

**TOPEKA**

**JUNE 2025**

# Health & Wellness

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**MAGAZINE**

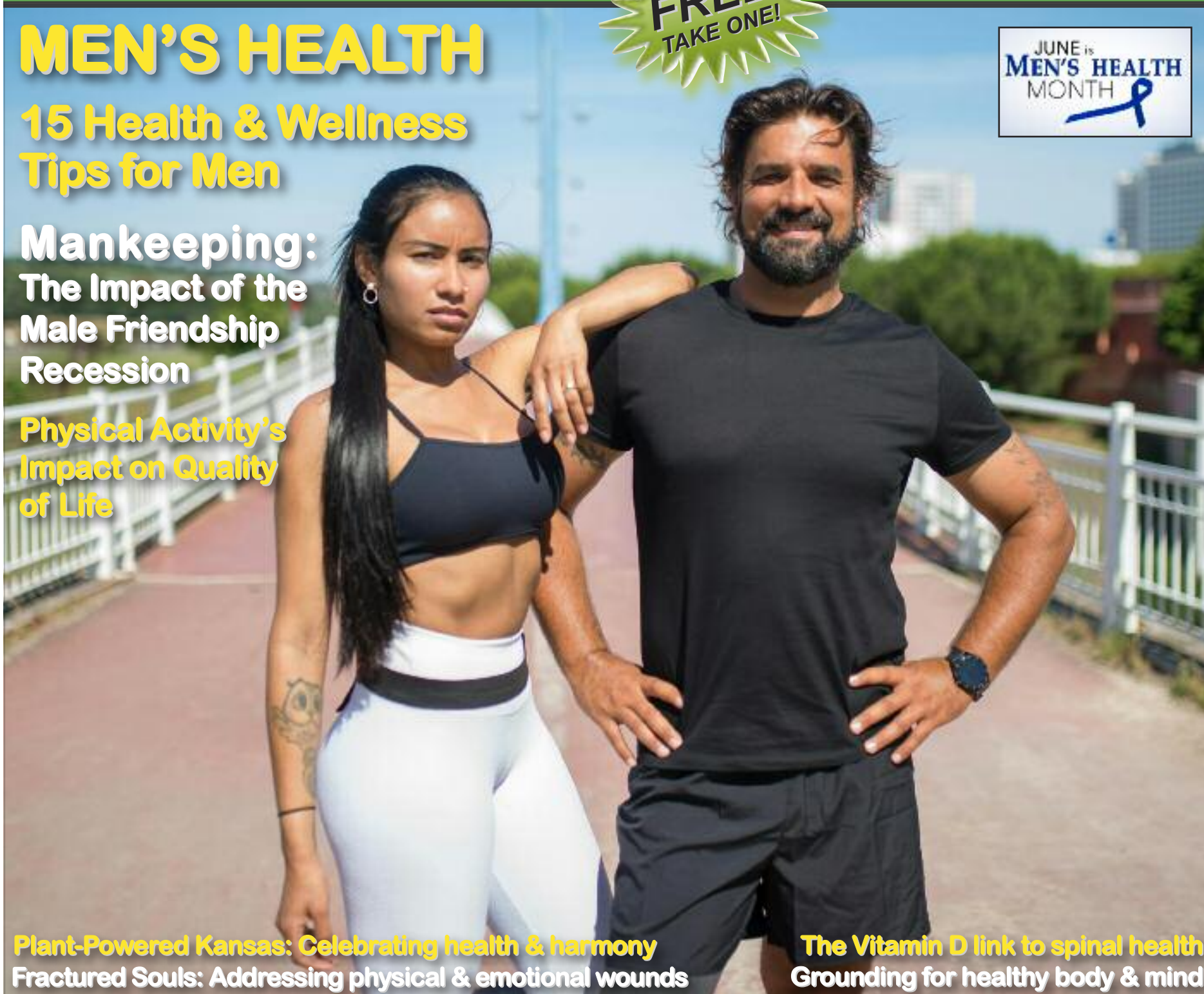


## **MEN'S HEALTH**

**15 Health & Wellness  
Tips for Men**

**Mankeeping:  
The Impact of the  
Male Friendship  
Recession**

**Physical Activity's  
Impact on Quality  
of Life**



**Plant-Powered Kansas: Celebrating health & harmony**  
**Fractured Souls: Addressing physical & emotional wounds**

**The Vitamin D link to spinal health**  
**Grounding for healthy body & mind**

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

# Men's Health Month

JUNE

## Leading Causes of Death Among Men:

### AGES 25 - 34

1. Unintentional injuries
2. Suicide
3. Homicide

1. Unintentional injuries
2. Heart Disease
3. Suicide

### AGES 35 - 44

### AGES 55 - 64

1. Cancer
2. Heart Disease
3. Unintentional injuries

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease

### AGES 65+

## TAKE PROACTIVE STEPS:

Schedule an annual physical and talk to your doctor about what screenings are right for you.

Source: CDC, 2011



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## ON THE COVER:

Our cover this month features a fit and healthy man and the woman who helps him achieve and maintain it. Read more about this and other healthy living topics in the following pages. (Cover photo by Kampus Production)

*Advertisers: ask how you can be featured on our cover!*

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

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

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## Pool and Beach Safety Steps for Summer

Summer 2015 is here and many will spend at least part of the long summer days either in a pool or at a beach. The American Red Cross wants you to be safe and has some steps you can follow to safely enjoy your summer water fun:

- POOL SAFETY** Ideally, you should learn to swim before enjoying the water. While at the pool:
- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
  - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
  - Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
  - Know how and when to call 9-1-1 or the local emergency number.

With children, constant supervision is key:

- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Never leave a young child unattended near water, and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

**BEACH SAFETY** Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards. While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore.

Other tips to keep in mind:

- No one should use a floatation device unless they are able to swim. The only exception is a person wearing a Coast Guard-approved life jacket.
- Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

**RIP CURRENTS** Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. For your safety, be aware of the danger of rip currents and remember the following:

- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

As the temperatures soar, more and more of us will take to the water for some summer fun. For more on how to keep you and your loved ones safe this summer, visit the swimming and water safety information on our web site.



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# The Link Between Vitamin D and Spinal Health

Summer is the perfect time to enjoy more sunlight, but there's more to sunshine than just warm weather and good moods. When sunlight hits your skin, your body makes vitamin D. This important vitamin is best known for keeping bones strong, but it also plays a role in keeping your spine healthy.

## How Vitamin D Supports Your Spine

Your spine is made up of bones and small discs that act like cushions between them. These discs allow your spine to move, bend, and absorb pressure. Some research suggests that vitamin D may help maintain the health of these discs by supporting their structure and reducing inflammation.

When your body does not get enough vitamin D, it can weaken the bones and affect the discs in your spine. Over time, this may contribute to back pain, stiffness, or even injury.

## How to Maintain Healthy Vitamin D Levels

Many people are low in vitamin D and do not even know it. While some sunlight exposure can help your body make this vitamin, it is not always enough, especially if you spend a lot of time indoors or wear strong sunscreen.

Here are a few ways to support healthy vitamin D levels:

- Spend 15 to 30 minutes in natural sunlight each day, if possible
- Consider vitamin D-rich foods like salmon, eggs, or fortified products

- Talk to your doctor about testing your levels or adding a supplement

## Support Your Spine This Summer

In addition to healthy vitamin D levels, daily movement and good posture also help your spine stay strong. Summer is a great time to walk, swim, or stretch outdoors. Even simple changes can reduce stress on your spine and support your overall health.

Chiropractic care can help you feel better and move more easily, especially when dealing with back pain or stiffness. Our team is here to guide you with personalized care and tips to protect your spine all season long. Book your appointment today and give your spine the support it needs.

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**Dr. Amber Beckley**

Chiropractic is one of the largest primary-contact health care professions today. Chiropractors provide non-invasive, hands-on health care that serves to diagnose, treat, and help prevent disorders and conditions relating to the spine, nervous system, and musculoskeletal system.

Chiropractors use a combination of treat-

ments, which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals. Dr. Beckley believes in addressing the patients overall health and not just their specific symptoms. She is focused on how a patient's musculoskeletal system and nervous system function in relation to the whole body.

Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.

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**Amber N. Beckley, D.C.**

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## Christ Our Righteousness Ministry

**“...the repairer of the breach, the restorer of paths to dwell in.” Isaiah 58:12**

**Note:** the “breach” is in the Law of God (10 Commandments) - change Sabbath into Sunday Worship

### 35 SCRIPTURES IN DEFENCE OF THE 10 COMMANDMENTS—GOD’S HOLY LAW

#### 1. PURPOSE FOR THE LAW (10 COMMANDMENTS)

Romans 2:20 “An instructor of the foolish, a teacher of babes, which hast the form of knowledge and of the truth in the law.” The Law is the Truth!!  
 Romans 3:20 “.....For by the law is the knowledge of sin” Where there is no law; there is no sin; then no need for Jesus (churches have done this)!!  
 1 John 3:4 “... sin is the transgression of the law.” We would not know sin except the Law shows us our sin and our need for Jesus!!  
 Romans 6:16 “know ye not...servant ye are to whom ye obey...sin unto death...obedience unto righteousness.” We serve God or the devil—your choice  
 Romans 7:7 “...I had not known sin, but by the law; for I had not known lust, except the law said, Thou shalt not covet.” The Law Points us to a Saviour!!  
The Law (10 Commandments): given to show man his need for God; the law is the Order & Justice of God’s Kingdom. No Law No Peace!!

#### 2. WHO WANTS TO DO AWAY WITH GOD’S LAW?? (10 COMMANDMENTS)

In heaven it was Lucifer and on this earth it is the Government, the Churches, the Schools and our Homes!!! GOD HELP US.  
 Romans 7:8,9 “...For without the law sin was dead...when the commandment came, sin revived, and I died.” do away with law is to do away with sin!!  
 James 1:25 “...the perfect law of liberty...being not a forgetful hearer, but a doer of the work, this man shall be blessed.” Obey the Law: Liberty to live  
 1 John 5:2,3 “This is the love of God, Keep his Commandments...his commandments are not grievous.” Love God & Man is the fulfillment of the Law.  
Yes Lucifer wanted to do away with the Law in heaven and today the churches also want to nail the law to the Cross of Christ

#### 3. LET US PUT TO REST THE CONTROVERSY OVER GOD’S LAW?? (10 COMMANDMENTS)

Matthew 5:17-19 “Think not that I am come to destroy the law...: I am not come to destroy, to fulfil.” Jesus didn’t do away with the Law – MAN DID!!  
 Luke 16:17 “And it is easier for heaven and earth to pass, than one tittle of the law to fall.” These are Jesus’s words!! Nothing to be removed from law  
 Romans 5:13 “...but sin is not imputed when there is no law.” If there is no law there can be no Justice in God’s Kingdom as in our world – no peace!  
 Romans 4:14,15 “...Because the law worketh wrath: for where no law is, there is no transgression.” The law condemns the sinner! No Law No Sinner  
 Matthew 15:9 “But in vain they do worship me, teaching for doctrines the commandments of men” – Saturday is the Sabbath – Not Sunday by man!  
 Hebrews 13:8 “Jesus Christ the same yesterday, and to day, and for ever.” Jesus Never Changes! Sunday churches are always changing.  
 Romans 7:14 “For we know that the law is spiritual: but I am carnal, sold under sin.” The Law is Spiritual! Sinful man cannot change to Sunday.  
 1 John 2:6 “He that saith he abideth in him ought himself also so to walk, even as he walked.” Jesus obeyed the Law and showed us how we can!  
It is obvious why sinners want to put away the Law of God – It is condemnation to the sinner – It is Liberty for those who Trust and Obey.

#### 4. THE LAW (10 COMMANDMENTS) IS THE STANDARD OF JUDGEMENT

Romans 2:12-13 “...as many as have sinned in the law shall be judged by the law.” Moses gave the Law to man! Man wants to do away with the Law  
 James 2:12 “So speak ye, and so do, as they that shall be judged by the law of liberty.” The Law work 2 ways: Liberty to live Obey or condemnation!  
 Matthew 7:21 “...enter kingdom of heaven, but he that doeth the will of my Father.” The Will of our Father is to obey His 10 Commandments! All 10  
 Ecclesiastes 12:13-14 “...Fear God, and keep his commandments...this is the whole duty of man.” Mind accepts the Law: Heart Loves the Law!  
 Psalm 19:7 “The law of the Lord is perfect, converting the soul...” The Law is a transcript of God’s Character: God is Love: Law teaches Love!  
 Romans 7:11 “For sin, taking occasion by the commandment, deceived me...” The commandments: the Law reveals sin! Sin is a Deceiver!!  
 Romans 7:12 “... the law is holy, and the commandment holy, and just, and good.” Now Why would God do away with His Law? HE DIDN’T!!  
 Matthew 15:3 “Why do ye transgress the commandment of God by your tradition.” Sunday worship is a tradition of man! BREACH 7<sup>th</sup> Day Sabbath  
 1 Timothy 1:7-10 “the law for the lawless, disobedient...ungodly...sinners...murderers...Mars...” The Curse of the Law: the sinner must die, 2<sup>nd</sup> Death!  
The Law they want to destroy; will Judge them in the end!! Today, Jesus has Mercy & Salvation for you. Come in Truth & Spirit.

#### 5. ONLY WAY POSSIBLE TO KEEP THE LAW (10 COMMANDMENTS) IS BY THE SPIRIT— THE INNER MAN: MIND & HEART

Romans 7:25 “...So then with the mind I myself serve the law of God; but with the flesh the law of sin.” Here is the Christian battle! Within! Sin within  
 Hebrews 10:16-17 “This is the covenant...I will put my laws into their hearts, & in their minds will I write them.” The Law In our Mind and Heart  
 Romans 7:22 “For I delight in the law of God after the inward man.” God looks at Inner man (mind and heart) compare with Truth, Law & Gospel  
 Proverbs 7:1-3 “...keep my commandments, and live; & my law as the apple of thine eye.” We are to love the law: the law teach love to God & man!  
 1 John 2:2-3 “And hereby we do know that we know him, if we keep his commandments.” To know his Law is to know God: His Character!  
 2 John 6 “And this is love, that we walk after his commandments.” First four commandments – love God: last 6 commandments – love neighbor!  
The Holy Spirit Living Within Our Heart and Mind is the only way humans can obey the law of God – We can because Jesus Did!!

#### THE REWARD FOR THOSE WHO OBEY GOD’S LAW?? (10 COMMANDMENTS) IN THEIR HEART AND MIND

Revelation 22:14 “blessed are they that do his commandments, that they may have right to the tree of life—enter through the gates...” Obey & live!  
 Matthew 19:170 “...if thou wilt enter into life, keep the commandments.” The Law is Good, Just, Holy & Spiritual; the law is eternal as God is!  
 1 John 3:22 “And whatsoever we ask, we receive of him, because we keep his commandments, and do ...pleasing in his sight.” Abraham Obeyed God!  
 Romans 2:13-14 “...the doers of the law shall be justified.” Christ came to save us FROM our sins! Obedience is Godliness & Righteousness & Life.  
Those who have the Faith of Abraham shall live. Faith Shown By Works of Obedience, and Trust in Jesus Our Lord!!

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# Grounding/Earthing for Mental Health and Body Wellness

As the warmth of June approaches, nature beckons us to step outside and engage in nature. If you suffer from conditions like chronic pain, inflammation, insomnia, jetlag, depression, or anxiety, nature is the best place to connect and restore balance to your mind and body. Grounding, also known as earthing, involves making direct contact with the Earth's surface and absorbing its natural energy.



Rebecca Wharton

## What is Grounding/Earthing

The Earth's surface carries a subtle electrical charge that positively affects our health. By walking barefoot on grass, soil, or sand, or by engaging in activities like gardening, we can experience this soothing energy.

## Physical Health Benefits

Gardening is a physically engaging activity that involves various movements such as digging, planting, and weeding. These actions provide a full-body workout, improving cardiovascular health, increasing strength, and enhancing flexibility.



Your skin is in contact with the sun for Vitamin D synthesis that aids in bone health, immune function, mood regulation, and sleep health. When you garden, you are also exposed to healthy microorganisms in the soil that strengthen your immune system against pathogens, allergens and autoimmune conditions.

Growing your own food saves you money, the food has better taste and is more nutrient dense straight from the vine, and the reward of picking something you grew is almost like Christmas morning with each harvest.

## Mental Health Benefits

Outside activities like gardening are inherently calming and meditative. By connecting with nature and completing rewarding tasks, your stress hormone levels, cortisol, are reduced. Gardening encourages mindfulness as you focus on the present moment, improving concentration, mental clarity, and a sense of accomplishment and purpose.

Gardening has also been linked to increased levels of serotonin, the "feel-good" hormone, which can alleviate symptoms of depression and anxiety.

The tranquility of a garden provides a peaceful escape from the hustle and bustle of daily life.



## Emotional and Social Benefits

Gardening fosters a deep connection with nature and people, which creates feelings of gratitude, awe, and appreciation, enhancing overall emotional well-being.

Many cities have community gardens where everyone works together to tend the garden and share produce. Whether you're sharing gardening tips with neighbors or participating in community garden

projects, these interactions strengthen social bonds and create a sense of belonging.

As you watch your garden flourish and produce flowers, fruits, or vegetables, you will experience a sense of pride and achievement, boosting self-esteem and confidence.

June is a wonderful time to immerse yourself in the joys of grounding through nature. Whether you take a walk on a nature trail, have a sprawling garden or a small balcony garden, the act of tending to plants and spending time outdoors significantly enhances your physical, mental, and emotional health.

**Embrace the beauty of June, connect with the Earth, and cultivate a healthier, happier you through the simple yet profound practice of grounding!**



—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](mailto:thefunctionalnursecoach@gmail.com) or 913-298-1092.



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# Plant-Powered Kansas: A Celebration of Health, Harmony, and Change Coming in September

**T**his month I want to invite you to join me at an event coming to Kansas September 18-22. Whether you're vegan, veg-curious, or simply looking to live a little better, The Thrive Alive Vegan Fest, is bringing together health seekers, music lovers, and change makers for four days of uplifting presentations, dancing to live music, and community building workshops.



From compelling speakers at the forefront of health and activism to soulful music that will move your spirit, it's your chance to connect with amazing people and be inspired by some of the most extraordinary voices in the plant-based world in a unique setting in nature designed to build new friendships and simply be FUN. Here's a few of those you can expect to see there:

## Derrick Broze: The Voice of Empowered Freedom

A journalist, activist, and author, Derrick Broze brings a unique and critical voice to the conversation around health and personal sovereignty. As the founder of The Conscious Resistance Network, Broze doesn't just talk about food choices - he dives deep into the systems behind them, empowering individuals to take back control of their lives through conscious action and holistic living. His talks combine sharp insights with practical tools for change, covering everything from decentralized living to the role of plant-based diets in building resilient communities. If you've ever felt the need to shake up your worldview and take a more intentional path, Derrick will light the spark.

## Gigi Jones: Culinary Creativity and Community Healing

Gigi Jones is a force for plant-based healing and creative food culture and she has an amazing story of healing. Gigi has transformed lives through her soulful, nutritious cuisine and deeply empowering talks and is especially passionate about reversing disease in under served communities. She's also the founder of the Midwest Soul Vegfest and Gigi's



Wellness Cafe. Gigi's presence at the event will nourish far more than your stomach. Her vibrant energy, down-to-earth wisdom, and culinary demonstrations make the vegan lifestyle accessible, exciting, and absolutely delicious.

## Mike Love: Reggae Soul for the Conscious Spirit

No one brings the healing vibes like Mike Love. With roots reggae as his foundation and spiritual activism at his core, Mike's music is a moving blend of earth-conscious lyrics, rich harmonies, and loop-driven genius. His live performances are unforgettable—equal parts concert and cathartic experience. When Mike takes the stage, something special happens: the crowd connects, hearts open, and the air vibrates with a collective sense of purpose. His songs often speak to nature, healing, and our responsibility to each other and the planet. Don't be surprised if you find yourself dancing, tearing up, and feeling more connected than ever before. Mike Love isn't just music—he's medicine.

## Cyrus Khambatta: Revolutionizing Diabetes Through Plants

Co-founder of Mastering Diabetes, Cyrus Khambatta is living proof that chronic conditions don't have to be life sentences. Diagnosed with type 1 diabetes at age 22, Cyrus has transformed his health—and thousands of others'—through a low-fat, whole-food, plant-based diet. He's also a powerhouse educator, researcher, and author.

In person, Cyrus is electric. His presentations are packed with science, clarity, and heartfelt energy. You'll walk away not only understanding the truth about insulin resistance and blood sugar—but also feeling deeply inspired to make positive changes in your own life. If you're looking to reverse disease, prevent future health issues, or just supercharge your energy levels, Cyrus brings the blueprint.

## Jamie Logan: Bold, Brave, and Unapologetically Vegan

Jamie Logan brings fire to the frontlines of activism. A filmmaker, social media creator, Jamie is known for her fearless approach to confronting injustice and inspiring change. Her work explores veganism through a sharp, often humorous lens that captures attention—and hearts.

Meeting Jamie in person is life-changing. She's re-



latable, passionate, and unapologetically honest, offering a refreshing take that resonates deeply, especially with younger audiences. Whether she's discussing the power of digital media or dismantling myths about animal agriculture, Jamie will leave you thinking—and talking—long after the event wraps up.

## Dr. Sailesh Rao: A Visionary for a Vegan Future

You may have heard of Dr. Sailesh Rao the founder of Climate Healers, from the groundbreaking documentary Cowspiracy. A systems engineer who helped develop the internet, Dr. Rao has dedicated his life to keeping our home here on earth livable through plant-based solutions. His talks weave together environmental science and spiritual insight in a way that's profoundly moving.

His message is clear and backed by hard data: a global transition to a vegan world is not only necessary, it's achievable.

Attending his session is like getting a dose of clarity and motivation straight from the source. If you care about the planet, don't miss this one.



## More Than a Festival—A Movement Begins

This isn't just a gathering—it's a launchpad for transformation. With these thought leaders and musicians converging in Kansas, this event promises to uplift, educate, and energize everyone who attends. Whether you want to take your first step into plant-based living, deepen your commitment, or simply have fun, there's no better place to connect, learn, and celebrate. Buy your ticket, bring your curiosity, your dancing shoes, and your open heart, and you can be part of the inaugural Thrive Alive Vegan Fest: ThriveAliveFest.com

-By JoAnn Farb

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](http://www.JoAnnFarb.com).



JoAnn Farb

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Save the Dates!

- July 10: POWER Luncheon, 11:30-1, with Anthony Blanco!
- Aug. 14: POWER Luncheon, 11:30-1
- Sep. 11: POWER Luncheon, 11:30-1
- Oct. 9: POWER Luncheon, 11:30-1

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





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# Healing Fractured Souls

It is important to address both physical and emotional wounds that we experience in our lives. I refer to the emotional wounds as fractured hearts, and souls, which result in walk-ins. The emotional wounds present as long-term pain, mobility issues and relationship issues.

## Signs and Symptoms

One symptom of a fractured heart and soul will be stress and a general uneasiness. People will be triggered easily by someone or something that reminds us of an unpleasant past experience. Maybe someone crossed a boundary and there is an unbalanced feeling. Then we get a “walk-in.”

But what is a “walk-in”? Simply stated – a spiritual disruption. It is when a trauma is too much for someone to confront. The spiritual body will take a mental vacation in another timeline or dimension. Another soul, typically an ancestor, will come and step into the physical body until the original spirit is ready to come back into union. Meanwhile, the person that you are in relationship with, forgets what they said. They have no recollection moments after speaking. They come across as a liar. Yet, they really don't remember because they were not spiritually there. You might think to yourself that they just don't seem like themselves today. They physically look and act differently. I have witnessed this in side-by-side photos of the same person taken moments apart. The western medical model refers to this as dementia, bi-polar, schizophrenia and other mental health issues. However, the mental health reframe is as simple as a spiritual disruption that can be healed with plants and prayers – well and maybe a few supplements and other healing frequencies too!

The frustrating thing about being with someone that has a “walk-in” is that the alternate soul can enter someone's physical body and leave again in seconds. People summon ancestor souls when they may feel physically or psychologically unsafe. They may feel threatened and traumatized. Thus, the person's spirit will exit their body. The ancestor soul will walk in, and most times, people are unaware that this is happening.

But let's think about someone who has dementia. They toggle back and forth between personas; they are intermittently present and absent as you speak with them. We have all seen it, that time when the person's spirit separates from the physical body. Their physiology will change, in addition to the frequent memory lapse. Symptoms might be anxiety, depression, defensiveness and a general sense of uneasiness. When you are around this person, your internal meter may be sending you a signal of some sort, such as pain or labored breathing.

When our physical and spiritual bodies are interconnected, this allows us to yoke with God, that is when we receive our spiritual gifts from the Divine. We have all felt

this at some point, when we are connected to goodness. We feel in balance and we have love in our hearts. We also have had that feeling when our heart is telling us something is really off. We struggle to pinpoint why. When we are reluctantly agreeing to something, and we are out of alignment with our values, the heart and soul fractures. Then, our emotions manifest as dysfunction in the body. That is just one reason that living by our highest values is so important. This keeps us connected to ourselves and Source Energy.

When healing heart and soul fractures, people will want to be radically responsible for their personal reaction or response and they are ready for change. I help people gently move into self-awareness. Since 95% of what we say and do are part of our auto-pilot reactions driven by our subconscious mind, self-awareness is key to our personal and spiritual growth.

## Thoughts Become Things

Quantum physics shows us that we bring into our reality those things that we think of most, consciously or unconsciously. Our thoughts become things. Our subconscious memories are replaying in our mind, like a broken record. The unresolved issues will be buried in our bio-field and cells and carried on for lifetimes unless we take steps to release these issues. These memories are carried down from our ancestors' and they need to be cleared and transmuted to Source.

Confronting these memories don't have to be as hard as people make it out to be. We can choose an easier way to release the trauma and the poor psychological programming.

Releasing traumas will include a multi-modal approach using selfcare practices. The first most important step is to remove toxic chemicals from your living spaces. Why? Synthetic chemicals fracture the biofield, harm the cells and are stored in fat cells and create dis-ease. Get help from a health practitioner to get off synthetic drugs and move to plant and energy medicine. God intended for us to “be” and co-create with nature. Adopt selfcare practices such as yoga, essential oils, walking, meditation. Your practice at home is the most important part of your healing journey.

## Old Paradigm

Gone are the days where we can expect that a pill will take care of our ills. That is the old paradigm. Establish your personal at home practice of self-care, and hold your physical, mental and spiritual body as sacred space. This is key to becoming the best version of yourself. We can choose to be self-aware in each situation and shift from fear, anger and grief, into self-forgiveness, self-compassion and self-love. The New Paradigm is filled with Love.



When releasing these traumas and bringing WHOLENESS to our mind, body and spirit, we can release the trapped traumas, bring in the love and light of the Christ Consciousness and release what does not serve us. We can shift our thinking and come from a place of love...harmonize and dance with the energy.

Today, I help others release these traumatic events from all lifetimes by accessing Akashic records, the Christ Consciousness, and the subconscious mind.

*Let me help you  
live your best life!*

—Rev. Jodi Suson, MBA, Organizational Behavior, Human Behaviorist, Nutritionist, NLP, Amen Clinics Brain Health Professional, Master of Divine Intervention Spontaneous Remission, Quantum Energy Healer, Aromatherapist, Reiki Master, Medical Intuitive, Podcast Host Self-Cell Care™ [www.susonessentials.com](http://www.susonessentials.com)



Rev. Jodi uses a multi-modal method to self-healing. Her approach stems from her personal health journey and working with Chiropractors, and practitioners of Functional Medicine, Traditional Chinese Medicine, Masters of Divine Intervention Spontaneous Remission, and other holistic practitioners. Jodi found the solutions that are both the most effective and the most affordable.

[Jodi@SusonEssentials.com](mailto:Jodi@SusonEssentials.com) 847-738-0242



# June is Men's Health Month: 15 Health & Wellness Tips for Men

**T**oday's world is more fast-paced than ever, and it can be especially tough for men to stay on top of health and wellness needs.

In today's society, many men are expected to be self-reliant. This can make it tough to discuss and ask for help with self-care and wellness issues. Doing so, however, can be life-saving. June is National Men's Health Month, so let's take a look at steps that you can take to feel your best.

## Incorporate regular exercise

It's easy to get into a rut when it comes to exercise. Maybe you've fallen into the "I'll start on Monday" trap, only to find yourself perpetually waiting for a fresh start. Perhaps you're hitting the gym, but spending more time searching for the perfect playlist than actually hitting the weights.

Challenging your body is key to boosting your fitness level, and to maintaining the gains you've already made.

First, consider your expectations. Focusing on how great you feel after a good workout—rather than how fast your biceps are growing or how quickly the scale is changing—can help you stay on track even when your results take more time than you'd like to come through.

It's also key to remember that some exercise is better than none. Going for a 15-minute jog after dinner might not get you the same results as spending hours in the gym, but it still contributes to your overall health.

Finally, consider what types of exercise you enjoy. If you love playing soccer, for example, check out adult leagues in your area. If you can't get enough time outdoors, ask a friend or family member to join you for a hike next weekend. Exercise you enjoy is just as effective as exercise you hate. While it can be tempting to overdo it when you're working to get fit, doing so can contribute to burnout.

## Follow a balanced diet

Eating within your daily caloric limit is smart for maintaining your weight, and one of the keys to feeling your best is ensuring that you're including foods that support your health in your nutrition plan.

Foods that support men's specific health needs include:

- **Turkey breast:** With seven grams of protein per ounce, it's hard to beat turkey when it comes to fueling your workouts. Turkey is also loaded with zinc, B vitamins, and selenium, a cancer-fighting mineral.
- **Cherries:** Men experience gout more frequently than women, and research has shown that eating cherries regularly can help to prevent the condition. Cherries are also packed with anthocyanins, an anti-inflammatory compound.



- **Seafood:** Oysters, shrimp, clams, crab, and other shellfish contain loads of zinc, which can boost testosterone levels and support prostate health. Salmon, halibut, and sardines are great sources of omega-3 fatty acids, which work to reduce inflammation, lower the risk of heart disease, and reduce levels of unhealthy fats in the bloodstream.
- **Blueberries:** Snacking on a handful of blueberries doesn't just give you a boost of antioxidants—they also pack vitamin K, vitamin C, and flavonoids, which can help support men's reproductive health.

## Prioritize mental health

We know it can be tough to talk about mental health, especially if you typically manage your emotions in private. Mental health issues can be caused by myriad factors, including genetics, past trauma, family history, brain chemistry changes due to medications for other issues, and more.

Asking for help isn't a sign of weakness. Around the world, men are twice as likely to die of suicide than women. Mental health is the same as any other type of health. You wouldn't try to tough your way through cancer without treatment, and there's no reason to try to tough your way through a mental health issue.

Reaching out to a counselor is a great way to start talking about mental health. If you're unsure of what to expect when starting therapy, you aren't alone. Your therapist isn't there to judge you or criticize your choices. Rather, they're there to provide an impartial, third-party view into your life, allowing you to talk through problems, consider new ideas, and work through issues that may be affecting your current happiness.

If you're having thoughts of suicide, or you're experiencing a crisis, call or text 988 to talk with a mental health profes-

sional for support.

## Get quality sleep

Racing thoughts, anxiety, digestive issues, late-night work emails—there are countless factors that can make it tough to get the quality sleep you need to thrive.

Using a sleep tracking app can be a smart way to understand how much quality shut-eye you're actually getting.

Some tips to boost your sleep quality include:

- Go to bed and wake up at the same time each day
- Stay away from alcohol within six hours of bedtime
- Avoid eating large meals or exercising before bed
- Keep your bedroom cool (around 65 degrees) and dark

If you're consistently tired despite seeming to get enough sleep, contact your healthcare provider, as this can be a sign of a health condition like sleep apnea.

## Maintain a healthy weight

Achieving and maintaining a healthy weight is just one facet of wellness. People who have obesity or are overweight are at higher risk for a variety of health conditions, including heart disease, type 2 diabetes, stroke, osteoarthritis, mental illness, chronic pain, high cholesterol, high blood pressure, and more.

Keeping track of your weight, exercise, and nutritional intake can all help you work toward and/or maintain a healthy weight.

## Manage stress

Stress is an unavoidable part of life, and learning how to manage stress well can make a major difference in your overall well-being. If you're exhibiting signs of stress like trouble sleeping, difficulty concentrating, irritability, or using substances to cope, it's time to develop an effective stress management plan.

Some tips to lower stress levels include:

- Prioritize social connection
- Get higher-quality sleep
- Increase physical exercise (get outside if you can!)
- Talk to a mental health professional

## Stay hydrated

Drinking water is vital to feeling alert, fighting illness, and getting the most out of your workouts. Carrying a large water bottle throughout the day can make it easier to get the hydration you need to thrive.



# 4 Simple Ways to Make Hill Running Easier, According to Coaches

If you've been trying to get stronger, faster, and just fitter overall, but nothing seems to work, then you might want to consider adding more hills to your workouts. Yes, you will certainly feel the burn in your calves, glutes, and hamstrings on your way up and down, but the hard work pays off.

And the proof is in the research, as a study published in the International Journal of Scientific and Research Publications in 2017 demonstrated that 12 weeks of hill running significantly improved VO2 max, resting heart rate, and speed endurance after monitoring 32 athletes.

Hill running provides strength and speedwork in disguise, says Tyler Morey, USATF-certified run coach and founder of North Coast Running. "Your heart rate is going to increase when you're going up a hill and so if you focus on building that into your training plan consistently, it's going to increase your physical aerobic capacity," he explains.

Running intervals on a track or flat stretch of road is one way to up your aerobic capacity, but if you're tired of doing the same old workouts, hill repeats are good alternative. That's especially true considering a study published in the Frontiers in Physiology shows adding hills to high-intensity interval training sessions can help increase the amount of time you spend exercising at or above your VO2 max—a key training tactic if you want to improve this metric.

All of this sounds great, but it doesn't make running hills any easier. This is why we tapped two run coaches to share their best tips on how to make hill running more enjoyable, so you can reap the benefits of regularly adding inclines to your schedule.

## Focus on Your Efforts, Not Your Pace

If running hills feels daunting, the best way to make hill running easier is to focus on your effort rather than your

pace, heart rate, or any other metric you may be accustomed to tracking on the run. That's because pace can drastically change, says Seth Funderburg, UESCA-certified run coach and head coach and owner of Run BMT.

To do this, tune into how you feel and monitor your efforts on a rate of perceived exertion scale, where 1 is a really easy effort and 10 is an all-out effort. Keep in mind RPE is relative to the person, so you may find your 5K, 10K, half, and full marathon efforts don't exactly align with your running buddies. This is why it's best to define what these paces feel

- Half marathon or longer effort = 6 or 7 out of 10
- 10K effort = 7 or 8 out of 10
- 5K effort = 8 or 9 out of 10
- Of course, as you're tackling the hill you can expect your heart and breathing rate to increase and your pace to slow, depending on how steep the hill is and if it's warmer outside. But by honoring this strategy, especially on race day, you can maintain and conserve your energy regardless of when you approach the hill, Funderburg explains.
- You should also stick to this strategy when running downhill.

## Keep a Positive Mindset

Another way to shift your focus away from pace: Repeat positive mantras, says Morey. Because you can expect to run slower uphill, repeating phrases like "I can do this" or "get over the hill" can help you take your mind off of how fast you're going. Morey's personal favorite mantra is "take the hill."

"I am a big believer in the power of positivity as it relates to both life and running," Morey adds. "Reminding yourself that you are running to reach a goal or that you are doing this 'for fun' can help you push through the tougher, more painful parts of running."

Also, don't forget words have power, so remember to talk nicely to yourself as you run up the hill. Research shows motivational self talk, imagery, and goal-setting are a few strategies that can help boost athletic endurance—and can get you through tough hill runs.

## Improve Your Form

"When you approach a hill, you want to focus on shortening your stride. Leaning forward into the hill and driving your knees and your arms," says Morey. This will force you to land on your midfoot and increase your leg turnover and cadence, so you're ready to push off on that next stride, he explains.

Even when running downhill, form is key. "You want to make sure that you're not overstriding, which is easy to do because of gravity pulling you down," says Morey. You can maintain control of your momentum as you run downhill by not leaning forward as much, shortening your stride, and also increasing your ca-



dence, he explains.

In addition to making these slight changes, Morey recommends practicing form drills, like A skips, B skips, butt kicks, bounding, high knees, and four to six strides the day before any hard workout, like hill repeats. These exercises can also serve as a part of your warmup. These drills will prepare your running muscles to get moving preworkout, and help you become a better climber and runner overall, he says.

## Run Hills More Often

If you want to get better at any particular thing, you have to practice it often, and the same rule applies to hill running. To get better at hills, both Funderburg and Morey recommend running hills at least once a week, or every other week, depending on the structure of your training. The key is to slowly introduce the stimulus to your routine.

"I think the idea of hills could also be simplified in the way that it doesn't have to be this monumental hill," says Funderburg. You can start with a small hill and that will be enough to help you improve your form, power, and proprioception, he explains.

The first six weeks of a race build, when you're working on building strength is a great time to start introducing hills, says Morey. He recommends tacking hill strides to the end of an easy or recovery run or even a long run. Simply run up a hill for 30 seconds, six to eight times at a 5K effort, and jog back down in between intervals. This will prepare you for bigger aerobic workouts and anaerobic workouts to come in future, he explains.

If you're preparing for a hilly race, then progress your efforts to full hill workouts around the second block of your training. Schedule these workouts in place of track sessions, tempo runs, or speed intervals, says Funderburg. Just be mindful not to schedule hard workouts back to back; for example, you don't want to complete a hill workout the day after or before a long run.

—By Monique Lebrun

Photo: Runner's World; Thomas Hengge

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# Healthy Recipes to Gear Up for Summer

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

## Momma's Healthy Meatloaf



Extra-lean ground beef and fresh vegetables make this a healthier take on traditional meatloaf.

### Ingredients

- cooking spray
- 1 tablespoon olive oil
- 1 green bell pepper, diced
- ½ cup diced sweet onion
- ½ teaspoon minced garlic
- 1 pound extra-lean (95%) ground beef
- 1 cup whole wheat bread crumbs
- ¾ cup shredded carrot
- ¾ cup shredded zucchini
- 2 large eggs
- salt and ground black pepper to taste
- ¼ cup ketchup, or to taste

### Directions

Preheat the oven to 400 degrees F (200 degrees C). Spray a 9x5-inch loaf pan with cooking spray.

Heat olive oil in a skillet over medium heat; cook and stir green bell pepper and onion in hot oil until onion is transparent and bell pepper is softened, 5 to 10 minutes. Add garlic and cook until fragrant, 1 to 2 minutes. Remove the skillet from heat.

Combine ground beef, bread crumbs, carrot, zucchini, eggs, salt, pepper, and bell pepper mixture in a large bowl; mix well using your hands. Press meat mixture into the prepared loaf pan.

Bake in the preheated oven until no longer pink in the center, 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Spread ketchup on top of meatloaf and continue baking

until bubbling, about 5 minutes more.

### Nutrition Information (Servings: 4)

Per serving: 378 calories; fat 20g ; carbohydrates 24g; protein 26g; sodium 457g

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

## Heart-Healthy Potato Salad



Easy and delicious!

### Ingredients

- 2 ¾ pounds Idaho® Russet Potatoes
- 8 large hard-boiled eggs
- 1 medium yellow onion, chopped
- ½ cup dill pickles, chopped
- ¼ cup mayonnaise
- ¼ cup Miracle Whip
- ½ cup plain nonfat Greek yogurt
- 3 tablespoons brine from a pickle jar
- 2 tablespoons yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Directions

Scrub Idaho® Russet Potatoes well, but do not peel. Place potatoes in a stockpot, add water to cover, and bring to a boil over high heat. Reduce heat to medium-high and cook 12 to 15 minutes, or until a knife can easily pierce the potatoes but they are still firm. Pour off the hot water and add cold water to the pot to help cool down the potatoes. Set potatoes aside while preparing the remaining ingredients.

Remove the yolks from 4 of the hard-boiled eggs. Discard or save for another use. Roughly chop the 4 egg whites and 2 of the whole eggs, saving 2 for garnish. Add the chopped eggs to a large mixing bowl. Add the onion and chopped pickles to the bowl.

In a small mixing bowl, combine the mayonnaise, Miracle Whip, Greek yogurt, dill pickle brine, yellow mustard, garlic powder, salt, and pepper. Whisk well to combine; set aside.

Remove the cooled potatoes from the pot of water.

With a paring knife, remove the potato peels (they will come off easily). Cut the potatoes into small cubes and add to the other ingredients in the mixing bowl. With a wooden spoon, gently toss the salad ingredients to mix. Add the dressing mixture and gently toss again to coat all ingredients well.

Transfer potato salad to a serving bowl. Cut the remaining 2 eggs into thin slices and arrange them around the salad to garnish. Cover and refrigerate at least 3 hours before serving (preferably overnight) to let the flavors combine.

### Nutrition Information (Servings: 12)

Per Serving: 112 calories; fat 9g; carbohydrates 3g; protein 5g, sodium 343g

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

## No-Bake Energy Bites



A healthy take on traditional no-bake cookies. store in the fridge for up to a week, or keep frozen for up to six months. Tastes great frozen!

### Ingredients

- 1 cup rolled oats
- ½ cup miniature semisweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

### Directions

Stir oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.

Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.

### Nutrition Information (Servings: 24)

Per serving: 94 calories; fat 5g; carbs 11g; protein 3g; sodium 28g

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

# Mankeeping: The Impact Of The Male Friendship Recession



(Ivanhoe Newswire) —

**W**e all know how crucial friendships are. 61 percent of U.S. adults believe having close friends is essential for a fulfilling life, surpassing the importance of marriage, children, or wealth. According to a Pew Research study, 53 percent of people claim to have between one and four close friends. However, research also reveals that our social circles have been shrinking over the past 30 years, particularly for men. This trend affects not only the men in our lives but also the women connected to them.

From childhood buddies, college classmates, co-workers and BFFs, a true friend is hard to find.

Almost 10 percent of people say they don't have any friends, and another study found that 51 percent of men lack a single confidant for emotional support. And this "male friendship recession" adds to men's increasing social isolation. Now a Stanford study found the fewer friends men have, the more women spend managing the emotional and social well-being of the men in their lives, and there's a name for it, it's called mankeeping!

Mankeeping is the invisible emotional



work women do in their relationships with men. It breaks down into three roles: emotional support, building social networks, and teaching social skills like how to listen and ask thoughtful questions.

Experts say for men to cultivate deep friendships, men need to identify a few people they would like to get closer to, be willing to discuss deep feelings with them, and make it a point to show up repeatedly. There are even groups that

can help, ManKind Project, Men's Shed ([www.usmenssheds.org](http://www.usmenssheds.org)) and Men's circle ([www.menscircle.club](http://www.menscircle.club)) have created supportive spaces where men can form deeper connections.

A woman's role when it comes to emotional support doesn't stop at mankeeping. It seems the burden of kin-keeping usually falls on women too. That involves maintaining relationships and emotional well-being across family connections.

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# Physical Activity Will Impact Health and Quality of Life

One secret to a healthy lifestyle is to get physical – just keep moving. The better-known benefits include helping people live longer and keeping weight in check, as well as lowering the risk of heart disease, stroke, cancer and other chronic diseases. For example, research shows that every move counts toward improving cardiovascular health, with even small increases in activity linked to better outcomes.



But physical activity also can have an impact on many other areas, including some that may sound a little abstract but might feel as if they have a more direct effect on day-to-day life.

“Scientifically, there’s ‘global’ quality of life, which generally encompasses an individual’s judgment of their satisfaction with life,” said Elizabeth Salerno, a behavioral scientist at the Washington University School of Medicine in St. Louis. “Then there’s health-related quality of life, which includes physical, mental and social aspects of well-being.” In fact, staying active, even slightly confers major longevity and quality-of-life benefits.

The evidence that physical activity can boost these quality-of-life measures is just as strong as it is that activity can lower the risk of chronic diseases. “Findings from multiple studies have demonstrated that people who receive physical activity interventions have better quality-of-life outcomes over time compared to those who did not get the interventions,” she said. Losing even a modest amount of weight through activity can dramatically improve your quality of life, as some studies emphasize the importance of physical activity for both body and mind.

## Guidelines for physical activity

The recommended guideline to get 150 minutes or more of physical activity each week is a great goal to work toward. But just moving more, whatever the starting point, likely has benefits, too.

Activities like walking and cycling have been associ-

ated with weight loss and improved health over time.

Gardening and dancing are activities that also can be included. People can creatively piece these exercises and activities together throughout their busy days and weeks.

“Any bit of activity counts toward your total,” Salerno said. “That means that a quick five-minute walk to the store or a 60-second jog up or walk down the stairs contributes to better health. Structured, goal-oriented exercise is still important, but maintaining a physically active lifestyle as much as possible is crucial.”

Regular activity can help improve quality of life in a number of ways. Among those, it can improve mood, provide an energy boost, help with flexibility and mobility and just generally keep us healthier.

But there is still much to learn about how physical activity benefits quality of life, Salerno said. One theory is

that we may build strong social connections when, say, we’re walking or taking a gym class with others — and that can impact how we see our positions in life.

“It underscores the importance of enjoying what we do when we move our bodies,” Salerno said. “Whatever keeps us coming back for more — and fits neatly into the unique structures of our lives — is likely to pack the biggest punch when it comes to optimizing our life satisfaction.”

Even a few minutes of activity can support heart health and reduce blood pressure

—Alan Goforth / metrovoicenews.com

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## Why you need dental insurance in retirement.

### Medicare doesn't pay for dental care.<sup>1</sup>

As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

### Early detection can prevent small problems from becoming expensive ones.

The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

### Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.<sup>2</sup>

### Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$190 for a filling, or \$1,213 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2025. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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# Spiritual Wellness

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

## “No more half reps”: Looking at spiritual growth

I recently read an article by Arnold Schwarzenegger that got me thinking about our spiritual growth journey. He was talking about something I see far too often- people doing half reps in order to lift more weight and so not receiving the full benefit of the exercise. That’s bad. Even worse, I have seen this often in the spiritual lives of many doing the same thing – half-reps in life.

### Arnold speaks wisdom

With this in mind, here is what Arnold said: “these days, in the gym, the most common thing I’m telling people is to stop doing half-reps, quarter-reps, or three-quarter reps.

There is an epidemic of people not doing a full movement, and it worries me.

If you’ve ever been near me in the gym, you’ve probably heard me tell somebody to stop doing half-reps.

Here’s why it worries me.

We go to the gym for all the benefits of being fit and strong. But if you only do half of the movement, you’re only getting half of the benefits.

I worry that the people who do half-reps in the gym are there just to check a box. They aren’t concerned about whether they’re making the most of their half-hour or hour of training.

I completely understand that there are bad days where we all have to force ourselves to the gym just to go through the motions. But if that’s what you’re doing, then go through the motions.

We know that resistance training with a full range of motion is just as powerful as stretching for increasing flexibility and mobility. We know training with a full range of motion is the



most efficient way to gain strength and muscle mass.

But still, people go to the gym and do half-reps.

I’m worried because people are missing out on the fantastic benefits of progressive weight resistance training. But I’m even more worried about what it might mean for the rest of their lives.

If you don’t make the most of your time in the gym, I am willing to bet you aren’t making the most of your time, period. If you do half-reps of pull-ups, I’m guessing we can find other parts of your life you’re giving half the attention needed.”

I think Arnold is on to something that relates to our journey of spiritual growth.

### Half reps in life?

As a pastor, and a coach, I see this happen far too often. People are cutting corners in order to ‘accomplish more’ and in the end they are finding less. This is not just the case in the physical realm, but I see this in the spiritual realm also. People are fooling themselves cutting corners in their spiritual development and learning to ‘fake it to make it’. God sees this and

is not impressed.

The book of Proverbs has a lot to say on this issue. One particular statement from this book of wisdom states: The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied. (Prov.13:4)

We are reminded that whatever you do, work heartily, as for the Lord (Col.3:23)

A well know verse is Philippians 4:13- I can do all things through him who strengthens me. This verse is often misused. What Paul is telling us here is God gives the ability to overcome anything we face. This includes spiritual sloth and struggles with motivation.

### Give God your best

What all these verses tell us is that we are to give God our best and give it our all. That means not just Sunday morning, in your small group, or doing a bible study. It also means when you’re sitting down to dinner with your family, sending an email for work or doing full reps in the gym. Are you giving these things your all? Is this an act of worship?

So, the gym is representative of your life. There are good day and bad days of training. So too with our spiritual life. Success in spiritual growth demands struggle. Full effort beats half effort every time. Progress requires learning to love the process, the joy is in the doing. Now get to the gym and do full reps and then do the same in your ‘workout’ for God.

—Chris Timm /  
faithandfitness.net



# New Health & Wellness Info at the Library

By Alex Henault

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

**Valley of Forgetting:** Alzheimer's families and the search for a cure – by Jennie Erin Smith; Riverhead Books; 2025 New Books 616.831 SMI

The riveting account of a community from the remote mountains of Colombia whose rare and fatal genetic mutation is unlocking the secrets of Alzheimer's disease. In the 1980s, a neurologist named Francisco Lopera traveled on horseback into the mountains seeking families with symptoms of dementia. For centuries, residents of certain villages near Medellín had suffered memory loss as they reached middle age, going on to die in their fifties. Lopera discovered that a unique genetic mutation was causing their rare hereditary form of early onset Alzheimer's disease. Over the next forty years of working with the "paisa mutation" kindred, he went on to build a world-class research program in a region beset by violence and poverty. In *Valley of Forgetting*, Jennie Erin Smith brings readers into the clinic, the laboratories, and the Medellín trial center where Lopera's patients receive an experimental drug to see if Alzheimer's can be averted. She chronicles the lives of people who care for sick parents, spouses, and siblings, all while struggling to keep their own dreams afloat. These Colombian families have donated hundreds of their loved ones' brains to science and subjected themselves to invasive testing to help uncover how Alzheimer's develops and whether it can be stopped. Findings from this unprecedented effort could hold the key to understanding and treating the disease, though it is unclear what, if anything, the families will receive in return.

**Healing the Modern Brain:** nine tenets to build mental fitness and revitalize your mind – by Drew Ramsey; Harper-Collins Publishers; 2025 New Books 616.89 RAM

The human brain—the complex organ responsible for our thoughts, feelings, and actions—has long been misunderstood. Dr. Drew Ramsey argues that to heal our brains, we

must start considering conditions like depression, anxiety, ADHD and addiction—and the patients living with them—more holistically. *Healing the Modern Brain* offers a new approach to revitalizing and protecting mental health and achieving Mental Fitness. Simply defined, Mental Fitness is the knowledge, patterns, habits, and skills that culminate in a more mentally healthy life: an approach to living that takes into consideration the unrealistic demands of modern living, time, choice, genetics, lifestyle, diet, habits, chemistry, movement, rest, and mindset. It is a process that will put your brain in a perpetual state of self-repair and evolution, and ensure it has the support it needs to overcome daily stress, decision-fatigue, and uncertainty. Clear and straightforward, *Healing the Modern Brain* provides the knowledge and tools needed to nurture Mental Fitness—bringing together the latest scientific research with results from Dr. Ramsey's clinical practice to show us how we can put ourselves on the road to healing anxiety and depression, and better care for our miraculous, modern brains.

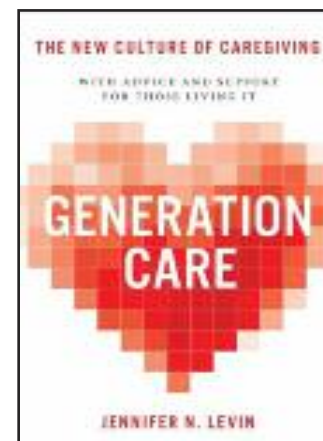
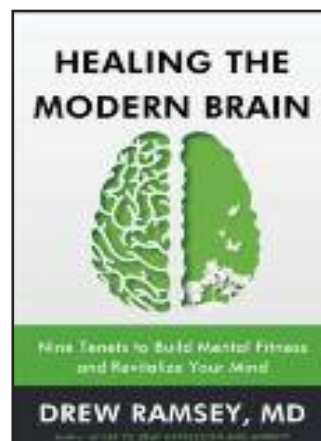
**Generation Care:** the new culture of caregiving – by Jennifer Levin; Balance; 2025 New Books 610.84 LEV

More than 10 million Millennials are caring for aging parents before they've been able to fully launch their own careers and consider starting their own families, and that's not including the incalculable numbers of people affected by long COVID. Yet no one is naming this problem, talking about how it feels, or offering resources to ease the pressure of Millennial caregiver burnout. Jennifer N. Levin was 32 when her father was diagnosed with a rare degenerative illness. As she struggled with few resources and little support, she created Caregiver Collective, a national online support group for Millennial caregivers. Now Levin brings the wisdom from her own experience and that of her support group to *Why Us?*, a comprehensive look at this generation's culture of care. Filled with the voices of caregivers, expert commentary and research, and a roadmap to the solutions that can begin helping people now as well as build the policies of the future, *Why Us?* addresses: The urgency of caregiving; With earlier (and better) detection of disease, along with a rise in chronic illness, the average age of a care recipient is younger than before—as is the av-

erage caregiver age. The financial costs: Millennials spend a higher percentage of their income on caregiving and carry unprecedented student loan debt, adding to fiscally devastating out-of-pocket costs for care. Ambiguous loss for caregivers: Caregiving can dictate caregivers' lifestyle choices; Millennial caregivers may grieve the lives they 'thought' they'd have. The impact of COVID and long COVID: We're in a period of fluctuation with flex and remote work, which makes work and caregiving more compatible. Strategies for getting help on the individual level and in relation to policy.

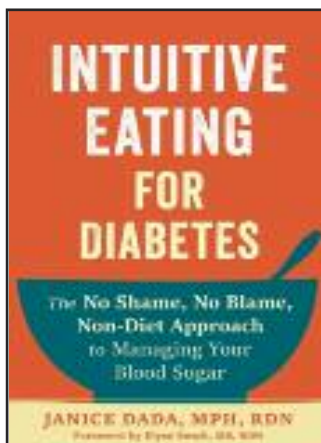
**The Longevity Nutrient:** the unexpected fat that holds the key to healthy aging – by Stephanie Venn-Watson; Simon Element; 2025 New Books 613.0438 VEN

The hunt for the holy grail of healthy aging has been ongoing for hundreds of years, and Dr. Stephanie Venn-Watson may be its most unlikely champion. As a veterinary epidemiologist, she was recruited by the US Navy to lead a clinical research program to improve the health of Navy dolphins. Using advanced biotechnology to study the healthiest aging dolphins, she discovered C15:0, a saturated fat which has the potential to expand both the health-span and lifespan in long-lived mammals. In *The Longevity Nutrient*, Dr. Venn-Watson unveils the science behind C15:0, the first essential fatty acid to be discovered in nearly a hundred years. This revolutionary discovery identifies the crucial ingredient for combating chronic aging-associated diseases. This book unfolds like a detective story, bringing you along through the science and discovery of this extraordinary nutrient. The implications of adding this nutrient back into the American diet could not be more significant. Perhaps the most surprising discovery? In the end, it may just be the saturated fat that saves us all. In this book, Dr. Venn-Watson tells the extraordinary



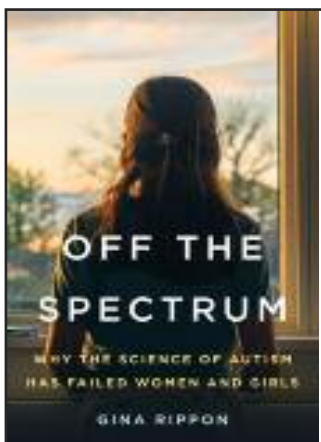
story of this discovery and examines the paradigm shifting implications for human health and aging.

**Intuitive Eating for Diabetes:** the no shame, no blame, non-diet approach to managing your blood sugar – by Janice Dada; New Harbinger Publication, Inc.; 2025 New Books 616.462 DAD



This book challenges traditional weight-loss approaches for managing diabetes, highlighting that focusing solely on weight can be harmful and lead to issues like food obsession, disordered eating, and low self-esteem. Instead, it promotes Intuitive Eating, an anti-diet, evidence-based approach that encourages self-compassion and helps manage blood sugar levels without restriction. This method emphasizes listening to the body's natural hunger cues, understanding the root causes of diabetes, and fostering a healthier relationship with food, while breaking free from the damaging cycle of dieting and shame.

**Off the Spectrum:** why the science of Autism has failed women and girls – by Gina Rippon; Seal Press; 2025 New Books 616.85882 RIP



Who comes to mind when you think about an autistic person? It might be yourself, a relative or friend, a public figure, a fictional character, or a stereotyped image. Regardless, for most of us, it's likely to be someone male. Autistic women are systematically under-diagnosed, under-researched, and underserved by medical and social systems--to devastating effects. In *Off the Spectrum*, cognitive neuroscientist Gina Rippon sheds light on how old ideas about autism leave women behind and how the scientific community must catch up. Generations of researchers, convinced autism was a male problem, simply didn't bother looking for it in women, creating a snowball effect of biased research. To correct this "male spotlight" problem, Rippon outlines how autism presents differently in girls and women--like their tendency to camouflage their autistic traits, or how their intense interests may take a form considered to be more socially acceptable. When autism research studies

don't recruit female participants, Rippon argues, it's not only autistic women who are failed; it's the entire scientific community. Correcting a major scientific bias, *Off the Spectrum* provides a much-needed exploration of autism in women to parents, clinicians, and autistic women themselves.

**No More Tears:** the dark secrets of Johnson & Johnson – by Gardiner Harris; Random House; 2025 New Books 610.804 HAR

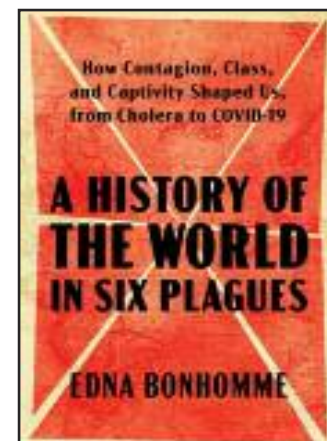


When reporter Gardiner Harris met a woman at an airport bar whose entire family has been shattered by her nephew's use of the drug Risperdal, one she sold to his doctor as a drug sales rep, he began to wonder how many similar stories are out there. This was in 2004, and since then, Harris has been investigating one of the largest players in Big Pharma, continuously reporting on it despite simultaneous landmark journalistic accomplishments, like exposing the extremely toxic mining conditions ignored by coal companies. For decades, pharmaceutical giant Johnson & Johnson was seen as a paragon of ethical conduct, especially considering the company's child-friendly products like baby powder and tearless shampoo. However, Harris has uncovered reams of evidence of deceitful and dangerous corporate practices that reveal a historic threat to the health of the American public. He covers several disasters: tissue death caused by J & J's touted hip replacements, their coverup of baby powder's linkage to cancer, the teen-directed marketing of the life-altering drug Risperdal, and more. The Hatch-Waxman Bill, which is meant to pave the way for lower-priced generic drugs, passed in 1984, and inadvertently created loopholes in the drug approval process which allowed urgency and profit maximization to take precedence over diligence and patient protection. Johnson & Johnson's subsequent lack of oversight, money-grubbing, and flat out lies have resulted in the death or serious injury of millions of people.

**A History of the World in Six Plagues:** how contagion, class, and captivity shaped us, from cholera to COVID-19 – by Edna Bonhomme; One Signal Publishers; 2025 New Books 614.49 BON

Epidemic diseases enter the world by chance, but they become catastrophic by human design. With clear-eyed research and lush prose, *A History of the World in Six Plagues* shows that throughout history, outbreaks of disease have been exacerbated by and gone on to further ex-

pand the racial, economic, and sociopolitical divides we allow to fester in times of good health. Princeton-trained historian Edna Bonhomme's examination of humanity's disastrous treatment of pandemic disease takes us across place and time from Port-au-Prince to Tanzania, and from plantation-era America to our modern COVID-19-scarred world to unravel shocking truths about the patterns of discrimination in the face of disease.



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Contact Lissa Staley:

[estaley@tscpl.org](mailto:estaley@tscpl.org)

Topeka & Shawnee County  
Public Library

1515 SW 10th Ave., Topeka, KS 66604

785-580-4400 • [www.tscpl.org](http://www.tscpl.org)

# Healthy Event Calendar for Greater Topeka

**Send events to [info@TopekaHealthandWellness.com](mailto:info@TopekaHealthandWellness.com). See complete calendar on website.**

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

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

**BREAD BASKET FARMERS MARKET** – Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's thru Oct., 7:30am-noon, 6th & Harrison. Fresh fruits & vegetables, herbs, arts & crafts, flower,s, baked goods & more.

**LAWRENCE FARMERS MARKET** - Sat. 7:30-11:30, 824 New Hampshire Street. Starting Apr. 12.

**MONDAY FARMERS MARKET** – Mondays 7:30-11:30am, May 12 thru Sep. 29, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

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

**PERRY LECOMPTON FARMERS MARKET** – Fridays 4-6:30pm, Bernie's/Cenex parking lot, Ferguson & Hwy 24

**CARBONDALE FARMERS MARKET** - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. 785836-7887

**MOTHER TERESA'S FARMERS MARKET** – Saturdays, July 1 – Sep. 9, 8:30-11:30am, 2014 NW 46th St.

**SILVER LAKE FARMERS MARKET** – Tuesdays 6-8pm, June 7-Sep. 13, Silver Lake Library, 203 Railroad St.

**MONTHLY FARMERS /FLEA MARKET** – 3rd Saturdays, 8-2, Meriden Antique Threshers, 8275 K4 Hiway.

**FIRST FRIDAY FARM & ART MARKET** – Every First Friday through Sep., 4-10pm, Great Overland Station. For info: [communityevents@snco.gov](mailto:communityevents@snco.gov) or 785-251-6945

**SPLASH PAD FOUNTAINS** – Everygy Plaza, Sun. 12-6, and 11-1 & 4-8 on most weekdays.

**"PICKIN' ON THE PRAIRIE"**, a FREE Acoustic Jam at Great Overland Station every Sunday 1-3pm. Info: 785-251-6944

**WOODSHED MARKET** – Sundays 9-2, 1901 N. Kansas Ave. every Sunday from 10-3pm

**FAMILY NIGHT AT COSMOS COURT** – Tuesdays, 5-11pm, Cosmos Court, 909 S. Kansas Ave. Get a 16" Pizza, 2 side salads, and 4 cups of ice cream for only \$30! Also available: hot dogs, soup and more, plus table games, etc.

**FRIDAY NIGHT FUNNIES** – Fridays at Cosmos Court, 909 S. Kansas. Weekly comedy show is only \$15, or two for \$25.

**CORNER MARKET** – 2nd Saturdays. 29th & Adams. 50+ Vendors, food trucks, music, kids activities,

**SATURDAY CRUISE NIGHTS** – 5-9pm: 1st Sat: Spangles, 29th & Topeka Blvd (Cruise the Blvd!); 2nd Sat: Fairlawn Plaza; 3rd Sat: The Dugout, 17th & Fairlawn; 4th Sat: The Pad; 5th Sat: The Dugout.

**CARS AND COFFEE** – 10-Noon, Saturdays at Classic Bean; alternate Saturdays at Fellowship Bible Church, 10th & Urish.

**WOODSHED MARKET: NOTO EDITION 2ND SATURDAYS** – 10-4, in NOTO.

**SPLASH PAD YOGA AT EVERYGY PLAZA** – Every Tuesday at 7pm.

**SUNRISE JAZZERCISE** – Everygy Plaza, Saturdays. 9-10am

**EATS AND BEATS** – Thursdays, 6-9pm, Everygy Plaza. Food trucks

**TOPEKA'S BACKYARD MUSICFEST** – May 30 – 31, doors open at noon, shows start at 3pm. Music, arts, crafts, wrestling. 15 Bands + MCs & DJs on 3 stages. [www.topekasbackyard-musicfest.com](http://www.topekasbackyard-musicfest.com)

**FAMILY DAY OUT** – May 31, 10-3, Woodshed Event Center. Celebrating kids, Dads, granddads, stepdads and bonus dads. Food, crafts, bounce house, photo booth, kids activities, more.

**SUMMER KICK-OFF PARTY** – May 31, Topeka Library. A carnival-themed celebration with live music from Delta Haze. Face painting, canvas painting, yard games, Storytime and a photo booth! Check out big vehicles from Topeka Fire Department, SWAT, SNCO, and Everygy. Plus Kansas Highway Patrol helicopters and Great Plains Balloon Clu

**PREPLANNING FOR PEACE OF MIND FREE MEAL WORKSHOP** – Jun. 3, 11:30-1 or 5:30-7pm, Johnny's Tavern. Plan ahead for funeral or cremation expenses to save your loved ones from making hard decisions. [www.penwellgabel-topeka.com](http://www.penwellgabel-topeka.com)

**ING NETWORKING LUNCH** - June 4, 11:30-12:30, Bradley's Cafe. Come network with other small business people. Order from menu if desired.

**FREE SPAY/HEUTER & MICROCHIPPING EVENT** – Jun. 4, 12-2pm, Southside Filling Station – 455 SE Golf Park Blvd. FREE Spay-Neuter & Vaccine Sign-Ups through the HHHS Community Clinic. FREE Microchipping – Fast, easy, and done on-site! No sedation or clinic visit needed! Pet Supply Giveaway – Leashes, collars & more (while supplies last!)

**COMMUNITY BLOCK PARTY** – June 6, 5-9pm, 1110 N. Kansas, Kaw Valley Bank celebrating with food and live music by Departure. Kid friendly! Free pizza. Pineapple Dream, face painting and balloon artists while supplies last

**MULVANE ART FAIR** – June 7-8, Mulvane Art Museum, Washburn University Fine Art, food trucks, music, childrens activities. Adm: \$6

**JESUS FEST** – June 7, 1-4pm, Family of God Church, 1231 NW Eugene St. Josh Anderson, JQ Guest, DVVID, Dominick Totta, Rev Rog & Rhythm Review. Food & drinks provided while supplies last. Bring a lawn chair. Prizes, too!

**GERMANFEST** – June 7 & 8, 312 NE Freeman, Sacred Heart-St. Joseph Parish

**SHOAH: HOW WAS IT HUMANLY POSSIBLE** - Jun 8, 1:30-3:30pm. Colbern Road MCP Library, 1000 NE Colbern Rd, Lee's Summit, MO.

**HHHS FOOD TRUCK NIGHT** – Jun. 7, 4-8pm, 5720 SW 21st. Music, adoptions, free microchipping.

**C5Alive "POWER" LUNCHEON** – June 12, 11:30-1, Celtic Fox, 8th & Jackson. Featuring Cammie Landholm of Topeka Street Dog Coalition. Free admission. Meals available from the menu if desired. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org) so we know how many to expect. Open to the public - bring a friend!

**SAVE THE DATE: C5 POWER Luncheon**, July 10, 11:30-1. Featured Speaker: Anthony Blanco, Business Coach

**CONCERT FOR A CHILD** – June 13, 7pm, Everygy Plaza. featuring the Logan Mize 3-piece Acoustic Show. Also included: food trucks, line dancing lessons, raffles, a Capper Foundation presentation including a video featuring a child receiving therapy services, Dallas Pryor and the Lazy Wayne Band. Visit [www.capper.org](http://www.capper.org) or call 785-272-4060 or [abilities@capper.org](mailto:abilities@capper.org)

**SIDEWALK SALES** – Jun. 13-14, 10-5, Fairlawn Plaza. Music

& food trucks, too

**HEARTLAND MILITARY DAY** – Jun. 14, 10-4, Museum of the KS National Guard, Forbes Field. Pancake Breakfast, Topeka High Band, Battle reenactments, Sante Fe Band, Topeka Big Band, Military equipment displays, noon cookout. Free Admission.

**MAETA TRUCK AND CAR SHOW** – June 14, 8-2, Meriden Antique Engine and Threshers Association, 8275 KS-4, Meriden. No Entry fee! Chuckwagon and camping available. Free Admission! Flea Market! Contact Sarah for info: 785-640-7164

**SANTE FE BAND CONCERT** – June 15, 7pm, Gage Park Amphitheatre

**NORTH TOPEKA COMMUNITY BAND CONCERT** - June 16, 7:30-9pm. Garfield Park Gazebo, 1600 NE Quincy

**FAMILY MOVIE NIGHT** – Jun. 17, 5pm, Everygy Plaza. "Moana 2"

**SUMMERTIME BLUES** – June 18, 7-9pm, Gage Park Amphitheatre. Brody Buster, Bobby's Food Co. Food Truck

**TOPEKA RENAISSANCE FESTIVAL GNOME HOME CONTEST** – Jun. 18, 10am, Woodshed Event Ctr. See Topeka Renaissance Festival facebook page for details.

**TOPEKA RENAISSANCE FESTIVAL VIKING SHIELD ART CONTEST** - Jun. 18, 10am, Woodshed Event Ctr. See Topeka Renaissance Festival facebook page for details.

**ING NETWORKING LUNCH** - June 18, 11:30-12:30, El Rancho #5, 3425 S. Kansas Ave. Come network with other small business people. Order from menu if desired.

**TOPEKA RENAISSANCE FESTIVAL ROYAL BALL** - Jun. 20, 6-11pm, Woodshed Event Ctr. See Topeka Renaissance Festival facebook page for details. Limited Ticket Event. See the "Topeka Renaissance Festival" before the crowds come! Only 150 Tickets available, Walk the 13 acres of this amazing event with Characters & vendors on site! Dance royally in our beautiful "Valhalla Ballroom." Meet the Jousters and our King & Queen w/ their court!

**TOPEKA RENAISSANCE FESTIVAL** - Jun. 21-22, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Jousting, Fresian horses, mer-



maids, Highland Games, Tug of War, live entertainment, axe & arrow games, petting zoo, kids zone and much more! See Topeka Renaissance Festival facebook page for details.

**TOPEKA RENAISSANCE FESTIVAL HIGHLAND GAMES** - Jun. 21, Woodshed Event Ctr. Modern Highland Games competition is a vibrant celebration of Scottish and Celtic culture, blending intense athletic competition with traditional music, dance, and heritage. See Topeka Renaissance Festival facebook page for details and registration.

**8TH ANNUAL SUNSHINE REGGAE ROOTS FESTIVAL** - June 21, 4pm-12, corner of 8th & Jackson streets outside of The Celtic Fox. Featuring national, regional, and local Reggae and Ska bands, DJ's, Food Trucks, Arts & Crafts vendors, a kids corner, swag giveaways, more! \$15 Adm.; kids 10 & under free.

**TOPEKA RENAISSANCE FESTIVAL TUG OF WAR CONTEST** - Jun. 22, 11am, Woodshed Event Ctr. Assemble your 5-person team and battle for glory, See Topeka Renaissance Festival facebook page for details and registration.

**DREAM ACRES CRUISIN 4 CHARITY CAR SHOW** - Jun. 28, 9-7, Forest Park, 3158 SE 10th St. Food trucks, vendors, live auction, more

## ONGOING EVENTS / MEETINGS

**HOPE AND HEALING ACADEMY** harnesses the power of

horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to [www.hopeandhealingacademy.com](http://www.hopeandhealingacademy.com)

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

**THE HEAT** - FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. [www.flocritkans.org](http://www.flocritkans.org)

**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](mailto:nhonl@tscpl.org)

**SENIOR FIT & FUN PROGRAM** - Every Mon., Wed., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

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

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

**TOPEKA 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](http://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](mailto:madondailey@gmail.com). To Join from Home via Zoom, contact Madon for the Zoom link.

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

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

**HEALING AFTER LOSS TO SUICIDE (HeALS)** - Topeka support group meets the 1st and 3rd Tuesdays from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: [Topeka.heals@gmail.com](mailto:Topeka.heals@gmail.com) or 785-380-9309.

**CAREGIVERS GROUP** - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word &

prayer as well as conversation & sharing. Open to all who care for others with debilitating illnesses or injuries. For info, go to "Weekly Class List" at [highlandheightscc.com](http://highlandheightscc.com) or 785-379-5642.

**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, 1st come 1st served. 785-234-1111 [RandelMinistries.com](http://RandelMinistries.com)

**VIP LUNCHEON FOR SENIORS** - Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donation. 785-224-8803; [vip@topekanorthoutreach.org](mailto:vip@topekanorthoutreach.org)

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

**TOPEKA PUBLIC LIBRARY PLAY BUS** - Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

**TOPEKA 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.

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

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

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

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

**TOPEKA NAR-ANON FAMILY GROUP** - For families & friends who are affected by someone else's narcotic addiction. Every Mon. @ 7pm; Every Sat. at 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. [www.naranon-midwest.org](http://www.naranon-midwest.org)

**SEX TRAFFICKING INFORMATION** - 785-230-8237

**ABORTION RECOVERY SUPPORT** - Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at [KLCarlson20@cox.net](mailto:KLCarlson20@cox.net).

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

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

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



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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.

Call 785-580-4400  
or visit [www.tscpl.org](http://www.tscpl.org)

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