

TOPEKA

NOVEMBER 2025

Health & Wellness

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MAGAZINE

THE HEALING POWER OF GRATITUDE

How it Can
Transform
Your Health

Forgiveness

Living With
Perseverance



12 Ways You Can Show Support for Caregivers
The Key to Health, Healing & Longevity During the Holidays

Rethinking Thanksgiving Traditions
Best Exercises If You Have Diabetes

Helping Topekans Live Happier, Healthier Lives Since 2015!

November is National Diabetes Awareness Month

What is diabetes?

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

An estimated 285 million people worldwide are affected by diabetes. With a further 7 million people developing diabetes each year, this number is expected to hit 438 million by 2030. More than 9 million Canadians live with diabetes or prediabetes.

Health effects

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

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

The reality

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

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

Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year. By 2020, it's estimated that diabetes will cost the Canadian health care system \$16.9 billion a year.

There are three main types of diabetes:

Type 1

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

10% of people with diabetes have Type 1

Type 2

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

90% of people with diabetes have Type 2

Gestational

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

Signs & symptoms

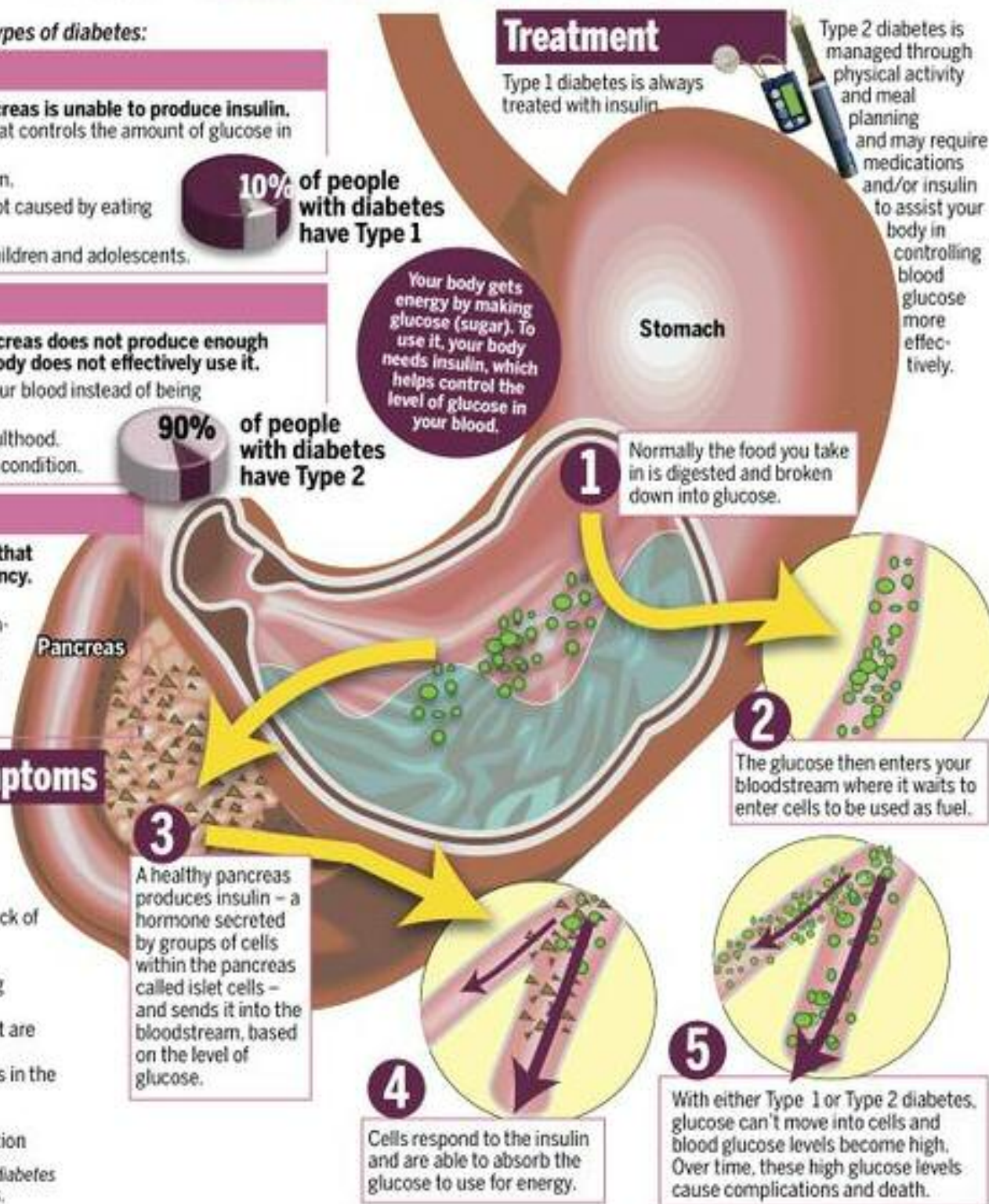
- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Many people with Type 2 diabetes may display no symptoms.

Treatment

Type 1 diabetes is always treated with insulin.

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





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ON THE COVER:

Our cover this month features a woman feeling the effects of gratitude on her personal health.

Read more about this and other healthy living topics in the following pages.

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The Benefits of Gratitude

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

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

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

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

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

Cold and Flu on the Rise? How to Prepare

Maybe your daughter got off the bus looking pale and feverish. Or maybe you feel a scratchy throat and a stuffy nose coming on. Whatever the symptoms, you expect a lot of sniffles and coughs this week.

Before the virus knocks you or your family out, try these tips to prepare for colds and the flu. If you're lucky, they may also prevent at least some of your family from getting sick.

Stock Up on Supplies

Be ready before the cold and flu season starts. Load up on tissues, hand soap, hand sanitizer, and paper towels. Have extra masks on hand, as they're proven to protect against the spread of viruses. Consider picking up a few distractions in case your kids get sick, like puzzles, coloring books, or DVDs.

Check Your Medicine Cabinet

Make sure it contains pain relievers, fever reducers, and any other medications you use when your family is fighting colds or the flu, like decongestants or cough syrups. Review the correct doses based on age and weight. Check to see if any medications overlap or interact. Test your thermometer to make sure the batteries still work. Clean your humidifier.

Be Strict About Washing Hands

Germier hands spread colds and the flu. Tell your family to scrub their hands well with soap for 20 seconds. Tell kids to wash for as long as it takes to sing "Happy Birthday" twice. Make sure you do it, too!

Plan for Sick Days

You may need some days off. Even if you don't get sick, you may need to take care of your sick kids. Start thinking about it now: What's your office policy for sick days? Will you have to take unpaid days off?



Switch to Paper Goods

If everyone's sick, use paper towels instead of hand towels in the bathroom. Switch out glasses for paper cups, and toss them after one use. You'll be less likely to swap germs.

Fill the Fridge and Pantry

Stock up on some easy-to-make foods for lunches and dinners, in case you need a few days to rest and recover without cooking. Have some favorite drinks and snacks on hand for your kids. Include some (healthy) comfort foods like chicken soup and

Line Up Support

You may need outside help. See if any family members can watch the kids if they're home sick from school. Or ask a neighbor if they can take the kids to soccer and dance if you're laid up in bed.

Disinfect

You don't need to spend all day spraying every surface with disinfectant. You may just want to disinfect some heavily touched items — like doorknobs, remote controls, and phones — each day.

PB&J.

Rest

Whether you're trying to recover from a cold or flu or trying to avoid it, get plenty of sleep. Get your kids to bed on time, too.

Get Your Flu Shot

One of the best ways to help keep the flu away from your home is to make sure your whole family gets vaccinated.

—webmd.com



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The Healing Power of Gratitude

As the season of Thanksgiving approaches, I find myself reflecting not just on what I'm thankful for, but on how gratitude itself changes the way we move through the world. Gratitude is more than a polite "thank you" – it's a healing state of being that can transform our physical, mental, and emotional health.

When we truly feel grateful, our nervous system shifts. Stress hormones like cortisol decrease, heart rate slows, and the body enters a more balanced state. Gratitude activates the parasympathetic nervous system – our "rest, heal, and digest" mode – which allows the body to repair, restore, and renew. It's amazing how something as simple as appreciation can actually support immune function, lower inflammation, and improve sleep.

But beyond the science, gratitude changes our energy. It helps us see beauty in ordinary moments and reminds us that even in hardship, there's always something good – even if that something is the lesson itself.

I often remind my patients that health isn't

just about alignment of the spine; it's about alignment of the heart and mind. When we focus on what's missing, we feel disconnected and anxious. When we focus on what's present – what's good – we feel grounded and resilient. Gratitude anchors us back into the now.

This November, I encourage you to start a simple gratitude ritual. It doesn't have to be elaborate. Each night before bed, think of three things you're thankful for – not just the big things, but the little ones too: a smile from a stranger, a warm cup of coffee, the way your child's laughter fills a room. You'll start to notice that gratitude begets more gratitude. The more you look for blessings, the more they seem to appear.

Gratitude also expands outward. When we express it – when we tell someone, "You made a difference for me" – we not only lift their spirit, we strengthen our own. This exchange of appreciation connects us as humans and reminds us that we're all walking each other home.

So as you gather this season – whether around a table, a yoga mat, or in quiet reflection – may your heart be open to both giving and receiving gratitude. It's one of the simplest, yet most powerful, healing tools we have.

If you're seeking ways to reconnect with your body, calm your mind, and live with more gratitude and ease, I welcome you to join us at Beckley Chiropractic & Wellness – a space created to help you move, breathe, and heal in harmony.

Here's to a November filled with warmth, presence, and the deep, healing power of gratitude.

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 treatments, 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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WHAT THE CROSS OF JESUS MEANS TO US

Happy Sabbath brothers and sisters, let's talk about **the importance of the cross of Jesus Christ.** There are **three vital truths** that we must recognize to **understand the purpose of the cross.**

(1) "The cross exposed the **true intention of the evil-one, satan, what was and is in his heart.** The universe and the holy angels and us on earth need to **realize the depth of sin** and God exposing this to us we come to **understand the darkness of sin.** The **cross exposed the evil-one as a murderer.** **Every Christian needs to understand this, so they will not be deceived.** **The devil is a murderer and a liar.** (John 8:44) *"Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it."* "We must realize also that **every sin, even the smallest sin, at its very core crucifies Christ.** This means that **we need to look at sin and hate it for what it is, putting Christ on the cross.**"

(2) "We Christians need to look at **the cross of Jesus as it demonstrates the self-emptying, self-sacrificing love of God.** God demonstrates His own love toward us, in that **while we were still sinners, Christ died for us.** (Romans 5:8) *"But God commendeth his love toward us; in that, while we were yet sinners, Christ died for us."* "Times will come when **Christians will be discouraged,** especially when the evil-one knocks them down and tells them that God no longer loves them, because they are sinners and failures. **Being reminded that Jesus sacrificed Himself 'while we were yet sinners' is a most encouraging thought.**"

(3) "We read in **1 Corinthians** that **the cross of Christ is the power of God to save humanity from sin.** The New Testament teaches that **the cross is where God does the saving.** It is in **the cross that redemption from sin is given.** But to appreciate this truth fully, one must first **come to grips with sin.** Sin to many is limited to : **"the transgression of the law."** Yet in Scripture, **sin is more than that.** It is not merely a single problem, but a **double one.** The **first definition of sin is as an act.** The act may be defined as **violation of God's law,** which the Bible defines as **transgression, the deliberate, wilful violation of a law.** **Sin begins with the mind consenting to a sinful desire and is followed by the act.** The devil, or the flesh, comes with a **temptation and puts an evil desire in the mind.** **And the mind says, "Yes". That's sin conceived in the mind. Then follows the act.** (James 1:14,15) Looking at sin in the light of the law of God results in **two things: guilt and punishment.** And the wages of sin, as we well know is death (Romans 6:23).

It is our prayer in this **Christ Our Righteousness Ministry** that we do **not** nail the law to the cross of Jesus, as **many of these Christian churches have done,** but rather, **realize that sin separates us from God.** **Sin grieves the Holy Spirit** and when the Holy Spirit departs from us because we **cherish sin in the heart** we are left to the darkness of our sinful human nature. Here is this Ministry **we call sin for what it is: "Against God".**

May the Grace of God work in your heart and mind the **"Righteousness of God"** which is revealed in His Holy Law. The Scriptures tells us that **"the Law is Holy, Just and Good."** (Romans 7:12). **Remember Jesus came to "save us FROM our sins".** (Matthew 1:21). **Not IN our sins.** May the Lord bless you and keep you,

Your Brother in Christ Jesus, **Brother Ron,**

Christ Our Righteousness Ministry - **720-318-3771**

Please join us in Sabbath worship on zoom (the 7th day Saturday).

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Functional Medicine: The Key to Health, Healing & Longevity During the Holidays

As the holidays approach, many of us turn our attention to joy, family, and comfort food. But this season can also be a perfect time to reflect on how we can nourish our bodies into a year of improved health and wellness.



Rebecca Wharton

Functional medicine is a holistic, science-based approach that looks beyond symptoms to find the root cause of illness. Instead of treating or managing diseases with medications, functional medicine focuses on optimizing how your body's systems work together so you can live longer, stronger, and with more vitality.

- Functional medicine combines the best of modern medical science with personalized nutrition, lifestyle changes, and natural healing practices based on a simple principle that **everybody is unique**.

- Two people might share the same diagnosis but require completely different treatments because their genetics, environment, and lifestyle factors differ.

Instead of asking “*What drug matches this disease?*”, functional medicine asks:

☞ “*Why did this disease develop in the first place?*”

☞ “*What’s out of balance, and how can we restore it?*”

By addressing the root causes of inflammation, nutrient deficiencies, hormonal imbalances, gut dysfunction, or chronic stress, functional medicine helps your body heal itself from the inside out.

Why Functional Medicine Matters for Health, Wellness, and Longevity

1. Prevention Over Prescription

Traditional medicine often waits until disease develops. Functional medicine focuses on prevention by identifying early warning signs like chronic fatigue, brain fog, or digestive issues and correcting them before they lead to disease.

2. Strengthens Immunity

Especially during the colder months, a strong immune system is your best defense. Functional medicine supports immune health through nutrient-dense foods, balanced gut bacteria, and reduced inflammation.

3. Balances Energy and Mood

By stabilizing blood sugar, optimizing sleep, and supporting hormones, functional medicine helps keep energy high and stress levels low, even during the hustle and bustle of the holiday season.

4. Promotes Longevity

Functional medicine emphasizes cellular health by nourishing your body with antioxidants, omega-3s, and anti-inflammatory nutrients that slow aging and protect against chronic diseases like heart disease, diabetes, and cancer. Below is a sample day of eating that embodies the principles of functional medicine that is anti-inflammatory,

blood sugar-balancing, and nutrient-dense. Each meal supports your body’s natural healing and energy systems.



Breakfast: Warm Lemon Water + Protein Smoothie Bowl

• Ingredients:

- o 1 cup unsweetened almond milk
- o ½ banana or ¼ avocado
- o 1 scoop plant-based protein
- o ½ cup frozen berries
- o 1 tbsp chia seeds
- o Handful of spinach or kale
- o Sprinkle of Ceylon cinnamon

How it fuels wellness:

This combination hydrates, alkalizes, and jumpstarts metabolism. The fiber and antioxidants feed your gut and reduce inflammation, while protein stabilizes blood sugar and supports muscle repair.



Lunch: Rainbow Grain Bowl

• Ingredients:

- o ½ cup cooked quinoa or brown rice
- o Roasted sweet potatoes
- o Steamed broccoli or kale
- o Grilled salmon or chickpeas
- o Drizzle of olive oil and lemon juice

How it fuels wellness:

Loaded with fiber, omega-3s, and colorful phytonutrients, this bowl supports digestion, reduces oxidative stress, and feeds the microbiome, your body’s “inner garden” of gut bacteria.

Snack: Handful of Raw Nuts + Green Tea

How it fuels wellness:

Nuts provide healthy fats, magnesium, and protein to keep you satisfied, while green tea’s catechins improve metabolism and protect cells from damage.

Dinner: Herbal Chicken + Roasted Vegetables

• Ingredients:

- o Organic chicken breast or tofu, seasoned with herbs like rosemary and turmeric
- o Roasted Brussels sprouts, carrots, and onions
- o Side of cauliflower mash

How it fuels wellness:

Protein rebuilds cells, herbs fight inflammation, and cruciferous vegetables support liver detoxification—a vital part of your body’s healing process.



Evening: Chamomile Tea + Gratitude Moment

How it fuels wellness:

Chamomile soothes the nervous system and aids digestion. Pairing this ritual with a moment of gratitude lowers stress hormones and promotes restorative sleep—two keys to lasting health and longevity.

Functional medicine reminds us that true health isn’t just the absence of disease, it’s the presence of vitality. By making small, intentional choices each day, like mindful eating, managing stress, and supporting gut health, you can transform your energy, strengthen your immune system, and set the stage for a longer, healthier life.

This holiday season, give yourself the gift of wellness from the inside out. Because when your body functions well, everything else falls into place.

—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.



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Save the Dates!

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- Jan. 8: **POWER** Luncheon, 11:30-1
- Feb. 12: **POWER** Luncheon, 11:30-1
- Mar. 12: **POWER** Luncheon, 11:30-1

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



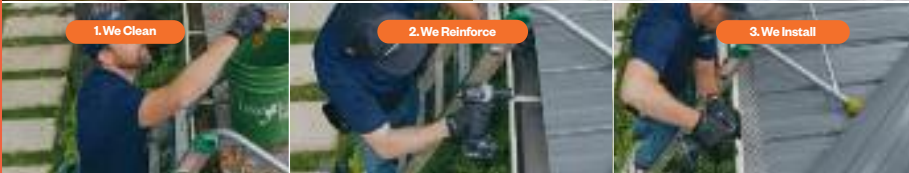
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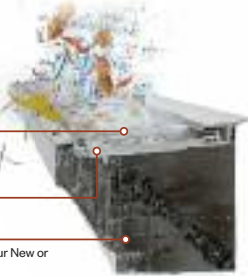
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A Feast of Compassion – Rethinking Thanksgiving Traditions

Thanksgiving is a time to gather and express gratitude for our loved ones, our lives, and the abundance on our tables. But as we look forward to this special holiday it's worth asking: Can our traditions evolve to reflect not just gratitude, but compassion? And with the majority of adults now plagued by some lifestyle-caused disease, can we also be inclusive and supportive of those seeking to prevent or reverse heart disease, diabetes and some common cancers by eating a whole-food –plant-based diet?



While Thanksgiving centers on family recipes and familiar comfort foods, growing numbers of Americans are reimagining the holiday with plant-based meals that honor the spirit of the day without causing harm-- not to the animals and not to our health. A compassionate Thanksgiving doesn't require sacrificing flavor or festivity; rather, it invites us to expand our circle of care.

Choosing a vegan Thanksgiving doesn't mean giving up on tradition. It means asking thoughtful questions about how our food choices align with our values. Can we celebrate abundance without killing animals? Can we express gratitude and nourish our guests with food that leaves them feeling good, rather than setting

them up for a coronary event when their alarm clock goes off Monday morning for work? (Heart attack deaths begin their yearly spike following Thanksgiving.)

The answer, increasingly is yes. There are delicious plant-based alternatives for every classic dish: Rich mushroom gravies, stuffed squash, savory lentil loaves, dairy-free mashed potatoes, and decadent pumpkin pies. When you think about it – most traditional Thanksgiving dishes showcase plants – cranberry sauce, shepherd's pie, green bean casserole, pumpkin pie, sweet potatoes – and with some simple substitutions these can be entirely vegan! Get inspired by looking at the amazing pictures and recipes on these websites:



These dishes nourish not just the body, but the conscience, while protecting everyone from the antibiotic resistance and depletion of ancient aquifers being driven by farming animals.

Turkeys are intelligent, curious, interesting creatures that can live more than ten years in the wild. Yet sadly 46 million of these birds are slaughtered each year when they are only a few months old for this one holiday. Selective breeding makes them grow so big they can't mate on their own, so they must be brutally inseminated to reproduce. (Read about what that is like here: <https://jimmason.info/inside-a-turkey-factory/>) Vaccines and antibiotics are also a requirement for them to survive the crowding and other inhumane conditions that are the industry norm.

Compassion is not about judgment. It's about making room at our tables and in our hearts for better ways forward. Whether you're already plant-based or simply experimenting, shifting one holiday meal for the family can be a powerful act of kindness and set the stage for a healthier year.



This Thanksgiving, let's give thanks not only for what we have, but for the opportunity to embrace non-violence and live more gently on this earth. Create a feast that celebrates not just tradition, but transformation—a feast of compassion, not just for the turkey's but also for our arteries, and our hearts.



-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.



JoAnn Farb

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Know the Signs:

Balance

sudden loss of balance or coordination

Eyes

sudden change in vision

Face

sudden weakness of the face

Arms

sudden weakness of an arm or leg

Speech

sudden difficulty speaking

Time

time the symptoms started

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BE FAST! Call 911

Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

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

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

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► Look for coverage that helps pay for major services.

► Look for coverage with no deductibles.

► Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

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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SCAN NOW!

Forgiveness: A Powerful Expression of Love

"Father, forgive them, for they know not what they do."

These were the words from Jesus on the cross. This prayer is a powerful expression of love and forgiveness for his persecutors and honestly, it took over 60 years for me to understand this at a soul level.

When we love someone deeply, we trust them with our innermost and deepest feelings. We tell them our greatest fears. That one love of ours helps us to release those fears to Jesus, Source Energy.

I believe that deep down, for many years, I still resented some people, who at the time, I blamed for how I felt. I soon learned, **I am completely responsible for my feelings...all of them.** I also learned to have grace for people as they were suffering. I understood at a deeper level, the impact of trauma. I often refer to the 3 Ts. They are all variations of traumas that stop us from being our best selves.

I will help you understand why we need to lead with love, forgiveness and check resentment at the door.

Toxic Thoughts

Toxic Thoughts can be yours or the thought viruses spewed upon you from someone else. You know that argument that you had the other day? The energy lingers on for a long time if we let it. There are easy ways to clear it too. Toxic thoughts are traumatic when you receive or send them. Many of us have given our power away to negativity. We pick up the dice. We relive the trauma over and over again. It is never healthy and we all can shift our "stinking thinking". Negative thoughts impact our cell health. The emotions will drive how we feel physically.

Toxic Chemicals

Toxins are found in our air, food, water, cleaning supplies and personal care items as well. People spray toxins on the lawn, wheat fields, the garden, and they are also delivered through our electronics. Either way, all of them cause traumas in the body at a cellular level and will disrupt our nervous system, endocrine system just to start. Synthetic chemicals disrupt the morphogenic field too. They are stored in our fat cells to protect the major organs until the body has a safe way to usher them out.

Traumatic Injuries

Physical traumas like car accidents, surgery, or a scrape on the knee can shock our system. Many times, after a few of these traumas, the spirit jumps "out of body". Some part of you does not feel spiritually safe in your physical body. Many people speak of having an out of body experience. But the soul cannot just leave... otherwise there is



an empty body bag, or meat suit.

As the soul leaves the body, a "walk-out", another soul enters the body a "walk-in", to take over for a specific purpose. These are soul contracts, which I can help you release. You may have seen this before. Examples can include souls that have dementia, Alzheimer's, Bi-polar disorder, or narcissistic behaviors. None of this is pleasant.

Symptomatically, when people are that traumatized, they lack the ability to remember what you said. Their behavior is distinctly different and you may feel like you are now living with a stranger. The physiology will change too. Once you experience this, it is hard to ignore it.

All this is why we want to lead with love, forgiveness and compassion. When I understood the level of trauma, I stopped being judgmental and I also stopped taking their behaviors personally. You can too. I have often had to hold space for people from a far as they navigate the dark night of the soul... that time of life when we get to remove the blinders off of our outer and inner eyes, look at who we are, why we act the way that we do, and then choose to live our lives differently.

Over the years, I have witnessed many people with fractured hearts and souls from these traumatic experiences. I saw that they could not be present for a short conversation. They were uncomfortable in their own skin.

People are navigating choppy waters in a small boat not made for the current terrain. They likely do not have an oar or compass to guide them. My practice is to send them love and give them grace. Most of us, when it happens, are in a state of fear and we are unaware of what is happening for our own personal growth.

"Father, forgive them, for they know not what they do." When someone has jumped out of body, remember that they do not know what they are doing. People are doing the best that they can at any moment in time. Life is a journey. Love is the answer, and it starts with compassion

and forgiveness.

I do help people to heal their fractured hearts and souls. I support people in releasing old patterns and replacing them with new patterns that will get them on the right course. As a remote healer, I serve humanity in finding inner peace. That is only one of the many gifts that I will bring to help you grow.

It is time to hold yourself in sacred space. Honor yourself first and release your past. The best way to get to the root cause is a bio-energetic test. You send the hair and saliva samples from your home. We test for the root issues and the emotions that are driving the dysfunction. Then we give you a clear path to recovery.

Scan to release unwanted patterns



Scan to learn about holding your body in sacred space



Scan to learn about testing - Don't guess!



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12 Ways You Can Show Support for Caregivers

Caring for a child or adult with disabilities or complex medical needs is physically and mentally challenging, and can often be a financial and emotional strain. Family caregivers provide tremendous value to their family and our society, and deserve to prioritize their own health and well-being. The support of family, friends, neighbors and leaders can go a long way in giving caregivers the strength they need to carry on. Read on to learn 12 practical ways to show support for the caregivers in your community.

1. Acknowledge and empathize.

"Know that our life has both ups and downs, and a set point that we experience most often, just like yours."

Lisa T.

"I need people to try and see how hard life is."

K.

"Be the safe place for difficult emotions, but also the first one to celebrate our kids' wins with us."

Lisa T.

2. Check in. Be a friend.

"A check-in text or message is greatly appreciated. We just need to know we are thought of."

Becky Z.

"Texts and notes of encouragement mean so



much to me."

Chesna C.

"Don't forget us! We're still here desperately longing for connection while we're in the trenches of everyday life."

Jessica G.

"I need friends who will stand by me, at my lowest and worst."

Cheryl L.

3. Listen. Don't give unsolicited advice.

"I appreciate when people show a genuine interest and are open to just listening. Instead of offering unsolicited advice, it's helpful for people to ask, 'Do you want me to listen or do you want advice?'"

Shelby A.

"Be slow to speak."

Gina V.

"Just listen without having a 'logical answer' for every time we need to vent."

Janeth K.

"Stop with the unsolicited advice. Just listen and care without correcting."

Heather T.

"Don't act as though you know better. We are the experts on our child, please follow our

lead."

Erin L.

4. Come visit.

"Include us but understand we must host more than usual. Our homes are our children's safe places. Stay after and help us clean up."

Melanie S.

"I would love someone to just stop by and chat. Even for a little while."

Kristina M.

"Bring me coffee so we can chat at my house, so I don't have to take my child out of the house,

but I can have a moment with friends."

Cheryl L.

5. Invite us, even if we can't go.

"Continue to invite us to things...even though 9 of 10 times we will back out or say no because something comes up. But it always feels nice to continue to be included or know that someone wants you there no matter what."

Matt F.

"Keep inviting us even if we frequently decline. The invite alone helps to know we're thought of."

Jessica G.





6. Offer specific help. Show up.

“Please offer concrete help. ‘Let me know if you need anything’ is too hard for me to figure out.”
Pat M.

“Don’t ask how to help, just do it.”
K.

“It adds so much pressure to carers when you say ‘just let me know.’ We don’t want to feel like a burden and we don’t always have the time to reach out.”
Deborah

“Tell me you’re bringing a meal one night. Make it in a container I don’t have to worry about returning, and something I can put in the freezer or use immediately.”
Cheryl L.

“Offer help at any capacity possible. Even do a load of laundry!”
S.

7. Be an advocate. Vote.

“We don’t want to spearhead any more special needs programs.”
Amy F.

“Advocate for [accessibility] whenever you can. We are tired yet we are the ones advocating for change. Advocate for change in education, medical and social services sectors.”
Lisa S.

“Please be our voice. We are in the trenches and many times don’t have the energy to advocate.”
Deb L.

“Vote for people who will work to improve

disability support systems and invest in those systems.”
Whitney

8. Be encouraging.

“Tell me something positive about how we are taking care of our children.”
Darcy S.

“Never stop verbally encouraging and supporting. It means more than anyone knows.”
Lauren M.

9. Take an interest in my child. Engage with my child.

“I appreciate how people talk to my son and play with him...because he is nonspeaking a lot of people just don’t interact with him and he misses out and gets ignored. So I really appreciate the people who give him the attention he deserves.”
Sharna K.

“Truly want to spend time with and get to know the child.”
Jill G.

“Participate in my child’s life the way [you] participate in the neurotypical children’s lives in our family.”
Lori O.

10. Offer respite, even for short periods.

“Entertain my child for 30 minutes, an hour, a day... just talking to her on the phone gives me some respite I so desperately need!”
Christine D.

“Even small breaks are huge for the mental health.”
Kim P.



“Offer to have the kids for a few hours or a night sometimes. Just a rest or sleep in would be great. Learn more about their disability and how to do things the way we do it with them.”
Sharna K.



11. Take my child or their siblings out.

“Ask the person with the disability to do things without the caregiver.”
Maureen V.

“Take my son for an outing now and again. He would love to go for a ride and get ice cream and watch trains. It’s so simple.”
Kate S.

“Take my neurotypical kids out...They need a break and to just have fun, worry free! They need to be seen and valued as their own selves...There’s a lot I don’t get to do with them, but I am so happy for them to have great experiences even if it’s without me!”
Alison G.

12. Don’t judge. Trust us.

“Assume that we are competent in caring for our child.”
Heather B.

“Believe that we really are doing the best we can.”
Heather T.

“Respect the ‘no.’...Let me not have guilt for skipping an event that will be a ton of unnecessary work.”
Penny L.

“Please don’t stare or judge us when we are in public.” Colleen R.

—www.caregiverdoc.com

Exercises for Treating and Preventing Runner's Knee

Runner's knee, or patellofemoral syndrome, is an injury that can cause a dull, achy pain at the front of the knee and around the kneecap. It's common for runners, cyclists, and for those who participate in sports involving jumping.

Runner's knee symptoms may improve after resting from exercise and icing the area. At-home stretching and strengthening exercises may also help.

Read on to learn exercises and other home remedies you can try. If the pain doesn't go away after a few weeks of home treatment, or you experience sharp pain, see your doctor.

10 exercises for runner's knee

For runner's knee pain, try a variety of exercises that focus on strengthening the knee, hips, and quadriceps. You can also stretch out your hip flexors and hamstrings.

Strengthening will help to keep the knee stable while running, as well as help to increase leg flexibility and reduce tightness.

You can see these exercises and videos at <https://www.healthline.com/health/exercise-fitness/runners-knee-exercises#overview>

Other treatments and home remedies to try

Other treatments for runner's knee may include the following:

- Ice your knee daily, or multiple times per day, if needed.
- Talk to your doctor about taking over-the-counter pain relievers, such as nonsteroidal anti-inflammatory drugs (NSAIDs), if you're in pain.
- Try low-impact activities, such as swimming and cycling.
- Foam roll areas of the legs that are tight.
- Practice knee-strengthening exercises and see a physical therapist, if needed.

In rare cases, you may need surgery if nonsurgical treatments aren't effective. Surgery may be necessary to realign the angle of your kneecap. Your doctor can take an X-ray or MRI of your knee to view your injury and determine the best treatment option.

Is exercise an effective treatment for runner's knee?

In many cases, rehabilitation exercises and stretches may. According to research published in the Journal of Orthopaedic & Sports Physical Therapy, performing a series of knee- and hip-strengthening exercises three times a week for six weeks may be an effective way to decrease knee pain and improve physical activity.

Additionally, a 2007 study found that using personalized physical therapy exercises to strengthen the quadriceps and increase flexibility was more effective than knee braces or taping the knee. And, in some cases, strengthening exercises may be more effective than taking NSAIDs.

A physical therapist can help you determine which exercises will be most effective for you based on your situation. They can help you find exercises to target and stretch specific areas. They'll also be able to observe if you have a muscular imbalance that needs to be corrected.

How long does recovery take?

To recover from runner's knee pain, you should start by resting. You may need to cut back on running or other sports, or stop entirely until you feel better. Avoid other activities that increase your pain, like going up and down stairs, as much as possible.

How long it takes to recover from runner's knee will vary for everyone. With rest and ice, your pain may go away in two to three weeks. Or, you



may need to see a physical therapist who can recommend strengthening and stretching exercises to help you get back to running.

See a doctor if your knee pain doesn't go away after three weeks. You may need an X-ray, CT scan, or MRI to determine the cause of your pain.

How to prevent runner's knee

It may not be possible to entirely prevent runner's knee pain, but the following steps may help alleviate symptoms:

- Reduce high-impact physical activity. Alternate running days with non- or low-impact activities, like swimming and yoga.
- Gradually increase mileage and intensity. Running too many miles, too quickly, may lead to knee pain.
- Adopt a healthy lifestyle. Being overweight or obese can put additional stress on your knees during physical activity. If you're concerned, talk to your doctor about a safe weight loss program.
- Stretch and warm up before and after every workout.
- Check your shoes. You may need shoes with additional support or orthotic inserts. Runners should also replace their shoes every 300 to 500 miles.

Takeaway

Runner's knee is common in runners and athletes, but it can affect anyone.

If you experience runner's knee, you'll likely need to cut back on running and other sports until your pain subsides. You may still be able to participate in other low-impact activities, like swimming and cycling, though.

See a doctor if your knee pain doesn't go away after a few weeks. You may need an X-ray, CT scan, or MRI to determine the cause of your pain

Source: Healthline.com



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Healthy Recipes for the Fall Season

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

Stuffed Chicken Breast with Dates



Stuffed chicken is a delicious way to add a special touch to weeknight dinners or impress guests

Ingredients

- frozen spinach (chopped) 1/3 cup
- ricotta cheese (light) 1/2 cup
- lemon zest 1 tsp
- garlic (finely chopped) 1 clove
- dried thyme 1/2 tsp
- Kosher Salt (divided use) 1/4 tsp
- black pepper (divided use) 1/4 tsp
- California dates (chopped) 1/4 oz
- boneless, skinless chicken breasts - 5-oz 4
- olive oil 1 tbsp

Directions

Preheat the oven to 400 degrees F.
Defrost the spinach and squeeze out all the water.
In a medium bowl, mix the spinach, ricotta, lemon zest, garlic, thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Stir in the chopped dates.
Cut a horizontal slit along the side of each chicken breast at the thickest part of the breast to form a pocket (don't cut all the way through). Spoon the filling evenly into each pocket. Secure with toothpicks, if needed.
Season chicken with the remaining 1/8 teaspoon salt, 1/8 teaspoon pepper, and the paprika. Heat olive oil in a large nonstick or cast iron skillet over medium-high heat. Sear chicken for 2–3 minutes per side, until lightly golden.
Transfer the skillet to the oven. Bake for 15–20 minutes, until the internal temperature reaches 165 degrees F. Remove the toothpicks before serving.

Nutrition Information (Servings: 4)

Per serving: 270 calories; fat 8g ; carbohydrates 13g; protein 35g; sodium 210g; sugars 5g; fiber 1g

Source: diabetesfoodhub.org

Strawberry Cream Cheese French Toast Casserole



Strawberry cream cheese French toast casserole is the perfect kidney-friendly dish to serve at your next breakfast or brunch

Ingredients

- Texas toast style bread 12 slice
- light cream cheese (cold) 12 oz
- Fresh Strawberries 2 cup
- eggs 9 large
- fat-free half-and-half 1 1/2 cup
- sugar-free maple-type syrup 1/3 cup
- no calorie granulated sugar substitute (sucralose original) 3/4 cup
- unsalted butter 2 tsp

Directions

Coat a 9 x 13-inch baking dish with cooking spray. Cube the bread and cream cheese. Slice the strawberries.
Place half of the bread cubes in the dish. Layer the cream cheese cubes and 1 cup strawberries over the top of the bread. Top with remaining bread cubes.
In a large bowl, whisk together eggs, creamer, and maple syrup. Pour mixture over the bread cubes. Press bread gently with the back of a spoon to moisten completely. Cover and chill 8 hours or overnight.
Preheat the oven to 350 degrees F. Bake the casserole uncovered until golden brown, about 45 to 50 minutes.
To prepare the sauce, toss the sugar with remaining strawberries. Let stand for 20 minutes, stirring occasionally. Pour the mixture into the blender and blend until smooth. Transfer the sauce to a small saucepan. Add butter and simmer over medium heat for about 5 minutes, stirring occasionally.
Remove the casserole from the oven and cool for 5 minutes. Cut into 12 servings and serve with warm strawberry sauce. (1 piece should be 2-1/4 inches by

3 inches.)

Nutrition Information (Servings: 12)
Per serving: 260 calories; fat 12g; carbs 27g; protein 11g; sodium 410g; sugars 6g; fiber 2g

Source: diabetesfoodhub.org

Greek Yogurt Chocolate Mousse



This satisfying dessert can be prepared ahead of time and refrigerated. Just before serving, portion it out and top with the whipped topping

Ingredients

- mini sugar-free dark chocolate bars (chopped) 6
- Plain Nonfat Greek yogurt (non-fat) 2 cup
- honey or 4 packets artificial sweetener 2 tbsp
- vanilla extract 1 tsp
- skim milk 1/4 cup
- whipped topping (non-fat) 6 tbsp
- fresh raspberries 2 cup

Directions

Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.
In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.
Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping

Nutrition Information (Servings: 6)
Per Serving: 130 calories; fat 3g; carbohydrates 20g; protein 9g, sodium 35g; sugars 11g; fiber 3g

Source: diabetesfoodhub.org

Parenting On Empty: How to Recharge Before the Holidays



(Ivanhoe Newswire) —

Parents, are you running on empty? A new survey shows 57 percent of moms and dads say they're already burned out, and the holiday season hasn't even started yet. That stress can take a toll on both you and your kids.

Parents across the country say they're emotionally and physically spent. Surveys show one in three feel parenting is "stressful most of the time." Over time, that kind of pressure leads to burnout.

"What it means is you've been going on and on and you haven't let up," said Flora Torra, Licensed School Psychologist.

Experts say the first step to feeling better? Give yourself a break.

"Self-compassion is number one. They can't go around beating themselves up," said Torra.

Let go of perfection and celebrate your successes. Instead of "to-do" lists, make "done" lists to build a sense of accomplishment. Also try something creative, like coloring or painting, to reduce stress. Studies also show that mindfulness meditation can improve burnout and your mental well-being. Another idea is a Sunday night wind-down. Simply give yourself time to rest with no chores and no screen time. Also examine your calendar.



"Try to simplify and prioritize. Like what's important right now," explained Torra.

Cross off one nonessential task to lighten your load. When you schedule activities, leave gaps between them so you're not rushing. Plan a "you" day at least once a month to refocus on your own needs. Most importantly, don't go it alone, reach out for help.

"Get support from your friends," said Torra.

Remember, when you recharge yourself, you recharge your whole family.

Experts warn, when parents are burned out, they're more likely to experience depression, anxiety,

and stress. And children of burned-out parents often struggle more emotionally and behaviorally. The takeaway? Taking care of yourself is taking care of your family.

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The Best Exercises If You Have Diabetes

Fighting Diabetes? Do it actively. Exercise is good for pretty much everyone. It's especially important if you have diabetes. Work-outs can do all kinds of things for you, like lower your blood sugar and blood pressure, boost your energy, and help you sleep better. If physical, high-impact exercises aren't for you, there are plenty of other options.



Walk

It's a simple way to get exercise and fresh air. It can lower your stress, too. A brisk stroll of 30 minutes to an hour 3 or 4 times a week is one way to hit your target. It's easy to get started: Take Fido around the neighborhood or walk to the store instead of driving. Once you've made it a habit, it can be rewarding -- and motivating -- to track your steps and your progress.



Dance

This can be a fun way to get your exercise. Just shake your groove thing for 25 minutes, 3 days a week to help your heart, lower your blood sugar, ease stress levels, and burn calories. You don't need a partner to

get started, either. A chair can be good support if you need it.

Swim

This is one aerobic exercise that doesn't strain your joints like other ones can. It also lets you work muscles in your upper and lower body at the same time. Hitting the water is also good for your heart. It can also lower cholesterol and help you burn serious calories. If a lifeguard is on duty, let them know you have diabetes.

Bike

Fighting diabetes can be as easy as riding a bicycle. Whether you use a stationary one or hit the road, 30 minutes a day 3 to 5 times a week can get your heart rate up, burn blood sugar, and help you lose weight without hurting your knees or other joints.

Climb Stairs

This can be a healthy and easy way to burn calories and get your heart and lungs working faster, especially if you have type 2 diabetes. Going up and down stairs for 3 minutes about an hour or two after a meal is a good way to burn off blood sugar. You can do it anywhere there's a staircase, like when you need a break from work.



Strength Training

You do this with free weights or resistance bands. It can lower your blood sugar and help make your muscles and bones stronger. You get the most out of it if you do it twice a week -- in addition to your aerobic stuff. You can do many of these exercises at home, like:

- Lifting canned goods or water bottles
- Push-ups
- Sit-ups

- Squats
- Lunges

Gardening

If the idea of traditional exercise isn't for you, don't worry. Time in your garden counts as both aerobic activity and strength training. It gets your blood going (since you're walking, kneeling, and bending). It also builds muscles and helps your bones (since you're digging, lifting, and raking). You're also outside, where your stress levels can be lower.

Yoga

It's worked for some 5,000 years as a low-impact exercise that can make you stronger and more flexible. Yoga can also help with balance. The motions, poses, and focus on breathing may also ease stress and help build muscle. That can keep your blood sugar levels more stable.



Tai Chi

This ancient Chinese art uses slow, controlled movements -- along with visualization and deep breathing -- to build strength. It can also help with mobility, balance, and flexibility. This gentle exercise can also lower your stress level. It may also help prevent nerve damage in your feet.

How Much Is Enough?

At least 30 minutes of aerobic activity 5 days a week can help the insulin in your body work better. We're talking exercise that gets your heart and lungs going and kicks your blood flow into a higher gear. If you haven't been active in a while, start with 5 to 10 minutes a day and build up over time. Talk with your doctor before you start.

– Medically Reviewed by Jabeen Begum, MD /
webmd.com

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

Living with perseverance

I just finished cross country season, so the idea of perseverance has been on my mind. It was a successful year with my team winning the championship. While that is always special, more impactful were the life lessons achieved over the course of the season. Cross country is a different sport than most since it is quite linear. You run the course, you finish the race, that's it. I have often seen tee shirts at meets emblazoned with the phrase 'our sport is your sport's punishment'. Now I'm not super keen on the idea of running being seen as punishment but I get it. It's not easy to run distance. It's made harder by the varying nature of the cross country route which has changing elevation and terrain. Then you add the element of weather, and it can become quite challenging. So, the theme of perseverance is one that jumps out when you think about it. We read this in Hebrews 12: *"And let us run with perseverance the race marked out for us."* But what is perseverance?

What is perseverance?

Perseverance means to not give up even when things get hard. The definition of it is steady persistence in sticking to a course of action, a belief, or a purpose. When put this way, it's not just a cross country running thing, but for anyone who is an athlete, trains seriously or is a coach. In the gym we need to be persistent to execute our training plan. If you are like me, there are days you just don't feel it. But you do it anyways, you persevere. If you are a coach or personal trainer you will know this is true for those you work with. They will struggle to stay on the course; to believe they can do it. Our job then is more than setting a plan and showing them how to do it. The key ingredient to successful coaching or training is to show the purpose and then build and support belief in it. That's perseverance. I suspect anyone reading this gets it. You likely practice it either in your own training or with those you lead. But what about in the spiritual realm?

A spiritual application

There is a direct, and critical connection with this concept to our journey as followers of Jesus. This is one of the reasons I love Faith and Fitness magazine. The connection is not only obvious (to me anyways) but critical to success in discipleship. The writer of Hebrews 12 said this as part of their train of thought: *"let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."* Okay, so if we are to run with perseverance, we need to get rid of the things that get in the way. 'Throw off things that hinder' means get rid of things that hold you back. Think of it this way: what hurts our performance? Lack of training definitely; a lack of effort and injuries too. A lack of skill hinders. We would encourage people to train to get better and do their best. When you do that, you then discover just what you are capable of.

But what about sin?

Sin is a transgression of God's laws as found in the bible. Put more simply, it's the bad things we do that go against God's rules for life. Most Christians would know sin is bad but what is the practical effect? We see this in our passage is 'entanglements'. In cross country running entanglements like roots, tall grass and vines, can literally trip a runner up and cause them to fall. So, we need to avoid them. We see this same spiritual connection as followers of Jesus. We need to get rid of the sin and entanglements that trip us up. Get rid of them! Throw them off! Don't get entangled!



Run the race of life with perseverance

That leads us back to our original point: run with perseverance. But just as a cross country race is not random, nor is (hopefully) your training plan, we follow that which is 'marked out'. When something is marked out it is measured and known. So too with our life as followers of God. It is not random; God has a purpose and plan. We see this in Ephesians 2:10 when Paul writes, *"we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* His plan is marked out. We then need perseverance in order to experience it. It all fits together.

When you run with perseverance you can experience all God has in store for you. Run the race of life, train hard and with intention. Stick with it, don't give up, work hard. So too in our walk with God. Stick with it, God has a plan, don't give up. Run the race of life and see what God has in store. Be a winner 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.

Unbreakable: Go strong. Live long. A women's guide to aging with power – by Vonda Wright; Rodale Books; 2025 New Books 613.0424 WRI

Stronger muscles and bones, increased mobility, lifelong independence, and a new mentality for aging with power--this cutting-edge guide to nutrition, training, and lifestyle will optimize a woman's body for longevity, through menopause and beyond. Strong skeletal muscle drives healthy longevity yet too often women in particular neglect this important measure of fitness. Indeed, more than 70% of women experience musculoskeletal symptoms like joint pain, muscle loss, and reduced bone density as they enter perimenopause and menopause. These symptoms--what Dr. Vonda Wright refers to as the "musculoskeletal syndrome of menopause"--can often set us up for osteoporosis, osteopenia, broken bones, increasingly limited mobility, and reduced independence later in life. That trend stops now. Unbreakable outlines a new and direct path to protecting ourselves against this too-common fate. Drawing on her decades of experience as a pioneering orthopedic surgeon helping women at all fitness levels to repair their bones and regain strength, Dr. Wright gives clear action steps to shield us from the timebombs of aging in four critical categories: Exercise: Pinpointing the right combination of cardio and resistance training for you to aid in tissue regeneration and improve metabolic function. Nutrition: What to eat to extinguish inflammation, repopulate your gut biome, and support strong bones and muscle growth. Lifestyle: How to manage chronic stress, get more restorative sleep, and turn down systemic inflammation in your daily life. Supplements: What to take to target the elimination of "zombie cells" and improve your cell function. Including a six-week, master exercise protocol to jumpstart skeletal and muscular strength, critical information about baseline blood and mobility tests that will help you understand your current health state, and twenty easy, anti-inflammatory recipes, Unbreakable is an invaluable guide to adding more vibrantly healthy life to your years.

Food Intelligence: the science of how food both nourishes

and harms us – Julia Belluz and Kevin Hall; Avery; 2025 New Books 613.2 BEL

Nutrition isn't rocket science; it's harder. There are new diet fads, bold claims about superfoods and articles promising the secrets to lasting weight-loss and longevity. The more 'expert' advice we hear about diet, the less clarity we have about what to eat. In Food Intelligence, award-winning health journalist, Julia Belluz, and internationally renowned nutrition and metabolism scientist, Kevin Hall, cut through the myths about nutrition to deliver a comprehensive book on food, diet, metabolism and healthy eating. Breaking food down into its constituent parts, Food Intelligence reveals: The real science behind how protein, fat, carbs and vitamins impact our bodies; The wonders of metabolism; The latest 'theories' about blood sugar trackers and ultra-processed foods; How our food environment shapes our eating behaviors and the food choices we make every day; How diseases like obesity and type 2 diabetes are not a result of a failure of will power, they are consequences of food systems working as designed. Humane and deeply reported, this journey into the science of what we eat will equip you with the food intelligence you need to better understand what's on your dinner plate, how it got there, and why you eat it.

The Big One: how we must prepare for future deadly pandemics – by Michael T. Osterholm, PhD and MPH and Mark Olshaker; Little Brown Spark; 2025 New Books 614.58 OST

The COVID-19 pandemic was the most devastating natural event of the last century, killing more than 7 million people around the globe, straining the fabric of societies internationally, and shaking the foundations of the global economy. And yet, as horrifying as the experience was, Covid-19 was not actually "the Big One" - the dreaded potential pandemic that haunts the nightmares of epidemiologists and public health officials everywhere, and which will alter life across the world on every meaningful level unless we are ready to deal with it. Indeed, even as we learn to live with Covid-19 and continue to recover from its worst effects, the next pandemic is already lurking around the corner-and it may very well

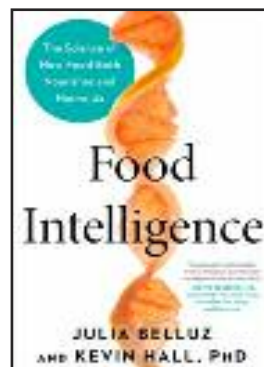
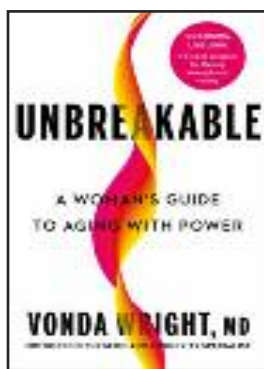
be worse. In The Big One, founding director of the Center for Infectious Disease Research and Policy Michael T. Osterholm and Mark Olshaker examine past pandemics, highlighting the ways societies both succeeded and failed to address them; trace the Covid-19 pandemic and evaluate how it was handled; and look to the future, projecting what the next pandemics might look like and what must be done to mitigate them.

The Unexpected Journey: finding strength, hope, and yourself on the caregiving path – by Emma Hemming Willis; The Open Field/A Penguin Life; 2025 New Books 616.831 WIL

The day Emma Heming Willis's husband, Bruce Willis, was diagnosed with frontotemporal dementia (FTD), all they were given was a pamphlet and told to check back in a few months. With no hope or direction, Emma walked out of that doctor's appointment frozen with fear, confusion, and a sense that her world had just fallen apart. In fact, it had. Bruce and Emma had their story written, their future mapped out. Yet all those dreams crumbled with that diagnosis, and Emma felt alone and more isolated than ever. How would she care for her husband while parenting their young daughters? At that devastating time, Emma just wanted someone who'd been through it to tell her, "This feels terrible right now. Your life is in shambles. But it's going to be okay. Here are some things to think about and put in place so you cannot just survive but thrive." With The Unexpected Journey, Emma has written the book she wishes she'd been handed on the day of Bruce's diagnosis: a supportive guide to navigating the complicated, heartbreaking, and transformative experience that is caregiving for your loved one. Weaving her personal journey as a care partner with the latest research and insights from the world's top dementia, caregiving, and integrative experts she offers the guidance and wisdom caregivers everywhere so desperately need to hear.

Fawning: why the need to please makes us lose ourselves – and how to find our way back – by Ingrid Clayton; G. P. Putnam's Sons; 2025 New Books 616.8521 CLA

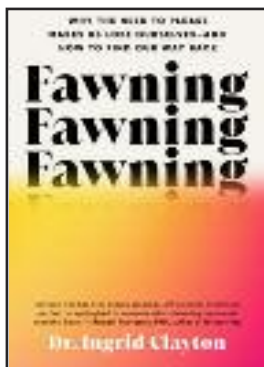
Most of us are familiar with the three F's of trauma -- fight, flight, or freeze. But psychologists have identified a fourth, extremely common (yet little-understood) response: fawning. Often conflated with "codependency" or "people-pleasing," fawning occurs when we inexplicably draw closer to a person or relationship that causes pain, rather



than pulling away. Do you apologize to people who have hurt you? Ignore their bad behavior? Befriend your bullies? Obsess about saying the right thing? Make yourself into someone you're not...while seeking approval that may never come? You might be a fawner. Fawning explains why we stay in bad jobs, fall into unhealthy partnerships, and tolerate dysfunctional environments, even when it seems so obvious to others that we should go. And though fawning serves a purpose -- it's an ingenious protective strategy in unsafe situations -- it's a problem if it becomes a repetitive, compulsory reaction in our daily lives. But here's the good news: we can break the pattern of chronic fawning, once we see it for the trauma response it is. Drawing on twenty years of clinical psychology work -- as well as a lifetime of experience as a recovering fawner herself -- Dr. Ingrid Clayton demonstrates WHY we fawn, HOW to recognize the signs of fawning (including taking blame, conflict avoidance, hypervigilance, and caretaking at the expense of ourselves), and WHAT we can do to successfully "unfawn" and finally be ourselves, in all our imperfect perfection.

Radical Sisters: Shirley Temple Black, Rose Kushner, Evelyn Lauder, and the dawn of the Breast Cancer Movement -- by Judith L. Pearson; Mayo Clinic Press; 2025 New Books 616.99449 PEA

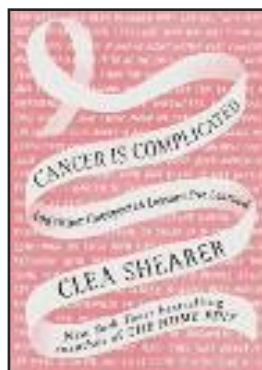
There was a time when women's health was marginalized. There was a time when October wasn't pink. There was a time when breast cancer wasn't discussed. But three women stepped forward, refusing to be silenced. Radical Sisters, written by award-winning biographer Judith L. Pearson, is the rich and meticulously researched narrative of women who couldn't have been more different: Shirley Temple Black, Rose Kushner, and Evelyn Lauder. The fact that all of them had breast cancer was not their most obvious common thread. Rather, it was that their cancers were diagnosed at a time when myths and outdated protocols directed what would happen to them next. Although they never met, they helped launch and lead the Breast Cancer Revolution. Transporting readers through three decades of a changing social landscape in America (the 1970s through the 1990s), they took on the most prevalent issues: awareness, cause, treatment and cure of the disease. While none of them set out to be the trail-blazing advocates they became, they did for themselves what the mainstream healthcare system refused to do. After her diagnosis Shirley reused the current



surgical protocol of biopsy and potential radical mastectomy all in one step, becoming the first celebrity to publicize her cancer. Rose took the same surgical path, and then proceeded to change that protocol as a "loud and stubborn" voice in Congressional healthcare hearings. Evelyn created the pink ribbon, along with the first breast cancer nonprofit focused solely on research, using her company's clout to publicize both. The more than three-hundred thousand who are diagnosed every year stand on the shoulders of these courageous women. Breast cancer is no longer a story of struggling alone in the dark against a mysterious and deadly disease. Radical Sisters is a vital historical read for all women and the men who love them.

Cancer is Complicated: and other unexpected lessons I've learned -- by Clea Shearer; Viking; 2025 New Books 616.99449 SHE

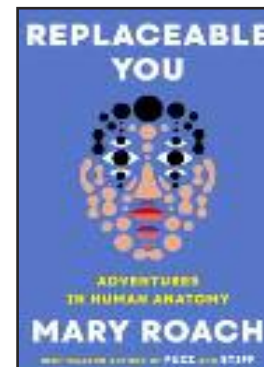
A comforting, empowering, practical yet beautifully written guide to living with breast cancer from Clea Shearer, co-founder of The Home Edit. In 2022, Clea Shearer thought: This is going to be the best year of my life. The Home Edit, the company she had cofounded and worked so hard to grow, was acquired by Hello Sunshine. She had just finished filming the second season of her Emmy-nominated show Get Organized with The Home Edit. She turned forty surrounded by candles, flowers, friends, and family. And then, on March 8, 2022, she was diagnosed with breast cancer. Her life as she knew it was over. But life is full of nuances. As the months went by, Clea started to feel like she had been given an opportunity. What if she could share everything she experienced and learned throughout this process, so it would be a little less frightening for someone else? If she could manage to do that, maybe she could turn her cancer purposeful. Cancer Is Complicated is the book that Clea wishes she'd had when she started on her cancer journey. It is a memoir and a guidebook, blending Clea's experiences and all the wisdom and advice she's gathered through this process. The book follows Clea through every step of her journey, from the moment she first felt a lump in her breast, through treatment, to where she is today. Clea also offers insights on questions big and small--from how to be your own biggest advocate, to knowing whom in your circle to share your diagnosis with, to understanding the emotional side of cancer, to what to bring with you to chemo, to things to eat when nothing else tastes good, and so much more. Clea has built an incredibly successful career on empowering and helping people navigate the overwhelm of their homes--offering accessible ways for us to begin to put our lives in order. Here, she applies her wisdom to one of the most overwhelming and frightening experiences any human being ever has to face: cancer and illness. Warm, honest, and straightforward in its approach, Cancer Is



Complicated is for anyone with cancer or anyone who loves someone with cancer. It is a reminder to care for ourselves and one another, and it is here to help readers feel less alone and more prepared for the journey ahead.

Replaceable You: adventures in human anatomy -- by Mary Roach; W.W. Norton & Company; 2025 New Books 617.954 ROA

The body is the most complex machine in the world, and the only one for which you cannot get a replacement part from the manufacturer. For centuries, medicine has reached for what's available--sculpting noses from brass, borrowing skin from frogs and hearts from jet canopies and breasts from petroleum by-products. Today we're attempting to grow body parts from scratch using stem cells and 3D printers. How are we doing? Are we there yet? In Replaceable You, Mary Roach explores the remarkable advances and difficult questions prompted by the human body's failings. When and how does a person decide they'd be better off with a prosthetic than their existing limb? Can a donated heart be made to beat forever?



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



Contact Lissa Staley:
estaley@tscpl.org

**Topeka & Shawnee County
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Healthy Event Calendar for Greater Topeka

Send events to info@TopekaHealthandWellness.com. See complete calendar on website.

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

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

WOODSHED MARKET – Sundays 10-3, 1901 N. Kansas Ave.

FRIDAY NIGHT FUNNIES – Fridays at Cosmos Court, 909 S. Kansas. Weekly comedy show

GARY'S FARM FEST – Sep. 26-Nov. 1, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. garysberries.com, garysfarmfest.com; 785-246-0800

WEST RIDGE LIVE – Every Thursday 6:30-8:30, food court at Westridge Mall. Oct. 9: Urban Safari; 16th: Villains Dance; 30th: Switch in Time; Nov. 6: The Mix; 13th: Alter Ego; 20th: Undercover. While you listen, grab food and drinks from Iron Rail Brewing, Ta Co, and more, serving from 6:30–8:30 PM.

HOLIDAY EXTRAVAGANZA – Nov. 1, 10-3, Woodshed Event Ctr. 1901 N. Kansa Ave. An eclectic collection of unique vendors & food vendors & trucks, a full bar, several holiday decor & gifting options, & more, for a festive day of merry fun

CHRISTIAN TEEN RALLY - Nov. 1, 6-8pm, Grace Community Church in Overbrook, 310 E. 8th Street, Overbrook, KS. A Christian youth rally called "Over-Time, Praise, Worship & Prayer!" is a free event open to all students in 6th through 12th grades. Their theme is "Let's Start a Revival After Hours!"

ROG & THE RAM JETS LIVE – Nov. 1, 6pm, Doughboyz Pizza, 1312 N. Kansa Ave. Roger Randel and his squad will be performing. Come enjoy a family friendly jam session inside at Doughboyz! Roger is the Pastor at Family of God Church and can be found on 97.7 FM Radio in Topeka, KS!

CHILI & CINNAMON ROLL FUNDRAISER – Nov. 1, 11:30am-1:30pm, 4101 Sw 15th. Enjoy a delicious meal and take part in exciting activities, including live music and a silent auction. • Chili and Cinnamon Roll: \$12 • Cinnamon Rolls: \$5. Meal Orders: Walk-ins are welcome, but you can pre-order online at www.shepherdscentertopeka.org. Come out to support the Shepherd's Center of Topeka, the city's senior non-profit organization!

240 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 1, 10am-4pm Mon-Sat., & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 240 Christmas Trees decorated in antique, Victorian, vintage and theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. lecomptonkansas.com

DAYLIGHT SAVING TIME ENDS - Nov. 2, 2am. Don't forget to set your clocks back!

ELECTION DAY – Nov. 4. Don't forget to vote!

TOPEKA JOB FAIR – Nov. 4, 12:30-3pm, Crestview Comm. Ctr, 4801 SW Shunga Dr. JOB SEEKERS -- Get ready by watching short + fun videos by a former recruiter at: <https://www.stepupjobfairs.com/job-seekers>. EMPLOYERS -- Reserve a booth at <https://www.stepupjobfairs.com/employers>

ING NETWORKING GROUP – Nov. 5, 11:30am at Big Biscuit. All are welcome, free to attend, order from menu

TOPEKA BUSINESS FAIR – Nov. 6, 5-7pm, Happy Basset Barrel House, 510 SW 49th St. Meet small business people

from the Topeka area and visit their booths. Food and drinks available. A portion of food sales will be donated to Ronald McDonald House Charities. <http://topeka-business-network.com>

HOLIDAY OPEN BARN - Nov. 7-9, Historic Taylor Barn, 1827 E 1150 Rd, Lawrence. Listen to holiday music, and shop from 30+ local artists.

BREWSTER PLACE HOLIDAY BAZAAR – Nov. 7, 10-4, Cultural Arts Center, 901-B Sw 31st St.

CAR SEAT CHECKUP EVENT – Nov. 8, 9am-12pm, Shawnee Heights Fire Station #5, 53rd & California. Allow 20-30 minutes for each seat.

AD ASTRA MODELING CLUB FIFTH ANNUAL SHOW – Nov. 8, Fairlawn Plaza Mall. Adult Entry Fee \$10.00 for up to two entries \$1.00 for each additional entry. Juniors Free. Contest categories: Aircraft, Automotive, Armor & AFVs, Juniors, Figures, Dioramas, Spacecraft & Sci-Fi, Naval, Humor, Legos. Contact Paul Shafer at pshafetrinity@yahoo.com Contest Chair: Byron Black. bwade.black@gmail.com

SUNFLOWER SALUTE TOPEKA VETERANS PARADE & COURAGE CELEBRATION – Nov. 8, 11am, Downtown Topeka & Kansas State Capitol. Military vehicles, inflatables, live music, free meals for veterans.

COMMUNITY VETERANS DAY DINNER – Nov. 9, 12pm, Mt Calvary Lutheran Church, Wamego, intersection of Highways 99 and 24. You are also invited to attend worship services at 8:00 or 10:30. Special guests will be all the veterans, and those serving in the Honor Flight trips to the National WWII Memorial in Washington, DC. Dr. Ron Highland is the guest speaker. He served in Korea as a platoon leader during the US Pueblo Naval Ship capture. During this conflict he was shot and after recovery helped write plans for release of captives.

WOODSHED HOLIDAY MARKET – Nov. 9, 16 & Dec. 14, 10-3, Woodshed Event Ctr. Food trucks, Market Bingo, prizes

MELVERN RIVERFRONT PARKS & TRAILS RIBBON CUTTING – Nov. 10, North Pine Street, Melvern, Ks. New Outdoor Nature Education center. Sign up for hundreds of dollars in give aways! Raffle tickets to purchase for BEEF, Pelican COOLER, canvas lawn chair BACKPACK. Be sure to walk the trails; for walking impaired there will be rides provided

C5Alive "POWER" LUNCHEON – Nov. 13, 11:30-1, Celtic Fox, 8th & Jackson. Focus will be on gratitude and the holidays. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, Dec. 11, 11:30-1, at Westridge Mall. Featuring Christmas devotional, fun games!

CHRISTIAN SINGLES' FALL PARTY - Nov. 15, 6 - 9pm, Overbrook Bible Church, 719 Western Heights Drive, Overbrook, KS. This event is free and is for men and women ages 18-118 who are single, divorced, or widowed. RSVP is appreciated, but not required. To RSVP, or for more info, please email: ChristianSinglesKS@gmail.com. There is a strict no alcohol, no tobacco, and no recreational drugs policy.

FULL CIRCLE FIX-IT CLINIC – Nov. 15, 10-1, 2303 SW College Ave. Bring your broken or damaged lamps, fans, electronics, clothing, and other small items for repair help from handy volunteers! Or sign up to be a volunteer and share your skills while keeping items out of the landfill. Repairs are free, with donations accepted to support Full Circle Sustainability and future Fix-It Clinics.

CHILI FEED – Nov. 15, 3-6pm, First Baptist, 3033 SW MacVicar. \$5 each, kids under 3 eat free.

ING NETWORKING GROUP – Nov. 19, 11:30am at Skinny's. All welcome, free to attend, order from menu

KAW VALLEY WOODCARVERS ART SHOW AND SALE – Nov. 22, 9-5, IBEW Building, 1620 NW Gage. Adm. \$5; children under 12 free. Learn to Carve every 2nd Sat. 9-3 every month. Call 785-383-8497 or 785-438-7331

CHOCOLATE NUTCRACKER – Nov. 22, 3pm & 7:30pm, TPAC. Tickets at TPAC box office

KANSAS MUSEUM OF HISTORY GRAND REOPENING – Nov. 22, 9-5, 6425 SW 6th Ave. Featuring musical performances, roaming entertainers, food trucks, and plenty of photo opportunities. kshs.education@ks.gov

KIWANIS CLUB PANCAKE FEED & AUCTION – Nov. 22, 7-11am, Lowman UMC, 4101 SW 15th St. Also Bread braid sales for Christmas delivery. \$8 at the door.

SLI FESTIVAL OF TREES – Nov. 25- Dec. 6, 10am-6pm, Fairlawn Plaza Mall. Wonderfully decorated trees, silent auction.

TOPEKA BIG BAND'S HOLIDAY SHOW – Nov. 25, 5:30pm, 1011 SW Cottonwood Ct. An evening of festive tunes, big band favorites, and plenty of holiday cheer

GOBBLE WOBBLE KAM III – Nov. 26, 6pm, The Woodshed Event Center. Two rooms of music.

TARC's WINTER WONDERLAND – Nov. 26-Dec. 31, Sun-Thu; 6-9pm; Fri-Sat 6-10. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph. 785.506-8720. winterwonderlandtopeka.com. Closed Dec. 1, 8 & 15

KNIGHTS OF LIGHTS HOLIDAY FESTIVAL – Nov. 28 – Dec. 31, Fridays & Saturdays – 5:30pm – 10pm; Sundays – 5:30pm – 9pm; PLUS December 23 & 24, 26-31st; AND New Year's Eve Party 10:00pm – 1:00am. Stroll through a Renaissance wonderland with lights, shopping, food, entertainment, visits with Santa and Mrs. Claus, and more! Glow in the dark putt putt, train rides, & snowball fights! (Free tickets available from Metro Voice for advertisers & donors: voice@cox.net)

SMALL BUSINESS SATURDAY VENDORS MARKET – Nov. 29, 10am-3pm, Happy Basset Barrel House. Start your holiday shopping the local way!

SEASON OF LIGHTS SMALL BUSINESS SATURDAY – Nov. 29, 4-7pm, Downtown Wamego. Carriage rides and hot chocolate too.

ING NETWORKING GROUP – Dec. 3, 11:30am at Dough Boy's Pizza, 1312 N. Kansas Ave.. All welcome, free to attend, order from menu if desired.

BREAKFAST IN BETHLEHEM – Dec. 6, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. A free Christmas event for all ages! Sit back and enjoy food and time in fellowship, or participate in our interactive Christmas story stations. Pancake Breakfast, Coffee & Cocoa, Activities, Giveaways.

MIRACLE ON KANSAS AVENUE PARADE – Dec. 6, 6-9pm, Downtown Topeka. Lighted parade on Kansas Avenue. www.topekapartnership.com/gtp-events

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE – Dec. 6, 11am, Downtown Lawrence. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets. Feel the true holiday spirit while watching

dozens of beautiful horses and wagons adorned in garland and bells

TOPEKA SPIRIT FAIR – Dec. 6-7, 10-5, The Woodshed Event Center. A two-day indoor symposium, with optional outdoor activities (weather permitting), dedicated to holistic wellness and personal development. This event will feature workshops led by recognized local practitioners, designed to engage participants in practices promoting mental, physical, and spiritual well-being. All are welcome. Vendors and Food Trucks. \$3 admission. www.geminivibeskansas.com

COOKIES WITH CLAUS – Dec. 6, 10-1, Big Gage Shelter House. Cookie decorating & hot cocoa, A festive holiday craft, Giraffe feeding, Storytime & music, A photo opportunity with Santa, A candy cane hunt

NUTCRACKER BALLET – Dec. 12-14 at TPAC. Ballet Midwest's holiday staple. Tickets at TPAC box office, and Barbara's Conservatory of Dance. www.balletmidwest.net. Join Clara at the Christmas Eve party where she receives a gift that will soon take her on a fantastic journey. Feel the joy of a Christmas Eve party, marvel at the special effects and excitement as the Nutcracker battles the Mouse King, watch as the snow falls gently in the forest and marvel as the dancers entertain you in the Kingdom of Enchantment.

ONGOING EVENTS / MEETINGS

SK8AWAY LEARNERS SESSIONS - Every Saturday morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! sk8away.net; 785-272-0303; manager@sk8away.net

PARKINSON'S SUPPORT GROUP meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

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. Reservations/cancellations required 24 hours in advance by calling 295-3980. Each meal includes 1% milk & 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.flocritkansan.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

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. 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 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 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.

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. 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 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 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

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

LIBRARY'S LEARN & PLAY BUS - Every Tuesday 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Then 1-3pm,

Auburn Community Center.

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.

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.

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 Mon. @ 7pm; Every Sat. at 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. 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.

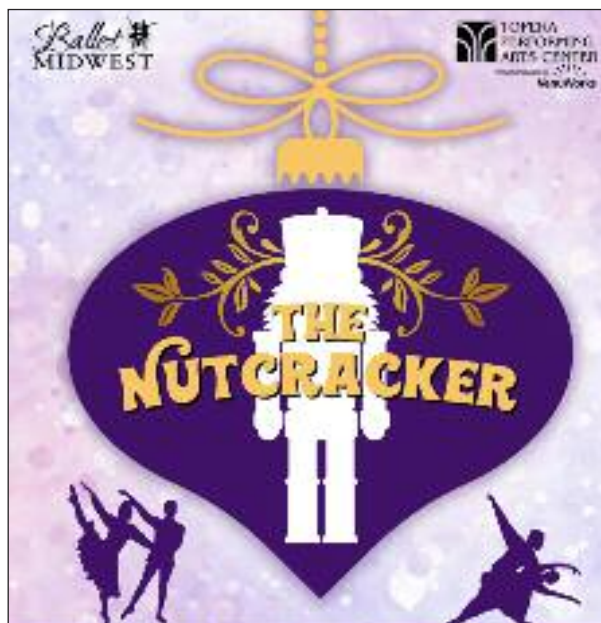
ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org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

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.

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

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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

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