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**The Power of
Healthy Food:
Using Nutrition
as Medicine**

MARCH

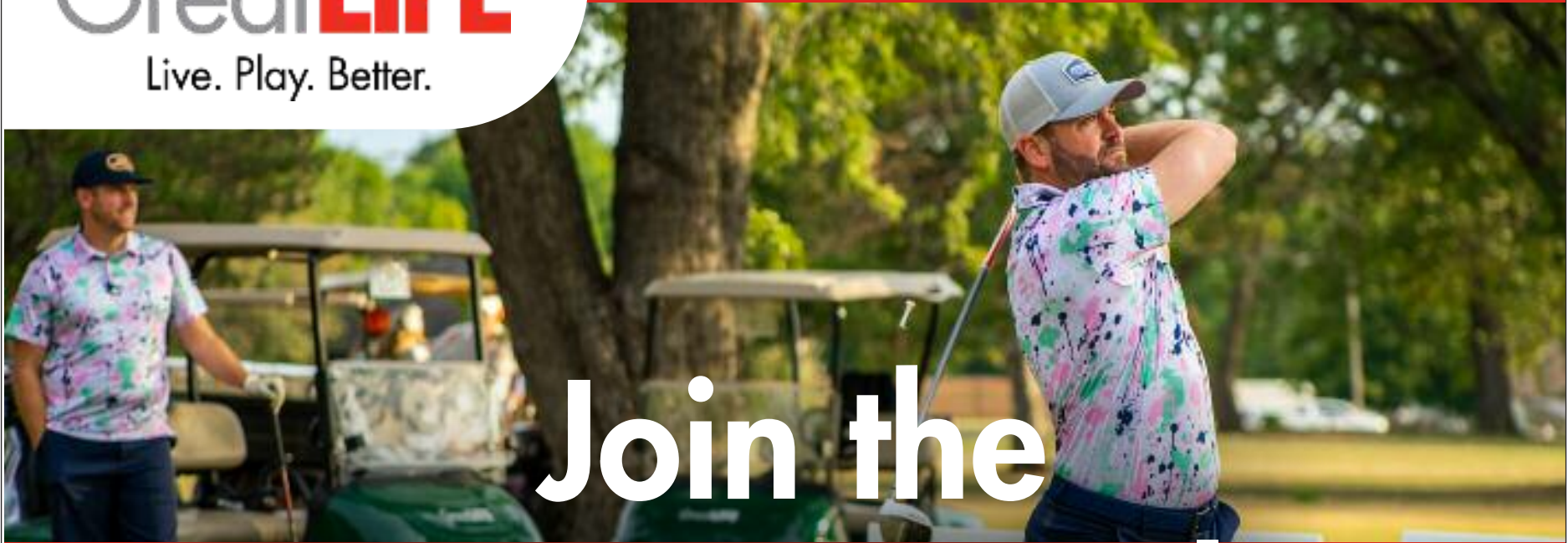
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ON THE COVER:

Our cover this month features a woman enjoying a healthy, nutritious meal. Read the articles in this issue to find out how to use nutrition to help you live a longer, healthier life. Check out what our experts have to say about about this and other health topics in this issue.



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What Can You Do

- Tell children to wear helmets. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that show they are recommended by either the American National Standards Institute, www.anal.org, or the Snell Memorial Foundation, www.smf.org.
- Make sure children wear proper clothing. Clothing should be light in color and close fitting to avoid being caught in the bicycle's moving parts. Also, be sure books and other loose items are carried in a backpack.
- Teach children to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach children to ride on the right side of the street in single file and to use proper hand signals. Tell children never to hitch rides by grabbing onto moving cars or trucks.
- Teach children that before entering a street or intersection to check for traffic and always look left-right-left. Walk the bike across busy streets at corners or crosswalks.
- Children's bikes should display both front and rear reflectors. They should ride only in familiar areas and only during the daylight hours.
- Make sure children's bikes are adjusted properly. Check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily. The wheels should be straight and secure. Check tires for pressure, bulges, and cracks.
- Teach children to always lock up their bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Help children practice locking up their bike.
- Be sure children do not show off on their bikes. Hands should be kept on the handlebars, only one person should be on the bike at a time, and jumping curbs should not be allowed.
- Record the serial numbers of your children's bikes and keep them with the sales receipt and a photograph of the bike. Check with local police or the National Bike Registry (NBR) at 800-848BIKE about bike registration programs. NBR recently partnered with NCPC to help return stolen bikes to their rightful owners.
- Mark children's bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.

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The Complex Relationship Between Chronic Disease & Mental Health

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

Both chronic diseases and mental illness are common in the United States. Over half of U.S. adults (nearly 60%) have at least one chronic disease. Similarly, almost half of U.S. adults will experience a mental illness at some point in their lifetime.



Mikki Burcher

With both chronic disease and mental illness being so prevalent, we should examine how these health challenges interact. The link between chronic disease and mental health is complex and reciprocal, with research indicating that chronic disease can be a trigger for mental health challenges and that mental health challenges are a risk factor for chronic disease.

Depression is a common mental health challenge for those living with chronic disease, especially after receiving an initial diagnosis. Individuals who are already dealing with physical symptoms of their chronic illness are often left to handle the emotional impacts of a new, often life-altering diagnosis alone. It is common for persons receiving a new chronic disease diagnosis to be overwhelmed, fearful and uncertain; to feel isolated or alone; and to grieve a lost identity or planned future.

Persons living with chronic disease might also suffer from increased anxiety. Chronic disease management often involves balancing multiple medical

appointments, making significant lifestyle changes, adjusting to new medications, and continuing to manage the needs of daily life.

It's important for individuals with a chronic disease to manage both their physical and mental health, not just for increased wellbeing, but because poor mental health can lead to worsening symptoms of existing chronic disease or to the development of new chronic disease.

Just as physical health impacts mental health, the reverse is also true: mental health can impact physical health. Although the exact mechanisms of this relationship aren't clear, there are several issues that might be at play. Individuals with a mental illness may not have access to resources needed to care for their physical health, such as health insurance or a primary care provider. Additionally, some mental illnesses can interfere with an individual's ability to care for themselves on a consistent basis, which could include forgetting to take or only sporadically taking prescription medications.

There's also new research that shows physical symptoms of mental health conditions (such as increased inflammation, changes in heart rate and stress hormones, and metabolic changes) may contribute to an increased risk of medical disease (National Institute of Mental Health).

Individuals living with chronic disease or mental illness can work to develop a self-management strategy to cope with the daily realities of their chronic disease or illness. This strategy could include finding addi-

tional social supports, learning stress management and relaxation techniques (like meditation), or learning how to self-monitor symptoms and gather necessary medical data (such as blood pressure) at home.

Additionally, both healthcare providers and mental health professionals should develop holistic treatment plans that address all symptoms and account for all co-occurring diseases or illnesses.

Long-term management of mental illness should not be secondary to chronic disease, just as treating chronic disease should not be secondary to managing mental illness. Instead, we should consider physical and mental health as a complementary pair and address both, simultaneously, when possible, for better long-term health outcomes.

If you or a loved one are struggling with mental health challenges, professional help is available. Valeo's Crisis Center, 400 SW Oakley Avenue in Topeka, is open 24 hours a day, 7 days a week for walk-in mental health emergencies. In case of a behavioral health crisis, contact 988 or the Valeo 24-Hour Crisis Line at 785-234-3300.

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Benefits of fixed-income investments

When many people think about investing, the first thing that comes to mind is the stock market. And that's not surprising, as the rise and fall of stock prices is constantly in the news. But if you're going to achieve your financial goals, you may well need to look beyond stocks and include fixed-income investments in your portfolio.

Fixed-income investments offer three important benefits:

- **Income** – When you invest in fixed-income vehicles, such as bonds, Treasury securities and certificates of deposit (CDs), you receive regular income in the form of interest payments. And you continue to receive this income until your investment matures or you sell it, no matter what's happening in the financial markets. Of course, the income you can receive from fixed-income investments will always depend on the interest rates at which these investments were issued. But if you own a mix of long-term and short-term fixed-income investments, you can gain some protection against fluctuating rates. When market rates are low, you can get greater income from your longer-term bonds, which typically — although not always — pay higher rates. And when market rates rise, you can benefit by reinvesting the proceeds from your shorter-term bonds.

- **Diversification** – If you were only to own stocks, or stock-based mutual funds, your portfolio would be susceptible to higher risks, especially with market downturns. But you may be able to reduce the impact of market volatility by adding fixed-income investments to your holdings. Bond prices often move in a different direction from stocks, so if stock prices are falling, you might find that the value of your bonds is rising. You can also diversify within the fixed-income portion of your portfolio by owning a mix of corporate and Treasury bonds, as well as CDs, just to name a few.

- **Stability** – As mentioned, you will always receive interest payments from your bonds if you hold



them until maturity. But if you wanted to sell your bonds before they mature, you could get more, or less, than what you originally paid for them. When market interest rates rise, the price of your current bonds will likely fall, as no one will pay you the full price for them when they get newer ones that pay more — this is what's known as interest-rate risk. Conversely, when market rates fall, the prices of your current bonds will probably rise. But here's the key point to remember: Bond prices generally don't fluctuate as much as stock prices. In other words, bonds are typically less volatile than stocks. Consequently, owning bonds can add diversification to your portfolio. And to maximize the stabilizing effects of bonds, you may want to stick with high-quality bonds rated as "investment grade" by independent bond-rating agencies.

How much of your portfolio should consist of fixed-income investments? There's no one right answer for everyone. And over time, your interest in these types of investments may well change — for example, as you near retirement, you may want to consider shifting some of your

growth-oriented investments into income-producing ones, though you'll still need some growth potential to keep up with inflation. In any case, the combination of income, diversification and stability provided by bonds and similar securities should be compelling enough for you to find a place for them in your investment mix.

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



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The Power of Healthy Food: Using Nutrition as Medicine

In today's fast-paced world, it's easy to overlook the importance of how nutrition benefits your health, body, mood, libido, and physique. We often prioritize convenience over nutrition, opting for processed and fast foods that may satisfy our taste buds but do little to nourish our bodies. ONE fast food meal from Wendy's or Pizza Hut can easily contain ALL the calories you need in ONE day according to the daily caloric intake recommendations.



The saying "you are what you eat" holds true, and the food we consume plays a VITAL role in our overall health and well-being. A good example of this is putting diesel in a gasoline car. Everything that you eat breaks down to a metabolic level and becomes a part of your cells and how well they perform.

By implementing a set day in your week to plan and cook meals for the following week, the health of you and your family will reap many benefits! Plus, this allows for an opportunity for family time and teaching your children positive lifestyle choices that will improve the health of generations to come!

One powerful approach to maintaining good health is to view food as medicine. By making conscious choices and incorporating nutrient-rich foods into our daily diet, we can harness the healing power of nutrition.

Here are some compelling reasons to eat healthy food as medicine:

1. Boosting Immunity

A strong immune system is crucial for fighting off infections and diseases. Nutrient-dense foods, such as fruits, vegetables, whole grains, and lean proteins, provide essential vitamins, minerals, and antioxidants that support immune function.

Prebiotics and probiotics also feed your gut microbiome – your second brain – that are a powerhouse in helping your body stay more resilient to illness. A diet including foods rich in vitamin C, vitamin D, zinc, and probiotics can help strengthen your body's defense mechanisms and reduce the risk of illness. Natural sources of probiotics are kombucha, kimchi, kefir, and fermented foods. Some great brands of kombucha are Brew Dr. and Wild Tonic. The cost runs about \$2-4 per bottle, but you will either pay for wellness now, or pay for treating disease later.

2. Preventing Chronic Diseases

Many chronic diseases, such as heart disease, diabetes, and certain types of cancer, are closely linked to poor dietary choices. Currently, six out of ten adults have a chronic illness, and four out of ten have two or more chronic illnesses.

Are you ready to take charge of your health, take less med-

ications, understand how your body works, and feel better each day? By adopting a healthy eating pattern, you can significantly reduce the risk of developing these conditions. A diet rich in fruits, vegetables, whole grains, and healthy fats can naturally help control blood pressure, cholesterol levels, and blood sugar, promoting long-term health.

3. Enhancing Mental Well-being

The food we eat not only affects our physical health, but also has a profound impact on our mental well-being. Going back to your gut microbiome, over 95% of serotonin – your "happy hormone" – is made in your gut (your second brain). Research suggests that a diet high in processed foods, sugar, and unhealthy fats may contribute to an increased risk of depression and anxiety. A diet high in simple (empty) carbohydrates spikes your blood sugar, that then causes a rebound "carb coma," leaving you tired, foggy, and oftentimes grumpy.

On the other hand, a diet rich in fruits, vegetables, whole grains, and omega-3 fatty acids has been associated with a lower risk of mental health disorders and improved cognitive function.

4. Managing Weight

Maintaining a healthy weight is essential for overall health and reducing the risk of obesity-related conditions, like metabolic syndrome, diabetes, heart disease, and cancer, which are the leading causes of disease in the United States.

Healthy, nutrient-dense foods tend to be lower in calories and higher in fiber, helping you feel fuller for longer and reducing the likelihood of overeating. The reason for this is that fiber digests slowly, which keeps your blood sugar more stable and avoiding a "sugar high." A good example is comparing drinking a glass of orange juice versus eating the whole orange. Both have fifteen grams of carbohydrates per serving, but juice affects your blood sugar at one hundred percent, while a whole orange affects your blood sugar at twenty percent because the fiber digests with the natural fruit sugar. Plus, the fiber contains prebiotics, B vitamins, and butyrate that reverses DNA mutations. The goal for eating fruits and vegetables is 5-7 servings per day, NOT in the form of French fries or potato chips. By focusing on whole foods and minimizing processed and sugary foods, you can achieve and maintain a healthy weight more easily.

5. Promoting Optimal Digestion

A well-balanced diet that includes plenty of fiber-rich foods, such as fruits, vegetables, and whole grains, supports a healthy digestive system. Fiber helps regulate bowel movements, prevents constipation, and supports the



growth of beneficial gut bacteria. A healthy gut microbiome is essential for nutrient absorption, immune function, and overall gut health.

6. Increasing Energy Levels

The food we eat serves as fuel for our bodies. Opting for nutrient-dense foods provides a steady supply of energy throughout the

day, preventing energy crashes and promoting sustained productivity. Foods rich in complex carbohydrates, lean proteins, and healthy fats provide the necessary nutrients to support optimal energy levels and mental clarity.

7. Improving Skin Health

Your skin reflects your gut health, and radiant, healthy skin starts from within. A colorful plate is rich in antioxidants, vitamins, and minerals to help nourish your skin and promote a youthful appearance. Foods like berries, dark leafy greens, wild caught fatty fish, and nuts contain nutrients that support collagen production, protect against sun damage, and improve overall skin health.

Conclusion

By embracing the concept of food as medicine, we can unlock the incredible potential of nutrition to support our health and well-being. Making conscious choices to include nutrient-dense foods in our diet can boost immunity, prevent chronic diseases, enhance mental well-being, manage weight, promote optimal digestion, increase energy levels, and improve skin health.

Remember, small changes can make a BIG difference. Start by incorporating more fruits, vegetables, whole grains, and lean proteins into your meals. When you look at your plate, aim for 50% vegetables, 25% protein (palm size), and 25% complex carbohydrates. Experiment with new recipes, explore local farmers' markets, and prioritize whole, unprocessed foods. Your body will thank you for nourishing it with the power of healthy food! You ARE worth it!

–Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at thefunctionalnursecoach@gmail.com or 913-298-1092. For more information, visit www.thefunctionalnursecoach.com.



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Nutrition is key to a Healthy Lifestyle



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

National Nutrition Month® serves as a reminder that each one of us holds the tools to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM ac-

tivities and messages during March.

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

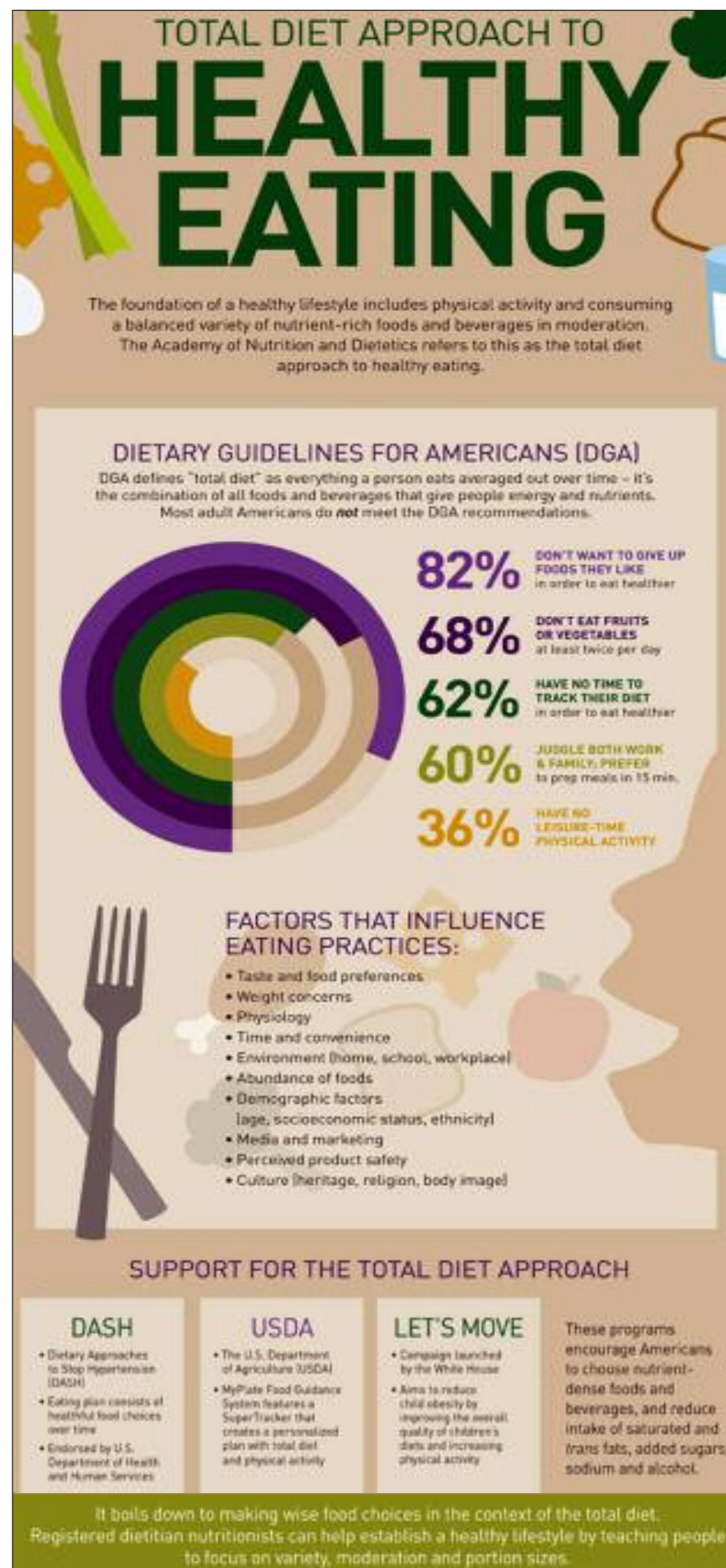
Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils.



Do You Know About This Lifespan-Increasing Food?

Last month in this space I introduced the concept of “caloric density” and explained how eating a bowl of salad before each meal could improve blood sugar, lower inflammation and reduce the risk of common chronic diseases. (But to get the full benefit, the salad must not include any meat, dairy, eggs, oils or sugar.) I suggested readers try this for one month to experience for themselves the incredible healing power of whole plant foods. (If you don’t have the February Topeka Health and Wellness, you can read my article from last month here: <https://joannfarb.weebly.com/thw>)



JoAnn Farb

This month I want to inspire you to add something else to your daily diet – it’s the magic longevity food – BEANS. To get the whole story, you can watch a terrific 4-minute Nutrition Facts video at <https://nutritionfacts.org/video/increased-lifespan-from-beans/>, but I will share with you the gist of what that video explains.

You’ve probably heard that there are places on this planet, where unusually large numbers of people not only live to be 100 years old, but do so with incredible functionality, living independently almost to the end of life...and it’s not because of their genes – because when people from those places move to new places and adopt the diet of the new place, they don’t live as long. But what you may not know is that when it comes to what they eat, the people in all of these places have something in common: they consume a lot of legumes – also known as beans, peas and lentils (and they eat very little meat). If you want to know more about these places, look up “The Blue Zones.”

Related to this, is that populations with the shortest life spans (the Massai and Inuit are two examples) also have something in common in terms of their diets, too – they do not eat any legumes!

It’s unfortunate that beans have such a bad rap, and here is why they do. When people have not been consuming enough beans on a regular basis they may have unpleasant gastrointestinal reactions to them when they do eat them. This is because what we eat, over time actually increases and decreases various microbes that live in our gut. Those microbes help us digest our food, and which microbes we have depends upon what we have been eating for the past couple of weeks. So if you want to have the gut microbes that easily digest beans, then simply eat beans every day for a month. (If you want to minimize GI symptoms at the start, do this for two months: add them slowly starting with only a single tablespoon of

beans every day for a couple of weeks. After the first two weeks gradually increase the amount of beans by one TBS every few days.) For simplicity – you can just add beans to one of your daily salads. They are a delicious addition and will give your salad staying power! Make sure you chew very well too. I love to start my day with a huge salad for breakfast topped with a cup of beans – I don’t feel hungry until well into the afternoon. Adding beans to your diet will increase the bacteria in your gut that help you to digest beans and help your gut microbiome to evolve in ways that make it easier for you to eat more and more beans, without unpleasant symptoms. Also keep in mind that peas, lentils and green beans are less likely to cause gas than other legumes.

Like the greens I recommended last month, legumes also have a positive impact on blood sugar and not just for the meal that included them. There is something called the “second meal effect” (<https://nutritionfacts.org/video/beans-and-the-second-meal-effect/>) where the next meal eaten after eating beans, also exhibits a reduced glycemic response.

Beans can be eaten in soups, used to make meatless burgers, burritos, chili or even made into dip.

One of my favorite bean dips is this oil-free hummus recipe:

Ingredients:

1½ cups canned or freshly cooked chickpeas
3 TBS lemon juice
2-3 cloves of garlic (depending on how much you like garlic)
¼ cup of raw (shell-less) sunflower seeds
1 TBS dried parsley
½ tsp ground cumin
½ tsp paprika
¼ tsp salt
2-3 TBS water (as needed for blending)

Directions:

1. Drain and rinse the chickpeas and then place them into a food processor fitted with “S” blade.
2. Add all remaining ingredients except the water and turn processor on high to blend. You will need to stop



and scrape the sides down several times.

3. Add the water – a little at a time, only as much as needed to help it all mix well. Then process for at least 3-5 minutes until the sunflower seeds no longer are present in chunks.

Use as a dip for raw veggies, spread on crackers, or roll up in a tortilla with lettuce and tomatoes.

And now, I invite you to make up a batch of my oil-free hummus, grab a package of baby carrots and sit down and watch this terrific documentary – Forks Over Knives. Its title refers to the fact that when it comes to dealing with the chronic diseases plaguing Americans – the dinner fork is often more powerful than the surgical knife. This is my favorite documentary explaining how powerful a whole-food, plant-based diet can be. It’s free to watch online right now and it’s so inspiring:

<https://www.forksoverknives.com/the-film/>

Check back next month when I will bust a myth about a food that most people believe is healthy – but it’s not.

JoAnn Farb is a former microbiologist with a global pharmaceutical company and the author of *Compassionate Souls – Raising the Next Generation to Change the World*, and *Get off Gluten*. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at www.JoAnnFarb.com.

6 Reasons You Should Get Help For Your Mental Health

Many people underestimate the impact that mental illness can have on an individual or family. It can be difficult to admit that you have a mental health problem in your life. Secondly, it can be just as difficult in getting the people you know to understand your situation without making any kinds of judgments.

As a result, here are six reasons why you should make your mental health an important priority in your life.

1. Your situation will improve if you get help: Your anxieties and fears can be challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties and fears may not go away.

2. Drugs and alcohol are not the answer: Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to cope with your mental health issues by talking to a qualified professional. There are many health professionals in your area that can give you some ideas on where you can go for assistance.

3. You will save time and money: Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will



start getting some relief.

4. You are not alone: Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed that you are getting help. We all learn new things from others on a daily basis and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and

not to get everyone's approval. If people start asking you questions, just say your dealing with stress. Most people can relate to dealing with stress and anxiety!

5. Do not make the mistake of doing nothing: There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled on a daily basis and eventually things became more difficult. It can be scary asking for assistance, but the key is to take things one day at a time.

6. You have a variety of options: There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

—Stan Popovich

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>

Discover New Ways to Support Your Loved One with a Chronic Health Condition

Navigating the complexities of a chronic health condition with a loved one demands empathy and innovative strategies for support. This Topeka Health & Wellness guide unveils distinctive approaches to enhance their quality of life, ensuring your efforts resonate profoundly and positively. Explore how to transform challenges into opportunities for growth and connection, strengthening your bond and their resilience.

Understand the Power of Empathy

Empathy stands at the core of practical support, distinguishing itself significantly from sympathy. It's about sharing the journey and understanding the emotional and physical battles your loved one faces without resorting to pity. This approach fosters a nurturing environment, encouraging open dialogue and a trusting relationship. It's about ensuring they feel comprehended and valued, not as patients, but as individuals.

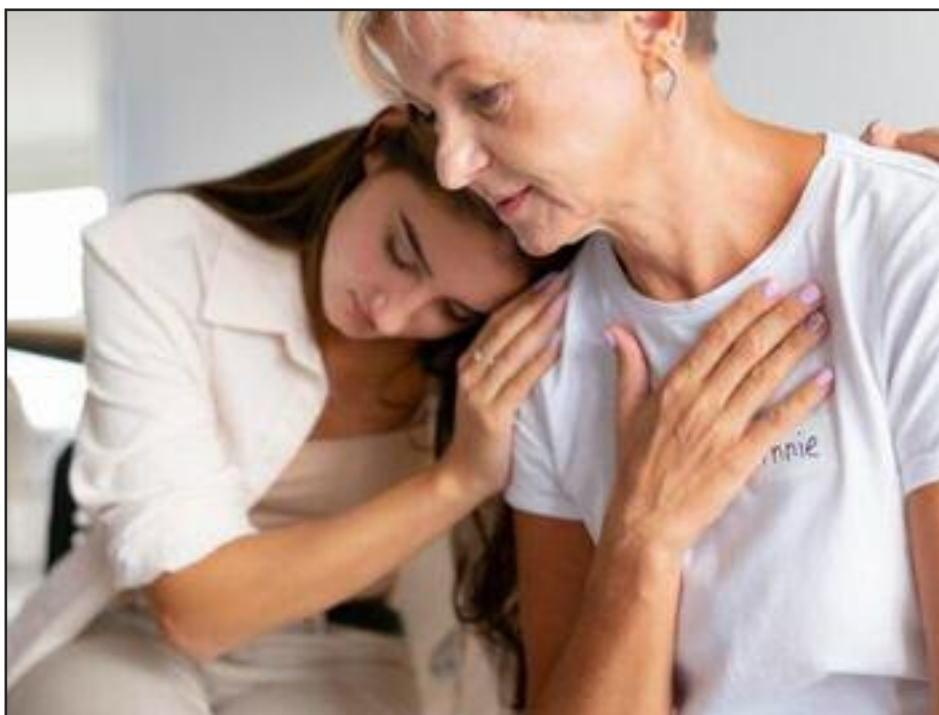
Offer a Ride, Offer a Smile

Providing transportation extends beyond mere convenience; it represents a crucial lifeline. It's about ensuring they make it to their appointments on time and offering emotional support during potentially vulnerable moments. This gesture of care helps maintain their social connections and access to medical care, both vital for mental and physical health.

Enhance Your Knowledge

Deepening your understanding of their condition can dramatically change the care landscape. Opting for advanced nursing education at the graduate level allows caregivers to delve into the specifics of various health challenges, enhancing their ability to provide nuanced support.

Pursuing an online master's degree in nursing offers the flexibility to balance educational pursuits with work or family commitments. Choosing an accredited program that provides value through competitive tuition rates is essential because it ensures a high-quality education that empowers you to support your loved



one better. Moreover, nursing will likely always be a high-demand field providing job security.

Simplify Daily Living

Assisting with daily tasks such as grocery shopping or meal preparation can significantly alleviate the burdens your loved one may face. Such support ensures they can focus on their health and well-being, without the added stress of everyday chores. This practical assistance is a testament to the caregiver's dedication, simplifying the complexities of daily life for those battling chronic conditions.

Encourage Social Participation

Encouraging participation in social activities plays a crucial role in combating isolation, a common challenge for those with chronic health conditions. By fostering opportunities for engagement, whether in person or virtually, caregivers can help sustain their loved one's social networks, enhancing their sense of belonging and emotional wellbeing. This support is vital, as it brings joy and a sense of normalcy to their lives.

Facilitate Comfortable Living Spaces

Adapting the living environment to meet their needs

can greatly enhance their quality of life. Simple modifications, such as rearranging furniture for easier mobility or installing safety features, can significantly affect their independence and safety. These changes improve their physical environment and boost their confidence and autonomy.

Lighten the Load

Taking on household chores or helping to organize their living space can provide immense relief, allowing them to conserve energy for healing and self-care. This support is deeply appreciated, as it demonstrates an understanding of their limitations and a willingness to help ease their daily struggles. It's about creating a serene environment where they can focus on their wellbeing.

Promote Rest and Recovery

Lastly, promoting relaxation and recovery is essential. Introducing them to activities that foster tranquility, such as meditation or gentle yoga, can aid their physical and mental recovery. These practices encourage mindfulness and provide a respite from the stresses of their condition, underscoring the importance of balance and self-care in the healing process.

Final Thoughts

Providing support to a loved one with a chronic health condition is a multifaceted endeavor that extends beyond medical care. It encompasses emotional empathy, practical assistance, and the promotion of physical and mental well-being.

By adopting these innovative strategies, caregivers can significantly enhance the lives of their loved ones and reinforce a foundation of love, trust, and mutual respect. This journey, while challenging, is an opportunity to deepen bonds and create a supportive, empowering environment for those navigating the complexities of chronic health conditions.

— Sheila Johnson / wellsheila.net

Simple Sleep Habits For a Longer, Healthier Life



(Ivanhoe Newswire) —

The CDC recommends adults should get seven to nine hours of sleep per day. Now, new research from the American College of Cardiology tells you why. Ivanhoe has some simple sleep habits you can adopt to lengthen your life.

America has a growing sleep problem! Jagdish Khubchadani, PhD Professor of Public at Health New Mexico State University says, “By 2018, a third of Americans slept lesser and I guess now, half of the people don’t sleep enough.”

Now the American College of Cardiology says poor sleep habits can shorten your life by as much as five years. Researchers found those who had healthy sleep habits were 21 percent less likely to die from heart disease, 19 percent less likely to die from cancer, and 30 percent less likely to die for any reason. So how can you sleep more to live longer? First, get enough sleep.

Professor Khubchadani says, “We have a prescription for seven hours.”

Not getting enough sleep not only increases your risk for health conditions like heart disease and diabetes, but it can also put you at a greater risk of being in a car crash by 33 percent. Experts also found taking prescribed sleep medications increased your risk for cancer by 35 percent. And



a Canadian study says instead of sleeping pills, try cognitive behavioral therapy, or CBT to fall asleep nine to 30 minutes sooner. Healthy habits can ...

“Ensure that you’re getting a good quality sleep and are at lower risk for health problems,” explains Professor Khubchadani.

Helping you live longer:

The study from the American College of Cardiology also found healthy sleep habits affected men more than women. Men who adopted all five healthy sleep habits had their life expectancy expanded by five years. Women who had these sleep habits had their life expanded by only 2.5 years.

Sleep deprivation is a condition where someone is deprived of sleep, or can’t get enough sleep, and can’t perform every day tasks. In the U.S., about 1 in 3 adults don’t get enough sleep. According to the CDC, the appropriate amount of sleep for adults is about 7 hours. The lack of sleep could lead to a lot of issues, including mental health problems, injuries, loss of productivity, and an even greater risk of death. Sleep

deprivation can be caused by working night shifts, alcohol abuse, too much caffeine, poor sleep habits, or high stress levels.

Some common symptoms of sleep deprivation in adults may include, but are not limited to: constant yawning, dozing off when you’re not moving, waking up groggy, grogginess throughout the day, and/or poor concentration and mood changes. Symptoms are a little different in children. They may experience temper tantrums, emotionally exploding at the slightest aggravation, hyperactivity, and/or daytime naps. Sleep deprivation can be diagnosed with a sleep apnea test, an EEG, a multiple sleep latency test, a maintenance of wakefulness test, or actigraphy.

One way to fight off sleep deprivation is by enforcing healthy sleeping habits. Eight ways to improve your sleeping habits are by: setting a consistent sleep schedule, creating regular bedtime rituals, exercising regularly, eating a healthy diet, limiting caffeine, avoiding alcohol and nicotine use, taking short naps, and using your bedroom to only sleep. Getting around 7 to 8 hours of sleep regularly lowers your risk of obesity and high blood pressure.

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



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Mar. 12th • 9:00-2:00

Salvation Army
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Valeo, TRM, Free LifeLine Phones,
Stormont-Vail

Mar. 14th • 9:00-2:00

Salvation Army
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Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD

Mar. 19th • 9:00-2:00

Salvation Army
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Valeo, TRM, Free LifeLine Phones
Stormont-Vail

Mar. 21st • 9:00-2:00

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

Mar. 26th • 9:00-2:00

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Emerald City Cosmopolitan Club to present Health & Wellness Fair 2024

Emerald City Cosmopolitan Club will present Health & Wellness Fair 2024 as part of EasterFest on Saturday, March 30 at the Great Overland Station in North Topeka.

The event will take place from 10:00 a.m. to 3:00 p.m. that day, and will feature health screenings, demonstrations and information on various health topics.

Various local businesses and non-profits will present education and information on diabetes, mental health, fitness, personal safety, and other topics. Various vendors will also offer demonstrations of fitness and exercise routines. Other vendors will offer information on assisted living, home safety, health products, healthy foods and more. Healthy food and drink items will be available for purchase.

This year there will also be a 5K Run/Walk preceding the Health Fair, starting at 9AM in Garfield Park and proceeding down Kansas Avenue.

Organizations represented at the health fair will include Stormont Vail Health, GraceMed, SoulFire Nutrition, MyGym, Emerald City Cosmos, Moore's



Members of the Emerald City Cosmopolitan Club will facilitate Health & Wellness Fair 2024. They have the experience of putting on health fairs for several years in Topeka. The Cosmos Club has a special emphasis on fighting diabetes.

Martial Arts, Marian Dental Clinic, MyGym, Saucy Wrap Shack, Lions Club and more.

More activiteis for the family

The Health Fair is part of the 2024 Topeka EasterFest, to be held that day inside and outside of Great Overland Station. In addition to the health fair, families will be able to listen to live music, visit over 100 vendors & food trucks, and take part in the kids ac-

tivities such as inflatables, Cupcake Walks, egg hunts and face painting. Many of the vendors will have healthy activities and other games for kids.

This annual event, which takes place from 10am to 3pm, is coordinated by Emerald City Cosmopolitan Club, C5Alive, Metro Voice newspaper, and Health & Wellness magazine.

Other sponsors Stormont Vail Health, Kaw Valley



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Who does the screening?
The screener is used by all of the Lions Clubs in Northwest Kansas and the Lions members assist in the screening.

How do I get the Screener scheduled?
Contact the Topeka Lions Club, Spot Screening Coordinator, Jackson Smith, email: jsmith@topekaliionsclub.org or call (785) 623-8321

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Fun activities for kids, like the Cupcake Walk, will be available at the event.

Bank, Ernest-Spencer Metals, College HUNKS Moving, Davidson's Funeral Home, Kansas Fencing, Big Phil's Auto Plaza, Donaldson's Jewelers, SoulFire Nutrition, WIBW, Magic 107.7, KMBC-FM, WREN, TV25. and more.

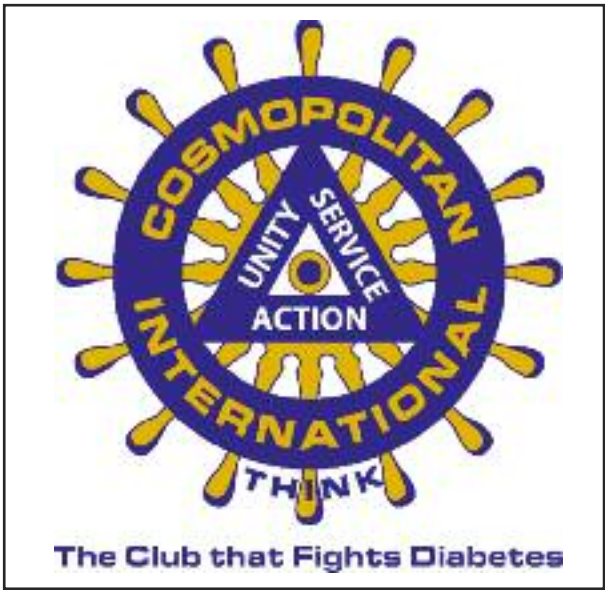
There is still room for more sponsors and participants for the Vendor Market, Food Court and Health Fair. For more information, visit Topeka EasterFest on Facebook, email info@C5Alive.org or call 785-640-6399.

Thousands of people have attended in the past, with a similar amount expected this year. Admission to the event is free.



What is the Cosmo Club?

The Emerald City Cosmopolitan Club of Topeka, Kansas was chartered in 2009. The Club is affiliated with Cosmopolitan International and is known as “the club that fights diabetes.” Emerald City Cosmo club members meet for monthly dinner and business meetings, participate in community events and fundraising efforts that support local diabetes-related projects in addition to assisting various other community needs.



Club members also enjoy club sponsored social events that help develop new and lasting friendships among members.

The Emerald City Cosmopolitan club is dedicated to raising money to aid in the fight against

diabetes as well as assisting local charities via fundraising.

The mission of every Cosmopolitan member is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to both prevent and find a cure for diabetes.

For more information about Emerald City Cosmopolitan Club, visit the website at www.emeraldcitycosmos.org, or email emeraldcitycosmos@gmail.com.



Emerald City Cosmopolitans help various local organizations raise funds, including Sole Reason, which furnishes new shoes for kids that need them.

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The Lifestyle Behaviors Most Linked to Decreased Depression Risk

By Elizabeth Millard | Runners World

Exercise helps decrease the risk of depression, but several other habits play a role too.

- New research, examining data from nearly 290,000 participants over nine years, points to the most important lifestyle factors for lowering depression risk.
- Experts say while you can't control factors like genetics, a healthy lifestyle is potentially more powerful.

When it comes to risk of developing depression, there are numerous elements beyond an individual's control, such as genetic factors, aging, and adverse early life experiences. The good news: It is possible to mitigate the effect of those variables, as well as boost prevention efforts overall.

A recent study in *Nature Mental Health* highlighted seven lifestyle changes that make the most difference in decreasing depression risk by improving your brain function.

Researchers looked at nearly 290,000 participants who were part of the U.K. Biobank, a research initiative with about half a million participants, aged 37 to 73. Assessing the incidence of depression and the presence of healthy lifestyle habits over a period of nine years, they found those that had the most effect on emotional health.

The lifestyle factors linked to decreased depression risk:

- Quality sleep
- Maintaining social connections
- Not smoking
- Regular physical activity
- Reduced sedentary behavior in general
- Limiting or avoiding alcohol
- Eating a healthy diet

Although there are no surprises on this list—each of these has been studied extensively for its role in better mental health—this research does provide a new twist, because it doesn't just point to the outcome. Researchers also hypothesized why these work. The short answer? They literally change your brain.

"We looked at brain regions as well as peripheral biomarkers related to brain function, such as C-reactive protein and triglycerides, to understand the underlying neurobiological mechanisms here," according to study co-author Barbara Sahakian, Ph.D., professor of psychiatry at the University of Cambridge in the U.K.

She said that even for participants who were at higher risk for depression due to genetic susceptibility, adhering to as many of these lifestyle behav-



iors as possible can improve brain function in a way that mitigates that risk.

"You can't change the genetic hand you've been dealt, and depression may be in your DNA," she said. "But what this study shows is that healthy lifestyle is potentially more powerful than that, giving us a degree of control over how our brains are functioning to prevent depression."

Of all the factors listed above, getting a good night's sleep made the biggest difference in reducing risk of depression, as well as depressive episodes, she said. That was followed by frequent social connection, then regular physical activity.

"Depression risk is complex and multifactorial, so you have to consider genetic, behavioral, and neurobiological aspects of the condition," said Sahakian. "That means there's no single way to prevent depression. However, our study does show there's a significant pathway from lifestyle habits to better brain function, and that can be very important for prevention efforts."






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Here are 13 Ways to Improve Senior Vitality

Know how you can tell if you're old? People say things like "Mike had a fall," instead of "Mike tripped," or "Rod had a foggy moment" versus "Rod forgot where he put his keys."

These phrases are reserved for the chronologically challenged. TV commercials attempt to confirm it. Suffering from low back or joint pain? Hearing loss? You're advised to purchase products in a tone of voice that could insult a third grader.



Lorraine Donovan

Older adults feel compelled to buy these products for one reason: fear. Specifically, fear of loss of independence and getting hurt/falling. According to the Center for Disease Control, five years ago the youngest baby boomer turned 50.

Incorporating simple tasks into day-to-day activities not only combat symptoms of aging, but reverse them. Lawrence Katz, PhD, of Duke University coined the term "Neurobics," challenging us to adjust our routine to invigorate – and even grow – neural pathways on both sides of the brain. Implementing these ideas improves memory recall, verbal fluency, and impacts the quality and duration of life.

1) Talk or read out loud to yourself. Neural connections that encode words decline if words are not spoken out loud.

2) Consume vitamins B and C, along with omega 3's and flax seed. They are linked to improving mental acuity, joint function and brain volume.

3) Use your non-dominant hand to brush teeth, use phone, apply Chapstick. It engages immediate and substantial brain activity within the more dormant opposite cortex.

4) Walk. A Toronto study finds subjects who walk in nature improved memory retention 16% more than those who walk in the city, though improvement was found in both groups.

5) Hydrate. Drink one-half your body weight in ounces per day.

6) Listen to music. Research on brain plasticity in rats found that rats who were exposed to television did not perform as well on mazes as rats who were provided with classical music instead. The left side of the brain is responsible for language, but both sides process music. When Congresswoman Gabby Giffords was shot, she claimed music therapy was instrumental in her ability to re-learn basic tasks.

7) Write a Haiku. Remember the syllable-line format- 5-7-5. Here is one of mine to motivate you:

*My story is not
The one that was taught to me
It's the one I seek*

8) Laugh. My mom moves me to laughter with the expression on her face. Spend time around people that make you act silly.

9) Close your eyes during routine and safe endeavors like teeth brushing, hair washing, etc. This strengthens proprioception, the brain's ability to know what the body is doing without vision. Hold on to something for balance as you practice.

10) Write a letter to yourself with your non-dominant hand. This awakens the part of the brain associated with memory and emotion. Just drawing shapes recruits brain circuits that are never called upon to fire.

11) Exercise. The only effective exercise is that done routinely. A Seattle study found that exercise grows new cells, aids sleep, stabilizes



blood sugar and mood, and cuts the risk of dementia 38%. Fit 3rd and 5th grade kids in a study from University of Illinois outperformed their sedentary peers academically.

12) Sleep. Set a regular bedtime to enjoy more consecutive hours of restorative sleep each night.

13) Smell. Research reflects frankincense essential oil had the highest rating in memory recall and alertness.

The most important thing we do for continued vitality is maintaining a social network. We need human interaction! Challenge a friend to incorporate one of these suggestions into both your routines today. Be accountable to each other for their results. Tie in a wager – loser arrives early and saves the comfy booth at Trivia Night.

Best of luck to you in coming up with your own ideas for enriching your surroundings, which is in itself... well, enriching.

–Lorraine Donovan is a certified personal trainer, author, guest lecturer, and owner of Core Edge Fitness who specializes in cognitive and physical fitness for older adults.

Spiritual Wellness

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

The taste of blessed is an awesome way to look at the food we consume daily. It's an even better way to pursue God through the enjoyment and fulfillment of meal-time.

My name is Mike Reyes and I am a professional chef and business owner from the land down under – Australia. More specifically I am based on the sunny Gold Coast, Queensland. I have three beautiful boys. They are a huge motivation and reason why I have made long-term decisions surrounding my health and lifestyle choices.

When it comes to the taste of blessed, you could say that long before I became a Christian I still understood just how blessed I really was to have amazing food and have an upbringing in my home where food brought my family together every day. As the oldest sibling of three boys myself I was always helping my mother in the kitchen from a very young age. From that young age I knew I wanted to cook and pursue a career as a chef. By the age of 17, I was an apprentice chef and I was serving the world's finest in Auckland, New Zealand where I was born. When I turned 24, I left New Zealand and made my way to Australia.

Once I moved to the Gold Coast, I pursued a career in the fitness industry and became a personal trainer. Through the years, I began to learn a lot about health and nutrition. During this time I was on my own health and fitness journey without realizing that there was one crucial part missing that gave me real purpose – Jesus. My passion for health, nutrition and fitness has matured with Jesus now at the center!

My career in the fitness industry helped me to examine all the bad habits I learned as a professional chef and pursue making healthier meals that could truly be a more physical and spiritual blessing. I used a lot of oils, fats, dairy products and I consumed too much meat and other ingredients. That created, over the years, bad gut health from the wrong foods (even though they taste amazing). This made me think about what it really means to have things in moderation and what a “healthy gut” actually means to me.

I realize eating good greens and whole foods are much better. These foods give me as an active dad of three boys more energy, a better immune system, and more performance at the gym. From a purely worldly sense, just to simply understand better health is exactly what the taste of blessed represents but I see from a Christian faith perspective the taste of blessed can mean so much more and have a much greater impact in our lives.



THE VISION

As the years went on I experienced a divorce and a time when I could not see my children. Even though this was one of the most painful times in my life God was pursuing me and I began to pursue him! In 2018 I gave my heart to the Lord and the rest is history. It was at that time that I also found like-minded Christians who have a passion for health and fitness. From that moment, I eagerly wanted to know other peoples' stories and their “why.” God was using food as a way for me to enter into conversations with others, fellowship with them and co-create with them meals that truly are a healthy blessing.

In March 2019 Sinead Dumas and her sister Katrina Graves contacted me. They are two sisters-in-Christ who have similar passions for food and health. I began a business with them where I can share my cooking skills and they can share their lifestyle and vegan dishes.

We began to develop a page where we could share recipes, review vegan food options and off-the-shelf health products that are available at three of the biggest food shops in Australia like Walmart. This also includes marketing for other businesses and food products while sharing the Bible all at the same time. This is exactly what the taste of blessed needed to be for us three food lovers! From that moment a joint business venture has grown – *The Why and The Way*.

THE OUTCOME

My passion is to see others gain a healthier mind and body – a better version in all aspects of this wonderful journey we call LIFE. Together in unity, let's create a culture, let's make a difference for our future sons and daughters, mothers and fathers and let's set the standard. Let's make it happen now. By knowing the why (how to achieve it) and knowing the way (the path)! We really want to help others find simple ways to do life without feeling like it's a burden to get the balance right. It can also help you find your identity and purpose in life.

As I mentioned earlier, that taste of blessed really started to become more evident to me once I laid down my own life for Jesus and began to do His kingdom work here on earth.

As Matthew 14:18-20 says;

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon

called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 19 “Come, follow me,” Jesus said, “and I will send you out to fish for people.” 20 At once they left their nets and followed him.

This particular scripture speaks volumes to me as someone who lived a worldly life for so long and then found the richness of making God my Lord just over two years ago. I've come to understand that he is the ultimate provider and one true King [of my life] who wants to restore the lost, broken and fatherless. We need to do His work in any way we can. For my life His calling has been through cooking and bringing unity through meaningful meals – breaking bread with others.

God reminds me of three important things:

1. There is no one but Him.
2. My family is my priority.
3. There is still so much to be done within my own community, through unity.

My passion is to see others gain a healthier mind and body, in all areas while on this journey. Through *The Why and The Way* ([instagram.com/thewhy_theway/](https://www.instagram.com/thewhy_theway/)) we really are trying to create a new culture within our community around healthy lifestyle and making an eternally-minded choice to choose Jesus Christ as Lord and Savior.

–Mike Reyes / faithandfitness.net

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Healthy Recipes for the Spring Season

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

The Best Carrot Cupcakes



Prepare for the Easter Bunny with classic carrot cake—in cupcake form! Not only is this a delicious Easter treat, but it is low in calories and sugar.

Ingredients

- 1/2 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 1/2 cup vegetable oil
- 1/4 cup sugar
- 1/4 cup maple syrup
- 2 eggs
- 1/2 cup crushed pineapple (with juice)
- 1/4 tsp vanilla extract
- 1 1/2 cups shredded carrot
- 1/2 cup chopped walnuts, plus extra for topping

For the cream cheese frosting:

- 8 oz. package cream cheese, room temperature
- 1/4 cup plain 2% Greek yogurt
- 1/4 cup maple syrup
- 1 tsp vanilla extract

Directions

Preheat the oven to 350 degrees.

Sift together the all-purpose flour, whole-wheat flour, baking powder, baking soda, cinnamon, ground nutmeg, ground ginger, and salt. Set aside.

Beat together the oil, sugar, maple syrup, eggs, crushed pineapple, and vanilla extract in a large bowl or a stand mixer.

Sprinkle in the dry ingredients. Beat together just until

the dry ingredients are fully combined. If there are lumps, that's okay!

Fold in the shredded carrot and 1/2 cup of chopped walnuts.

Line two muffin tins with 14 baking cups.

Scoop in 3 tablespoons of batter into each baking cup.

Bake in the oven for 25 minutes, or until a toothpick comes out clean.

As cupcakes are baking, prep the frosting. Beat together the cream cheese, Greek yogurt, maple syrup, and vanilla extract for 2 minutes—or until no more lumps.

Store the frosting in the fridge while the cupcakes completely cool. If you want to pipe the frosting but don't have a kit, simply fill up a plastic sandwich bag halfway with frosting and seal. Cut a small corner at the bottom of the bag and squeeze the frosting to the edge. Pipe away!

Spread the frosting on the cupcakes and top with more chopped walnuts, if desired!

Nutrition Information (Servings: 14)

Per serving: 237 calories; fat 15g; carbohydrates 23g; protein 4g

Source: eatthis.com

Crock-Pot Chicken Noodle Soup



Nothing beats a steaming bowl of chicken noodle soup on a sick day, or just a cold day.

Ingredients

- 1 lb. boneless, skinless chicken breast
- 3 stalks of celery, sliced
- 3 carrots, peeled and sliced
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 tbsp thyme
- 1 tbsp rosemary
- 1 teaspoon salt
- 8 cups chicken stock
- 8 oz. egg noodles

Directions

Add the chicken, celery, carrots, onion, garlic cloves, thyme, and rosemary into the slow cooker.

Pour in the chicken stock.

Cook on high for 3-4 hours or low for 6-8 hours.

During the last 15 minutes, remove the chicken breast. Shred with a fork.

Add the chicken breast back in, as well as the egg noodles. Cook for the last 15 minutes.

Chocolate Chip Protein Muffins



This kodiak cakes muffin recipe is perfect for those busy mornings.

Ingredients

- 2 cups Kodiak Cakes Power Cakes Mix – Buttermilk
- 1 teaspoon cinnamon
- 1 cup milk of choice
- 1 egg large
- 2 teaspoons vanilla extract
- 1/3 cup Greek yogurt
- 1/2 cup chocolate chips

Directions

Preheat oven to 350°F. Spray muffin pan with non-stick cooking spray.

Add Kodiak Cakes mix and cinnamon to a large bowl and mix.

Combine milk, egg, vanilla extract and Greek yogurt.

Add wet ingredients to the dry ingredients. Stir the muffin batter until just combined.

Gently fold in the chocolate chips.

Use a large spoon to transfer the batter to the muffin pan or muffin liners and fill 12-14 muffin cups evenly, about 3/4 full.

Bake for 16-18 minutes or until golden brown and inserted toothpick comes out clean. Cool muffins for 5 minutes in the muffin tin and then transfer to a wire rack to finish cooling.

Nutrition Information (Servings: 12)

Per serving: 110 calories; fat 2g; carbs 7g; protein 5g; sodium 66mg

Source: eatthis.com

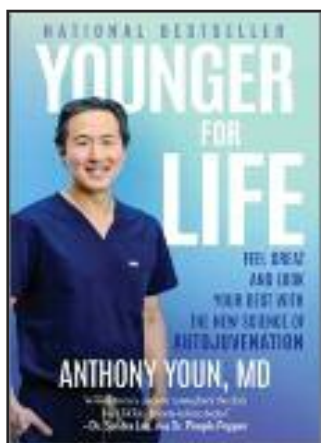
New Health & Wellness Info at the Library

By Elizabeth Phelps

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

Younger For Life: feel great and look your best with the new science of autojuvenation – by Anthony Youn, M.D.; Hanover Square Press; New Health Books 613.0438 YOU

Growing older is a blessing. But the slow decline and the loss of functionality associated with aging has led us to treat the process like a disease. These negative effects of aging, however, are not inevitable. Rather, they're largely the result of environmental and lifestyle factors that, when properly addressed, can be reversed through a trademarked process called autojuvenation.



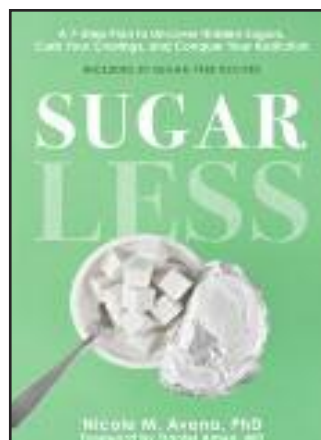
Dr. Youn offers a groundbreaking new approach to turning back the clock naturally. In this step-by-step guide, he shows us how, through simple changes in diet, activity and skin care, we can look younger than ever before. Readers will learn about combining intermittent fasting with autojuvenation-promoting foods; a simple skin care routine to look younger for life; and best practices for sleep hygiene, yoga, exercise, mindset and natural dental care. Packed with accessible, innovative tips and techniques, this book suggests simple changes you can make to live longer, look better, stay healthier and feel amazing, for life.

Sugarless: a 7-step plan to uncover hidden sugars, curb your cravings, and conquer your addiction – by Nicole Avena; Union Square & Co.; New Health Books 613.26 AVE

Break free from sugar addiction and take control of your health. In Sugarless, neuroscientist Dr. Nicole Avena provides a revolutionary step-by-step plan to help readers curb sweet cravings and quit sugar once and for all. With surprising sources of hidden sugars exposed, Dr. Avena's 7-step program empowers you to overcome sugar addiction by identifying sugar traps, taming your sweet tooth,

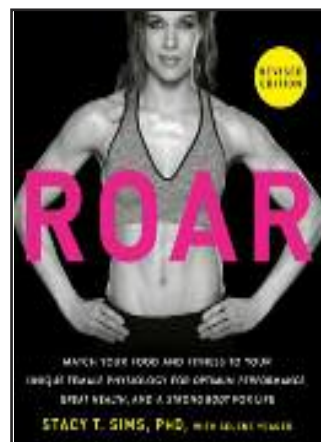
and breaking the vicious diet cycle.

Backed by over 100 studies, Dr. Avena reveals how processed foods with refined sugars can be even more addictive than illicit drugs. She dispels myths blaming lack of willpower and proves biologically how sugar affects the brain. With a foreword by Dr. Daniel Amen and 30 sugar-free recipes, this book provides the perfect blueprint for your sugar detox.



Roar: match your food and fitness to your unique female physiology for optimum performance, great health, and a strong body for life – by Stacy Simms; Rodale Books; New Health Books 617.1027 SIM

Women are not small men. Stop eating and training like one. In ROAR, exercise physiologist and nutrition scientist Stacy T. Sims, PhD, teaches you everything you need to know to adapt your nutrition, hydration, and training to work with your unique female physiology, rather than against it.



By understanding your physiology, you'll know how best to adapt your lifestyle and build routines to maximize your performance, on and off the sports field. You'll discover expert guidance on building a rock-solid foundation for fitness and everyday life with tips for determining your high-performance body composition, gaining lean muscle, and nailing your nutrition. Because a women's physiology changes over time, you'll also find full chapters devoted to pregnancy and menopause. This revised edition includes a wealth of new research developments, expanded recommendations based on those findings, and updates to reflect the changing landscape of women's sports.

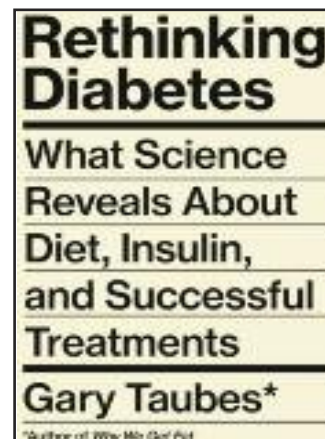
Rethinking Diabetes: what science reveals about diet, insulin, and successful treatments – by Gary Taubes; Alfred A. Knopf; New Health Books 616.462

Before the discovery of insulin, diabetes was treated almost exclusively through diet, from subsistence on meat, to reliance on fats, to repeated fasting and near-starvation regimens. After two centuries of conflicting medical advice, most authorities today believe that those with diabetes can have the same dietary freedom enjoyed by the rest of us, leaving the job of controlling their disease to insulin therapy and other blood-sugar-lowering medications. Rather than embark on "futile" efforts to restrict sugar or carbohydrate intake, people with diabetes can lead a normal life, complete with the occasional ice-cream cake, side of fries, or soda.

These guiding principles, however, have been accompanied by an explosive rise in diabetes over the last fifty years, particularly among underserved populations. And the health of those with diabetes is expected to continue to deteriorate inexorably over time, with ever-increasing financial, physical, and psychological burdens. In Rethinking Diabetes, Gary Taubes explores the history underpinning the treatment of diabetes, types 1 and 2, elucidating how decades-old research that is rife with misconceptions has continued to influence the guidance physicians offer--at the expense of their patients' long-term well-being.

The Hunger Habit: why we eat when we're not hungry and how to stop – by Judson Brewer, MD; Avery, an imprint of Penguin Random House; New Health Books 616.8526 BRE

Sometimes it feels as if there are as many ways to struggle with food as there are foods to eat. Craving, habit, emotions, boredom, stress, anxiety, or just the simple fact that a box of donuts seems to be omnipresent in the break room (free food!) can lead to feeling out of control around food. While anxiety feels like something that happens to us, the pull of food seems like something we should be able to handle. After all, we have to eat! But it's not that



simple. The result of this constant struggle--and then giving in or giving up--is a toxic cocktail of shame and self-judgment that makes it feel like it is impossible to change our behavior.

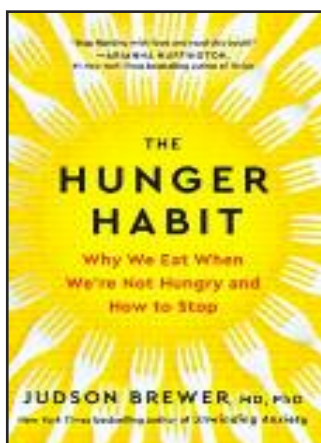
The Hunger Habit is based on Judson Brewer's deeply researched plan proven to help us understand what is going on in our brains so that we can heal the guilt and frustration we experience around eating. This is not a diet book pretending not to be a diet book. The step-by-step program focuses on training our brains to tap into awareness to change our relationship with food and eating--shifting it from fighting with ourselves to befriending our minds and bodies. There is no willpower, calorie-counting, or restricted eating. Setbacks are a good thing! The key is to learn how to work with our brains rather than resisting our impulses, and to adopt an attitude of self-kindness rather than self-judgment.

How to ADHD: an insider's guide to working with your brain (not against it) – by Jessica McCabe; Rodale; New Health Books 616.8589 MCG

Forget "try harder." When your brain works differently, you need to try different.

Diagnosed with ADHD at age twelve, Jessica struggled with a brain that she didn't understand. She lost things constantly, couldn't finish projects, and felt like she was putting more effort in than everyone around her while falling further and further behind. At thirty-two years old--broke, divorced, and living with her mom--Jessica decided to look more deeply into her ADHD challenges. She reached out to experts, devoured articles, and shared her discoveries on YouTube.

In How to ADHD, Jessica reveals the tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain, she discovered, isn't to fix or fight against its natural tendencies but to understand and



work with them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You'll also find ADHD-specific strategies for adapting your environment, routines, and system.

Gut Check: unleash the power of your microbiome to reverse disease and transform your mental, physical, and emotional health – by Steve Gundry, MD; Harper Wave, an imprint of HarperCollins Publishers; New Health Books 616.3 GUN

We may believe that we are the masters of our fates, but in reality, we are at the mercy of hundreds of trillions of single-celled organisms that exert control over every aspect of how our minds and bodies function. These are the diverse species of microbes living in our guts, mouths, and skin that work together synergistically to communicate with each other and with every system in our bodies. You are your microbiome's home, and it wants to take care of you, but first you have to protect it.

In Gut Check, Dr. Steven Gundry reveals the emerging science proving that Hippocrates was right - all disease begins in the gut. When our microbiomes are out of balance, it affects our immune systems, our hormone levels, our mental health, our longevity, and our risk of developing autoimmunity, heart, and neurodegenerative disease, as well as arthritis, diabetes, and cancer. Yet, not all hope is lost: disease can also be healed in the gut if we choose to treat our microbes right. In his warm, authoritative voice, Dr. Gundry provides us with the keys to unlocking our gut health, allowing our bodies, and its microbiome, to function at their highest potential.

Calm Your Mind With Food: a revolutionary guide to controlling your anxiety – by Uma Naidoo, MD; Little, Brown Spark; New Health Books 616.8522 NAI

In this groundbreaking guide, Dr. Uma Naidoo presents cutting-edge research about the ways anxiety is rooted in the brain, gut, immune system, and metabolism. Drawing on the latest science on the connection between diet and anxiety, Dr. Naidoo shows us how to effectively use food and nutrition as essential tools for calming the mind.

In Calm Your Mind with Food, you'll learn: How inflammation affects everything from anxiety and depression to Alzheimer's disease; how the trillions of bacteria living in

your gut are key to controlling anxiety; the six pillars for calming the mind; what to eat to balance leptin, a key link between the central nervous system and metabolic processes; how to incorporate anxiety-busting foods into your diet, from the obscure (ashwagandha) to the ubiquitous (vitamin C); and, the best diets for managing symptoms of anxiety and depression.

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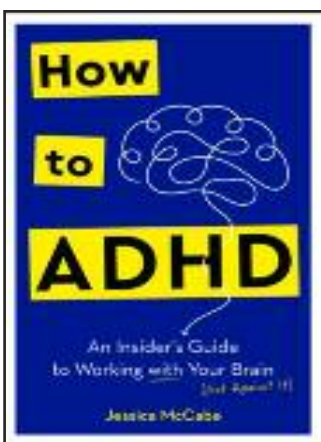
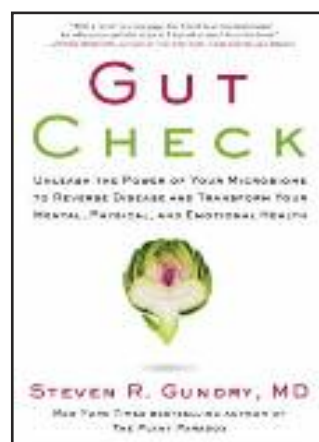
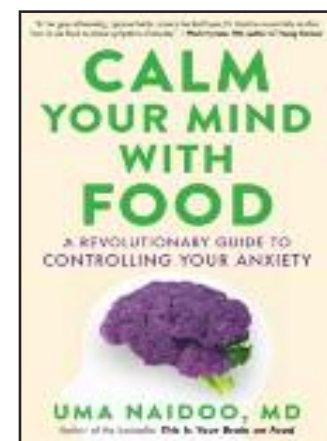
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HEALTH INFORMATION

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

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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

LEFEVRE QUARTET – Mar. 1, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248. wwoodsnaz@wnnaz.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.

CAPITAL CITY CARNAGE DEMOLITION DERBY – Mar. 1-2, Stormont Vail Events Ctr. stormontvaileventscenter.com or 785-251-5552

CHURCH COUPLES SEMINAR – March 2, 10am-noon and 1-3pm, Harvest Family Fellowship, 522 SW Polk St. "For Better or Worse: It's Your Choice." With Pastor Steve Highlander.

SPRINGTIME POP-UP CRAFT SHOW – Mar. 2, 8:30-3, Philip Billard Airport. Check out many displays of home-made crafts and baked goods along with specialty products... something for everyone.

SAY IT LOUD! EXHIBITION OPENING – Mar. 2, 5:30-8:30, ArtsConnect Topeka, 909 N. Kansas Ave. An art exhibit that unapologetically magnifies the magnificence of Black People, Black Culture, Black Stories and Black Expression. A showcase of local black artists from the Topeka, Lawrence and Kansas City Metro area and is curated by

artist Aisha Imani Sanaa.

SPIRIT MIND BODY FAIR – Mar. 2-3, 10-5, Stormont Vail Events Center.

WOODSHED OUTDOOR FLEA MARKET – Mar. 3, 10-3, 1901 N. Kansas Ave. Indoor and outdoor vendors.

BREAD BASKET FARMERS MARKET - Saturday Mar. 9, 10:00am-3:00pm, now inside West Ridge Mall. The Market will return to the parking lot again April 6 and every Sat. thereafter.

SUNNY DAYS EASTER MARKET – Mar. 9, 10-4, Stout Elementary School, 2303 SW college. A live performance from Colin Nichols, an Easter Egg Hunt hosted by Sunflower Community Inc at 11AM, and many vendors!

SPOKEN 4 QUARTET – Mar. 10, 6pm, First Baptist Church, 3033 SW Macvicar

C5Alive "POWER" LUNCHEON – Mar. 14, 11:30-1, featuring an Easter-themed program..

Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door

• \$20 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed!

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

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

FREE MOVIE NIGHT – Mar. 15, 6pm, Oakland Church of the Nazarene, 939 NE Oakland Ave. "The Passion of Christ." Free Snacks and beverages. Open to everyone.

BLARNEY BREAKFAST – Mar. 16, 7 – 10am, Blind Tiger. All-you-can-eat breakfast buffet, drinks, entertainment, raffles, and more. Celebrity servers! All proceeds help your friends with disabilities served at Capper Foundation build their abilities. Call for info and advance tickets: 795-272-4060 x 1165. Or go 8a-5p weekdays at Capper Foundation, 3500 SW 10th Ave

TOPEKA IRISHFEST – Mar. 16, 10am-5pm, Everygy Plaza. IrishFest 5k Fun Run, followed by a day of Irish music, food, dancing and a lot of laughter. Parade starts at noon.

HARLEM GLOBETROTTERS - Mar 20, 7pm, Stormont Vail Event Center. www.stormontvaileventscenter.com

FREE MONTHLY HYGIENE GIVEAWAY- HANDS FULL OF PURPOSE on March 23 & April 27, 3-4pm, Faith Temple, 1162 SW Lincoln, inside north door

LAKEVIEW'S ANNUAL COMMUNITY EASTER EGG HUNT - Mar 23, 10am, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Hop on over for some fun! We'll look for eggs until we're done! (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

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www.topekayfc.org/event/comedy_cafe
or call the YFC office at 785-232-8296
The Comedy Cafe is underwritten by individual table sponsors: seating is limited

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.

TOPEKA YOUTH FOR CHRIST COMEDY CAFE – Apr. 5, 6:30pm, Topeka Bible Church, 1101 SW Mulvane Ave. A Night of Laughter featuring comedian David Graham. Underwritten by table sponsors. Seating is limited. Make reservations at www.topekafc.org/event/comedy_cafe or call the YFC office at 785-232-8296

SMOKE IN THE SPRING – Apr. 5-6, Osage City Community Building. Taste of Osage City BBQ and fun

DOWNTOWN TOPEKA FARMERS MARKET – Saturday's April 13 to Oct. 26, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

KANSAS AUTISM CONFERENCE – April 17, 8:30 AM – 3 PM, Kansas Association of School Boards, 1420 SW Arrowhead Rd. Questions about the conference? Please contact Casey Melancon at casey.melancon@esmw.org or 816-891-2930. EVENT LINK: <https://www.easterseals.com/midwest/get-involved/events/kansas-autism-conference-1.html>

ONGOING EVENTS:

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

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

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

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

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

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

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstone-topeka.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 – 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to RSVP.

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

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Mar. 14, 11:30-1: "POWER" Luncheon

Featuring: Easter-themed
discussion and celebratoin!

Open to the public.

RSVP to info@C5Alive.org

Save the Dates!

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

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

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

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 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



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TOPEKA TWILIGHT LIONS BRANCH CLUB – 3rd Thur. at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

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

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; 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.naranonmidwest.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 hdy-oung@alz.org or call 785.379.3067 for the meeting link and other info.

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

AL-ANON is a support group for families and friends of alcoholics. For information on meetings in

the Topeka area, call 785-215-1045 or email ais-topeka@kansas-al-anon.org. All correspondence is confidential

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

Send your event information to:
info@TopekaHealthandWellness.com
See complete updated calendar at
TopekaHealthandWellness.com




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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! 5K Run/Walk starts 9am at Garfield Park. 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!

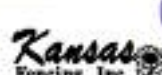
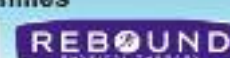
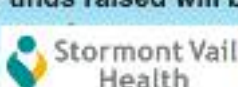
Volunteers needed! Contact:

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