

TOPEKA

OCTOBER 2025

Health & Wellness

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MAGAZINE

EMOTIONAL WELLNESS: Your Guide to a Balanced Life

**Where Your
Emotional
Energy Goes...**

**Do More of
What You Love**

**Embracing
Change**



Interview with Ian Cropp, Running Coach
5 minutes of exercise can reduce blood pressure

Benefits of Seasonal Eating
Perk Up Productivity At Work

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WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take **a step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)



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SALES & MARKETING: 785-380-8848

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ON THE COVER:

Our cover this month features a woman in a good state of emotional wellbeing.

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

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Prediabetes: You Can Turn It Around

What is prediabetes? It's when your blood sugar is higher than normal, but not high enough to be called diabetes. You won't necessarily notice any symptoms -- you can have it and not know it. A simple blood test can tell you if you do. You're at risk if you're overweight, over 45, and you don't exercise. It makes you more likely to have type 2 diabetes and heart disease, but you can take steps to change that.

Lose Weight

It doesn't have to be a lot. If you lose just 7% of your body weight, it can make a huge difference (that's only 14 pounds for a 200-pound person). The first step is to eat healthier food with fewer calories. Start by keeping track of your weight, eating habits, and physical activities.



Eat Healthy

A good rule of thumb is to fill half your plate with non-starchy vegetables (asparagus, Brussels sprouts, and carrots, among many others). One quarter should have starchy foods (like potatoes, corn, or peas). The remaining quarter should be protein -- chicken, fish, or beans are best. Be extra careful with carbs like baked goods or pasta -- they can raise your blood sugar.

Exercise

You'll lose weight faster and feel better if you get out and burn more calories. You don't need to train for a marathon: A brisk 30-minute walk five times a week should do the trick. A workout buddy can sometimes help you stick to a routine, so call a friend or join a gym and make some new ones. Aerobic exercise (walking, swimming, dancing) and strength training (weight lifting, pushups, pull-ups) are both good. A little of both is best.



Get Your ZZZs

The right amount of shut-eye helps keep your blood sugar at healthy levels. If you can't stay asleep, wake up too early, or get less than 5 hours a night, you're more likely to get diabetes. About 7 or 8 hours a night is ideal. For better sleep, don't have alcohol or caffeine late in the day, keep regular sleep hours, and stick to a calm, quiet bedtime routine.

Don't Smoke

If you smoke, now's the time to quit. Smokers are 30% to 40% more likely to get type 2 diabetes than nonsmokers. And if you get diabetes and still

smoke, your symptoms may be worse and your blood sugar may be harder to control.

Medication

Certain drugs can help with blood sugar levels and obesity, as well as high cholesterol and high blood pressure. And you're more likely to have those if you have prediabetes. If you do, take your medication as prescribed -- it can improve your health and help you live longer.

Get Support

When you have people to share your good days and bad days with, it can make a big difference. Peer support groups can be a place to learn from others and get and give encouragement and understanding. Your



doctor can help you find one that works for you.

—webmd.com



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Embracing Change: October's Lesson in Health and Wellness

October has a way of speaking to the soul. The crisp mornings, the colors of the leaves, and the quiet reminder that seasons shift whether we are ready or not. Fall is a season of letting go—trees release their leaves to prepare for rest and renewal. It's nature's way of showing us that change is not only inevitable, but also necessary for growth.

In health and wellness, we, too, must learn to honor the cycles of change. Many of us hold onto stress, old injuries, or habits that no longer serve us. Just as the trees shed what they no longer need, October invites us to pause and ask ourselves: What am I ready to let go of in order to create space for healing and wholeness?

Chiropractic care is rooted in this very principle. By gently realigning the spine and nervous system, we allow the body to release tension, restore balance, and open up pathways for healing. When our nervous system is clear, our bodies adapt more easily—whether it's the stress of daily life, seasonal changes, or even the demands of family and work.

Nutrition plays a similar role. Every day, our bodies work to process not just the foods we eat, but also the toxins and stressors we encounter. A seasonal detox is like giving your body a fresh start—helping it shed what it doesn't need so that it can function with clarity, energy, and resilience. Combining chiropractic care with mindful nutrition creates space for renewal on every level: body, mind, and spirit.

This month, I invite you to explore how letting go—in your habits, in your health, and even in your pantry—can open doors to a healthier you.

Join us for our Detoxification & Nutrition Class on Wednesday, October 23rd at 6:00 p.m. Together, we'll explore practical ways to reset your body with gentle, nourishing nutrition and supportive lifestyle strategies. Let this be your fall reset—an opportunity to align your health with the rhythms of the season.

Here's to letting go, creating space, and embracing the beauty of change this October.

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 patient's 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.



Also offering:

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- Spinal decompression therapy • Yoga classes

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www.BeckleyChiropractic.com

Prenatal Yoga Class

Join Dr. Amber Beckley for a deeply supportive and empowering 6-session Prenatal Yoga Series, designed to help expecting mothers connect with their bodies, their breath and their growing babies.

Held every other week, each session offers intentional movement, mindful breathwork and education tailored to the changing needs of pregnancy. Whether you're in your first trimester or preparing for birth, these classes offer physical support, emotional grounding and a safe space to connect with other moms-to-be.

Class Details

Instructor: Dr. Amber Beckley, - 200 RYT Certified Yoga Instructor

Length: 6 - 45minute sessions (Every other Thursday)

Time: 5-5:45pm

Location: Beckley Chiropractic & Wellness, 216 SW 7th St Topeka, KS 66603

Cost: \$25 per class

Bring: Yoga mat, water bottle, comfy clothes and an open heart

Each Session Will Focus on:

Session 1: Grounding & Breath
Learn how to connect with your breath and body to calm the mind and reduce stress during pregnancy and labor.

Session 2: Pelvic Floor & Core Support - Yoga ball work
Explore gentle movements that support core stability and pelvic alignment to ease discomfort and prepare for birth.

Session 3: Posture & Low Back Relief
Focus on relieving tension in the lower back, improving posture and maintaining balance as your body changes.

Session 4: Sleep & Stress Relief
Unwind with restorative poses and calming breathwork to promote better sleep and relaxation.

Session 5: Labor Prep & Mind-Body Connection
Gain tools and confidence for labor through visualization, breath techniques and hip-opening sequences.

Session 6: Connection & Celebration
Celebrate your strength and journey in a nurturing group circle, incorporating gentle flow, reflection and gratitude.

Why Prenatal Yoga?
Prenatal yoga supports physical comfort, emotional well-being and preparation for labor and motherhood. Dr. Beckley's holistic approach blends chiropractic knowledge with movement and mindfulness to help you feel confident and cared for throughout your pregnancy.

Go to
beckleychiropractic.com and click Book Now to sign up. Or call 785-234-5056

REPRESENT BRIGHT SIDE OF RELIGION

Do **not** gratify the **enemy** by dwelling upon the **dark side** of **your experience**; **trust Jesus more fully** for help to **resist temptation**. **If** we **thought** & **talked more of Jesus**, & **less of ourselves**, we should have **much more of his presence**. **If** we **abide in him**, we shall be so filled with **peace, faith, & courage**, & **shall have so VICTORIOUS AN EXPERIENCE** to relate when we come to meeting, that **others will be refreshed** by our clear, strong testimony for God. These **precious acknowledgments** to the praise of the glory of his grace, **when supported by a Christlike life**, have **an irresistible power**, which works for the **salvation of souls**.

The **bright & cheerful side** of religion will be represented by all **who are daily consecrated to God**. We should **not** dishonor our Lord by a **mournful relation of trials that appear grievous**. **All trials that are received as educators will produce JOY**. The **whole religious life** will be **uplifting, elevating, ennobling, fragrant with good words & works**. The **enemy** is well pleased to have souls **depressed, downcast**; he desires **unbelievers to gain wrong impressions** regarding the effect of our faith. **But God desires the mind to take a higher level**. He desires every soul **to triumph in the keeping power of the Redeemer**.

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The Benefits of Seasonal Eating: Embrace Nature's Bounty for Optimal Health

Eating seasonally is a powerful way to align with nature's rhythms, enhance your health, and enjoy the freshest, most flavorful produce available. By consuming foods that are in season, you not only support local farmers but also nourish your body with nutrients that are at their peak fresh off the vine when nutrients are the highest. Here's a closer look at the benefits of seasonal eating and some delicious recipes to get you started.



Rebecca Wharton

Benefits of Seasonal Eating

- Nutrient Density:** Seasonal produce is harvested at its peak, ensuring that you receive the maximum number of vitamins, minerals, and antioxidants. For example, winter squash is rich in beta-carotene, while spring greens are packed with vitamin C.
- Better Flavor:** Fruits and vegetables that are in season taste better. They are fresher, more vibrant, and often have a superior texture compared to out-of-season produce that has been transported long distances.
- Cost-Effective:** In-season produce is typically more abundant, which often makes it more affordable. Buying locally grown food also reduces transportation costs and environmental impact.
- Supports Local Economy:** Purchasing seasonal produce often means supporting local farmers and markets, which in turn strengthens the local economy and reduces carbon footprints.
- Variety and Diversity:** Eating seasonally encourages you to try new foods and incorporate a wider variety of nutrients into your diet. This diversity can lead to a more balanced and enjoyable diet.

Seasonal Recipes

Autumn Harvest Salad

Ingredients:

- 2 cups mixed greens (kale, spinach, arugula)
- 1 cup roasted butternut squash, cubed
- 1 apple, thinly sliced
- 1/4 cup dried cranberries
- 1/4 cup of toasted pecans
- 1/4 cup crumbled goat cheese
- Dressing: 2 tablespoons olive oil, 1 tablespoon apple cider vinegar, 1 teaspoon honey, salt, and pepper to taste

Instructions:

1. Roast the butternut squash in the oven at 400°F



(200°C) until tender.

2. In a large bowl, combine mixed greens, roasted squash, apple slices, cranberries, pecans, and goat cheese.

3. Whisk together the dressing ingredients and drizzle over the salad. Toss gently to combine.



Spring Vegetable Stir-Fry

Ingredients:

- 1 tablespoon olive oil
- 1 cup snap peas
- 1 cup asparagus, cut into 1-inch pieces
- 1 red bell pepper, sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon sesame seeds
- Cooked brown rice or quinoa, for serving

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until fragrant.
2. Add snap peas, asparagus, and bell pepper. Stir-fry for about 5-7 minutes until vegetables are tender-

crisp.

3. Stir in soy sauce and sesame seeds, cooking for another minute.

4. Serve over cooked brown rice or quinoa.



Embracing seasonal eating is a simple and effective way to improve your health, enjoy better-tasting food, and support sustainable practices. By incorporating seasonal produce into your meals, you can savor the natural flavors and nutritional benefits that each season has to offer. Enjoy experimenting with new recipes and discovering the delicious variety that nature provides throughout the year!

—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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• Dec. 11: **CHRISTMAS** Luncheon, 11:30-1 at the Mall
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• Feb. 12: POWER Luncheon, 11:30-1

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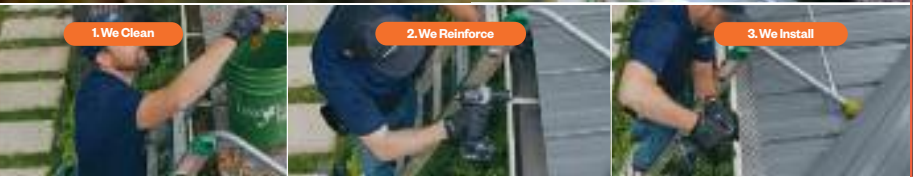
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Healthy Eating and Activities Can Be Fun and Rewarding

In previous months I told you about the Thrive Alive Vegan Fest that would be taking place here in Kansas September 18-21. Well, I just returned home after Thrive Alive, where I met many people who told me that this retreat was life changing for them.

Every day there were presentations to educate and inspire healthful living, compassion and justice. There were nature walks to learn how to forage wild plants, and exercise classes and cooking demos. The evenings were filled with live music by Mike Love and Paul Itzak, dancing, open mic nights, and singing and jam sessions around a bonfire. And throughout it all were fun fitness competitions, improv games and beautiful vegan children playing, swimming in the pool, and bringing joy and grins with their heart-warming perspective on the world around. There was even a cacao ceremony by yogi Vera

Galaxy on the final night.

Dahlia and James Marin shared cutting edge information about how they are healing wide-ranging gut issues by helping people recover their gut microbiome after it has been damaged by things like antibiotics or low-carb diets. The founder of Climate Healers, Sailesh Rao, a systems engineer, presented on his new book, **There Is a Planet B**. Yogis Jamie Logan and Alyssa Sikora explained how Ahimsa in action is a core tenant of yoga philosophy. Nutritional biochemist Cyrus Khambatta and Nurse Kylie Buckner had people up on stage demonstrating how antioxidants in fruits and veggies protect us from free radical damage.

If you missed all of this, the month of Oc-



tober is framed by World Vegetarian Day on October 1 and World Vegan Day on November 1, so I invite you to honor them by attending one of October's events where you can be inspired on your journey to live more healthfully and compassionately – The Midwest Soul Veg-fest on October 4-5 and The Whole Planet Spirituality Retreat at Unity Village, Mo., October 16-19.

-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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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.

Early detection can prevent small problems from becoming expensive ones.
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

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

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills, like \$190 for a filling, or \$1,213 for a crown³ 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 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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Where Your Emotional Energy Goes.....

Our emotions drive how we feel physically. It is all connected. Show me a physical issue and I will connect it to your emotions. It is stored either in the conscious or subconscious mind. One of my greatest's gifts is to access the subconscious mind so people can release what does not serve them. We can no longer support the idea that the physical and mental are not treated together. The truth is most of us have been mis-led most of our lives about how we heal.

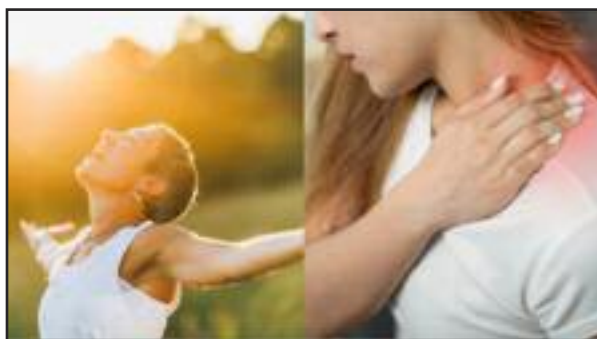
As Ty Bolinger, the founder of *The Truth About Cancer* said, (paraphrased) you can eat all the organic food you want, but if you do not take care of what is between your ears, you will still get cancer or dis-ease. This became the platform for how I lead my life, and now, how I serve the world.

What does that really mean? First, our cells are 90% water and we know water holds our memories and our emotions. Check out the science of Masuro Emoto's water experiment. This is referred to as trapped emotions. Everything starts with a thought. Is it a good thought or a self-limiting belief? Was that belief handed down to you from a parent or another influential person in your life? How was it handed down? Was it through their behaviors or their words? Or, if you feel energy like I do, did you just sense what they were feeling most of the time? You may be empathic like me.

My mother, my best friend, would hesitate to share how she felt. That was how she was trained. She would stuff her feelings and thoughts. Her perception was that this was a safer way to act. As a result of her lifestyle (processed foods) and her unexpressed and unprocessed emotions, she passed away from a variety of health issues, and yes, one of them was cancer. She is still such a gift in my life, as she guides me from the other realms.

Today, mental health issues are on the rise, and thus, we can expect that physical health issues will also follow in its footsteps – unless we choose something different. The way the medical system is set up today in the mental health community is, in my opinion, completely backwards.

My Story (Reader's Digest Version): I was overmedicated on 50 drugs for 2 decades and disabled for 4 years, saddled with 54 chronic conditions – and I reversed it all. I was born Jewish, and just before having a late Bat Mitzvah at the age of 53, Jesus stepped in and saved my life. I am now an Ordained Minister and a Divine Interventionist, and turning 62 very soon. ... and on a mission to show the world that they can ALL self-heal. It is time to reframe mental health.



Your thoughts translate to your physical wellbeing

and there needs to be consequences for not testing and simply guessing. Through my training and lived experience, the following testing needs to be done to help people get to the root cause of their issue.

Testing for parasites, food sensitivities, nutrient deficiencies, and whether or not the person is a good methylator. These are 4 key things to understand prior to diagnosing someone with a mental health issue. Each one of these things will drive emotional dysregulation. The great thing is, through bio-feedback testing, it can now be accomplished affordably in one test, for a small fee by sending a sample of your hair and saliva.

If after unraveling these 4 things, someone still does not have results, or answers...I suggest the SPECT Scan. It measures the areas of the brain that are not getting blood flow. Amen Clinics, one place that I trained, offers this.

The truth is, life is a journey and we should have as much joy as possible while we are here. My journey has shown me that it is important to go back to basics. Eat healthy, real foods made in nature, not in a laboratory, feel our feelings, take long walks, get good sleep and love one another. I have many ways that I help people find homeostasis. I offer free initial consults to help you on your path.



Why Would I Even Suggest That We Reframe Mental Health?

Because presently, most health practitioners are not testing their patients before they label them with a mental health issue. That of course happened to me in 1997 even after I asked for testing. I was told there were no tests. *And they said I had the mental health issue.... really?*

The regulations and processes need to be changed.

As I wrote to RFK, Jr., 4 weeks ago, there are several things a practitioner should be required to test for before labeling someone with a mental health condition. As you know, when someone is labeled with Bi-polar, ADD, ADHD, Schizophrenia or anything else, most times, we have:

- 1) Stopped Them From Getting Life Insurance
- 2) Stopped Them From Getting Health Insurance
- 3) Stopped Them From Getting A Job
- 4) Stuck Them With A Label & Stigma For Life
- 5) Robbed them of their inner light

Then I learned that insurance companies expect practitioners to diagnose someone in 60 minutes.

Now that is nearly impossible to do correctly and does not allow time for testing. The processes need to change

Lead With Love!

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Emotional Wellness: Your Guide to a Balanced Life

Emotional wellness is the ability to understand, express, and manage feelings in healthy ways. It means you can recognize, express, and manage positive and negative emotions, cope with stress, and adapt to challenges and changes. Strong emotional wellness helps you handle difficulties, make thoughtful decisions, and maintain social connections.

Emotional health is as important as physical health. Emotional distress can weaken your immune system and make you more likely to get infections like the common cold. It also increases the risk of physical health symptoms like headaches, sexual dysfunction, insomnia, and pain.

Prioritizing your emotional wellness can help you improve your overall quality of life.

Key Characteristics of Emotional Wellness

Emotional wellness involves being aware of your feelings as they happen, understanding and accepting them without judgment, and managing them effectively. People with emotional wellness can identify their emotions, connect their feelings and behaviors, and respond well to difficult situations.

Once you understand your emotions, emotional wellness helps you manage them effectively. This includes:

- Managing and expressing emotions in healthy ways, such as journaling or channeling your energy through art, dance, or activities
- Coping with stress through methods like talking to someone you trust, exercising, or engaging in hobbies or relaxation techniques like breathwork
- Adapting to setbacks or changes by focusing on solutions rather than problems and learning from mistakes
- Communicating thoughts and feelings calmly, thoughtfully, and honestly
- Building and maintaining strong and respectful relationships and social connections through open communication, quality time, active listening, and care and empathy
- Knowing when to ask for help or support when you can't manage stressors or challenges alone

Effects and Benefits

Emotional wellness helps you navigate life's ups and downs and manage stress and challenges. It



builds self-confidence and improves overall health and well-being.

Physical Health

Your emotional health significantly affects your physical well-being. Maintaining emotional wellness can:

- Strengthen your immune system
- Lower the risk of stress-related symptoms like high blood pressure, headaches, appetite and weight changes, and fatigue
- Improve sleep quality
- Potentially extend your lifespan

Mental Health

Everyone experiences difficult emotions like sadness, anger, and stress. Emotional wellness can benefit your mental health and lower your risk of anxiety and depression by helping you:

- Build self-esteem and confidence
- Develop resilience and recover more quickly from life stressors and setbacks
- Better cope with everyday stressors

Personal Relationships

Emotional wellness supports stronger relationships with the people in your life by helping you:

- Communicate openly and honestly with family, friends, and romantic partners

- Show greater empathy and understanding toward others, even when you disagree with them
- Handle conflicts and disagreements in healthy ways
- Build stronger, more meaningful connections
- Contribute to your community in positive ways

Work and School

Emotional wellness also has positive effects on your performance at work or school. It can improve:

- Focus, motivation, and productivity
- How you manage stress and pressure
- Collaboration and teamwork with others
- Decision-making skills
- Career satisfaction and academic performance

Consequences of Poor Emotional Wellness

Poor emotional wellness can affect how you cope with life and how you relate to people around you. It can also affect your performance and productivity at work and school and your physical health.

Physical Health

Poor emotional wellness can affect your short and long-term physical health. Ignoring or poorly managing your emotional wellness can lead to:

- Headaches, digestive issues, and general aches and pains

- Sexual dysfunction
- A weaker immune system, making you more vulnerable to infections and illnesses
- Sleep-related conditions, including insomnia (difficulty falling or staying asleep)
- A higher risk of developing chronic health issues, such as heart disease

Mental Health

Struggling emotionally can affect your mental health, making daily life harder to manage. Common mental health effects include:

- Increased risk of experiencing anxiety and depression
- Substance misuse or abuse, such as turning to alcohol or drugs to cope
- Persistent stress or feeling overwhelmed with daily life
- Reduced self-esteem and confidence
- Difficulty dealing with setbacks or challenges

Personal Relationships

A lack of emotional wellness can create distance or conflict with the people you love and care for, work colleagues, and others you interact with. It may negatively affect your relationships by causing:

- More frequent conflicts or misunderstandings
- Feelings of isolation or disconnection from loved ones
- Difficulty communicating your feelings and needs

Work and School

Your work or school life can suffer without emotional wellness. You may experience:

- Lower productivity and difficulty concentrating
- Increased mistakes or poor decision-making
- Challenges collaborating effectively with coworkers or classmates
- Burnout and frustration with responsibilities

Strategies for Improvement

Improving emotional wellness requires attention and practice. Making small, consistent changes in how you approach your feelings and respond to challenges



can help you develop emotional resilience and well-being over time. For example:

- **Practice mindfulness:** Focus on the present moment, noticing your breath, thoughts, and feelings without judgment. This helps you become more aware of your emotions and manage them effectively.
- **Connect with others:** Build and maintain supportive relationships with family, friends, and community members. Meaningful relationships increase feelings of belonging, purpose, and emotional support during difficult times.
- **Manage stress:** Exercise, deep breathing, journaling, or creative hobbies are all healthy ways to cope with stress.
- **Support your physical health:** Maintain a balanced diet, exercise regularly, and get good-quality sleep. Your physical and emotional health are closely connected, and improvements in one area often benefit the other.



- **Prioritize balance:** Set realistic goals and boundaries between work, school, social life, and personal time to help prevent burnout. Focus on the positive things in your life rather than ruminating on your challenges.

When To See a Healthcare Provider

Everyone faces occasional challenges and emotional hardships, but some signs suggest that you might benefit from professional support. Consider talking to a healthcare provider or mental health professional if you experience any of the following:

- Persistent feelings of sadness, anxiety, or hopelessness that interfere

with daily life

- Changes in your appetite or sleeping patterns
- Loss of interest in activities you previously enjoyed
- Difficulty concentrating, remembering things, or making decisions
- Feeling overwhelmed or unable to cope with everyday stress
- Withdrawal from family, friends, or social activities
- Unusual irritability, anger, or mood swings

A Quick Review

Emotional wellness involves understanding, accepting, and managing your emotions in healthy ways. Positive emotional wellness can improve your relationships, work and school performance, mental and physical health, and overall quality of life.

Practicing mindfulness and gratitude, connecting with others in your social circle and community, eating a healthy diet, exercising regularly, and finding healthy outlets for managing stress can help improve your emotional wellness.

If you're struggling with poor emotional wellness, start by acknowledging your feelings without judgment. Then, consider reaching out to someone you trust or contacting a healthcare provider for support.

– By Lindsay Curtis / [health.com](https://www.health.com)

Interview with Ian Cropp, Running Coach

By Irene Haws

Ian Cropp was excited to come back to Topeka, Ks for Teaching and Coaching in the same school he attended - Washburn Rual High School.

In 2023 Ian Cropp came back to Topeka to teach math at WRHS and coach. He is an assistant coach for cross country and an assistant coach for track. He ran track at Colorado Mesa University as a distance runner. Overall Career Honors: 2020 RMAC Summit Award Winner and 7x Overall RMAC All-Academic, 2020 First Team (XC).

Ian Cropp is associated with Top City Run Club, a new running club in Topeka. Along the way he discovered this great running in community in Topeka. He and his girlfriend started out just wanting to have a Wednesday Night Running group. He always loved running but didn't get serious about running until his Junior year of High School.

He is an educator and loves to learn. Researching ways to improve and be better at running he has learned how to be a better coach and trainer. He wants to share this with others so they can be better. Students aren't the only people interested in having a running coach or mentor. So, he started his Running Coach service to help others set and meet their running goals.

In the Top City Run Club he discovered some people needed help to learn better ways to train. He works with

athletes that may not be runners, but who want to run their first 5K or increase their distance to run their first Half-Marathon. He works with a wide range of athletes to train to be more competitive. He enjoys the variety of people he coaches, often thinking of himself as a mentor to youth and adults.

For adults adjusting their training schedule to fit within their lifestyles is one challenge they may face. He often thinks of himself as a mentor working with adult runners to adjust their training needs to meet their running goals even when their lives are hectic.

Running can be a great way for people to get mental clarity. Movement Mentorship is another way he coaches people to reach their movement goals. Advice with injuries and ways to improve strength is an area where he is growing his service. One of his mentorship goals is to start working with younger youth even before they attend High School, to gain confidence and strength towards becoming a better athlete. For the adults he coaches them to make lifestyles changes to help them to meet their goals.

Setting goals and reaching them can significantly improve your sense of well-being.

Here are some ways goalsetting and achievement can enhance your mental health and overall well-being - *from other sources*.



prove emotional regulation, resilience, and overall mental well-being can contribute to stronger mental health. - *The Minds Journal*

By setting and achieving personal goals, individuals can create a positive cycle of motivation and growth, leading to improved mental health and a greater sense of well-being.

A new offshoot of his Running Coach service includes working with individuals that have had an injury but still need some guidance after completing Physical Therapy. More than being a running coach he also helps people with movement. Ian helps individuals build up strength at low levels, slowly and correctly, teaching their body to be stronger. Improving their movement so when they go on a trip they are better prepared to hike and walk distances. Movement is very important. He has helped people by guiding them to find a better shoe based on their specific needs. Again, education is important for understanding your body.

Ignoring pain can be a bad thing. Running apps may not be appropriate for everyone. That's where a running coach that knows you and understands you can help you to meet your goals in a safe manner.

Know where you are and start where you are.

This is the foundation for the movement or running plan he can customize for the individual. Training for a run doesn't have to be a full sprint all the time. Training includes walking and resting, building muscles, building endurance, building strength in the right way. Eating right and resting are also part of training. Having a plan will provide better results than not having a plan.

Follow Ian Cropp on Instagram: [RunwithCropp](#), Email: iancropp7@gmail.com



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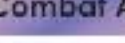
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Sense of Purpose and Direction: Setting and achieving goals provides a clear sense of purpose and direction, which can lead to a greater sense of fulfillment and accomplishment.

- Mental Map to Wellness

Motivation and Engagement: Goals that align with your values and interests can enhance motivation and engagement, leading to increased productivity and satisfaction. - *Mental Map to Wellness*

Self-Esteem and Self-Efficacy: Achieving goals boosts self-esteem and self-efficacy, which are essential for mental health. - *Mental Map to Wellness*

Stress Management: Breaking larger goals into smaller, manageable tasks can help reduce feelings of overwhelm and stress. - *Mental Map to Wellness*

Emotional Growth: Goals that im-

Healthy Recipes for the Fall Season

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

Breakfast Pizza



Breakfast + pizza. Is there any better duo?

Ingredients

- cauliflower pizza crust 1 whole
- turkey bacon, lower in sodium 3 slice
- olive oil 2 tbsp
- onion(s) (chopped) 1 med
- red bell pepper (chopped) 1 med
- black pepper 1/4 tsp
- collard greens (stemmed, chopped) 1g bunch
- spinach (chopped) 1 cup
- eggs (beaten) 2 large
- egg whites (beaten) 3 large
- green onion (scallion) 2 stalks
- cottage cheese (divided) 1 cup

Directions

Cook turkey bacon according to package instructions. Let cool then tear or chop into pieces. Set aside.

Preheat oven to 425 degrees F.

Meanwhile, sauté onions, peppers, and collard greens in olive oil over medium high heat until softened, 10 minutes. Add chopped spinach. Stir to incorporate and cook until wilted.

In a bowl, beat eggs and egg whites. Into the same sauté pan with the onions and peppers, add eggs and mix into the vegetables. Cook until they are softly scrambled, meaning they are not fully cooked. They will finish cooking in the oven.

Remove from heat and add turkey bacon pieces and ½ cup cottage cheese. Mix well.

Remove the CAULIPOWER Plain Pizza Crust from the freezer and spread the cottage cheese on like you would a pizza sauce. Spread to the edges for best flavor.

Spread the egg mixture on top of the cottage cheese. Sprinkle scallions evenly over the pizza.

Bake directly on the oven rack for 15 minutes, or until the crust is crispy.

Nutrition Information (Servings: 4)

Per serving: 340 calories; fat 14g ; carbohydrates 31g; protein 17g; sodium 480g; sugars 6g; fiber 3g

Source: diabetesfoodhub.org

Crunchy Ham & Swiss Wraps



These crisp lettuce wraps deliver the classic ham and Swiss combo in a low-carb, no-bread format

Ingredients

- iceberg lettuce 1 head
- low-sodium ham (thinly sliced) 8 slices
- low-sodium Swiss cheese 4 slice
- tomatoes (chopped) 2 whole
- red onion (thinly sliced) 1/4 cup
- fat-free mayonnaise 4 tbsp

Directions

Trim and halve the iceberg lettuce head. Separate the leaves.

Lay out 2–3 lettuce leaves per wrap, slightly overlapping. Spread 1 tablespoon of mayonnaise across the center of each wrap.

Place 2 slices of ham on each wrap, followed by 1 slice of Swiss cheese.

Evenly distribute the sliced tomatoes and red onion among the wraps.

Gently fold the sides of the lettuce in, then roll the wrap tightly from the bottom up.

Secure with toothpicks if needed, slice in half, and serve immediately.

Nutrition Information (Servings: 1)

Per serving: 150 calories; fat 2g; carbs 15g2g; protein 17g; sodium 470g; sugars 7g; fiber 3g

Source: diabetesfoodhub.org

Maple-Pumpkin Spice Oatmeal Cookies



Enjoy all the flavors of fall with these hearty maple-pumpkin spice oatmeal cookies.

Ingredients

- old-fashioned rolled oats 1 1/4 cup
- flour or whole-wheat pastry flour 1/2 cup
- baking powder 1 tsp
- sea salt 3/4 tsp
- pumpkin pie spice or ground cinnamon 3/4 tsp
- unsweetened applesauce 1/2 cup
- dried apricots (about 7 or 8 pieces) 2 oz
- pure maple syrup 1/4 cup
- unsalted butter (room temperature) 4 tbsp
- sunflower or avocado oil 2 tbsp
- eggs 1 large
- pure vanilla extract 1 1/2 tsp

Directions

Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper or use silicone baking mats.

In a medium bowl, stir together the oats, flour, baking powder, salt, and pumpkin pie spice.

Add the applesauce, dried apricots, maple syrup, butter, and oil to a blender. Cover and blend until well combined. Add the egg and vanilla extract and blend until puréed like a smoothie. Pour the batter into the dry mixture in the medium bowl and stir until well combined. Note: The batter will seem slightly loose (runny).

Drop 7 cookies on each baking sheet, about 2 well-rounded measuring tablespoons each. Bake until browned on the bottom, about 25 minutes.

Remove cookies from the oven and let cool completely on the baking sheets on racks. Store the soft-chew cookies in an airtight container at room temperature for up to 3 days or freeze for up to 1 month.

Nutrition Information (Servings: 14)

Per Serving: 120 calories; fat 6g; carbohydrates 16g; protein 2g, sodium 150g; sugars 7g; fiber 2g

Source: diabetesfoodhub.org

Fall Into Focus: Perk Up Productivity At Work



(Ivanhoe Newswire) —

With vacations behind us and routines ramping back up — many workers report a drop in motivation as summer fades into fall. But experts say a few simple changes can reboot your energy and efficiency.

From soakin' in the sun, to picnics in the park. Now it's back to business and our calendars are filling back up with work, school, sports, and deadlines.

That overload can follow you right into the office and leave you feeling drained and distracted. Experts call it the “end-of-summer slump.” A dip in focus and drive that hits hard after time off. But the good news? It's fixable.

First, stick to a consistent daily routine. Forbes says this creates a sense of control. Begin each day by writing down your top three priorities and block out time to tackle them.

One way to stay on task. Implement the 20 second rule. That means make productive habits 20 seconds easier to start, and distractions 20 seconds harder. Do this by logging out of social apps. But keep your task list up on your screen.

Indeed, says one of the biggest productivity boosts comes from reducing distractions. Put



your phone away. Turn off notifications and set specific times to check emails.

Still feeling you're stuck in a mental fog? Try task hopping. Rotate between a thinking task and a physical or simple one. It gives your brain a break without losing momentum.

And give your brain a boost with a daily “curiosity break.” Take 10 minutes to learn something new like creating a podcast, video, or new skill. Finally, instead of only tracking what you need to do, track what you've already done. Add a sticky note or digital check mark each time you finish a task. Seeing progress builds motivation.

Experts with Indeed

also say what you do after work matters. Regular exercise, healthy meals, and enough sleep can increase energy and help you stay motivated during the day.

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Just 5 minutes of exercise could reduce high blood pressure, study finds

Just a few minutes a day could make a big difference in your blood pressure, according to a new study published in *Circulation*, the journal of the American Heart Association.

Researchers at University College London (UCL) and the University of Sydney evaluated how small bursts of exercise impacted people's blood pressure.

A total of 14,761 participants across six countries wore activity trackers while performing short physical tasks, including walking at various speeds, running, cycling or stair climbing, according to a press release from UCL.

Throughout a 24-hour day, the participants had approximately seven hours of sleep, 10 hours of sedentary behavior (such as sitting), three hours of standing, one hour of slow walking, one hour of fast walking and just 16 minutes of exercise activities, the release stated.

The researchers then analyzed what happened to blood pressure when a person replaced a less active behavior with five minutes of exercise, finding that it resulted in "clinically meaningful" improvements.

Incorporating just 10 to 20 additional minutes of exercise per day could equate to a 10% reduction in heart disease risk, the release stated.

"Our findings suggest that, for most people, exercise is key to reducing blood pressure, rather than less strenuous forms of movement, such as walking," Dr. Jo Blodgett, first author of the study from UCL Surgery & Interventional Science and the Institute of Sport, Exercise & Health, said in the release.

"The good news is that whatever your physical ability, it doesn't take long to have a positive effect on blood pressure," she continued.

"What's unique about our exercise variable is that it includes all exercise-like activities, from climbing the stairs to a short cycling errand, many of which can be integrated into daily routines."

While walking did have some positive effects, the researcher noted, exercises that "put more demand on the cardiovascular system" were shown to be



most beneficial for blood pressure.

Elevated blood pressure (hypertension) is defined as readings that are consistently above 140/90 mmHg. The first number, systolic blood pressure (SBP), measures the pressure against the artery walls when the heart beats, UCL



noted. The second number, diastolic blood pressure (DBP), measures the pressure against the artery walls while the heart muscle rests between beats. The condition affects 1.28 billion adults and is one of the leading causes of death worldwide, statistics show.

This is the first study to examine the effects of substituting one activity with another, according to joint senior author Professor Emmanuel Stamatakis, director of the ProPASS Consortium from the Charles Perkins Centre.

"The finding that blood pressure may be beneficially affected by small amounts of exercise, some of which might be done as part of daily living, is also unique," he told Fox News Digital. "Until now, most research has focused on structured exercise, which, unfortunately, is hard to initi-

ate and even harder to maintain as a lifestyle habit for most people."

This study confirms what clinicians and patients have long observed, according to Ian Del Conde Pozzi, M.D., cardiologist at Miami Cardiac & Vascular Institute.

"One way regular exercise reduces cardiovascular risk, including heart disease and stroke, is by lowering blood pressure and improving metabolic health, such as enhancing glucose metabolism and supporting healthy weight management," Del Conde Pozzi, who was not involved in the study, told Fox News Digital.

The human body functions at its best with daily physical activity, the doctor noted. "When we lead lifestyles our bodies weren't designed for — such as being sedentary or having constant access to high-calorie foods — our health can suffer," he said.

Regular exercise helps restore the body to its "natural state," allowing it to function better and helping to prevent many chronic health conditions.

Exercise alone may not be enough to resolve hypertension, however.

"While most patients with high blood pressure may not achieve full blood pressure control through exercise alone, some individuals can potentially prevent high blood pressure altogether by adopting a healthy lifestyle that includes regular exercise," Del Conde Pozzi said.

Based on the findings, the researchers recommend that physically inactive people try to accumulate five to 10 minutes of activity per day initially, and gradually increase to around 25 to 30 minutes a day.

"This does not necessarily have to be in one continuous session — it can be done in multiple sessions interspersed across the day, with each session as short as one or two minutes," Stamatakis told Fox News Digital. "Of course, combining such daily activity with a structured exercise program would be optimal."

The study was supported by the British Heart Foundation.

—By Melissa Rudy

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Spiritual Wellness

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

Do More of What You Love

For in him we live and move and have our being.

Acts 17:28 (NIV)

Recently, I listened to a business podcast titled, “Do not pander.” The message of the podcast was not to cater to the whims of other businesses and to the algorithm. Those of us in the online space have to deal with changing algorithms and then try to figure out what kind of posts, etc. that Facebook and Instagram are “rewarding” and looking for. By doing this, you can easily get caught up in chasing success and people-pleasing only to lose yourself in the process. All this leads to burnout. But what the podcaster said next had me not only thinking about business but also about our approach to healthy living:

Burnout is not doing enough of what you love.

Oftentimes, we think of burnout as doing too much, being too busy. In fact, dictionary.com says it's fatigue, frustration, or apathy resulting from prolonged stress, overwork, or intense activity. Instead of staying tired and frustrated, how about we **ask ourselves what we love to do and if we're doing enough of that.**

Why is it that people can start a diet or extreme exercise program at the beginning of the year only to fizzle out by February or March? They're tired and frustrated. They're either not getting results, or they're over what it is they must do to get the results. They didn't take into consideration what they liked to do. They didn't ask themselves how they like to move or what food they like to eat. Instead, they signed up for a random plan, no questions asked. Now they're realizing they don't

really like eating according to a clock, two-a-day workouts are exhausting, or drinking a gallon of water a day just makes them feel water-logged.

When you start honoring your body the way God uniquely created you, you can sustain the way you choose to care for it.

Yes, it's important to move regularly. Yes, you'll function better when you're filling your body with nourishing foods. Yes, drinking plenty of water is essential for your body to function and feel well. **But only you know you.** And you were created with unique tastes and preferences. Start there.

- How do you like to move?
- What foods leave you feeling satisfied and energized?
- How much water does your body operate best on?
- Do you like the way you eat and move and spend your days?
- What are your favorite things to do?

This scripture in Acts reminds us that all we do is **in Him**. It's by His power that we move and that we even exist. He uniquely created each of us, and we must honor that. This chapter in Acts reminds us that we are God's children, created in His image. He knows all the details about you, and He created you the way you are **for a reason**. Don't try to be someone or do something that doesn't align



with the Lord and the way He made you. He loves you, and He wants you to love and embrace the life He has planned for you.

If your current healthy living approach is leaving you tired and frustrated, ask yourself the questions above. When you start doing more of what you love in regards to how you care for your body, you'll start feeling better. You'll want to do those things. It'll be easier to continue that approach for a long time to come.

Do something you love today!

Action Step

Ask yourself the questions above. Are you honoring the unique body God entrusted to you? Choose to honor God by making healthy decisions that honor your unique body.

—Marsha Apsley | faithand-fitness.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.

Vitamins & Supplements – by Shelley B. Weinstock; John Wiley & Sons, Inc.; 2025 New Books 613.2 WEI

Vitamins & Supplements For Dummies will teach you how to choose the best vitamins, minerals, and supplements to provide nutrition for your mind and body. Inside, you'll find easy-to-follow explanations of what key vitamin and minerals do, so you can make the right choices for your needs. Factors like age, lifestyle, gender, ethnicity, diet, and habits all play a role in determining which vitamins and minerals you need more or less of in your diet. Learn how to get blood tests, keep a diet record, and other methods of finding out where you may benefit from changes to your regimen. With this book, you can follow healing programs that include vitamin, mineral, and herbal supplements and lifestyle tweaks. If you use supplements wisely, they can improve your health, wellness, and longevity.

Mobility for Life: healthy joints, strong bones, and a peaceful mind with Avita Yoga – Jeff Bailey; Mission Driven Press; 2025 New Books 613.7046 BAI

Do you struggle with exercise or find it hard to stay consistent? In Mobility for Life, Avita Yoga founder Jeff Bailey will show you how to improve your health by doing less and moving smarter. This transformative approach uses gentle, intentional shapes to

resolve arthritis and joint pain, bring movement to tight spots, and improve balance. Where there's movement, there's health--and anyone can achieve it with practice.

It Doesn't Have to Hurt: your smart guide to a pain-free life – by Sanjay Gupta; Simon & Schuster; 2025 New Books 616.0472 GUP

Are you one of the 52 million people who experience chronic pain in your day-to-day life? In It Doesn't Have to Hurt, Sanjay Gupta makes the empowering argument that there are effective options for relief that you can start practicing today to greatly reduce your chances of suffering pain tomorrow. The significance of reducing and even eliminating pain cannot be overstated. Gupta shows how pain carries an enormous amount of physical, social, and emotional baggage, which is, in part, why it has been so hard to treat, and too often ignored. It can also present in infinite ways. Yet both patients and practitioners labor under the mistaken idea that most pain problems can be fixed with a drug or procedure. It turns out we have tremendous agency in choosing how we'll respond. The brain "creates" pain, but it also has the capacity to reduce or even eliminate it. There is more evidence than ever about the benefits of sleep, diet and nutrition, mindfulness-based pain management (MBPM), myofascial and other hands-on treatments, as well as yoga, specialized psychotherapies, and even social "prescriptions" -- prompting more doctors than ever to focus on these solutions. Gupta runs the gamut of conventional and complementary approaches, including the technique known as Mobilization Exercise Analgesia Treatment, foam rolling, acupuncture, trigger point injections, and vital "prehabilitation" before any operation. He shares how to make sense of all those over-the-counter pills, patches, and pain products, as well as drugs advertised on television or prescribed by your doctors. He covers psychedelics, supplements, and CBD. And he highlights insights from

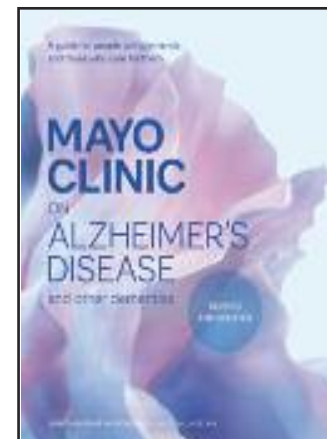
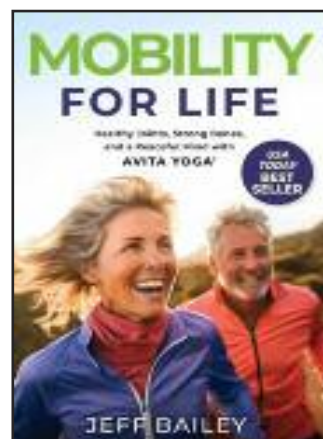
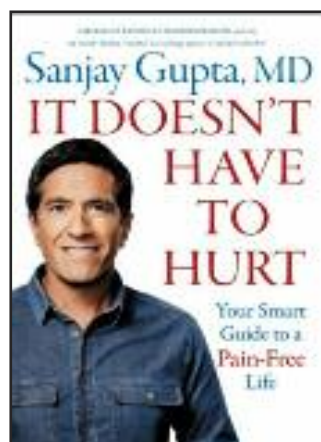
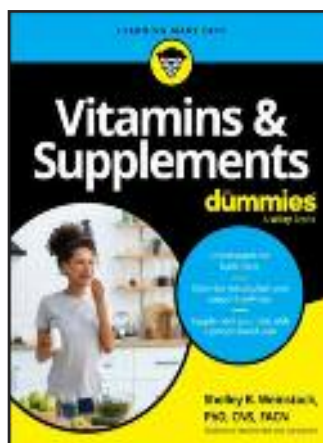
some of the nation's leading pain scientists and specialists, plus stories of challenge and triumph over pain by those with lived experience.

The Mask: a history of breathing bad air – by Bruno J. Strasser and Thomas Schlich; Yale University Press; 2025 New Books 616.27 STR

For centuries, humans have sought to protect themselves from harmful air, whether from smoke, dust, vapors, or germs. This book offers the first history of respiratory masks--ranging from simple pieces of cloth to elaborate gas masks-- and explores why they have sparked both hope and fear. Bruno J. Strasser and Thomas Schlich captivate readers with stories of individuals—from renowned doctors and political leaders to forgotten inventors and anonymous factory workers—who passionately debated the value of masks. In Renaissance Italy and Meiji Japan, in Victorian Britain and Cold War America, the way societies have engaged with face coverings reveals their deepest cultural and political fractures. The Mask challenges us to reconsider how we care for one another and the kind of environment we aspire to inhabit.

Mayo Clinic on Alzheimer's Disease and Other Dementias: a guide for people with dementia and those who care for them – by Jonathon Graff-Radford and Angela Lunde; Mayo Clinic Press; 2025 New Books 616.831 MAY

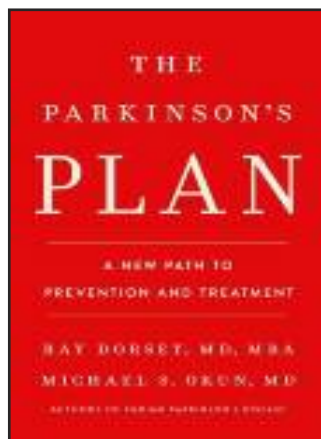
Dementia is a serious health challenge, and by some estimates the number of people living with dementia could more than double by 2050. While Alzheimer's disease is



the most common type of dementia, other types also affect adults worldwide, causing loss of cognitive functions such as memory, reasoning and judgment. The diseases that cause dementia have long been considered difficult and unrelenting, but recent advances offer hope. Are there ways you can lower your risk of Alzheimer's Disease and other dementias? Can they be prevented? Can you live well with dementia? If so, how? This fully revised and updated third edition of Mayo Clinic on Alzheimer's Disease and Other Dementias provides answers to these important questions and more: How do sleeplessness, hearing loss, social isolation, and other risk factors contribute to cognitive decline? How can exercise and healthy foods preserve brain function? What are the neurological changes that can occur in the brain, and how is normal aging different from aging with dementia? How are blood and genetic biomarker tests breaking new ground in diagnosing dementia? Why is it increasingly important to identify dementia in its early stages? What are the unique signs and symptoms of Lewy body dementia, frontotemporal degeneration, vascular cognitive impairment, and other dementias? What are the stages of Alzheimer's disease? Can new and emerging medications slow the progression of Alzheimer's disease? What day-to-day coping strategies can help people live well with dementia? How can caregivers care for themselves?

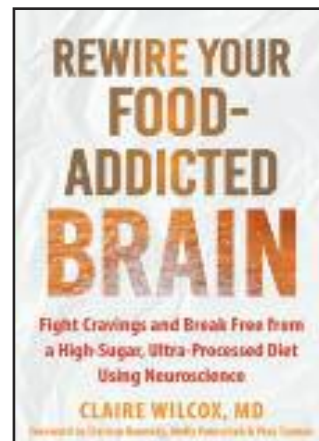
The Parkinson's Plan: a new path to prevention and treatment – by E. Ray Dorsey; PublicAffairs; 2025 New Books 616.833 DOR

In *The Parkinson's Plan*, two doctors on the cutting edge of Parkinson's research detail the steps necessary to prevent, slow, and treat this debilitating condition. They show readers how to prevent the disease through the food we eat, the water we drink, the air we breathe, and the lifestyles we live. They interview twenty-five of the world's top scientists, clinicians, and thought leaders in the Parkinson's field to build a plan for prevention and treatment. *The Parkinson's Plan* presents a clear road map with the strategies and tactics necessary to create a world where the disease is increasingly rare and the treatments are more successful.



Rewire Your Food-addicted Brain: fight cravings and break free from a high-sugar, ultra-processed diet using neuroscience – by Claire E. Wilcox; New Harbinger Publications; 2025 New Books 616.8526 WIL

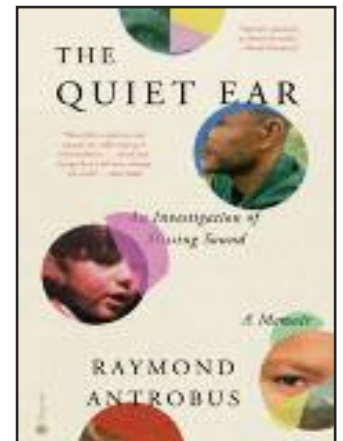
Written by an addiction psychiatrist with decades of experience, this powerful guide combines proven-effective techniques based in addiction and eating disorder treatments to help you overcome the unhealthy food habit, once and for all. In addition to real-world stories from others who have battled food addiction, you'll learn how certain foods can actually alter your neurochemistry—lighting up reward centers in your brain just like nicotine, alcohol, and other drugs. Most importantly, you'll discover how to move beyond the self-blame, shame, and internalized stigma that is associated with food addiction, so you can start taking steps toward lasting recovery. If you're trapped in a never-ending cycle of yo-yo dieting, crazy cravings, and bingeing (with or without purging), this evidence-based guide can help you get back on track. It's time to say goodbye to "big food," and the packaged products that keep you from nourishing and enriching both your body and mind.



The Quiet Ear: an investigation of missing sound : a memoir – by Raymond Antrobus; Hogarth; 2025 New Books 617.8 ANT

At the hospital where Raymond Antrobus was born, a midwife snapped her fingers by his ears and gauged his response. It was his first hearing test, and he passed. For years, Antrobus lived as a deaf person in the hearing world, before he was diagnosed at the age of six. This "in-betweenness" was a space he would occupy in other areas of his life too. The son of a Jamaican father and white British mother, growing up in East London, it was easy for him to fall through the cracks. Growing up, he was told that he wasn't smart enough, wasn't black enough, wasn't deaf enough. It was only when he was fitted with hearing aids at the age of seven, that he began to discover his missing sounds: the high pitches of whistles, birds, alarms, the "sh, ch, ba, th" sounds in speech—all of it missing. *The Quiet Ear* is an attempt to fill in those missing sounds in Antrobus' own life, and how they

formed his hybrid deaf identity. It's a story of a journey of finding your path when there are no signs to show the way, and a testament to the people—his parents and teachers, artists, writers, and musicians -- who helped form his language: spoken, written, and signed. It's also about becoming a father to a hearing son, and trying to know the ways in which they might understand and misunderstand one another.



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

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



Contact Lissa Staley:

estaley@tscpl.org

**Topeka & Shawnee County
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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

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

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

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

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

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

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

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

KANSAS CITY RENAISSANCE FESTIVAL—Sat. & Sun., Aug. 30 - Oct 12, 10am - 7pm PLUS Mondays, Sep. 1, 10am - 7pm and Oct. 13, 10am - 5pm. www.kcrenfest.com. FB @KansasCityRenFest 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

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!. garysfarmfest.com; 785-246-0800

GREAT PLAINS RENAISSANCE & SCOTTISH FESTIVAL—Sep. 27-28, 6501 W21st St. N, Wichita. Sedgwick County Park with jests and jousts, aerial acrobatics, falconry and fire breathing daredevils, bagpipes and belly dancers, singing pirates, knights and knaves, The Wichita Highland Games, Celtic music, kings and queens, Vikings and vagabonds. \$17 Adm. www.greatplainsrenfest.com/onlinetickets/

FALL FESTIVAL AND SWAP MEET—Sep. 27-28, 7am-4pm, Meriden Antique Engine and Threshers Association, 8275 K-4 Highway.

KANSAS HONEY FESTIVAL—Sep. 27, 9am, Old Prairie Town at Ward-Meade Historic Site & Botanical Garden. Live music and entertainment, Kids' games and family-friendly activities, Educational exhibits, Food and craft vendors, Beekeeping demos and hands-on learning opportunities.

CARBONDALE FALL FESTIVAL AND STREET DANCE—Sep. 27, 2-10pm, Main Street, Carbondale. Street Shopping Vendors, Bingo at the Library, Parade, Kiddie Corner, Color Dash, Cornhole Tournament and the Steve Kile Band!

KAREN PECK & NEW RIVER—Oct. 3, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. Concert begins at 7pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; office@wnnaz.org; wnnaz.org

LECOMPTON TERRITORIAL DAYS—Sep. 27, Lecompton, KS. 7am pancake feed, kids bike race, parade, touch a truck, chainsaw art, lawn mower race, inflatables, fashion show, cake walk, carnival games, ice cream social, talent show, laser tag, street dance. Vendor Signup: bit.ly/TDayVendor23 Volunteer

ING NETWORKING GROUP—Oct. 1, 11:30am at Bradley's Cafe. All are welcome, free to attend, order from menu

WEST RIDGE LIVE—Oct. 2, 6:30-8:30, food court at Westridge Mall. Chance Encounte. While you listen, grab food and drinks from Iron Rail Brewing and Ta Co. Topeka — they'll be serving from 6:30–8:30 PM.

SLASH & BASH FILM FESTIVAL—Oct. 3, 6-12pm, Woodshed Event Center

KAREN PECK & NEW RIVER—Oct. 3, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. Concert begins at 7pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; office@wnnaz.org; wnnaz.org

LIVERPOOL LEGENDS—Oct. 3, 7:30pm, TPAC

RISE OF HEROES RESOURCE GATHERING—Oct. 4, 10:30-2, West Ridge Mall. Learn about available Intellectual/Developmental Disability (I/DD) service providers. connect with local community resources, and HAVE FUN! There will be superhero-themed sensory activities, games, and a photo booth. Prize drawing. Special appearances by "Iron Man" Cantrell and Ms. Wheelchair Kansas!

AUTUMN HAND MADE CRAFT SHOW—Oct. 4, Lexington Park Community, 1011 Cottonwood Ct, across from Gage Park. Food & crafts

HHHS FOOD TRUCK NIGHT—Oct. 4, 4-8pm, 5720 SW 21st St. Also Paradize Band, adoptions, free microchipping

OKTOBERFEST—Oct. 4, 4-8pm, St. John's Lutheran Church, 901 Fillmore. Food, fellowship, games, and music.

MAYETTA DAYS—Oct. 4, 7am-5pm, 119 E Main St, Mayetta. 5K Run, Car & bike Show, vendors, parade, DJ, kids games

CARS & KICKSTANDS 4 KIDS CAR SHOW—Oct. 4, 9-2, Rev City Church, 700 Wakarusa Dr, Lawrence.

OKTOBERFEST—Oct. 4, 10-3, Prince of Peace Lutheran Church, 3625 SW Wanamaker Rd. Vendors, food trucks, live music, free kids' area, free cake walk, free drawings for \$250 and \$300, free drawings for prizes, puppies to adopt, and homemade German food. Admission is free!

HARVEST FESTIVAL—Oct. 4, 11am-2pm, Highland Heights Christian Church. 29th & Tecumseh. Games, food, family fun.

COMBAT AIR MUSEUM CAR SHOW—Oct. 5, 10am-2pm, Combat Air Museum at Forbes Field. Food trucks, raffle prizes

WELCOME BABY JUBILEE—Oct. 5, 2-4pm, Pozez Ed. Ctr, 1500 SW 10th. Support for Your Family's Journey—from First Kicks to First Steps. Meet local providers and support teams, Tour The Birthplace, Connect with other parents, Community resources and giveaways, Tdap boosters for parents and support people—bring insurance card to get yours!

WORLD COMMUNION SUNDAY AT EVERY PLAZA—Oct. 5, 10:30am. Join Topeka First UMC, St. John AME, First Presbyterian, & Grace Cathedral churches as we celebrate World Communion Sunday together

BLESSING OF THE PETS—Oct. 5, 10:30am, St. David's Episcopal, 3916 SW 17th.

DIRT ROAD JUNKFEST—Oct. 10-11, Valley Falls. Over 100 vendors

C5Alive "POWER" LUNCHEON—Oct. 9, 11:30-1, Johnny's Tavern private room. Irene Haws will speak about Marketing and Lion's Club. 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 friends

SAVE THE DATE: C5 POWER Luncheon, Nov. 13, 11:30-1.

CORNER MARKET—Oct. 11, 29th & Adams. 40+ Vendors, food trucks, music, kids activities,

CAR SEAT CHECK LANE—Oct. 11, 9am-12pm, Mathes Learning Ctr, 2032 N. Kansas Ave.

HALLOWEEN COSTUME COLLECTION & GIVEAWAY & WELLNESS FAIR—Oct. 11, 9-11am, 455 SE Golf Park Blvd. SENT is gathering new and gently used Halloween costumes to ensure every child in our community can experience the joy of dressing up. Costumes will be available for children of all ages, ensuring no one is left out of the festivities. Also a Child Mental Wellness Fair offering resources, activities and information. 785-783-2435 Ext 300 or tricia@sentopeka.com.

ING NETWORKING GROUP—Oct. 15, 11:30am at Shopper's Kitchen. All are welcome, free event, order from menu

ARAB ANTIQUIS ANNUAL CAR SHOW & VENDOR MARKET—Oct. 11, 9-3, 1305 S. Kansas

GREEK FOOD FESTIVAL—Oct. 11, 11-2, St. Peter & Paul Church, 2516 SW Huntoon.

FAIRLAWN PLAZA FALL FESTIVAL—Oct. 11, 4pm, Fairlawn Mall. Trick or Treating & face painting 4-6pm, music by Typical Stereo 6-9

HOLISTIC, HEALTHY, HOMEMADE MARKET—Oct. 18, 9-3, Woodshed Market

FIVE HEARTS FESTIVAL—Oct. 18, 2-8pm, Most Pure Heart of Mary Church, 3601 SW 17th. Carnival, music, kids market, face painting, cake walk, bingo, beer garden

WOODSHED MARKET SHOP & TREAT PLUS COSTUME CONTEST—Oct. 19, 10-3, 1901 N Kansas Ave. Vendors trick or treat, games, food trucks, cash & trophies for winners

YMCA TRUNK OR TREAT—Oct. 22, 6-7:30pm, YMCA, 3635 SW Chelsea Dr. Games & activities too

TRUNK OR TREAT—Oct. 23, 5-7:30pm, KVC, 419 SW 29th St. Food & drinks too

PRENATAL YOGA WITH DR. AMBER BECKLEY—Oct. 23, 5-5:45pm, Beckley Chiropractic & Wellness, 216 SW 7th.

STANDARD PROCEED PURIFICATION PROGRAM CLASS—Oct. 23, 6pm, Beckley Chiropractic & Wellness, 216 SW 7th. Join us for our Detoxification & Nutrition Class. 785-234-5056

DRIVE-THRU TRUNK OR TREAT—Oct. 25, 1-3pm, Christ Lutheran, 3509 SW Burlingame. Candy and non-candy treats

TRUNK OR TREAT—Oct. 25, 4-6pm, First Baptist, 3033 SW MacVicar.



TOPEKA ALL HALLOWS RENAISSANCE FESTIVAL – Oct. 25-26, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Jousting, Pirates, Vikings, D&D Quest, mermaids, live entertainment, axe & arrow games, petting zoo, kids zone, costume contest, Gnome Home contest, face painting and much more! See Topeka Renaissance Festival facebook page for details.

TRUNK OR TREAT & CARNIVAL – Oct. 26, 1-3:30pm, Capital Gymnastics, 3740 SW Park Ave. 785-266-4151 or office@cgatepeka.com

TRUNK OR TREAT – Oct. 26, 2-4pm, St. David's, 3916 SW 17th.

TRUNK OR TREAT – Oct. 26, 5-6pm, First Christian, 1880 Gage. Food Trucks too.

PUMPKIN RUN & TRUNK OR TREAT – Oct. 26, 5-8pm, Hummer Sports Park. 5K run/walk, a Fun Run and Family Stroll, plus trunk or treat

REFORMATION POTLUCK & ACTIVITY NIGHT – Oct. 29, 5:15-7pm, Christ Lutheran, 3509 SW Burlingame. German dishes encouraged, but your favorite dish is always welcome. After dinner, enjoy time in fellowship, as well as inter-generational games and activities. (All ages welcome!)

TRUNK OR TREAT – Oct. 30, 5:30-7:30pm, Big Brothers Big Sisters, 2348 SW Topeka Blvd. All are welcome to join in: alewis@kansasbigs.org or 785-422-9503

TRUNK OR TREAT – Oct. 31, 5-7pm, Lakeview Nazarene, 2835 SW Croco.

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

ELECTION DAY – Nov. 4.

ONGOING EVENTS / MEETINGS

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

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

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.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 PRO-

GRAM – Every Mon., Wed., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

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

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstonetopeka.com. 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. Bill Gates and Warren Buffett play duplicate bridge! It is great for brain health. Email 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 1-3pm, Auburn Community Center.

TOPEKA PUBLIC LIBRARY PLAY BUS – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco.

Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

OPERATION BACKPACK – 1st Thurs., 6pm, , Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

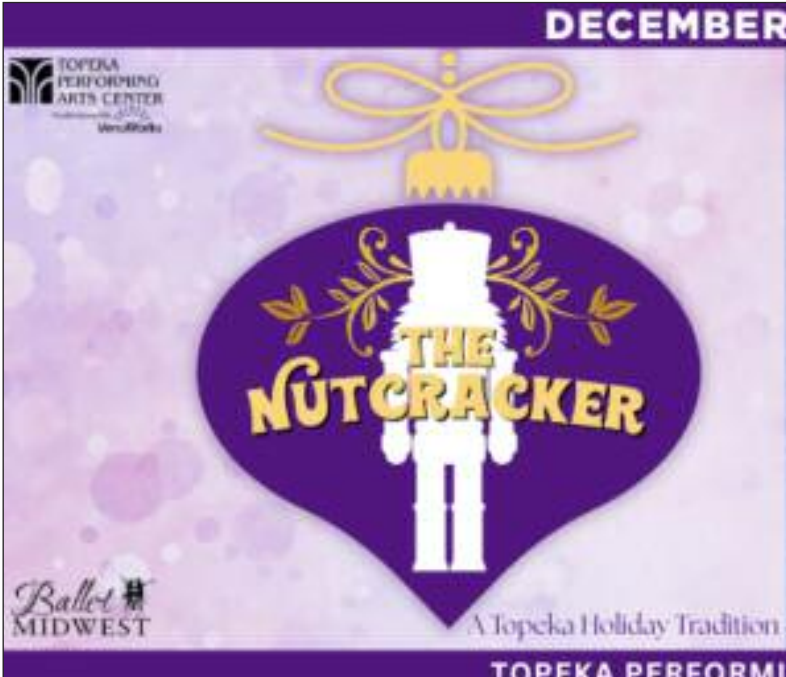
GAMBLERS ANONYMOUS – Every Wed, 7pm, St. Francis Hospital, meeting room #8.

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

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

See more at TopekaHealthandWellness.com

 HARVEST FESTIVAL FREE Event	October 4 11 am - 2 pm Games, Food, and Family Fun as we Celebrate God's Provision! Highland Heights Christian Church 29th & Tecumseh Rd • 785-379-5642
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 TOPEKA PERFORMING ARTS CENTER <i>Ballet MIDWEST</i> A Topeka Holiday Tradition	
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DECEMBER 12, 13, 14

TOPEKA PERFORMING ARTS CENTER

Health & Wellness Marketplace

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

MEDICAL

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

MENTAL HEALTH - ADDICTION

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

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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TOPEKA, KS – Local entrepreneur Alicia "Bomdelilicious / BEMSpice Queen" Barber is taking Kansas flavor to new heights with her innovative spice brands, BEMSpice Company and Bomdelilicious Kitchen.

Her growing line of spices, seasonings, pet treats, and recipe collections bring creativity, health, and bold taste to kitchens and communities alike. With a strong focus on imaginative blends, Barber continues to inspire both home cooks and professional chefs with products that are as colorful as they are flavorful.

Barber is also building an ecosystem of resources—books, recipes, digital classes, and motivational tools—that reflect her passion for food, family, and entrepreneurship. She describes her mission as simple: "Real food, real flavor, real creativity for every plate."

Connect with Bomdelilicious & BEMSpice:

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