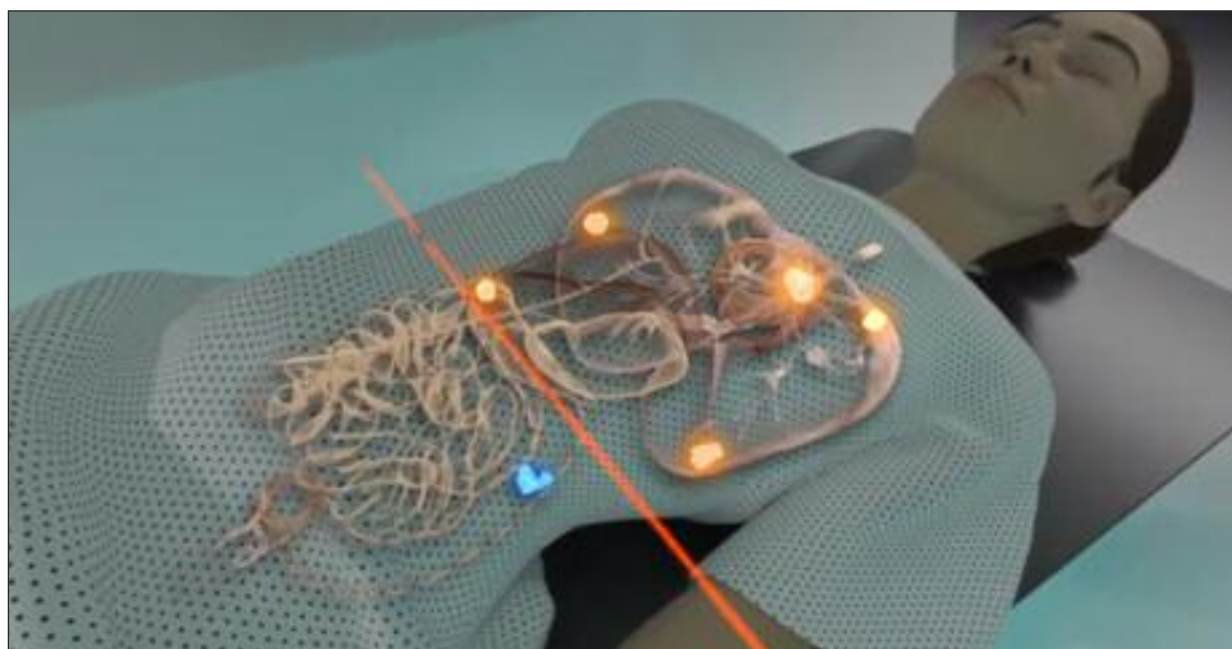
Now, a new radiation therapy is turning cancer against itself.

This year, 230,000 men and women in the U.S. will be diagnosed with lung cancer. According to the American Cancer Society, about 400,000 will be diagnosed with bone cancer.

Terrence Williams, MD, a radiation oncologist at City of Hope says, “Metastatic lung or bone disease, we’re usually talking about stage four cancer at that point.”

For late-stage malignant bone and lung cancers, survival is measured in months, not years. But now, a new type of targeted radiotherapy is turning cancer cells against themselves.

“One therapeutic option that is emerging now is something called biology guided radiation therapy,” explains Dr. Williams.



Radiation oncologists at the City of Hope are some of the first to use the Reflection X1 Linear Accelerator – it’s the world’s first real-time linear accelerator to help visualize the cancer.

Dr. Williams adds, “Real-time PET guided radiation therapy is utilizing the positron emission that comes from the tumor to triangulate where the tumor is in the body and immediately target radiation back to the tumor.”

The Reflection X1 can see precisely where to aim the beams of radiation, even when the tumor is moving. This decreases the risk of damaging healthy cells during radiation, giving doctors and their patients another tool to help track down cancer and destroy it.

Earlier this year, the Reflexion received clearance from the FDA to treat primary or metastatic lung and bone cancer tumors.

Signs and symptoms of cancer differ from the type of cancer someone has, but the general signs of cancer include, but are not limited to: fatigue, lumps under the skin, unexplainable weight gain or weight loss, changes in appearance of skin, changes in

bowel or bladder habits, trouble breathing or cough that won’t go away, trouble swallowing, hoarseness, and/or unexplained bleeding or bruises.

Doctors are able to diagnose specific cancers with physical exams, lab tests, imaging tests like CT scans, MRIs, and PET scans, and/or biopsies.

Treatment for any cancer can vary from chemotherapy to surgery. One of the newest ways to treat cancer is with biology guided radiotherapy.

According to the City of Hope’s website, “The RefleXion X1 system delivers SCINTIX™ biology-guided radiotherapy, a leading-edge treatment that combines PET scans with targeted radiation therapy.

By using fluorodeoxyglucose, or FDG, which is a radiotracer that causes solid tumors to light up on a PET scan, cancer cells are tracked in real time, even in tumors that are moving.”

Radiation Oncologist at the City of Hope, Terrence Williams, MD, PhD, had a hand in developing the newest cancer treatment.

C5Alive Presents

9TH ANNUAL TOPEKA

EASTER FEST

EASTER PARADE + FAMILY FUN FAIR!



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

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

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

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

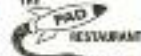
Volunteers needed! Contact:

info@C5Alive.org or 785-640-6399

For booth, sponsor & parade entry information:

info@C5Alive.org or 785-640-6399

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



SATURDAY, Mar. 30, 2024 • 10 AM - 3 PM

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

Top 10 Food & Nutrition Trends for 2024

EatingWell used traffic data and insights to help us predict the food and wellness trends we think will rise in the coming year.

In 2023, we correctly predicted trends like spritzes, copycat recipes and adaptogen drinks to be all the rage. Meshing nutrition with the foods and activities you enjoy is especially important for your physical and mental health, which was rightfully prioritized over the past year. And in 2024, we're expecting nothing less. Focusing on your health should not mean completely cutting out comfort and enjoyment from your lifestyle. You'll notice that the food and nutrition trends we're predicting for the new year combine wellness with joy—think fun drinks with a gut-healthy punch and satisfying snacks, among others.

1. Hydration

Staying hydrated will remain top of mind, and with social media trends like “Water-Tok” and Stanley tumblers being one of the most sought-out wellness gifts, this probably isn't a surprise. Across all Dotdash Meredith brands

(EatingWell is a part of Dotdash Meredith) interest in articles about water and hydration grew 29% from last year.

Handling dehydration is just as important, according to EatingWell readers. Articles like The #1 Food to Eat When You're Dehydrated and Does Dehydration Cause High Blood Pressure? are some of our most-clicked stories published this year. We believe this trend will only continue to grow as the connection between hydration and positive physical and mental health is becoming more apparent.

2. Caesar Everything

Datassential, a top food and beverage data collector, is predicting Caesar salad to be loved outside of your typical romaine base with greens like kale and asparagus taking on the creamy dressing. This doesn't surprise us, as views on caesar salad recipes grew 89% this year compared to last year on EatingWell.com.

After our Caesar-inspired Roasted Cabbage Salad went



viral on TikTok, we're expecting all types of greens to take over this trend, from our Cucumber Ribbons Caesar Salad to our Kale & Shaved Brussels Sprouts Salad with Avocado Caesar Dressing. But it won't stop at salad; Caesar salad's ingredients, especially the dressing, will become components of all of your favorite foods. Think: flatbreads, wraps, Roasted Cabbage Wedges and more.



3. Functional Beverages

Last year, we predicted alternative coffees as a top trend for 2023—and Whole Foods has it listed as a trend for 2024. With energy drinks commonly used as a coffee substitute, this may be the transition from the coffee alternative trend we were expecting. Be sure to be mindful of your caffeine intake throughout the day as some of these



drinks can have more than twice the amount of caffeine as your average cup of Joe.

This year, we're expanding this trend by including prebiotic and probiotic sodas (views on articles about probiotics were up by over 1400% on EatingWell.com this year), electrolyte-infused beverages (interest in articles about electrolytes were up 100% on EatingWell.com this year) and more into the mix. Drinks touted to have added health benefits—whether it's to keep you energized, motivated or improve your gut health—are what we are calling the “functional beverage” trend to look out for.

4. Focusing on Gut Health

Speaking of gut-healthy sodas, we're noticing a major uptick in interest in foods and drinks focused on supporting gut health—interest in topics like gastrointestinal health grew 60% this year compared to last year on EatingWell.com—so we're fully expecting that fermented foods and probiotic- and prebiotic-rich ingredients will be a primary focus for the year to come.



Plus, gastroenterologist-approved advice will not only be needed, but it will be sought out. We noticed articles like The Best Vegetable for Gut Health and Easy Food Swaps to Improve Gut Health featuring insights from gastroenterologist Dr. Will Bulsiewicz, M.D. were especially intriguing for our audience throughout 2023.

5. High-Protein Snacks

Protein is an incredibly important nutrient that your body needs to stay strong and satiated, and in 2024, we're expecting it to get the recognition it deserves. EatingWell has seen a growth in interest for plant-based protein by 41% since the start of 2023, and protein powder remains a prominent ingredient with a 58% growth.

More and more accessible sources of protein are becoming available on the market, and a top category is snacks.



Whether it's your classic nuts, trail mix or yogurt or new and improved protein bars and chips, we're ready for the protein takeover on the grocery shelves.

6. Food for Menopause

As celebrities like Drew Barrymore, Oprah and Naomi Watts open up about menopause in the public eye, the “taboo” topic is becoming quite the opposite. Resources for menopause and perimenopause are more accessible, and Google’s data is seeing an increase in health trends with terms like creatine and menopause being widely searched together.



There are foods that can help relieve menopause symptoms, including hot flashes, so we think that a menopause-friendly eating pattern will start to be a focus for many without the stigma.

7. No Added Sugar

With dessert trends highlighted in 2023 like date bark,



consumers are wanting products that are low in added sugars or have no added sugars. EatingWell’s data shows views on articles about added sugar grew by 1200% since last year. When we talk about added sugars, we’re referring to sugars from sweeteners, syrups and honey—not naturally-occurring sugars found in fruits, vegetables and milk.

8. Mocktails

Nonalcoholic drinks have become more popular over the years, and we’re only expecting the mocktail trend to grow. In Pinterest Predicts, the social media’s trend prediction roundup for 2024, tropical booze-free drinks are anticipated to be sipped on all year long—pineapple mocktails were searched for 70% more this past year.



Specifically, we’re talking about alcohol-free beverages that have the flavor and feel of popular alcoholic drinks will be on the rise this year. “People still want to socialize and want their drink experience to be special as if they were ordering a cocktail,” says Alex Loh, EatingWell’s associate food editor. “They want to follow a low-alcohol or no-alcohol lifestyle.” With trends like Dry January and Sober October increasing in popularity each year, we’re anticipating the growth of a sober-curious society.

9. Ice Baths and Cold Plunges

Cold plunges are being added to daily routines, and it’s



becoming the latest anti-inflammatory wellness trend that celebrities are endorsing. Google’s Year in Search for 2023

listed water chillers for ice baths as a top searched appliance.

While it may provide health benefits like increasing circulation, increasing your metabolism and decreasing muscle soreness, it can cause hypothermia and cold shock if you’re not careful. Talk to a healthcare professional to help decide what’s best for you and your health.

10. Interest in Weight Loss Medication

With drugs like Ozempic and natural options like berberine receiving a ton of press for promoting weight loss, we’re expecting a clear uptick in weight loss medications—and possibly prescription requests—on the rise. Datassential reports that 14% of consumers are becoming more interested in GLP-1 receptor agonist prescription drugs, including Ozempic and Wegovy.

“With more weight loss medications getting approved, we expect to see interest in them continue to increase. It’s important to remember that while these



medications aren't right for everyone and should be taken with precaution—just like with any medication—they are a safe option for many people with obesity,” Maria Laura Haddad-Garcia, EatingWell’s senior nutrition and news editor says. “When considering weight loss medication, it's more than a number on the scale an individual is able to reach, but more so, the other health outcomes of reducing their weight. Are they able to move more? Do they reduce the risk of certain chronic conditions? Do they sleep better? Does their quality of life improve? Those are the questions we should be asking ourselves.”

– Danielle DeAngelis is a journalist and current assistant editor for EatingWell.com

The Benefits of Visualization Techniques for Runners

By Kelsey Kloss | Runners World

If you've seen another runner with their eyes shut, focusing intently before a race, they may very well be practicing visualization.

The practice of visualization is essentially imagining how a certain event, like a race, is going to unfold in as much detail as possible. It involves mentally planning out how you'll feel when you start running, how you'll react to obstacles along the way, and how you'll push through the temptation to give up so you make it across the line.

"The ability to persevere and summon the grit within is a vital skill for runners," says sports psychiatrist Ulrich Vieux, D.O., director of child and adolescent psychiatry education and training at Hackensack University Medical Center in Hackensack, New Jersey. "Visualization is the ability to have a pre-performance rehearsal in which a player pictures the events unfolding in their imagination."

This, in turn, can be a strong complement to physical training that gives runners an edge. Here's what you need to know about visualization techniques, including the benefits and how to get started.

1. It Builds Your Confidence

When you've seen yourself take on a race and move through obstacles that come your way, even if it's through visualization, that feeling of accomplishment will translate into your physical training and racing.

Whether your goal is improving speed, running a longer distance, or achieving a new personal record, seeing yourself do so ahead of time in your mind helps you believe that it's possible.

"With visualization, the runner has 'run the course,' so to speak, several times in their mind, reducing the likelihood of anxiety and helping them stay confident," says Vieux. "Mental preparation that complements the physical preparation when training for an event or in pursuit of improving ability will help achieve the zenith of your potential."

2. It Helps You Mentally Prepare for Obstacles

Visualization isn't just about seeing yourself win. It's about watching yourself confidently navigate anything the race may throw your way and shaping a game plan for getting through it. For example, if you might face harsh weather during your marathon, you can visualize yourself running in a pack when facing headwinds or dealing with rain, and pushing through with speed and strength.

"The runner imagines the undesirable situation, then 'sees' themselves overcoming it," says Vieux. "When such moments arise, they're not surprised or thrown off because they're mentally prepared for it and are better able to maintain focus."

That said, in practicing visualization, it's important not to hyperfocus on negative imagery. Thinking too much about potential mistakes or less desirable outcomes can cause worry and tension in your body (and decrease your confidence).

"If you notice yourself doing this as a runner, it's important not to judge yourself for it, but to instead use it as an opportunity to mentally prepare for how you would want to recover from setbacks," says Oretzky. "It can be an opportunity to visualize yourself practicing resilience."

3. It Keeps You Calm Under Pressure

When you incorporate visualization into



your training or racing routine, you may find it helps you find calm before you start running.

"It can really help runners manage nerves under pressure, give them a place to focus the mind, and provide a way of getting centered beforehand," says Oretzky.

You can practice visualization in the morning to set a positive tone for the day, before you start a training session or race, or even in the evening as a way to relax, unwind, and prepare for the next day's event.

"It can begin to integrate into the body as well," says Oretzky. "Visualization can help runners to feel more at ease, to have a relaxed, smooth form, and to decrease tension in the body."


4. It Can Help You Train (Even When You Physically Can't)

If an injury is keeping you on the couch, visualization allows you to continue preparing for the race.


"It gives you the ability to continue training mentally when training physically may not be possible because of injury or another impediment," says Vieux.





Although it may not feel like you're truly "training," keep in mind that this mental component is what differentiates the best athletes from the rest.

"As a sports psychiatrist who has worked with professional athletes, one of the most memorable remarks I have heard came from a mentor, who said that the key difference between a baseball player stuck in the minor leagues and a major league baseball player was how they prepared mentally," adds Vieux. "Many of our most admired athletes have remarkable mental strength and an ability to overcome obstacles."



'Celebrate Community'
A combined project by Topeka Service Clubs:



FRIDAY, FEBRUARY 2
1 PM TO 6 PM
FAIRLAWN PLAZA MALL - TOPEKA KS
2114 SW Chelsea Drive, Topeka KS, Space 25


Scan the QR code to make an appointment
and help Topeka's Service Clubs save lives!

Appointments are preferred however walk-ins will be welcomed if space permits. For additional details contact Irene Haws at **785.249.1913** or topekaliions.org.





Visit savealife.org/coronavirus for COVID-19 safety protocols.


Medical eligibility questions?
Call 1.800.688.0900

Ad Sponsors:
Topeka Lions, Topeka Twilight Lions, Topeka Sunflower Lions, Topeka Optimist, Kiwanis Club of Topeka, Rotary Club of Topeka, Topeka South Rotary, Sunrise Optimist, Southwest Kiwanis, Civitan, Heartland Sertoma & Evening Sertoma



817.468.6344 • savealife.org





Caring for next spring's perfect lawn starts now.

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

Save now with

50% OFF*

Your First Service

AMERICA'S #1 LAWN CARE COMPANY



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



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




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

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


1-855-206-9602

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



TOPEKA COMMUNITY CYCLE PROJECT

shop learn work ring



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

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



RENEWAL by ANDERSEN
FORESERVICE WINDOW & DOOR REPLACEMENT



ENGINEERED WITH
FIBREX
MATERIAL
ANDERSEN EXCLUSIVE FEATURE



BUY 1, GET 1

40% OFF

Windows, Patio & Entry Doors¹ Minimum purchase of 4.

PLUS
\$0 Money Down, \$0 Interest,
\$0 Monthly Payments for 12 Months¹
Minimum purchase of 4 - interest accrues from date of purchase but is waived if paid in full within 12 months.

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



855-454-4135

¹DETAILS OF OFFER: Offer expires 1/31/2024. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 money down, \$0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 9/24/2023 and 1/31/2024. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. Central CA License #1096271, CA License CLS# #1050316, License WRCS-50303, WA License# RENEWA056K6, WA License #RENEWAP87B8M, OR License #198571. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2023 Andersen Corporation. All rights reserved. RBA13228

NORTH AMERICA'S

#1 Selling Walk-In Tub

Featuring our *Free Shower Package*



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

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

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

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



Call Today for Your Free Shower Package

1-855-431-3053

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

FINANCING AVAILABLE WITH APPROVED CREDIT



Keeping Your Pet Healthy During the Winter

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

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

Why pets may need winter sweaters

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

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

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

How to add extra layers

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

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

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

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



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

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

Skin-saving solutions

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

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

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

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

Don't forget nutrition

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

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

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

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

SMART TIPS FOR YOUR DOG

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



Alcohol



Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



Seeds/pits



Spicy



Sugar-free candy and gum



Tobacco



Yeast/dough



Onions

Spiritual Wellness

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

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

More and more people are searching for immortality in all the wrong places – and wrong times:

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

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

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

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

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

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

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

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

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

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



righteousness above all else.

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

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

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

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

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

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

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

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

Don't serve idols.

Don't take His name in vain.

Remember the sabbath.

Honor your parents.

Don't murder anyone.

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

Don't steal.

Don't bear false witness against your neighbor.

Don't covet your neighbor's stuff.

Aren't these good rules or Commandments?

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

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

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

So, I wouldn't suggest waiting.

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

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

—Joseph Farah

TOPEKA Health & Wellness MAGAZINE

Seeking partners for a Healthier Topeka!

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

Will you help us?

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

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



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

For more information, contact Lee Hartman at 785-640-6399 or info@topekahealthandwellness.com.

Healthy Recipes for the Holidays

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

Playgroup Granola Bars



We had these granola bars for a playgroup one morning and ever since they've been a staple!

Ingredients

- 2 cups rolled oats
- ¾ cup packed brown sugar
- ½ cup wheat germ
- ¾ teaspoon ground cinnamon
- 1 cup all-purpose flour
- ¾ cup raisins (Optional)
- ¾ teaspoon salt
- ½ cup honey
- 1 egg, beaten
- ½ cup vegetable oil
- 2 teaspoons vanilla extract

Directions

Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.

In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.

Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

Nutrition Information (Servings: 24)

Per serving: 161 calories; fat 6g ; carbohydrates 27g; protein 2g; sodium 79mg

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

Easy Korean Ground Beef Bowl



This Korean beef bowl is quick and easy to make. The ingredients can easily be adjusted to suit your taste. Serve over warm rice or spiralized vegetables.

Ingredients

- 1 pound lean ground beef
- 5 cloves garlic, crushed
- 1 tablespoon freshly grated ginger
- 2 teaspoons toasted sesame oil
- ½ cup reduced-sodium soy sauce
- ⅓ cup light brown sugar
- ¼ teaspoon crushed red pepper
- 6 green onions, chopped, divided
- 4 cups hot cooked brown rice
- 1 tablespoon toasted sesame seeds

Directions

Heat a large skillet over medium-high heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain excess grease.

Stir in garlic, ginger, and sesame oil and cook until fragrant, about 2 minutes. Stir in soy sauce, brown sugar, and red pepper. Cook until beef absorbs some sauce, about 7 minutes. Add 1/2 of chopped green onions.

Serve over hot cooked rice; garnish with sesame seeds and remaining green onions.

Nutrition Information (Servings: 4)

Per serving: 574 calories; fat 19g ; carbohydrate 70g; protein 29g; sodium 1142mg

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

Sweet Potato, Carrot, Apple, Red Lentil



This winter puréed sweet potato & lentil soup warms you on the inside while protecting the waistline. Add some yogurt or crumbled feta cheese on top if desired.

Ingredients

- ¼ cup butter
- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple - peeled, cored, and chopped
- 1 onion, chopped
- ½ cup red lentils
- 1 teaspoon salt
- ½ teaspoon minced fresh ginger
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika
- 4 cups vegetable broth

Directions

Melt butter in a large, heavy-bottomed pot over medium-high heat. Add sweet potatoes, carrots, apple, and onion; cook and stir until onion is translucent, about 10 minutes.

Stir in lentils, salt, ginger, pepper, cumin, chili powder, and paprika, then pour in broth. Increase the heat to high and bring to a boil. Reduce the heat to medium-low, cover, and simmer until lentils and vegetables are soft, about 30 minutes.

Purée soup in the pot with an immersion blender until smooth. Increase the heat to medium-high and cook until simmering, about 10 minutes. Add water as needed to thin the soup to your preferred consistency.

Nutrition Information (Servings: 6)

Per serving: 322 calories; fat 9g; carbs 53g; protein 9g; sodium 876mg

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

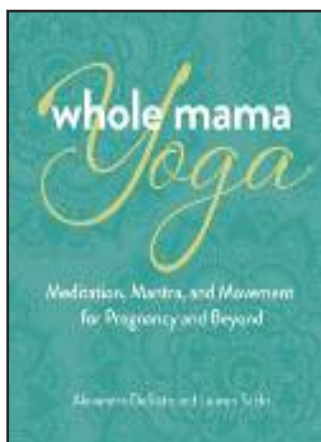
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

Whole mama yoga: meditation, mantra, and movement for pregnancy and beyond – by Alexandra De-Siato; Health Communications, Inc.; New Health Books 618.244 DES

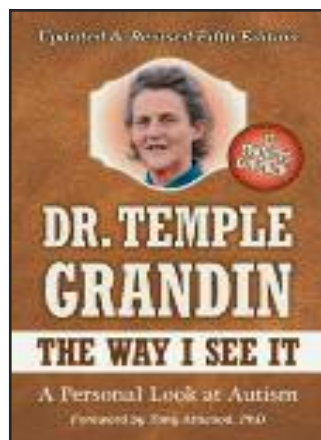
Women are drawn to yoga for its physical benefits, its ability to induce calm and presence, and its offering of spiritual depth. Whole Mama Yoga offers a way to extend yoga's gifts into the motherhood experience and offers guidance that eases both physical and emotional discomforts. Many parents balance boundless love and boredom, overwhelming joy and moments of isolation, self-confidence and self-doubt. Yoga provides an opportunity to practice the much-needed body love and self-connection many parents need.



Accessible to both new and advanced yoga practitioners, Whole Mama Yoga is for parents with children of all ages. With yoga poses at the core of the text, this book provides helpful information in movement offerings that meet all moms and birth parents where they are. Organized into sections titled Relate, Move, Reflect, Wisdom, and Breathe, Whole Mama Yoga provides breathing techniques, suggestions for meditation and mantra, inspiring tidbits of yoga philosophy, funny and uplifting stories from yoga-moms, and journal prompts that allow readers to reflect on their own experience of parenthood.

The way I see it: a personal look at autism [updated and revised 5th edition] – by Dr. Temple Grandin; Future Horizons, Inc.; New Health Books 616.85882 GRA

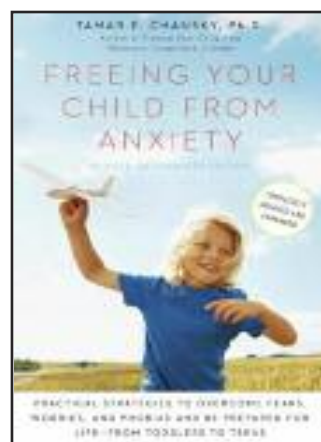
In the beloved classic book, *The Way I See It*, Dr. Temple Grandin gets to the REAL issues of autism—the ones parents, teachers, and individuals on the spectrum face every day. In this updated fifth edition, Temple offers helpful dos and don'ts, practical strategies, and try-it-now tips all based on her insider perspective and a great deal of research. Revised and updated chapters include: Alternative Vs. Conventional Medicine; Do Not Get Trapped By Labels; The Importance of Early Educational Intervention; Too Much Video Gaming and Screen Time; Try On Careers; and many more! Temple has packed a wealth of knowledge into this book, which serves as an excellent reference resource for a multitude of topics related to ASD. Whether you're searching for something specific or reading cover-to-cover, *The Way I See It* is required reading for everyone whose life has been touched by autism.



Freeing your child from anxiety: practical strategies to overcome fears, worries, and phobias and be prepared for life—from toddlers to teens – by Tamar Chansky; Harmony Books; New Health Books 616.8522 CHA

Childhood should be a happy, carefree time.

Too many children are stressed-out and exhibiting symptoms of anxiety. In *Freeing Your Child from Anxiety*, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life.



Parents everywhere want to know: What is normal?

How can you know when stress has crossed over into a full-blown anxiety disorder? How can you prevent anxiety from taking root? And how do you help your son or daughter break free from a pattern of fear and worry and lead a happy, productive life? Fortunately, anxiety is very treatable, and parents can do a lot to help get their children's emotional well-being back on track.

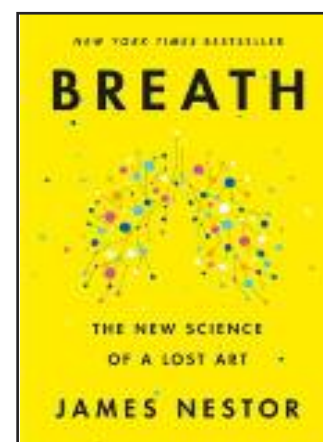
Freeing Your Child from Anxiety contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture. Learn the tips, techniques, and exercises kids need to implement the book's advice right away, including "How to Talk to Your Child" sections and "Do It Today" activities at the end of each chapter.

These simple solutions can help parents prevent their children from needlessly suffering today--and ensure that their children have the tools they need for a good life tomorrow.

Breath: the new science of a lost art – by James Nestor; Riverhead Books, an imprint of Penguin Random House LLC; New Health Books 613.792 NES

No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly.

There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences.



Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet

facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe.

Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is.

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, this book turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Living in the light: yoga for self-realization – by Deepak Chopra, MD; Harmony Books; New Health Books 613.7046 CHO

Reach your highest potential and a deeper understanding of self with Deepak Chopra's groundbreaking guide to the philosophy and practice of Yoga.

Royal Yoga is the highest and most important of the yoga traditions--an all-embracing path to personal transformation that reaches beyond

any approach to wellness and healing that exists today. Whatever you are doing to enhance your life, Royal Yoga can bring you more of everything you want; it brings every experience, no matter how small, into the light. By learning to live in the light, you deliberately and consciously accept your true self as a being of infinite possibilities, unfettered by worry or self-doubt.

This groundbreaking new work offers an illuminating program for self-realization, bliss, and wholeness. Combining a practical thirty-day program that will help you break limiting habits and belief systems with an in-depth exploration of fifty stimulating and

restorative yoga poses, the authors provide a thorough and inspiring way to unite the mind, body, and soul.

With new insights on social and emotional intelligence, the power of attention, body awareness, breathing, wholeness, and transcendence, and with dozens of specially commissioned illustrations of yoga poses (accessible for all skill levels, from beginner to enthusiast), *Living in the Light* provides the ultimate guide to your exciting, bright, and enlightening future.

Widen the window: training your brain and body to thrive during stress and recover from trauma – by Elizabeth Stanley; Avery; Real Health Books 616.8521 STA

Stress is our internal response to an experience that our brain perceives as threatening or challenging. Trauma is our response to an experience in which we feel powerless or lacking agency. Until now, researchers have treated these conditions as different, but they actually lie along a continuum. Dr. Elizabeth Stanley explains the significance of this continuum, how it affects our resilience in the face of challenge, and why an event that's stressful for one person can be traumatizing for another.

This groundbreaking book examines the cultural norms that impede resilience in America, especially our collective tendency to disconnect stress from its potentially extreme consequences and override our need to recover. It explains the science of how to direct our attention to perform under stress and recover from trauma.

With training, we can access agency, even in extreme-stress environments. In fact, any maladaptive behavior or response conditioned through stress or trauma can, with intentionality and understanding, be reconditioned and healed. The key is to use strategies that access not just the thinking brain but also the survival brain.

By directing our attention in particular ways, we can widen the window within which our thinking brain and survival brain work together cooperatively. When

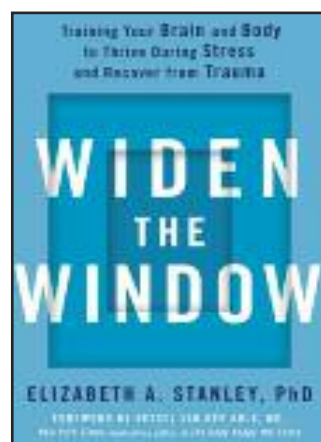
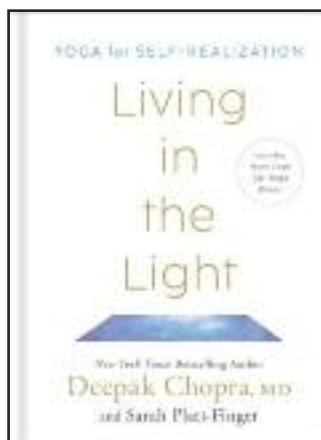
we use awareness to regulate our biology this way, we can access our best, uniquely human qualities: our compassion, courage, curiosity, creativity, and connection with others. By building our resilience, we can train ourselves to make wise decisions and access choice--even during times of incredible stress, uncertainty, and change.

With stories from men and women Dr. Stanley has trained in settings as varied as military bases, health-care facilities, and Capitol Hill, as well as her own striking experiences with stress and trauma, she gives readers hands-on strategies they can use themselves, whether they want to perform under pressure or heal from traumatic experience, while at the same time pointing our understanding in a new direction.

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

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

Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at tscpl.org/downloads or tscpl.org/downloads/ebooks.



Contact Lissa Staley:
estaley@tscpl.org

**Topeka & Shawnee County
Public Library**

**1515 SW 10th Ave., Topeka, KS 66604
785-580-4400 • www.tscpl.org**

Health & Wellness Marketplace

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

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave. Treating abdominal pain, digestive disorders, constipation & more 785-354-8518. KMCPA.com. • TopekaEndoCenter.com

DIABETES PROGRAM

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

PEDIATRIC DENTISTRY

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

PEDIATRIC VISION

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

ATTORNEY SERVICES

K. KIRK NYSTROM, Attorney

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

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

We've Moved Upstairs!

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

785-235-6977
k.nystrom@att.net
www.nystromlaw.net

"36 years Experience"

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

HEALTH ADVERTISING

PLACE YOUR AD HERE! Prices start at \$25 per month! Call us at 380-8848 or email us at info@TopekaHealthandWellness.com

MEDICAL PRODUCTS

CPAP

Supplies & Services LLC

Specializing in all your CPAP needs

785-289-3188 2905 SW Gage

COUNSELING

MIDLAND CARE OFFERS GRIEF AND LOSS COUNSELING for all ages in the community. Contact the Center for Hope and Healing at 785-232-2044 or visit www.midlandcare.org.

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

COUNSELING YOU CAN TRUST
www.shanemjones.com

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

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

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

Areas of expertise:

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

ASSISTED LIVING

Advena

LIVING ON TENTH

Skilled Nursing
Rehabilitation
Long-Term Care

Mental Health Services
VA-Connected

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

MENTAL HEALTH - ADDICTION

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

EMERGENCY FOOD & SHELTER

TRM MINISTRIES

TOPEKA RESCUE MISSION MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744

Donate: Text TRMgive to 77977

Non-Cash Donations: 785.357.4285

Volunteer Services: 785.354.1744 ext. 393

TRMonline.org

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

CHRISTIAN EDUCATION

CAIR PARAVEL LATIN SCHOOL - Offering a Classical Christian Education. 635 SW Clay St. 785-232-3878. www.cpls.org

K-12 Christian Education

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

Call 785-286-0427 today for a tour.

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

Advanced EDUCATION ACCREDITED

HCSTopeka.org | info@HCSTopeka.org | 2000 NW Clay, Topeka, KS 66606

Alpha Christian Children's Home & School
www.alphachristianchildrenshome.com

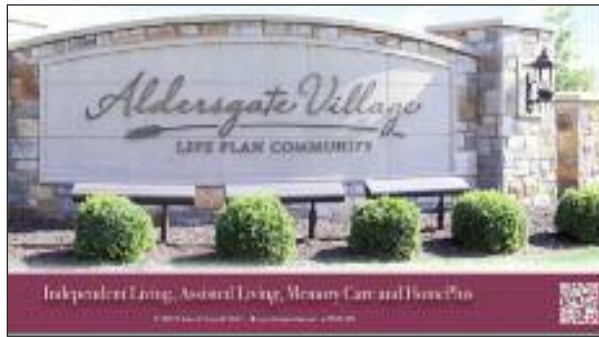
WHAT WE DO:

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

HOW YOU CAN HELP:

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

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

RETIREMENT COMMUNITY**NUTRITION / SUPPLEMENTS**

An advertisement for Innov8tive Nutrition. It features the company logo, the text "IPA Innovative PATCH Application", and a photo of a man's torso. The text reads: "A whole new way to be your best! Take dietary supplements by wearing one patch each day! Call Cindy Durkin 785-224-1918 Find out more at: Cindy@kousha.innov8tivenutrition.com"

RECOVERY

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

COMMUNITY CARE LINE**WANT TO TALK AND IT'S NOT A CRISIS?**

Feeling isolated & want to connect?
Shawnee Co. Community Cares line
1-800-972-8199 • M-F 9-5

GRAPHIC DESIGN SERVICES

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

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

FINANCIAL WELLNESS

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

FrontDesk@peggystaxks.com
www.peggystaxks.com

FUNERAL & CREMATION SERVICES

An advertisement for Davidson Funeral Home & Cremation Services. It features a large 'D' logo and a photo of the funeral home building. The text reads: "Family Owned & Operated for over 100 years 1035 North Kansas Avenue Topeka, Kansas (785) 233-4088"

BICYCLES

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

HOME CARE AND HOSPICE

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

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

DELI MEATS

An advertisement for Herman's Beef & Sausage House. It features a logo with a cow and the text: "Get Your Healthy Meat & Deli Items at HERMAN'S BEEF & SAUSAGE HOUSE 823 N.W. Gordon St. Topeka, KS 66608 (785) 233-7328 We Specialize In Meat & Deli Items"

FOR RENT

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

HEALTH INFORMATION

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

785-580-4400. www.tscpl.org

HONEY

HONEY for sale, local, new crop. Tecumseh area. Pick up or we deliver. All types of honey products. Call 785-215-5280. Prairie School Honey.

FARM & HOME SUPPLIES

An advertisement for Tarwater Farm & Home Supply. It features a logo with a house and the text: "PHONE: (785) 286-2390 TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM MOBILE: (785) 224-4298 TARWATER FARM & HOME SUPPLY RICH TARWATER OWNER 4107 N TOPEKA AVE TOPEKA, KS 66617 BECAUSE OF THE CUSTOMER... WE EXIST!"

PET CARE

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

MERIDEN ANIMAL HOSPITAL

An advertisement for Meriden Animal Hospital. It features a logo with a caduceus and the text: "Jeffrey F. Van Petten, DVM Veterinary Acupuncture & Chiropractic Care Member - AVMA, IVAS, AVCA 7146 K-4 Hwy, Meriden, Ks 785-484-3358 • Phone answered 24 hours staff@Meriden-Animal.com"

Healthy Event Calendar for Greater Topeka

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

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

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

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. lecomptonkansas.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>

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

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.

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

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

CLINTON STATE PARK FIRST DAY HIKE – Jan. 1, 11am-1pm, 798 N 1415 Rd, Lawrence, KS. There is no better way to ring in the New Year than with a hike at your favorite park, on Prairieview Nature Trail. A casual hike through native grass fields along and up Bunker Hill that will give way to scenic views of Clinton State Park and the lake itself. Bring your family, friends, and pets (leashed)! This hike will be approximately 1.5 miles. Meet at Bob Mowery Meadows Disc Golf Course parking lot at 11 am. No vehicle permit required! It's a Free Entry Day! Non-perishables will be collected and donated to a Local Food Bank

JOY BISHOP'S BOOK LAUNCH – Jan. 6, 2-4pm, 4700 SW 17th St. Celebrate Joy's new book, My Gift To You. There will be short talk and reading by Joy, and questions. Autographed books will be available. This will be held inside Mt Hope's beautiful indoor chapel.

TOPEKA FARM SHOW – Jan. 9-11, Stormont Vail Events Center.

C5Alive "CHRISTMAS" LUNCHEON – Jan. 11, 11:30-1, 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! See our Facebook page for details.

SAVE THE DATE: C5 POWER Luncheon, Feb. 8, 11:30-1.

JAM4DAN17 Jam For Dan – Jan. 12-14, Celtic Fox. Lots of Bands will participate

TOPEKA BRIDAL FAIR – Jan. 20, 10-4, Stormont Vail Events Center. Get your tickets at bridalfair.com

WOODSHED FLEA MARKET – Jan. 21, 10-3, Woodshed, 1901 N. Kansas Ave. Indoor & outdoor vendors.

RALLY AND MARCH FOR LIFE – Jan. 24, 8am-2:30pm, Capitol Build-

ing, Downtown Topeka. Pro-life speakers and meetings with legislators. For more info: kfl@kfl.org

BLEEDING KANSAS - Sundays from Jan. 28-Mar. 3, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$5 adults.

LAST SUNDAY FREE BREAKFAST BUFFET – Jan. 28, 8am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

"GUS" GUSTAFSON SUPPER AND SILENT AUCTION – Feb. 3, 5-7pm, Grace Community Church, 310 E. Eighth St, Overbrook. International speaker who has turned tragedy into triumph shares a humorous, heartwarming message. Pancake and Sausage supper served at 5pm. Freewill donation benefits Community Christian School in Overbrook.

FAMILY LIFE PRESENTS: 'WEEKEND TO REMEMBER' - February 9-11, Overland Park Marriott. For everyone who is engaged or married! To register & pay: familylife.com/weekend-to-remember. Use the Group Name: LakeviewChurch. \$350/couple - (until 1/9/2024: \$300/couple), Discounted room rates: \$149/night. Friday: You came into marriage looking for a particular "happily ever after." But then your love met reality. We'll help you find the dream again. Saturday: Let's chat about what threatens your closeness, how to pull closer through conflict, & tips for other areas of the married life. Sunday: For a marriage bigger than just "happily ever after." 40+ Years of Experience! 96% say it "greatly improved" their relationship. 100% satisfaction guarantee. If you don't like it, we'll refund your registration." Contact info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

SPEED DATING EVENT – Feb. 10, 7-12pm, Woodshed, 1901 N. Kansas Ave. Fantastic speeding dating event with



VOICE OF FAITH
RADIO BROADCAST
Sermons and Teachings of Rev Max L. Manning

Sundays — 9 am WIBW RADIO 580 AM
Daily (Mon—Fri) — 10 am KFGB 97.7 FM

www.global-missions.com

PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183



ALL INSURANCE ACCESS LLC
AUTO - HOME - FLOOD - LIFE - COMMERCIAL

BRITTANY ELLIOTT - AGENT

3706 SW TOPEKA BLVD
SUITE 401
TOPEKA, KS 66609

OFFICE: (785) 267-0707
CELL: (785) 206-0101
EMAIL: elliott@alltopeka.com

food, refreshments, full bar open and soda drinks! Purchase Tickets at <https://www.eventbrite.com/.../the-woodshed-speed-dating...> 7-8pm: Meet people face to face without having to do it on an individual date format. This is a fun way to meet people even just as friends. 8 pm - 11:59 pm - Band - \$10 for band time. Option for time w/ a professional to help you with your online profile.

KANSAS LAWN & GARDEN SHOW – Feb. 16-18. Stormont Vail Event Center

9th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Mar. 30, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Cosmo's Health Fair will be 10-3, inside and outside Great Overland Station, including vendor booths, children's games, food, facepainting, inflatables, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, info@C5Alive.org or 640-6399.

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.flocritkans.org Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue.

5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mo-

bility™; 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., 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:



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.

Jan. 11, 11:30-1: "POWER" Luncheon

Join us to learn from and interact with other
**Christian business people, non-profit workers
& church staff! Details on our Facebook page!**

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

Save the Dates!

- 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](https://www.facebook.com/C5Alive)



Jim Hanna, CFP®, MBA, CKA®
Private Wealth Advisor | Certified Kingdom Advisor®

Heart Financial Partners
A financial advisory practice of Ameriprise Financial Services, LLC

785.357.6278 x19
601 S. Kansas Ave., Topeka, KS 66603
james.hanna@ampr.com
ameripriseadvisors.com/team/heart-financial-partners


Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER®, and CFP (with plaque design) in the U.S. Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization.
Ameriprise Financial Services, LLC Member FINRA and SIPC.



NATIONALLY RECOGNIZED

INSPIRATIONAL SPEAKER

RON "GUS" GUSTAFSON



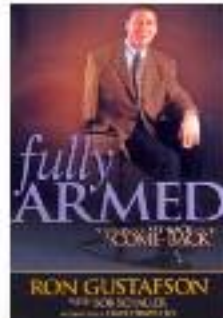
OVERBROOK, KS

SATURDAY

FEB. 3

5-7 PM

FREEWILL DONATION




Meet a man who has turned personal tragedy into triumph! When Gus speaks, he shares a humorous, heart-touching message you'll find unforgettable and life-changing! Come join us on February 3, 2024!

SUPPER + SILENT AUCTION + GUS!


A Pancake & Sausage Supper will be served beginning at 5:00 p.m., followed by our featured presentation with Ron "Gus" Gustafson!

A FUNDRAISER FOR:



**COMMUNITY
CHRISTIAN
SCHOOL**
Ohio General Assembly's Excellence

HOST VENUE & LOCATION:



Grace Community Church
310 E. 29th St. • Overbrook, KS 66228

FREE & OPEN TO THE PUBLIC!

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 highlandheightscc.com or 785-379-5642.

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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

BLEEDING KANSAS PROGRAM SERIES 2024

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON
2 p.m. Sundays • Suggested donation \$5 adults

A series of talks and dramatic interpretations over the issue of slavery in Kansas and the nation, 1854 to 1865

- JANUARY 28** "Kansas Day"
with David Toland, Kansas Lieutenant Governor and Kansas Secretary of Commerce; Patrick Zollner, Executive Director, Kansas Historical Society; Bridgette Jube, Director, Kansas Tourism; Jaden Najafzadeh, student, Bishop Seabury Academy
- FEBRUARY 4** "Sitting on the Fence: Living in Bleeding Kansas Between the Factions"
by Wendell D. Goss, retired senior professor, Church Studies Institute, Ft. Leavenworth and author. Book signing.
- FEBRUARY 11** "John Brown, Man of Action"
by Cindy Arwater, Administrator, John Brown Museum State Historic Site, Shawnee
- FEBRUARY 18** "A Monopoly on Misfortune: An Immigrant Regiment in the Crucible of Civil War"
by Dr. Brian Matthew Jordan, Associate Professor of History and Chair of the Department of History, San Houston State University. Book signing.
- FEBRUARY 26** "Abolitionist of the Most Dangerous Kind: James Montgomery and His War on Slavery"
Todd Middle, author and retired Kansas public school educator and David D. Schaffer, author and retired Park Ranger, National Park Service. Book signing.
- MARCH 3** The Lecompton Reenactors present "Bleeding Kansas"
voices from Kansas Territorial characters: Clarissa Nichols, John Brown, Jim Lane, Charles & Sara Robinson, David Atchison, Samuel Jones, Nicholas Doyle.



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

burning, strength, fitness. 207-0380

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

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

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. Topekaliions.org

STROKE SUPPORT GROUP – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

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.

LAWN MAINTENANCE

Michael's Lawn Care
We service advanced and basic lawn care. Need trimming, debris removal, or a remodel of landscape we can help!

Tree removals, Snow removal and junk removal we can help! We have equipment for our ever changing landscape needs. Discounts for Veterans/Disabled

Call or text: 520-861-0524
email: amaryh1978@gmail.com

Send your event information to:
info@TopekaHealthandWellness.com

See complete updated calendar at
TopekaHealthandWellness.com



Helping families plan for the anticipated and the unexpected since 1971

Call today for your no-obligation consultation!
(785) 266-6002
www.lordsfinancialplanning.com



Securities and investment advisory services offered through Gradient Securities, LLC (Arden Hill, MN 866 991 1539). Member FINRA/SIPC. Gradient Securities, LLC (a SEC Registered Investment Advisor) offers investment advisory services under the d.b.a. of Gradient Wealth Management. Gradient Securities, LLC and its advisors do not render tax, legal, or accounting advice. Insurance products and services are offered through Lord's Financial Planning. Lord's Financial Planning is not affiliated with Gradient Securities, LLC. James R. Lord, LORD'S Financial Planning, and Gradient Securities, LLC are not affiliated with or endorsed by the Social Security Administration or any government agency. Exclusive rights to this material belong to GPS. Unauthorized use of this material is prohibited.

Topeka's Original Axe Throwing Venue

- » Glow & Throw / Fri & Sat
- » Daily Drink Specials
- » Party Room
- » Hatchets
- » Knives
- » Big Axe
- » Shovels






785-214-3798

www.odinslairllc.com

» 921 North Kansas Avenue«

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

