TOPEKA
NOVEMBER 2026

Health & Wellness

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MAGAZINE

WHY YOU SHOULD PRACTICE GRATITUDE

FREE
TAKE ONE!



The Power of the Pause: Finding Gratitude in the Everyday

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The Key to Health, Healing & Longevity During the Holidays

The Basics of Healthy Skin Care?

How to Support your Caregiver

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.

Sources: Juvenile Diabetes Research Foundation; Canadian Diabetes Association; American Diabetes Association; Mayo Clinic

SUSAN BATSFORD, GRAPHICS EDITOR, TWITTER @SBATSL; INFOGRAPHIC BY QMI AGENCY

TOPEKA Health & Wellness Magazine

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

785-380-8848

info@TopekaHealthandWellness.com

www.TopekaHealthandWellness.com

PUBLISHER: Lee Hartman 785-640-6399
Lee@TopekaHealthandWellness.com

SALES & MARKETING: 785-380-8848
info@TopekaHealthandWellness.com

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ON THE COVER:



Our cover this month features a woman practicing gratitude in a beautiful field.

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-

What Are the Basics of Healthy Skin Care?

Good skincare doesn't have to be complicated. It involves three basic steps: cleansing, moisturizing, and sun protection.

So why do you often find yourself overwhelmed by all the commercials that claim their lotions will make your skin look and feel so much better? Do you scratch your head in confusion at all the choices in the skincare aisle? If so, you are not alone.

In fact, a survey conducted by the National Consumers League (NCL) and Harris Interactive concluded that six out of every 10 consumers are confused about the effectiveness and/or safety of these products.

The good news is that washing your face doesn't have to be a 10-step process, and you don't have to spend a lot of money filling up your medicine cabinet. The simple truth is that good skin care involves the following steps:

1. Cleansing your skin to safely rid it of grime, chemicals, and toxins
2. Moisturizing to hydrate and replenish the skin
3. Applying sunscreen to protect the skin from harmful ultraviolet rays

The Basics of Cleansing

Most of us know that cleansing is an important part of good skincare. The purpose of a cleanser is to surround, loosen, and facilitate the easy removal of dirt, debris, germs, and excessive oils on the surface of the skin. However, some cleansers are better than others. In fact, can have harmful effects on the skin.

Some people, for example, can develop dry skin as a direct result of their daily cleansing routine. They may believe that their skin is only clean when it feels tight and "crisp" after washing. As a result, they get used to the idea of having rough patches on the backs of their hands, itchiness in the winter, or an uneven, dull complexion.

So, the question is this: how do you know which type of cleanser is right for you? The first step is to understand your options.

- Bar soaps are the most common cleansers but usually the most irritating.
- Liquid cleansers offer a wide variety of tolerability but often result in oiliness.
- Facial cleansers are among the mildest cleanser but may not remove all oil and dirt.

The bottom line is that when it comes to choosing their cleanser, start with the mildest possible option. It only needs to remove dirt, debris, and excessive oil without stripping away the natural moisture on the skin.

Non-foaming facial cleansers are considered the mildest, while facial scrubs offer more in the way of dirt and dead skin removal. While some liquid cleansers also do a good job, watch for any ingredient (such as soybean oil or petroleum) that may leave the skin feeling greasy. Syndet soaps are among the softest bar options, as are some "superfatted" bar soaps.



The Basics of Moisturizing

Moisturizing is an essential step in good skincare. A well-chosen moisturizer will stop the dry skin cycle from spiraling into cracked, thick, and flaky skin. The best options will typically have a combination of ingredients that:

- Replenish the skin to help maintain its natural structure, pH balance, etc.
- Reduce damage from free-radicals
- Help skin cells function more normally

Moisturizers of old were usually water-and-wax mixtures that worked by trapping water on the surface of the skin (often creating an unnatural, slick feeling). By contrast, newer, state-of-the-art moisturizers are made with ingredients meant to replenish the skin's natural moisture, including:

- Glycerol, which helps water and other moisturizing ingredients generally penetrate the outer layer of skin
- Ceramides, which help replenish the skin's natural oils.
- Hydroxy acids that assist with exfoliation of dead skin cells.
- Niacinamide, which helps the skin produce natural oils and may reverse some of the signs of sun damage.

Picking out the best moisturizer depends on your skin type (dry, oily, normal, sensitive) and any skin conditions you might have (including acne, rosacea, eczema, or atopic dermatitis).

If you do have skin problems, don't rely on product labels or advice at the beauty counter to make your choice. Meet with a dermatologist who may be able to offer tips on products that address both your beauty and skin health care needs.

The Basics of Sunscreen Protection

The final step in a good skincare program is often the most forgotten. Sunscreen protection is today a must-have component of any daily health routine.

Excessive exposure to UV radiation can cause damage to the skin (including sunburn and photoaging) and increased the risk of skin cancer. And it's not just about avoiding suntans or longs walks in the outdoors. Damage can occur in everyday life, even when walking from the house to the car or sitting next to a sunny window. Every bit of exposure can add up over the years, causing wrinkles and dark spots (or, in the very worst case, skin melanomas).

There are several factors to consider when picking a sunscreen:

- The SPF (sun protection factor)
- Whether it is every day or out-in-the-sun sunscreen
- Whether it contains a moisturizer, which can help prevent the skin from drying out

It is also important to understand the UV-index when making your choice. The index can vary from day-to-day or region-to-region, with a higher index suggesting a higher SPF product.

Even after applying sunscreen, it's important to avoid excessive exposure and to cover those parts of your body that tend to get burned. Reapplying sunscreen is also important if you swim or sweat excessively.

–Heather L. Brannon, MD /verywellhealth.com



The Power of the Pause: Finding Gratitude in the Everyday

November is a month that naturally invites us to reflect on gratitude. As Thanksgiving approaches, we're reminded to appreciate the people we love, the experiences we've shared, and the blessings in our lives.

But what if gratitude could be more than something we practice around the Thanksgiving table? What if it became a way of living?

In our fast-paced world, we often move from one responsibility to the next without taking a moment to truly experience the present. We rush through our mornings, juggle endless to-do lists, and sometimes become so focused on what's next that we forget to appreciate what's right in front of us.

Perhaps one of the greatest gifts we can give ourselves this season is permission to pause.

The Healing Power of Slowing Down

Our bodies are remarkably intelligent. They are constantly responding to our thoughts, emotions, environment, and daily habits.

When we experience ongoing stress, our nervous system can remain in a heightened state of alertness. Over time, this can contribute to muscle tension, disrupted sleep, headaches, and feelings of exhaustion.



But when we intentionally slow down, breathe deeply, and create moments of calm, we give our bodies an opportunity to shift toward a state of rest and recovery.

Sometimes wellness isn't about doing more. Sometimes it's about creating space to simply be.

Gratitude Changes Our Perspective

Gratitude doesn't mean pretending life is perfect or ignoring the challenges we face. It means recognizing that even in difficult seasons, there can be moments of beauty, connection, and joy.

Research suggests that regularly practicing gratitude can support emotional well-being, improve our outlook, and help us manage stress.

And the beautiful thing about gratitude? It doesn't require expensive equipment, a gym membership, or hours of free time.

It simply requires our attention.

A warm cup of coffee. A hug from someone you love. The colors of the changing leaves. A deep breath after a long day.

These seemingly ordinary moments are often where life's greatest gifts are hiding.

Three Simple Ways to Practice Gratitude This November

1. Begin your day with intention. Before reaching for your phone, take three slow breaths and think of one thing you're grateful for. This small habit can help establish a positive mindset for the day ahead.

2. Move your body with appreciation. Instead of viewing exercise as something you have to do, consider it something you get to do. Take a walk, stretch, practice yoga, or simply enjoy the freedom of movement. Appreciate what your body allows you to experience.

3. Be fully present with someone you love. Put down your phone, make eye contact, and truly listen. Sometimes the greatest gift we can offer another person is our undivided attention.

A Season of Appreciation

At Beckley Chiropractic & Wellness, we believe true wellness encompasses more than the absence of pain. It involves nurturing the connection between our physical, mental, and emotional well-being.

As we enter this season of gratitude, I encourage you to consider a different approach to health.

Instead of focusing solely on what you need to improve, take a moment to appreciate what is already working.

Thank your body for carrying you through another day. Thank your mind for its ability to learn and grow. Thank the people who bring meaning to your life.

And perhaps most importantly, remember to extend that same gratitude and kindness to yourself.

Life isn't something we need to rush through to get to the good parts. The good parts are happening all around us, every single day.

This November, may we all find the courage to slow down, the awareness to recognize life's simple blessings, and the wisdom to know that sometimes the most powerful thing we can do for our health is simply pause.

Wishing you and your family a beautiful season of gratitude, health, and connection.

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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- Spinal decompression therapy • Yoga classes

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Dr. Amber Beckley

Amber N. Beckley, D.C.
Doctor of Chiropractic
(785) 234-5056
office@beckleychiropractic.com

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216 SW 7th St., Topeka, KS 66603
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The WAR Over Your Soul – the Enemy Is Uncovered - Completely

Before we begin, a moment of prayer. *Our Father in Heaven, as we begin this subject, we ask you will* ***forgive any sin*** *we may have,* ***wash us in the blood of Jesus;*** *& Bible tells us* ***spiritual matters*** *are* ***only understood spiritually****, we ask for the* ***Holy Spirit*** *to* ***lead our thoughts*** *into the* ***precious your truths that are the secrets of your mind****. We thank thee, we ask it in the* ***name of your Son, Jesus Christ. Amen.***

Wars & rumors of wars – Jesus told us *it would be like this* in the **Last-Days of the End-Times** – **Matthew 24:6.** The **evil one** would have **our minds** DISTRACTED by *all the commotion* he is causing all over the world – ***that is easy for him to do***, **IF** we are **not listening to Jesus**. The **MAIN WAR** *each person on earth* is **fighting,** PROBABLY **without their awareness,** ***is over their own souls*** – that be **the body & breath, & man became a living soul, Genesis 2:7.** ***I will only reference*** **scriptures** *here since space is limited;* **your challenge from God** is to ***look them us for yourself to ensure they are correct*** **– thank you. Paul** speaks to this **personal war** in **Romans 7:23 – It is so real – everyday – every moment.**

Who is our enemy in this war against ourselves? Every general makes it ***a point to know their enemies as best as possible,*** to get a step ahead of their **assaults**. ***That is the subject of this message from God to you; as we near the finish-line – we must be awakened – problem now.***

Our enemy is **first introduced** in **Revelation 12:3** ***"And there appeared another wonder in heaven; & behold a great red dragon, having 7-heads, &10-horns, 7-crowns upon his heads.*** He is also **introduced in Rev. 13:1 & Rev. 17:3** – *but there* he is **working threw a different HEAD** of his **7-heads.** We will speak *to this a bit*. In **prophecy** a **Beast is a kingdom [Dan. 7:23], Horn is a king [Dan. 8:5], Crown means kingship [2Kings 11:12], & Head means rule [Rev.s 17:3,9,16].** Our **STUDY today** are the **7-heads** on the **dragon beast** of **Rev. 12:3. Note: Our enemy,** the dragon beast, the **evil-one, RULES** ***his kingdom on earth***, since **Literal Babylon** in the **Old Testament (OT) UNTIL** the **End of the World;** ***through these*** **7-heads** or **kingdoms.** ***Simply fascinating*** is **our God** in **all his wisdom; & how he communicates to us the secrets of his ever-knowing - all things, from eternity to eternity-WOW.**

Let's look **7-heads** that the **dragon beast rules** *his kingdom through.* **God** give the **secrets to King Nebuchadnezzar** of **Literal Babylon** in **Daniel 2312-35. 1st-Literal Babylon; 2nd-Medo-Persia; 3rd-Greece; 4th-Pagan Rome** – these **1st-Four kingdoms** he ruled threw **PAGANISM. State** enforcing **paganism** as *the religion of worship*. Then **Jesus 1st-Advent;** He rose-up became the **Messiah in 27 A.D.** - *baptized by water*, **John the Baptist,** & by **the Spirit**, the **Father** – the **Holy Spirit** appeared as a **dove** & **rested on Je[Matts 3:16]**, baptizing **Jesus by Spirit**. In **31 A.D.; 3 ½-years** after **Jesus** baptism, **Jesus** was CRUCIFIED. **3 ½ years** later **Stephen was killed** by **Saul in 34 A.D.** Then the **prophecy** was **fulfilled** *of all of this* **Daniel 9:24-27. Jesus** *renewed to fallen man the* **TRUE GOSPEL; &** the Jewish nation was **no longer God's** *chosen people,* as **Saul,** now **Paul** took the **gospel to the Gentiles [Acts 9:1-20]. Jews no longer** *people,* see **Romans 11.** That the **problem today**, people looking **east-Jerusalem**, while **prophecy** *is being fulfilled* **west–Rome & USA.**

Now to **finish** the **last 3-heads** the **dragon beast** is ruling his world **at our time**. The **NEXT HEAD** to come into existence**, after Pagan Rome,** is **5th-Papal Rome-Roman Catholic Church system [Rev.13:1-10].** The **evil-one** ***tried to kill-off*** **God's new Christians** using **Pagan Rome** in the **coliseums,** then **Papal Rome** during the **Dark Ages from 538 – 1798 A.D.** As the **evil-one** used **Pagan Rome** *to* ***kill*** *this NEW belief in* ***righteousness, he*** **FAILED miserably,** as Christians grew RAPIDLY through the **witnesses of the martyrs** for **Christ.** So, the **evil-one** *changed his tactics*; **not paganism** but by **INFILTRATING the Roman Catholic Church system** *bringing into it the* **pagan beliefs & customs;** the **evil-on became known as** the SUPPOSED **ANGEL OF LIGHT – 2 Corinthians 11:14-15;** & **his ministers** that **obey not the commandments of God** *have become* **his ministers.** Now **6th-ATHEISM** during the **French Revolution,** high-lighted in years **Nov. 1793–June 1797** when they **burned the Bibles** in the **streets** of **France.** The **evil-one** ***rules the world today*** since **late 1700's** the **7th-USA or Apostate Protestantism [Rev. 13:11-17]** using the **USA gov** to enforce her beliefs **– i.e. Sunday worship** DISOBEYS **4th-commandment of God; etc.** – which will *lead to the enactment of* the **Sunday law,** known as the **Mark of the Beast** – or the **judgment of the living.**

Join the Peaceful Revolution: Celebrate a THANKSLIVING this year!

Every year in November many of us gather together with family or friends to share a bountiful meal and celebrate what we are grateful for. We want our holiday gathering to bring joy, connection and a sense of well-being. We also want to bring more peace into the world. So have you considered that the food you are celebrating with might not be in alignment with what you want for yourself, your loved ones and the world?

It is well documented that following Thanksgiving, Christmas and New Years, there is an increase in cardiac events. (https://pubmed.ncbi.nlm.nih.gov/22678655/) Did you know, that if you get your blood drawn after a high fat meal – you can actually SEE that fat you just ate clouding what should be clear plasma, and sludging your blood? And it's not just the fat that puts people at risk, it is also well understood, that animal protein itself increases inflammation. Animal fat and animal protein together can be a deadly combination.

As William C Roberts, Editor of the American Journal of Cardiology, wrote in his famous 1990 editorial titled, We think we are one, we act as if we are one, but we are not one. Roberts wrote: "When we kill the animals to eat them, they end up killing us, because their flesh, which contains cholesterol and saturated fat, was never intended for human beings."

This holiday health tragedy for humans also is built upon another tragedy: The mass slaughter of millions of sentient beings. Just like our beloved dogs and cats, turkeys, pigs, cows, and chickens also form bonds with others, seek to avoid pain and often will risk their lives to protect their babies. However, while our pets mostly live good lives, the 30 million turkeys intentionally killed for Thanksgiving tables live lives of horrendous torture and suffering, before dying a violent and premature death.



But here is the good news – we each have a choice as to whether we want to participate in this or not.
And more good news – you can prepare an incredible feast of plant-based dishes that are beautiful, satisfying and delicious, yet entirely free of cholesterol, low in fat and rich in fiber and protective phytochemicals that lower your loved one's risk of heart disease, stroke, diabetes, and many cancers! The peace we seek in this world, can begin on our plate.

So this year, I invite you to join me in celebrating a ThanksLIVING and here is a recipe for stuffed acorn squash to get you started. You can find more whole food plant-based recipes at:
https://www.veganricha.com/category/thanksgiving/ or
https://www.forksoverknives.com/menus-collection-vegan-thanksgiving-recipes/



Quinoa and Lentil Stuffed Acorns

- 4 small acorn squashes
- 1 cup dry quinoa
- 1 Rapunzel Bouillon cube
- ½ cup fresh squeezed orange juice
- ½ cup raisins
- 1 Large red onion diced
- 3 cloves garlic minced
- 1 red bell pepper chopped
- 2 tsp ground cumin
- ½ tsp ground turmeric
- 1 tsp grated powdered ginger
- 2 cups cooked or canned lentils
- ½ cup chopped fresh parsley
- Black pepper to taste

Directions:

1) Wash the squashes and bake them whole at 350 degrees for 40 minutes. Remove them from the oven and cut them in half and allow to sit until cool enough to handle.



2) Place the quinoa in a sauce pan, cover with water and swish around with your hand, then drain through a strainer. Repeat several times, then add 1 ½ cups of purified water and the bouillon cube cover and turn burner to high. Boil until water is absorbed. Turn off heat.
3) Place the raisins in a small bowl and cover with the orange juice
4) Place the onions, garlic, red pepper and half cup of purified water into a large saucepan and saute on high until onions are very soft.
5) Scoop the seeds out of the squashes and discard. Use a spoon to remove some of the flesh from each squash – leaving about ¼ inch of flesh around all the sides. Chop the removed squash and set aside
6) Add the cooked quinoa, chopped squash, raisins and orange juice and spices to the cooked onions and continue sautéing on high for about 3 more minutes. Turn off the heat, and mix in the lentils and chopped parsley. Sprinkle lightly with black pepper.
7) Fill each acorn squash shell with 1/8th of the mixture. Place the acorns into a large pan and bake for 25 minutes at 375 degrees.

-By JoAnn Farb



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 webste at www.JoAnnFarb.com.

Beyond Blood Sugar: The Future of Diabetes Care

Medical BREAKTHROUGHS Reported by Ivanhoe



(Ivanhoe Newswire) —

For Lindsay Kovaleeski, type 1 diabetes has been part of her life since she was 12, just a little older than her girls Laya and Eevee are now.

"I remember now being thirsty all the time. I remember running to the bathroom all the time," Lindsay said.

Lindsay's navigated three decades of evolving treatments.

"I started off with multiple daily injections," she said. But now, diabetes research seems to be moving at lightning speed.

There's a new class of medications called GLP1 receptor agonists. Drugs that mimic a natural hormone to regulate blood sugar and reduce appetite. The next generation triple agonists is already in trials.

"I'm really optimistic that those two things will decrease the need for orthopedic intervention in diabetic patients and ultimately decrease uh the need for amputation," said Dr. Mark Berkowitz, orthopedic surgeon & Director, Foot and ankle Center, Cleveland Clinic.

Technology is transforming care as well. Continuous glucose sensors now linked to insulin pumps that predict blood sugar spikes and drops before they happen, adjusting insulin automatically day and night.

"These are devices where patients can have their glucose readings immediately without poking their fingers," said Dr. Barbara Gisela Carranza Leon, endocrinologist at Vanderbilt University Medical Center.

Researchers are also testing cell-based therapies that regenerate the insulin producing beta cells destroyed by diabetes with early trials showing some patients live months without insulin.

"Imagine having a medicine before that you had to give yourself twice a day once a day and now once a week. I'm looking forward to what is going to happen in the next 10 years," Leon said.

Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.[1]
That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.
The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.[2]

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills like $299 for a filling ... $1,471 for a crown[3] can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- 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] FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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SCAN ME!

Supporting the Alzheimer's Caregiver during National Family Caregivers Month

November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. To mark these events, the Alzheimer's Association – Heart of America Chapter is encouraging people to lend a helping hand to more than the 152,000 family members and friends serving as Alzheimer's caregivers in Kansas.



Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference.

The Alzheimer's Association offers these eight ways to lend support to caregivers:

• **Learn:** Educate yourself about Alzheimer's disease – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help.

• **Build a Team:** Organize family and friends who want to help with caregiving. The Alzheimer's Association website, alz.org, offers links to several free, online care resources that families can use to build their care team, share tasks and coordinate helpers.

• **Give Caregivers a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.

• **Check In:** Many Alzheimer's and dementia caregivers report feeling isolated or alone. Start the conversation – a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.

• **Tackle the To-Do List:** Ask for a list of errands that need to be run – such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.

• **Be Specific and Be Flexible:** Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.

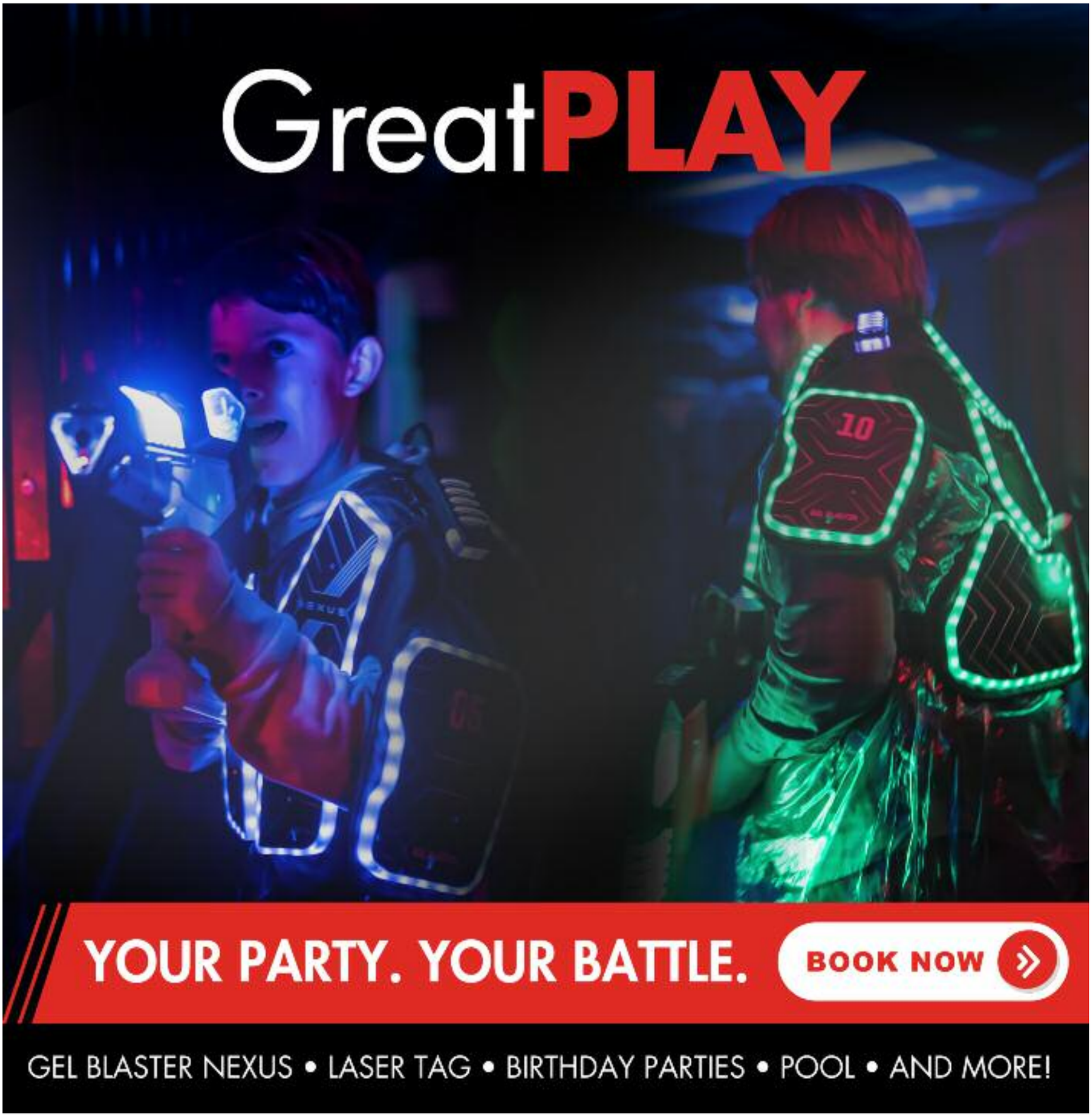
• **Help for the Holidays:** Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. A few ways you can help caregivers during the holidays are:

1. Schedule a FaceTime, Skype or Zoom call for the caregiver and their loved one to have with others and invite family members to participate. Prepare ahead of time to ensure the platform you use is one everyone can access easily. Consider taking the call to the next level by conducting a holiday activity such as baking cookies, exchanging gifts or singing favorite holiday songs.
2. Prepare a favorite holiday meal or dessert. The current COVID-19 crisis has offered many families more time to cook and prepare meals. Make plans to prepare a favorite holiday meal or dessert for a caregiver and their loved one. If you are unable to share the meal in-person, drop it off or have it delivered.
3. Go for a holiday stroll. If the weather complies, consider taking the caregiver and their loved one outside for a brief stroll. Just remember to have everyone bundle up!

• **Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.



To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit alz.org or call the 24/7 Helpline at 800.272.3900.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3 Signs You're Getting Faster—and When to Push Your Pace

Progress often presents itself in the margins of a training log: You finish a quality workout feeling strong instead of spent. The final interval of a workout comes with control rather than desperation. An easy run actually feels…easy.

Subtle signals like these can tempt you to speed up every run. But before you change your targets, you need to establish a clear pattern of progress. For example, your body may adapt to a hard workout within seven to 14 days, but noticeable pace and performance gains often take eight to 12 weeks, Laura Norris, an RRCA-certified run coach and exercise scientist, previously told Runner's World.

But taking note of progress ahead of those longer-term speed gains acts as the ultimate motivator and can help inform even smarter training. So coaches share the signs you're progressing your fitness and when to push the pace without sacrificing recovery.

1. Your Planned Workout Pace Feels More Controlled

The first sign you're improving is when a familiar workout stops feeling like a desperate fight to get through. Your breathing never gets out of control, you hit your targets without straining for each split, and your form stays strong rather than falling apart.

Use this signal as a testament to smart training, rather than a directive to push pace even faster. Jon Mott, a three-time U.S. Olympic Marathon Trials qualifier and founding coach of Runnersfix, previously told Runner's World that he wants runners to complete two or three speed sessions week after week—and recover well from them—before changing their pace targets.

The opposite signal matters, too. If a prescribed tempo pace suddenly feels like a race effort, don't force it. This mismatch can point toward overtraining or inadequate recovery, Sam Renikoff, an RRCA- and USATF-certified run coach, previously told Runner's World.

2. You Feel Recovered and Ready Before Quality Days

Fitness doesn't only show up during a hard effort. It also shows up in the days after.

When training clicks, you may experience less lingering soreness, steadier energy on easy runs, and more confidence heading into your next workout. Peak weeks can leave you tired, but Norris notes that runners should generally return to feeling normal around three days after a hard session.

Mott uses easy runs after speed sessions as a barometer for progress. If a runner drags through those runs, he holds off on a pace increase—even if the speed workout itself went well.

Before you increase paces, ask yourself: Can I regularly complete hard sessions, recover from them, and still run my easy days easily? If not, hold your current targets.

3. A Race Reveals Fitness Gains You Couldn't See in Training

Some runners don't recognize the full payoff from a training block until race day actually arrives.

A strong run isn't just a confidence-booster, it's a collection of useful data. Maybe you held a faster pace than expected without a heart-rate spike, raced with control through the final miles, or recovered better than usual afterward. Renikoff says experiencing the payoff of your training during your race—without seeing its effects during your build—perfectly reflects the long-term nature of physiological adaptations.

Plus, a strong race can offer a useful new baseline for your next training block.



How to Act on These Signs as You Get Faster

During your training cycle, when the above signs of progress show you're getting faster—and you maintain those signs of progress for a few weeks, not just one workout—adjust one hard-workout pace at a time. Mott recommends a general increase of five to 10 seconds per mile for tougher sessions, including tempo runs, intervals, or VO2 max work.

Keep easy efforts easy, though. Mott notes that easy paces may barely change, even as a runner builds top-end speed, because those runs should emphasize recovery and not push intensity boundaries.

Give your new pace target a trial run before you commit. If you can only hold it for about half a workout the first time around, don't panic; try again next week and gradually extend how much of the session you complete at that pace, Kai Ng, a New York City-based RRCA- and USATF-certified run coach, previously told Runner's World. If you can only manage a few reps before falling apart again, that's a sign your pace may have jumped too far.

Above all, don't stack changes. Faster intervals and added mileage should not happen at the same time, Norris says. Let your new paces settle in for a few weeks, and stay alert for rising fatigue, pain, or an easy-day effort that feels too hard before progressing your mileage.

As Ng explains, your training should feel challenging enough to spark adaptation: not so hard that every workout leaves you completely wrecked and not so easy that every workout is a breeze. The right pace bump should also feel almost boring, because it's controlled enough to repeat, small enough to recover from, but challenging enough to pull you forward.

By Matt Rudisill



Why You Should Practice Gratitude

When we think of gratitude, we are acknowledging the things we are thankful for in our lives.

Gratitude is not only being grateful for the things in your life but being grateful for the gifts that have been given to you. What that means is that there are many things to be grateful for. It takes mindfulness to be aware of what's going on around you and notice the little things.

For instance, when you go for a walk, notice the cool breeze brushing against your face. Notice the sky; is it gray or bright blue? Are there clouds? Do you hear the birds singing? Are they flying or on the ground foraging for food?



Mindfulness allows you to be grateful for the little things that you notice. It has nothing to do with what you have or what you do. You are grateful for the long deep breath you take during meditation or the heavy rainfall because it replenishes the earth. You are thankful for the good that happens in your life.

The upside of being grateful

The benefits of gratitude can go well beyond the initial feeling. Studies are showing that gratitude has a connection with your sense of well-being. Science is starting to understand the relationship between the brain and gratitude. However, results can vary, partially due to the different levels of gratefulness everyone tends to feel.

Researchers have found that gratitude that results from gifts falls into two criteria. First, does the person perceive the gift as a genuine effort from the giver, and second, does the recipient find the gift valuable, and does it fulfill a need?

In other words, gifts are valued by the genuineness of the present and its worth to the receiver.

UCLA's Mindfulness Awareness Research Center has found that when you regularly express gratitude, it changes the brain's molecular structure (literally).

In one study, the researchers looked at the brain concerning moral sentiments. They found through MRIs that those who had feelings of gratitude tended to have more grey matter in the critical areas of the brain that react to moral sentiment or pleasure.

When feelings of gratitude are expressed and received, the brain releases dopamine and serotonin, the two neurotransmitters responsible for making us feel good. So when you consciously practice gratitude, it can change your neural pathways, and you have a permanent feeling of happiness and positivity.

Practicing gratitude is not only good for your mind, but it's also good for your body. Researchers at the National Institute for Health (NIH) found that gratitude triggers higher activity levels in the hypothalamus. The hypothalamus is responsible for many essential body functions, including body temperature, thirst, fatigue, and sleep, and plays a significant role in metabolism and stress.

This is significant because the relationship between the body and the brain becomes clearer. As a result, what you think and feel may have a lot to do with your physical health. Gratitude is a significant component of happiness.

How to Practice Gratitude

There are many ways that you can practice gratitude. Begin by reflecting on the things that life has given you.

- Your baby's laughter
- The sound of the waves crashing on the beach
- The food for your family
- The roof that you live under
- The job that pays your bills
- The inspiring message you hear at church
- Your best friend
- Your family

Here are some ways to continue practicing gratitude:

Gratitude Journal

One of the most common ways to start a gratitude practice is to keep a gratitude journal. In a 2003 study, the researchers found that participants who kept a journal reflecting their gratitude not only exercised more, they were optimistic and felt better about their lives in general. All you need is a notebook and a pen! Try writing in your gratitude journal about how thankful you are for your family and friends on Thanksgiving Day by using phrases like: "I am thankful for _____ because _____." Or "I am thankful that _____ happened because _____." You could even include pictures and postcards from years past to make of gratitude.

Write words on the sidewalk or in public places that focus on gratitude. You can also post pictures of things you are grateful for. Here is an example: "I'm thankful for my life because _____."

Acts of Kindness

You may have heard of "random acts of kindness." You can incorporate an act of kindness into each day by:

- Giving someone a hug when they are down
- Saying hi to someone you've never talked to before
- Open the door for someone
- Help a homeless person with a meal

There are many small things you can do as an act of kindness if you look for them. They don't have to be huge or expensive. Little things count.

Smile More Often

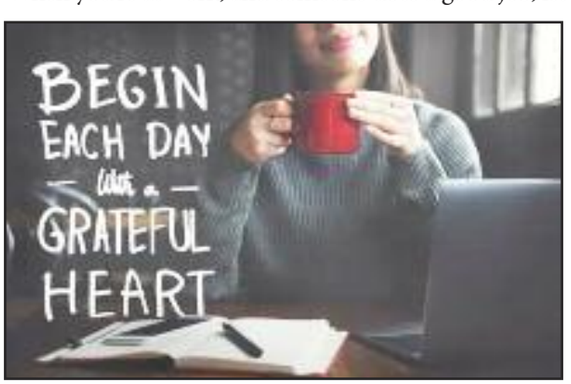
Never underestimate the power of a smile. A smile can not only be contagious, but it makes you and the person you smile at feel good. You don't even have to know the person you are smiling at. So, go ahead, make a stranger's day!

Volunteer

Volunteer for an organization that helps people. Not only will you be helping the organization and those who depend on it, but you will also be helping yourself. When you talk to people who may not have it as fortunate as you do, you learn to appreciate what you have. You also learn to admire the people you are helping because they have a positive attitude despite their adversities.

Give People Recognition

When you're at work, and someone does a good job, let



them know it. You are not only giving them praise, but you are validating the excellent work they did.

Think of Others

Think about the people who serve you each day, such as a sales clerk, a bus driver, a waitress, or a gas station attendant. Don't forget to thank them or tell them they are doing excellent.

Look at the Positive Side of Challenges

We all have challenges in our life—unfortunately, most of the time, we choose to see them negatively. Look back at your challenges and examine how they created positive changes in your life by making you the person you are today. Then you can be grateful for those challenges.

Express your Gratitude

Tell someone you care about how grateful you are to have them in your life. Write a letter call a loved one and express your gratitude to the person.

Thankful Table

Instead of talking about what you are thankful for at your Thanksgiving dinner, why not have a table where people get to write down what they are thankful for? That way, no one person dominates the conversation, and everyone gets the chance to express their gratitude.

30 Days of Gratitude

To be grateful for what you have, you need to express it daily, becoming a new healthy habit for you. Expressing gratitude daily can change your life in many ways. Every day, before you do anything else, make sure you express gratitude. Even if it's hard to find things to be grateful about, try it out for 30 days, and with time you'll start seeing energy shifts in your favor!
– Be grateful when you are healthy
– Or for being alive
– For everything in your life that ever made you happy, including the things that have changed over time.
– Be grateful for being you
– Being around people who care about you
– For your family, friends, and all the important people to you. They are one of GOD's greatest gifts. So always remember to show gratitude when they are present.
– Be grateful for everything in your life, including material things or simple pleasures like cuddling with your pet. Expressing gratitude for these daily experiences will open up so many doors in life! It's easier to see opportunities when





you look at the positive side instead of focusing on what is missing from your life. You tend to attract what you put out into the universe, which means that if you feel poor, then chances are more negative thoughts about money will continue to come.
– Be grateful for your mistakes and failures because they are a great learning experience that can help guide you towards success on another path.
– When the going gets tough, be grateful for all the times things have been challenging in your life as this is what makes you stronger. It's often those moments when we've faced adversity that make us stronger as people by teaching us valuable lessons about how to handle complex situations better next time around!

The 30 days of gratitude challenge will not only change your life but will also brighten up everyone else's day too. Every day, share something for which you're grateful with a friend or a loved one.

Gratitude Meditation & Mindfulness

We spend a great deal of time thinking about the past and the future. Mindfulness teaches you to think about the here and now. We talked briefly about how mindfulness allows you to be grateful. Here is a perfect way to express mindfulness and gratitude by infusing them into your meditation practice to get into the habit of gratitude.

Sit quietly and think about at least five things you are grateful for. Then, as you think of each one, picture it in your mind. Doing this every day helps to rewire your brain to be more positive.

Learning to practice gratitude can be life-changing. Not only do you learn to appreciate the things you took for granted before, but you also enhance your happiness and the feeling of well-being. This is partly due to the fact that your brain changes the more you practice gratitude. Gratitude allows you to break free of selfishness.

Being grateful does not mean you have to receive presents to be happy. On the contrary, the art of gratitude is about appreciating all the little things that life has to offer and passing that gratitude on to others.

"Gratitude is the key to a happy life that we possess in our hands since if we are not grateful, no matter how much we have, we will not be content — because we will always want to acquire something new or different." ~ Br. David Steindl-Rast

A mindfulness app, such as the one available at mindtastik.com, can help you get where you need to be in your meditation practice. There are hundreds of meditations that can help with stress, anxiety, and self-help. If you would like to begin to practice gratitude and live a more positive lifestyle, you can download Mind Tastik in the Apple App Store or Google Play.

Conclusion on Practicing Gratitude



It turns out that there are some simple steps we can take to improve our outlook on life without too much effort or time commitment involved at all! These ideas are ways you might want to consider practicing gratitude so your brain will rewire itself for positivity and success.

Saying thank you makes the person receiving your gratitude feel good, which helps them become more optimistic about their life. By making other people happy, you are spreading positivity in the world, which will also positively affect your life. So be grateful for that!

–By Ph. D Anthony Anderson



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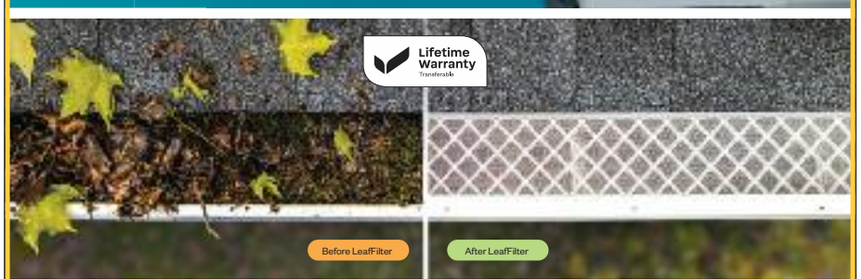

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- Feb. 11: POWER Luncheon, 11:30-1, details TBA

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CRACKS IN THE BASEMENT?

Healthy Thanksgiving Recipes for you

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

Maple Syrup Cranberry Sauce



A wonderful cranberry sauce! Use real Maple Syrup. It makes a big difference! This sauce can be frozen also.

Ingredients

- 1 cup water
- 1 cup maple syrup
- 1 (12 ounce) bag fresh cranberries
- 1 tablespoon brown sugar
- 1 dash lemon juice
- 1 tablespoon brandy

Directions

Combine water and maple syrup in a saucepan; bring to a boil. Add cranberries to syrup mixture and cook at a boil until berries pop, 10 to 15 minutes. Stir brown sugar and lemon juice into cranberries until brown sugar is completely dissolved. Mix in brandy.

Nutrition Information (Servings: 6)

179 calories; protein 0.2g; carbohydrates 44.3g 14% DV; fat 0.2g; cholesterolmg; sodium 7.7mg.

Source: allrecipes.com

Baked Sweet Potatoes



Very healthy and tasty sweet potatoes that will be a great addition to any meal. Very easy!

Ingredients

- 2 tablespoons olive oil
- 3 large sweet potatoes
- 2 pinches dried oregano
- 2 pinches salt
- 2 pinches ground black pepper

Directions

Step 1
Preheat oven to 350 degrees F (175 degrees C). Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat.

Step 2
Wash and peel the sweet potatoes. Cut them into medium size pieces. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil. Sprinkle moderately with oregano, and salt and pepper (to taste).

Step 3
Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until soft.

Nutrition Information (Servings: 4)

321 calories; protein 4.8g 10% DV; carbohydrates 61g 20% DV; fat 7.3g 11% DV; cholesterolmg; sodium 92.4mg 4% DV.

Source: allrecipes.com

Simple Roasted Butternut Squash



Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so easy.

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

Directions

Step 1
Preheat oven to 400 degrees F (200 degrees C).

Step 2
Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Step 3
Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes. .

Nutrition Information (Serves: 4)

Per serving: Calories: 1177 cal; Fat: 7 g; Carbs: 30.3 g Protein: 2.6 g; Cholesterol: 0 mg; Sodium: 11 mg

Source: allrecipes.com

Getting Support from Family & Friends When You Have Type 2 Diabetes

I remember the day I was released from the hospital after experiencing a diabetes scare. A loved one picked me up, and the car ride home was silent. There was so much I wanted to say about my experience and how much I needed that person to encourage me and be there for me during this difficult time. Unfortunately, I wasn't comfortable striking up the conversation.

Back then, I wish I had known that although managing type 2 diabetes can be a challenging journey, it's not one I absolutely had to face alone, even though I felt alone. I should have been vocal about expressing the help I needed.

What about you? Do your loved ones know your struggles with managing diabetes, and do they know how much you need their support?

Your family and friends can be invaluable sources of support, both emotionally and practically. However, seeking and receiving support from them can sometimes be tricky. That's why I want to share some practical advice for seeking support from those in your circle when you're struggling to manage type 2 diabetes.

1. Educate Them About Diabetes

First and foremost, it's crucial to ensure that your family and friends have a clear understanding of type 2 diabetes and where you stand in terms of your health. Many people have misconceptions about diabetes. By educating those close to you, you can help dispel myths and be in a better position to create a supportive environment.

There's nothing like having a heart-to-heart conversation with those who care about you. Invite them to go to a doctor's appointment with you or provide them with reliable resources to learn about type 2 diabetes. Encourage open and honest discussions to answer any questions or concerns they may have. The more they understand, the better they can support you.

2. Share Your Goals and Challenges

Communication is key when seeking support. Share your diabetes management goals and the challenges you face with your family and friends. Let them know what you're working toward and how they can help.

For example, if you're trying to adopt a healthier diet, explain your dietary restrictions and ask them to join you in making nutritious food choices when you're together. If you're striving to be more active, invite them to go for walks or engage in other physical activities with you. Sharing your goals allows them to actively participate in your journey.

3. Be Specific About Your Needs

While your loved ones may want to help, they might not always know how best to do so. To make it easier for them, be specific about your needs. If you require someone to



accompany you to medical appointments or remind you to take your medication, ask for their assistance directly. Clear communication can prevent misunderstandings and ensure your needs are met.

4. Establish a Support System

Building a strong support system is essential for managing type 2 diabetes effectively. Identify family members or friends who are willing and able to offer support. This could be a spouse, a sibling, a close friend, or even a support group for people with diabetes.

Having a reliable support system in place means you have people you can turn to when you're feeling overwhelmed, need someone to talk to, or require assistance with daily tasks related to diabetes management. As my personal experience has taught me, although not everyone you expect support from may step up, don't give up hope.

5. Coping With Disappointment

When I faced moments in my diabetes management journey where I felt alone and didn't receive the support I expected from certain individuals, it was disappointing. So, I know it can be disheartening when you hope for understanding and assistance from those close to you, only to encounter indifference or even resistance.

In those situations, it's essential to cope with disappointment in a healthy way. While you can't control the actions of others, you can control how you react. Take a step back and evaluate the expectations you had. Sometimes people may not fully grasp the gravity of your situation or may have their reasons for not being as supportive as you hoped.

6. Seek Support Beyond Your Immediate Circle

If you find that some of your closest friends or family members are not as supportive as you'd like, it's essential to seek support from other sources. There are countless diabetes support groups, both online and in-person, where you can connect with individuals who understand what you're going through. These communities can provide the understanding and encouragement you may be missing from your immediate circle.

7. Remember Those Who Do Support You

While it's natural to feel disappointed by the lack of support from some, it's equally important to recognize and appreciate those who do stand by your side. Express gratitude for the friends and family members who have been there for you, because their support is invaluable in your diabetes management journey.

8. Advocate for Yourself

Ultimately, you are your best advocate when it comes to managing type 2 diabetes. Don't be afraid to assert your needs and educate those around you about your condition. Your experience can serve as a powerful tool for raising awareness and fostering understanding.

So remember, although managing type 2 diabetes can be tough, together, with the right support system, you can face your challenges and lead a healthier, happier life. You got this!

– By Oscar Camejo | webmd.com



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. She can be reached at 785-274-9844.

IRS Back Taxes Got You Worried?

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- Catherine

4.9/5 ★★★★★

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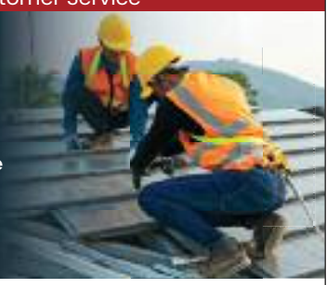

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TOPEKA *Christmas Festival* & OLD WORLD *Christkindl* MARKET

Festively Decorated for a traditional Christmas Atmosphere! Even more magical after dark!



Sat. & Sun., Dec. 12 & 13 • 11am - 8pm • Woodshed Event Center, 1901 N. Kanssa Ave.

Inside: Christmas Shopping Market, Santa Photos, Holiday Music, Children's Activities, Face Painting, Food Options, Seasonal Baked Goods & Festive Drinks, Holiday Mocktails and Cocktails for the Adults.

Outside: Open Air Christkindl Market, an Old World Traditional Christmas Market with Hand-crafted Artisinal Gifts, European Cuisine, Mulled Wine, Baked Goods, Hot Cider, Hot Chocolate, Carolers, Living Nativity, Petting Zoo and more!

See all the details and updates on Facebook: Topeka Christmas Festival and Christkindl Market

What is fitness to you? By Brad Bloom, Faith & Fitness Magazine

For too long the simple answer to that question for many people has been to get another gym membership and go on a diet at the beginning of the year. But, things seem to be improving.

Increasingly you'll hear that people are seriously taking more time to be active, strengthening muscles and improving their stamina – at home, outdoors, alone and with small groups. They're doing it more consistently and actually having fun. Moreover, healthy eating is improving some. You'll see smarter food choices, more home preparation, greater attention to nutrition and better effort at thoughtful portion sizes. There is even a greater commitment to simply getting more rest.

While this is all really good, Fitness is more.

It is mental wellness, stronger relationships with others, spiritual wholeness and all those other intangible strengths that have little to do with muscles, food or physical recovery. When you realize that fitness is all this AND you have a passion for others and for God, then fitness is a very easy and effective way to live out your faith daily.

To learn how a fit lifestyle can be a natural and practical expression of your faith read 4 Ways To Share Your Faith!

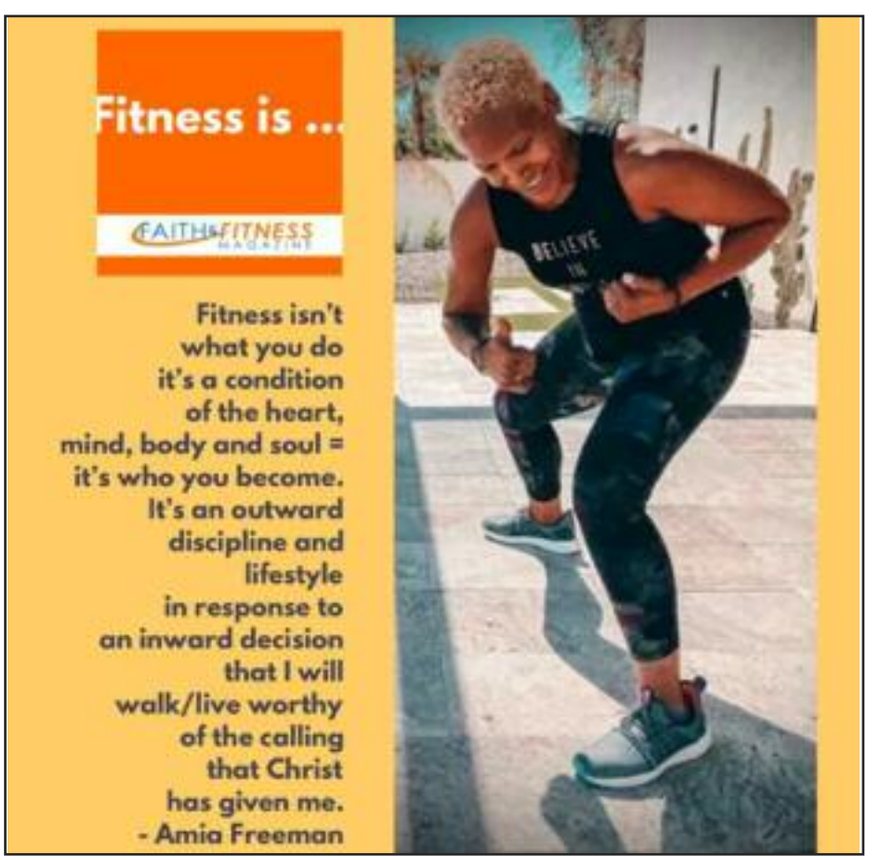
To explore more of what fitness is, look below for what some readers of Faith & Fitness Magazine have contributed. Their insights into what fitness is can inspire all of us to pursue God more passionately for a bigger vision for our fitness lifestyle.

–faithandfitness.net

"Maybe fitness isn't measured by a set of numbers. A person's fitness can be having enough strength and mobility to thrive in their everyday life. Fitness may not be evident by the scale, but the confidence you feel when you go out in public will be." –Blake Bramer





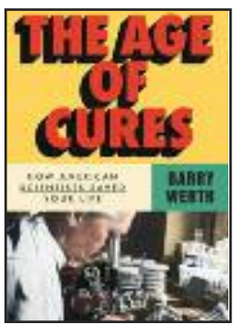


New Health & Wellness Info at the Library

By Alex Henault

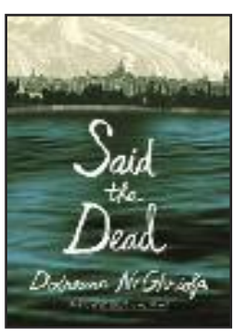
Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

The Age of cures: how American scientists saved your life – by Barry Werth; Simon & Schuster; 2026 New Books 610.804 WER



From the acclaimed author of Billion Dollar Molecule and The Antidote, a revisionist, passionate history of the pharmaceutical industry, detailing how the nascent industry discovered an abundance of treatments, vitamins, and cures--and reminding us of the revolutionary power of modern medicine.

Said the Dead – by Doireann Ní Ghríofa; Farrar, Straus and Giroux; 2026 New Books 610.83 NI G



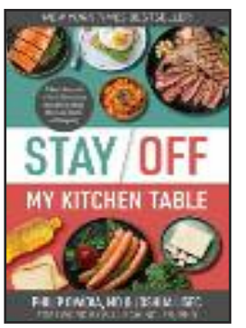
From the award-winning author of A Ghost in the Throat comes a time-traversing, form-defying, genre-morphing story of a reader unraveling the legacies of a fabled asylum and the women who haunt its halls. In Cork, Ireland, a derelict Victorian mental hospital is being converted into modern apartments. One passerby has always flinched as she nears the place. In another time, she might have found herself held within those walls. She notices a sign, the first of many. Guided by an irresistible impulse, she follows them. FOR SALE. The letter L, broken free from a pane of stained glass. Whispers from the river. She trespasses, steals, absconds from the routines of her life-mother, spouse, daughter-as she hears a chorus of insistent voices. They murmur from archives, old casebooks that recorded their progress and failures- no change. They slip through stairwells and walls. They are the women who knew this place best, and with them-with one in particular-she feels a connection. She is drawn out; she knocks on a door in the night. Will this investigation, this journey, this haunting, take her too far into the past or will it bring her to a new understanding of what she might yet make of the future? A work of intense attention and tenderness, Doireann Ní Ghríofa's Said the Dead breaks boundaries between past and present, the imagined and real, history and fiction, to make something new and lasting. An investigation into the dangers of knowing ourselves and the past, it is an experience like no other-a ghost story and a reclamation.

Training for Your Old Lady Body: a guide to building muscle and mobility at any age – by Elizabeth Davies; Chronicle Books; 2026 New Books 613.0424 DAV



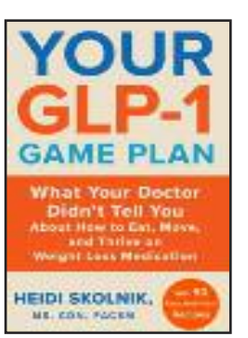
Training for a bikini body? No, thank you. We're training for dense bones, a healthy heart, good balance, and to maintain physical independence in our senior years. To carry our groceries up a flight of stairs. To play with our children and our grandchildren after them. We're training for our old lady bodies. Whether you are starting from scratch or a seasoned pro in the gym, these pages contain everything you need to know to strength train safely and effectively. This essential guide offers practical instruction and powerful motivation to build strength for life...Filled with expert guidance and 50 illustrations showcasing various exercises, this empowering companion will provide you with the tools and confidence to establish a healthy, consistent fitness practice, enabling you to feel your best and strongest at any age.

Stay off My Kitchen Table: a heart surgeon's 4-week elimination diet for gut repair, metabolic health, and longevity – by Philip Ovadia; Victory Belt Publishing; 2026 New Books 616.1 OVA



From the bestselling authors who launched the metabolic health movement, Dr. Philip Ovadia and Joshua Lisec, comes the nutrition breakthrough you've been waiting for. You cleaned up your diet. You followed the plan. So why aren't you seeing the results? The truth is, it's not just what you eat; it's what your body absorbs. In this long-awaited follow-up to Stay Off My Operating Table, Dr. Philip Ovadia and Joshua Lisec reveal the best-kept secret in nutrition science: Your gut health and nutrient absorption matter just as much as the food on your plate. If you're stuck on a plateau, struggling with inflammation, or wondering why your "healthy" choices aren't working, this book explains exactly why. Stay Off My Kitchen Table emphasizes a vital truth: To achieve lasting health, you must remove foods that harm your metabolism, spike your blood sugar, cause inflammation, or block nutrient absorption from your kitchen. This book shows you how to eliminate those hidden offenders and fill your table with nourishing, body-friendly foods that support healing and vitality.

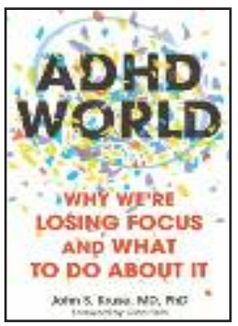
Your GLP-1 Game Plan: what your doctor didn't tell you about how to eat, move, and thrive on weight loss medications – Heidi Skolnik; Little, Brown Spark; 2026 New Books 616.398 SKO



GLP-1 are transforming lives, yet lasting success depends on more than just the prescription. Research shows that people who also apply nutrition, exercise, and mental health strategies achieve better, longer-lasting results. Unfortunately, most are given

little guidance, risking issues like malnutrition, muscle loss, and fatigue as they lose weight. In this book, nutrition expert and exercise physiologist Heidi Skolnik translates the latest science into simple, actionable steps.

ADHD World: why we're losing focus and what to do about it – by John S. Kruse; New Harbinger Publications; 2026 New Books 616.8589 KRU



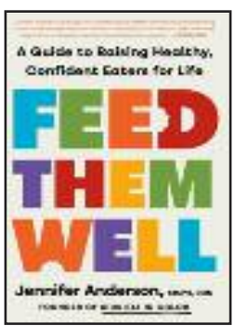
How do you reclaim your attention in a world that's desperate to distract you? We live in an age of distraction. Every ping, post, and headline competes for our focus--and most days, it feels like they're winning. We wake up determined to be productive, only to end the day scattered, foggy, and frustrated. And the smartphone in our hand is just the beginning; beyond it lies a world that has made overstimulation its default setting. While some people experience full-blown attention-deficit hyperactivity disorder (ADHD), millions more are living with ADHD-like symptoms brought on by constant digital notifications, environmental stress, and information overload. Our brains haven't evolved to process the relentless flow of data, noise, and demands of modern life, and it's stretching our focus to the breaking point. ADHD World reveals how this spectrum of distraction affects us all, offering a science-backed roadmap to reclaim focus, stillness, and peace of mind. Drawing on the latest research in psychology and neuroscience, you'll discover how technology and the environment hijack our attention, and how to train it back. And with practical tools like mindfulness, meditation, and intentional habit design, you'll learn to calm mental chaos, organize your thoughts, and reconnect with what matters most. The world isn't slowing down. But you can learn to take the reins. ADHD World shows you how to protect your focus, restore clarity, and thrive--no matter where you fall on the attention spectrum.

Lump: a memoir in ineloquent reflections – by Allison Sweer Grant; Little Brown and Company; 2026 New Books 616.99449 GRA



In this intimate meditation, Allison Sweet Grant begins at the place she assumed was the end. Barely 40, a mother of three, and just embarking upon her literary career, she started detailing her cancer experience the only way she knew how. In poems and compositions including "The Good Patient: A Play," "A Note on Common Sense," "Hot-Girl Summer," and "1000 Kinds of Clouds," Grant deftly explores every emotion, from the gripping panic of diagnosis to the bittersweet relief of recovery, and the heartbeats in between. Unpretentious, gut-wrenchingly honest, and at times devastatingly funny, Lump illuminates the fear, hope, everyday indignities of illness, and unexpected joys of healing with sobering clarity and wisdom. Whether you're on a similar course, supporting a loved one through theirs, or simply appreciate lyrical musings and poignant prose, this evocative collection is one you will savor and share.

Feed Them Well: a guide to raising healthy, confident eaters for life – by Jennifer Anderson; Flatiron Books; 2026 New Books 618.93 AND



From dietician and creator of @kids.eat.in.color comes a guide to help parents cut through the noise and empower kids to have a healthy relationship with food and their bodies for a lifetime. We live at a time when one of the most basic functions of being human-eating -is incredibly confusing. From clickbait headlines to the inescapability of processed foods-feeding ourselves well has never been harder. And then there are our kids. Today's generation is growing up in a dietary landscape marked by slippery slopes. Diet culture, body image, misinformation-for many parents, feeding their kids is more stressful than feeding themselves. At the heart of every parent's struggle is the dual agenda of teaching good nutrition and instilling body positivity. In Feed Them Well, dietician Jennifer Anderson offers parents a definitive framework to support their kids' physical and mental health. Raising body-positive, healthy, nutritionally fluent kids requires parents who maintain a consistent approach to eating at home. The "rules" will look a little bit different in everyone's household, but Anderson addresses the questions parents navigate every day: How can I increase the variety of what they eat? Is it bad to make them finish a plate? What if they hate vegetables? Feed Them Well will do for kids' nutrition what The Anxious Generation did for the other daily pain point-and high-stakes issue-of modern parenting, providing both a big idea and perspective shift and an actionable, evidence-based framework parents can turn to time and again. Feed Them Well is poised to become a classic of modern parenting literature.

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Contact Lissa Staley:
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Topeka & Shawnee County Public Library
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785-580-4400 • www.tscpl.org

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/

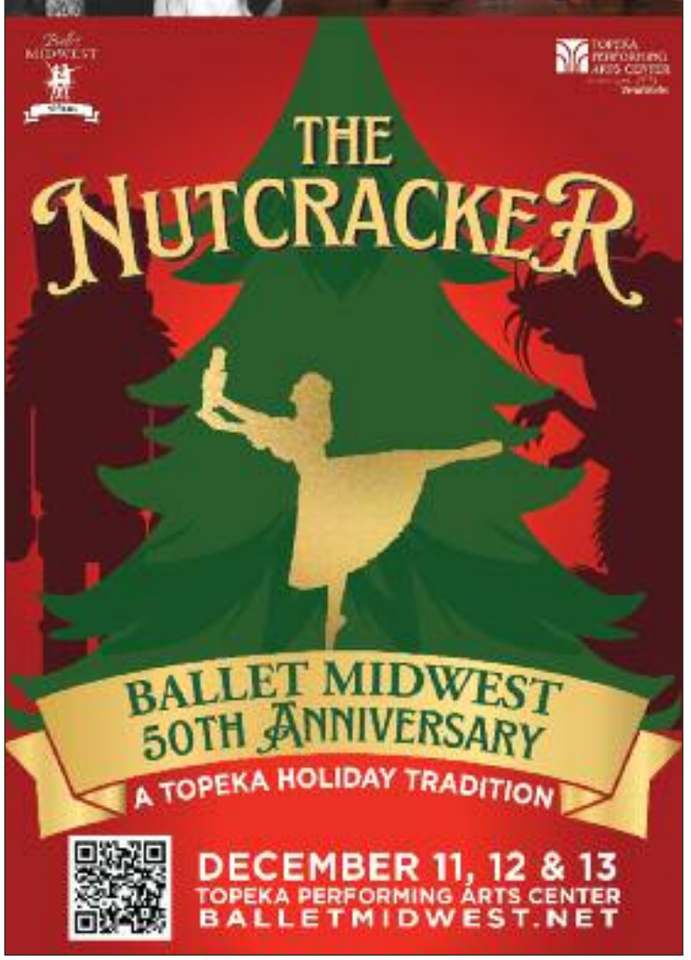
OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

WEST RIDGE LIVE – Nov. 5, 6:30-8:30. West Ridge Mall. Food and drinks available. Big Rick Soul Band

HHHS FOOD TRUCK NIGHT – Nov. 6, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

DIA DE LOS MUERTOS FESTIVAL – Nov. 6, 5-9pm, NOTO





SUNFLOWER SALUTE VETERAN'S PARADE – Nov. 7, 11am, Downtown Topeka

C5Alive "POWER" LUNCHEON – Nov. 12, 11:30-1, at Celtic Fox. Featuring Ron Covert, President at Stack the Deck Marketing, a full service advertising and marketing company specializing in strategy and execution of all types of media. He is also a partner at Grub N Pubs, which helps the community know where to go to get off the couch and out the door, featuring restaurants, bars, breweries, food trucks and business that add flavor to the community! 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. 10, 11:30-1, Christmas fun at West Ridge Mall.





WEST RIDGE LIVE – Nov. 12, 6:30-8:30. West Ridge Mall. Food and drinks available. Departure

FRIDAY FLICKS – Nov. 13, 7pm, Evergy Plaza. "Cool Runnings" is showing. Food Trucks on hand: Carnival Cravings, Sweet Bites. Kids activities.

WEST RIDGE LIVE – Nov. 19, 6:30-8:30. West Ridge Mall. Food and drinks available. Mark & the Sharks

HOLIDAY CRAFT SHOW AND BAKE SALE – Nov. 19th, 8 am to 6 pm; Nov. 20th, 8 am to 4 pm, Mother Teresa Catholic Church, 2014 NW 46th St. Lunch both days

TOPEKA OPTIMIST CLUB PANCAKE FEED – Nov. 21, 7-11am, Christ the King Church, 5973 SW 25th St. The 102-year-old Topeka Optimist Club will hold its annual pancake feed with pancakes, biscuits and gravy and a bake sale. All proceeds support youth activities in Topeka. Cost is $7 per person.

WRITE ON TOPEKA AUTHOR SHOWCASE – Nov. 21, 12-3pm, Cosmos Court, 909 S. Kansas Avenue. Come meet Topeka-area authors, browse and buy signed books, and support local voices in your own backyard. Free to attend. Family friendly. Great food and drinks available on site. For info, email rcovert@stackthedeckmarketing.com

TOPEKA OPTIMIST CLUB PANCAKE FEED & BAKE SALE – Nov. 21, 7-11am, Christ the King Church, 5973 SW 25th St. Pancakes, biscuits and gravy and a bake sale Cost is $7 per person.

FLINT HILLS CHRISTKINDLMARKT - Nov. 27-28 and Dec 4-5, 5-9pm, St. Marys KS. Experience the enchantment of a centuries-old European Christmas market, where festively decorated open-air stalls offer handcrafted artisanal gifts, traditional Glühwein served in collectible mugs, and authentic holiday cuisine. Whether you're searching for unique treasures or simply soaking in the magical atmosphere, this celebration of German and French Christmas traditions brings the warmth of a European city center to the Kansas heartland. A fundraiser for Flint Hills Shakespeare Festival. The entrance to the grounds is located south of 28139 Mt Calvary Rd, St Marys. Vendors: www.flinthillsshakespearefestival.com/christkindlmarkt-vendors.html

A CELTIC CHRISTMAS BY A TASTE OF IRELAND - Nov. 27. TPAC. http://www.topekaperformingarts.org

ING NETWORKING GROUP – Dec. 2, 11:30am at IHOP North. All welcome, free to attend, order from menu if desired.

TOPEKA CHRISTMAS FESTIVAL AND OLD WORLD CHRISTKINDL MARKET – Dec. 12-13, 11am – 8pm, Woodshed Event Ctr., 1901 N. Kansas Ave. 60+ vendors with unique gifts, crafts, baked goods. Mulled wine, Holiday cocktails, Live entertainment, Kids activities, photos with Santa, live nativity, petting zoo, food trucks and more! Even more magical after dark! Info: LHartman3@outlook.com

ING NETWORKING GROUP – Dec. 16, 11:30am. All welcome, free to attend, order from menu if desired.

HOLISTIC, HEALTHY, HOMEMADE MARKET – Topeka Crunchy Fair – Dec. 19, 10-3, Happy Basset Barrel House, 510 SW 49th St. Holistic remedies, organic gardens without harmful chemicals, making things from scratch, recycling , reusing, repurposing,

raising your own livestock, locally raised & processed meats, homesteading, etc! It's also about eliminating toxic ingredients from our lives, using organic, & doing everything possible to improve health & quality of life!

ONGOING EVENTS / MEETINGS

SK8AWAY LEARNERS SESSIONS - Every Sat. 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.flocritkansas.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 east side of Fellowship Hall. No charge. 785-249 -1666

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

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm, and Sat. 10-12, weather permitting. Oakland Church of the Nazarene: 939 NE Oakland

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.

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 affected by someone else's narcotic addiction. Every Mon. @ 7pm; & Sat. at 10am. First Baptist Church, 3033 SW MacVicar, www.naranonmidwest.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.

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.

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

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.



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.

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

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.

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

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



Health & Wellness Marketplace

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

MEDICAL

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

MENTAL HEALTH - ADDICTION

MENTAL HEALTH - ADDICTION TREATMENT - Adult Crisis Services
785-234-3300 www.astraks.org

OFFICE SPACE FOR RENT

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

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Need to Sell Your House Fast?
No repairs. No commissions.
Not a listing. Private buyer 785-291-9665
www.areawidehomebuyerstopeka.com

HEALTHY MARKETING

PLACE YOUR AD HERE! Starting at $25/mo.
Contact: info@TopekaHealthandWellness.com

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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