

TOPEKA

JANUARY 2026

Health & Wellness

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MAGAZINE

FITNESS & NUTRITION TRENDS FOR 2026



How to Follow Through on New Year's Resolutions

Living a Balanced & Vibrant Life

Keeping Your Pet Healthy During the Winter

Micro-Maxing: can small changes change your life?

A New Year Search for Immortality

Happiness without burnout: boosting dopamine

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ON THE COVER:

Our cover this month features a couple supporting each other's New Years Resolutions.

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

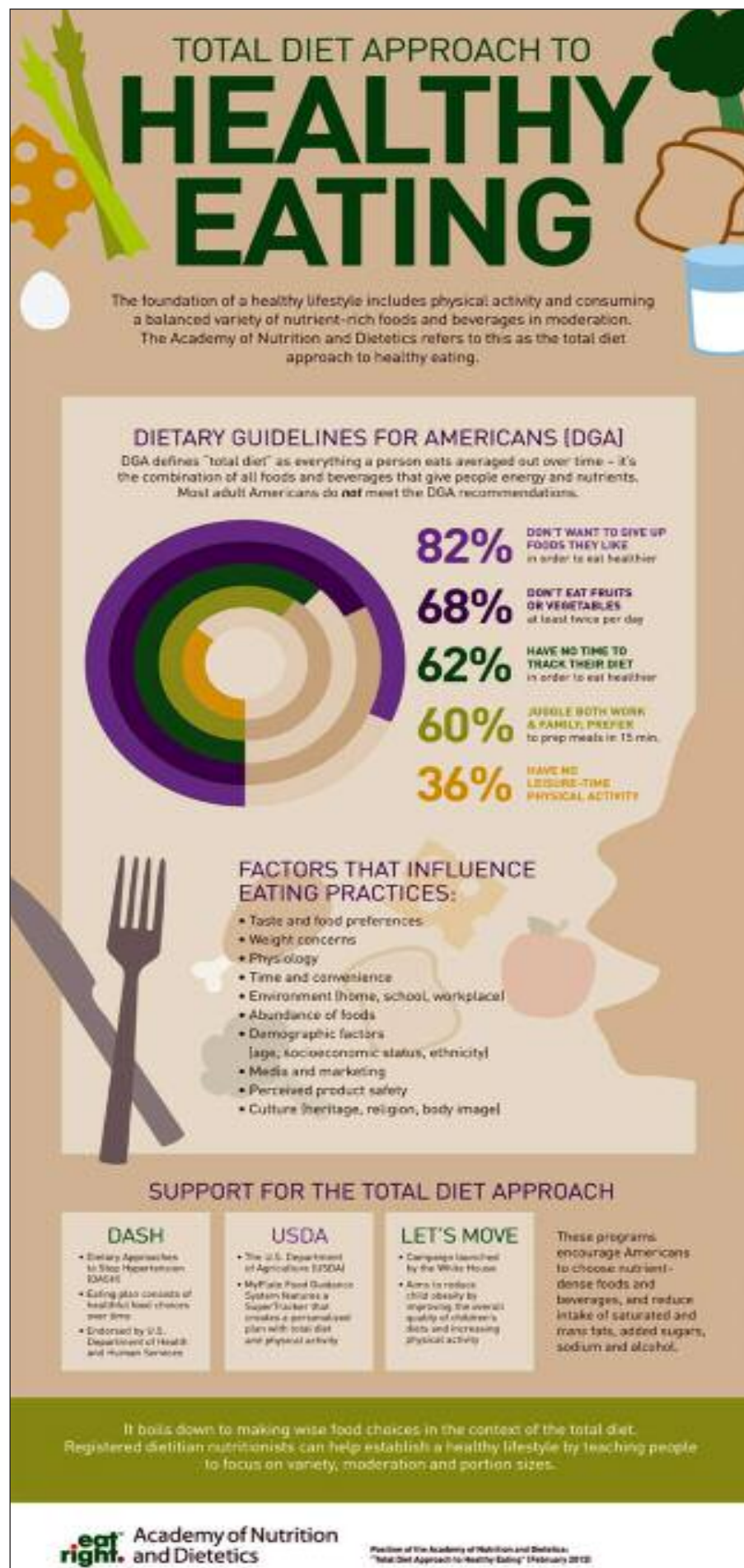
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What are the standouts in the health trends for 2026?

It's been a year of seed oil hysteria, wellness quackery, wearable tech getting techier, protein mania, sprinting and "lifting heavy," as well as the spotlight being shone on the seedy underbelly of ultraprocessed foods and vitamins (unless you have a deficiency, don't waste your precious cash).

What exciting and wacky health trends can we look forward to in the year ahead? I asked five experts for their take.

What stood out was one thing: for better or worse, GLP-1-based medications like Ozempic are changing the landscape from nutrition to fitness and beyond.

"This is the big one, I think, for 2026," says Trent Rigby, a consumer analyst and director of Retail Customer Advisory. "In the US, we've recently seen obesity rates in adults decline for the first time in decades linked to this. Availability and cost are still barriers here in Australia, but these are improving."

By 2030, it is estimated that 1.13 billion of the global population will be obese and about 10 per cent of the population in the US will be on obesity drugs.

"Take-up numbers should be similar here in Australia," says Rigby. "I see GLP-1s influencing everything from food, fitness, apparel and wellness industries."

A pivot in fitness trends

Wearable technology is the number-one fitness trend for 2026, according to the American College of Sports Medicine. Its continued evolution means wearables can now do far more than track your steps and heart rate. Features are as varied as fall or crash detection, heart rhythm, blood pressure, blood glucose and skin temperature. This can benefit everyone from people in rehabilitation to fitness beginners, athletes to ageing adults.



Beyond wearables, the star across the rest of the predicted fitness trends was resistance exercise.

It is critical for active ageing for preventing the significant loss of lean mass that accompanies GLP-1 weight loss (up to 60 per cent of total weight loss is lean mass), for balance and injury prevention, as well as for functional fitness.

Once the domain of bodybuilders, resistance training will become an even stronger trend next year.

There is now so much robust data to indicate that resistance training is effective at improving bone mineral density, stopping the age-related loss in muscle mass, strength and power, and also improving metabolic health, such as glucose regulation.



Protein hasn't peaked

If you thought protein had peaked in 2025 then you (and I) were wrong.

According to trade publication FoodNavigator, we'll see protein soft drinks as well as "protein-plus" products, which are products with high-protein, plus a functional ingredient such as fiber.

Obesity drugs are driving the interest in protein, as protein helps to maintain muscle mass among those losing weight.

Accredited practicing dietitian Dr Joanna McMillan says protein is "here to stay."

The high-protein foods that don't come with ridiculous claims include meat and seafood, eggs and dairy, beans and tofu.

Beyond protein, accredited dietitian and nutrition researcher Danielle Shine anticipates continued growth in "personalized nutrition," using genomics, microbiome or metabolic markers.

"The science supporting these approaches is still in its infancy, so I don't endorse them for general use," she says. "Nevertheless, I expect brands will continue to promote them aggressively, given the strong financial incentives."

Active ageing

With an ageing, cashed-up population, experts forecast 2026 (and beyond) as the year of the Boomers.

So-called "positive ageing" is among the top trends of the year ahead, according to global market insights firm, Innova.

What on earth is positive ageing? A proactive and holistic approach for consumers across all generations, they say, noting that 73 per cent of global consumers consider healthy ageing as extremely or very important.

Consumer analyst Trent Rigby agrees with their assessment.

"Baby Boomers are usually overlooked from brands and marketers, but a lot of health and fitness brands are now standing up and taking notice," he says. "In 2026 we expect to see further growth in fitness programs tailored to older adults – particularly strength and mobility training, preventative health and recovery are all growing fast."

Nutrition and apparel brands are also focusing on older consumers.

Though there may be positives, Shine warns that the concept of positive or active ageing can be easily co-opted to legitimize supplements and non-evidence-based wellness approaches.

"In generally well-nourished populations, routine supplementation rarely improves health outcomes or prevents age-related decline," she says.



The miracle elixir? A nutrient-dense, minimally processed, plant-rich dietary pattern, combined with adequate high-quality protein, physical activity, good sleep, and enhancement of social and emotional health.

Strengthening mental fitness

More of us are considering the effects of our diet on our mental health, a trend which analysts refer to as "mental nourishment". In fact, 27 per cent of consumers have changed their diet or nutrition to manage their mental health.

What does that look like in practice? Short, accessible daily exercises; low-cost, digital tools as first-line support; and less stigma, more skill-building.

—Sarah Berry / smh.com.au

Happiness Without Burnout: Healthy Ways to Boost Dopamine

January often arrives with a familiar message: set bigger goals, do more, be better. While motivation can be helpful, the pressure to overhaul our lives can actually lead to stress, burnout, and disappointment. Instead of chasing happiness through rigid resolutions, what if we focused on supporting the brain chemistry that helps us feel happier – naturally and sustainably?

Dopamine, often called the “feel-good” neurotransmitter, plays a key role in motivation, pleasure, focus, and emotional well-being. The problem isn’t dopamine itself – it’s how we’ve learned to seek it. Screens, online shopping, and constant stimulation offer quick hits, but they leave us depleted and craving more.

This January, consider a different approach: healthy, nervous-system-friendly ways to boost dopamine that actually support long-term happiness.

1. Start with Sunlight

Natural light is one of the most powerful (and overlooked) dopamine regulators. Just 10–15 minutes of morning sunlight helps increase dopamine production and sets your circadian rhythm for the day. This also supports sleep quality, energy levels, and mood – a perfect continuation of the importance of Vitamin D discussed last month.

Try this: Step outside shortly after waking, even on cloudy days. No phone, no sunglasses – just light.

2. Move Your Body – Gently and Rhythmically

Movement doesn’t have to be intense to be effective. Rhythmic activities like walking, yoga, swimming, dancing, or cycling stimulate dopamine release while calming the nervous system.

When movement feels nourishing rather than punishing, it becomes sustainable – and that’s where true happiness grows.



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Try this: Choose movement that feels good in your body, not movement driven by guilt.

3. Embrace Small Novelty

Our brains are wired for novelty, but novelty doesn’t have to mean big changes or expensive purchases. Small, intentional new experiences can spark dopamine without overwhelm.

Examples include:

- Taking a different walking route
- Trying a new recipe
- Reading a new genre of book
- Learning a simple new skill

4. Create Something

Creativity activates dopamine pathways and puts the brain into a “flow state” – a deeply satisfying experience where time seems to disappear.

Drawing, journaling, music, cooking, gardening, or crafting with your kids all count. Creativity is not about perfection; it’s about expression.

5. Prioritize Real Connection

Human connection is one of the most powerful mood regulators we have. Meaningful conversation, shared laughter, and feeling seen all boost dopamine and oxytocin simultaneously.

In a world of digital connection, real connection matters more than ever.

Try this: Schedule a walk with a friend, attend a class, or simply put the phone down during dinner.

6. Celebrate Small Wins

Dopamine is released when we complete tasks – even tiny ones. Instead of overwhelming goal lists, focus on small, achievable habits that build confidence and momentum.

Making your bed, drinking a glass of water, or taking five deep breaths all count.

Progress, not perfection, is what trains the brain to feel successful.

7. Fuel Your Brain with Protein

Dopamine is made from the amino acid tyrosine, which comes from protein-rich foods such as eggs, turkey, beans, nuts, seeds, and dairy.

Balanced blood sugar and proper nourishment are foundational for emotional health.

Simple idea: A protein-rich breakfast can set the tone for steadier energy and mood all day.

8. Breathe and Be Still

Meditation and breathwork aren’t about “clearing the mind” – they’re about regulating the nervous system. Research shows mindfulness practices can significantly increase dopamine levels while reducing stress hormones.

Even two minutes of slow breathing can shift brain chemistry toward calm and clarity.

9. Try Gentle Cold Exposure

Brief exposure to cool temperatures – such as ending a shower with cool water or stepping outside on a crisp morning – has been shown to increase dopamine for hours afterward.

This doesn’t have to be extreme to be effective.

A New Kind of January

True happiness doesn’t come from doing more – it comes from supporting the body and brain in feeling safe, nourished, connected, and alive.

This January, instead of chasing quick dopamine hits, choose habits that honor your nervous system, your energy, and your humanity. Happiness isn’t something to achieve – it’s something to cultivate.

And often, it starts with slowing down.

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.

Also offering:

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- Spinal decompression therapy

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IT'S THE LAW!

A vehicle can legally pass a bicycle on the left, given there is at least 3 feet of space between the cyclist and the vehicle.

Vehicles can only legally pass on the left, and can't move back to the right until clear of the cyclist.

Vehicles may pass bicycles in a no passing zone as long as it's safe to do so.



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A New Approach to Living a Balanced and Vibrant Life

Life today often feels hurried and fragmented, making the pursuit of balance challenging. Embracing purposeful habits can transform daily routines into opportunities for growth and fulfillment. Small, intentional changes in how you care for your mental, emotional, and social well-being can yield significant improvements over time. Prioritizing meaningful connections and activities allows you to navigate the complexities of modern living with greater ease. The path to a fulfilling life emerges through consistent, thoughtful actions rather than sweeping overhauls.

Reclaiming Mental Clarity Through Digital Detox

In our constantly connected world, the relentless stream of notifications and digital interactions can take a toll on your mental health, often leading to anxiety and stress. Many people find that not disconnecting from technology outside work hours can negatively affect their well-being. Engaging in a digital detox, where you consciously step away from screens and social media, can help alleviate these pressures. This practice not only reduces stress but also enhances your mood and mental clarity, offering a pathway to improved well-being. For more insights on the effects of digital detox, you can explore studies like this one that delve into its impact on mood and anxiety.

Improving Well-Being Through Online Nursing Education

If your current job feels unchallenging or overly stressful, it might be time to consider a career change or advancing your skills. Online degree programs offer a flexible way to pursue further education while balancing work and family responsibilities. For instance, nurses looking to grow in their field can explore the benefits of RN to BSN online programs, which allow them to enhance their qualifications at their own pace. By taking this step, you can position yourself for new opportunities, greater job satisfaction, and a more fulfilling career path.

Boost Your Mood and Mind with Music

Engaging in music, whether through playing an instrument or singing, can improve your mood and sharpen cognitive skills. The process triggers the release of endorphins, fostering happiness and mental well-being. It also



reduces stress by lowering cortisol levels while increasing dopamine, a chemical linked to pleasure. These effects can alleviate anxiety and enhance memory by activating different parts of the brain. Including music in daily life can strengthen mental health and build deeper social bonds.

Understanding Emotional Spending and Its Impact

Recognizing the psychology behind emotional spending is essential for maintaining financial well-being. When you're in an emotional state, whether joyful or sad, your spending habits can be influenced by feelings rather than necessity. This behavior, known as emotional spending, can disrupt your financial stability by leading to unplanned expenses. Research shows that a significant portion of impulsive purchases is driven by emotions, which can result in stress and financial strain. By identifying these emotional triggers, you can implement strategies like setting spending limits and defining financial goals to manage your finances more effectively.

Cultivating Wellness Through Community Gardens

Community gardens offer a unique opportunity to enhance your well-being by integrating sustainable practices into urban environments. These green spaces not only help reduce the carbon footprint by minimizing the need for long-distance food transportation but also support biodiversity by preserving diverse plant species. By transforming unused urban areas into vibrant gardens, they improve air quality and help mitigate the urban heat is-

land effect, making cities more comfortable to live in. Moreover, community gardens provide access to fresh, nutritious produce, especially in food deserts, empowering you to take control of your food sources and fostering a sense of self-reliance.

Enhancing Well-Being Through Physical Activity

Regular physical activity can profoundly improve overall well-being, encompassing both physical and psychosocial benefits. Practices like yoga and tai chi go beyond traditional exercise, integrating meditative aspects that enhance mental and emotional health. These activities promote stress relief, improve mood, and foster a sense of confidence, making them appealing to people seeking balance in their

lives. Their combination of movement and mindfulness supports a holistic approach to health, often resonating across diverse cultural contexts. Emphasizing quality of life, they encourage individuals to incorporate both physical and mental rejuvenation into daily habits.

The Role of Technology in Modern Relationships

Technology plays a pivotal role in shaping modern communication and relationships, offering convenience and constant connectivity. Smartphones and online platforms make staying in touch easier, particularly for couples navigating busy schedules or long distances. While some embrace these tools to deepen intimacy, issues like misunderstandings or device distraction can create tension. Younger couples often experience a stronger influence of technology on their interactions compared to those in long-term relationships. Thoughtful use of digital tools, however, can strengthen bonds by facilitating conflict resolution and fostering emotional closeness.

Embracing these strategies can lead to a more enriched and balanced life. By integrating education, mindfulness, music, financial awareness, community involvement, physical activity, and technology into your routine, you create a foundation for sustained well-being. Each approach offers distinct advantages that, when combined, foster a life of greater satisfaction and harmony.

—Sheila Johnson

Keeping Your Pet Healthy During the Winter

Whether it's curling up by the fire, brewing hot beverages, or bundling up in a soft sweater, seasonal comforts help us through brisk autumn days and cold winter nights. Throw in flu season with holiday chaos, and it's a wonder we make it through the winter at all.

Just as we have learned how to take extra steps to stay healthy in the winter, similar care is needed to ensure the comfort and health of our pets, too.

Why pets may need winter sweaters

Ever wondered about the terrier in the sweater vest or the collie in the coat? They can serve as more than just expressions of affection from a pet parent.

Regardless of the season, animals need time outdoors. While dogs and cats have fur, they are warm-blooded and not immune to temperature changes. This means they can benefit from an extra layer for warmth.

If it's especially cold where you live, look to your pet to gauge comfort levels and plan time to dress them accordingly.

How to add extra layers

A few factors can determine how to dress your pet for winter play.

If your pet is small and short-haired, he's likely sensitive to the cold. The same goes for older pets and those that may be frail or ill. You can't take your pet's temperature by touching her nose, but you can feel her body to see if she's shivering.

Shivers mean sweaters - especially if you live in a cold climate.

Larger and long-haired pets can usually tolerate colder weather for longer periods of time, and even



though you might bundle up, your pet has a long, thick coat prepared for long winter walks.

Just pay attention to walking over ice and snow: paws do get cold and sharp objects may be hiding under the powder.

Skin-saving solutions

When the bite of winter kicks in, many pets get dry skin. A few simple steps can help prevent and treat this condition.

First, bathe them as seldom as possible. When you do need to bathe them, try using a pet-friendly moisturizing shampoo to help keep their skin healthy and pH-balanced. Human shampoos, which are harsh and acidic on their skin,

can cause dryness and itchiness. Brush your dog or cat to remove hair and dander.

After a jaunt in the snow or splashing in puddles, be sure to dry your pet with towels or a hair dryer. Although your pet shakes off excess water from his or her coat, they can still be damp.

Don't forget nutrition

You can also help your pet eat right. Quality nutrition rich in vitamin E, copper zinc and fatty acids can promote shiny, healthy coats along with a range of other health benefits.

You can also serve your pet warm drinking water in winter. Also, check outdoor water bowls to make sure they don't freeze.

Consult your veterinarian about how to add vitamins and fatty acids to your pet's food.

Now that you're on track to keep your pet healthy, don't forget to keep your pet safe from hazards like holiday decorations, plants, food and more.

SMART TIPS FOR YOUR DOG

Dogs may find these tasty, but they can make them ill, many are toxic



Alcohol



Avocado



Caffeine



Chives



Chocolate



Dairy



Garlic



Grapes/raisins



Ham



Macadamia nuts



Mushrooms



Nutmeg



Seeds/pits



Spicy



Sugar-free candy and gum



Tobacco



Yeast/dough



Onions

How Digital Price Tags Could Make You Pay MORE AND WHAT YOU CAN DO ABOUT IT

Have you noticed how some stores have changed what their price tags look like? Look more carefully, and you may realize that you're looking at a Digital Price Tag, also known as an Electronic Shelf Label (ESL). These small electronic screens are replacing traditional paper tags in grocery stores, pharmacies and other retailers and their impact on pricing may be far bigger than most shoppers realize.

What Digital Price Tags Actually Do

ESLs allow retailers to update prices instantly across an entire store. This was once possible only online; now it's happening in physical stores.

On the surface, this makes operations easier. In reality, it also enables sophisticated, algorithm-driven pricing strategies, including:

- Dynamic pricing: adjusting prices throughout the day based on demand.
- Inventory-based pricing: raising prices when items run low.
- Event-based pricing: increasing prices during busy periods or holidays.

For example, a sandwich might cost more during the lunch rush than earlier in the morning. A bottled drink might quietly increase when there's a surge of shoppers. Most people never notice.

Your Data May Affect What You Pay

But price fluctuations aren't the only concern. As the Electronic Privacy Information Center (EPIC) has warned, digital price tags can be paired with customer data to shape pricing in ways that may not be fair or transparent. In addition apps on your phone, like Google Maps, Facebook, Instagram, Whatsapp and many others collect information about what you search, where you go, who you are with, what you like and then sell that data to third parties...this not only could cost you more money, but privacy experts are sounding alarms, pointing out how this paves the way for us to be denied access to travel or other services based upon a "social credit system" like China has.

Retailers often know who is in their store through:

- Loyalty apps and digital coupons
- In-store Wi-Fi connections
- Bluetooth beacons and location tracking
- Purchase histories and shopping patterns

If a shopper's digital footprint shows they tend to buy certain items no matter the price—or rarely comparison-shop—an algorithm could decide they are less price sensitive and show them higher prices. Personalized app-based pricing is already widespread, and ESLs can mirror



Above: Standard price tag.
Below: Electronic price tag.



those same personalized prices on the shelf.

The Facial Recognition Question

Some stores also test or deploy technologies like facial recognition to monitor foot traffic, analyze demographics, or reduce theft. Although many retailers deny using facial recognition for pricing, privacy advocates warn that combining these analytics with ESLs could create a gateway to "surveillance pricing"—where your age, mood, or perceived income level influences the prices displayed to you.

Even without facial recognition, in-store sensors can de-

tect when your phone is near a product and trigger personalized promotions. This blurs the line between in-store shopping and the kind of targeted digital advertising people are used to online.

This Isn't Science Fiction—It's Already Happening

In 2019, it was discovered that Target's mobile app showed higher prices to users when they were physically closer to a Target store. That wasn't yet an ESL issue, but it proved the concept: your location, behavior, and data can influence the price you see. Digital shelf labels simply make this kind of pricing easier to deploy in physical spaces.

How to Protect Yourself as a Shopper

The good news is that you can take steps to stay ahead:

1. Watch the unit price. Unit pricing—cost per ounce, liter, or pound—is much harder to manipulate than the main price.
2. Limit app tracking. Turn off Bluetooth and Wi-Fi auto-connect. Review your retailer app's permissions and privacy settings. Remove Google Maps, Google searches, whatsapp and other tracking apps from your phone!
3. Be cautious about personalized "deals." Digital coupons and loyalty prices aren't always cheaper than the regular shelf price elsewhere, and they facilitate data collection about you.
4. Compare prices routinely. Take quick photos of items you buy often. Patterns will emerge.
5. Pay with cash! This protects your privacy and reduces data collection about your buying habits.

While digital price tags and apps are presented as convenient or efficient they can also enable individualized pricing, where costs vary based on who you are, where you are, or how you shop. Such systems risk evolving toward data-based scoring and behavioral incentives like the social credit models already seen in places like China

—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.



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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 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. ³FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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SCAN ME!

Struggling with mental health issues? You are not alone!

NAMI Topeka is Topeka's voice on mental illness: People working together to improve lives and outcomes through education, advocacy, and support. For those struggling with mental health issues such as anxiety, depression, OCD, ADHD, bipolar, PTSD, etc., it's important to know: you are not alone.

NAMI Topeka is the local non-profit affiliate of the National Alliance on Mental Illness. NAMI Topeka offers peer support, advocacy and education programs for people with mental illnesses and those who love them.

In Topeka and across the nation, NAMI education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need. All of the programs are offered free of charge to the participants.

The toll-free national NAMI helpline responds personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many.

Public awareness events and activities, including Mental Illness Awareness Week and NAMIWalks, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

What people are saying

"I've learned how to communicate with my parents about what's going on with me"

"I am now aware that I'm not alone. I'd like to become more involved in NAMI and advocacy"

"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network, and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood"

"I've really learned how to cope with my triggers better, and I'm now on the path to truly loving myself"

"I felt safe in this class. I've been able to talk about things I haven't been comfortable expressing elsewhere"

Nami Topeka hosts several local support groups to meet various local needs. These groups allow everyone to be heard and gain coping skills. They will help you gain hope and develop relationships, encourage empathy, productive discussion and a sense of community.



Family 2 Family

Family 2 Family workshops are offered three times a year. It is a free workshop for families, friends and caregivers of adults, over 18, who live with mental illness. It is an 8-week workshop that meets on 8 consecutive Monday evenings.

The next class is January 12 – March 2, 2026, 6pm - 8:30 pm at Countryside UM Church 3221 SW Burlingame Rd. Parking is in the north lot. Bottled water, snacks, and workbooks are provided.

To register, contact Marilyn Rowland at mrowland533110@yahoo.com or 785-806-3049.

Peer to Peer Class

PPeer to Peer is a free educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. This class is scheduled periodically.

Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos. It is a safe, confidential space providing an opportunity for mutual support and growth. With experience compassion and understanding from people who relate to your experiences, it is a place to learn more about recovery in an accepting environment.

NAMI Family Support Group

This is a free peer-led support group for adults with a loved one experiencing mental health conditions. Led by NAMI trained facilitators, it is an opportunity to talk, listen, and vent in a

friendly space. You may gain insight from the challenges and successes of others facing similar experiences. Everyone has an opportunity to be heard and get what they need.

"Sometimes there is trauma in a person's background," said Kay Logan, group facilitator. "Maybe there are bi-polar issues for others. Even sleeping can be a problem for some. There is a need to be able to share about issues, or just to vent, and relieve anxiety. This is a friendly place, no judgement or embarrassment – just try it once, and maybe just listen the first time."

The group meets the 2nd Monday of each month.

NAMI Connection Recovery Support Group

A free peer-led support Group for anyone 18 and over dealing with mental health challenges. This group meets one afternoon each week.

Further information and schedules are available at www.namitopeka.org

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How to Follow Through and Stick to New Year's Resolutions

Every year, millions of us make New Year's resolutions with the hope of positive change. Whether it's getting healthier, learning a new skill, or simply finding more balance, resolutions mark new beginnings. However, the challenge often lies not in setting the resolutions but in sticking with them.



Rebecca Wharton

Here's how to increase your chances of following through and making lasting changes in the new year:

1. Set Realistic and Specific Goals

Be Clear and Precise: Instead of vague resolutions like "get in shape," aim for specific goals like "exercise for 30 minutes, three times a week." Clarity helps you understand exactly what action you need to take.

Ensure Achievability: Set goals that are challenging but achievable. Break larger goals into smaller, manageable steps to avoid feeling overwhelmed.

2. Create a Plan of Action

Outline the Steps: Develop a step-by-step plan for how you will achieve each resolution. Having a roadmap increases the likelihood of success by providing direction.

Set Deadlines: Assign deadlines to each step to keep you on track. This prevents procrastination and creates a sense of urgency.

3. Track Your Progress

Use a Journal or App: Record your progress in a journal or use digital tools to track your achievements. Monitoring progress can boost your motivation and provide insight into areas that need improvement.

Celebrate Milestones: Reward yourself for hitting milestones. Celebrations, no matter how small, can keep your morale high and reinforce positive behavior.

4. Stay Accountable

Share with Others: Tell a friend or family member about your resolutions. Sharing your goals in-



creases accountability and can provide support and encouragement.

Consider a Buddy System or Hire a Coach: Partner with someone who has similar goals. A resolution buddy can offer motivation, share tips, and help keep you committed.



5. Adapt and Adjust

Be Flexible: Life is unpredictable, and sometimes plans need to change. Be willing to adjust your approach if something isn't working. Flexibility can prevent discouragement from setbacks.

Learn from Setbacks: Instead of seeing setbacks as failures, view them as learning opportunities. Analyze what went wrong and how you can avoid similar issues moving forward.

6. Maintain a Positive Mindset

Visualize Success: Regularly visualize yourself achieving your resolutions. Positive visualization can create a strong mental image of success that drives motivation.

Practice Self-Compassion: Be kind to yourself. Resolutions involve change, and change takes time. Practice self-compassion by acknowledging your efforts and forgiving yourself for any missteps.

7. Review and Reflect

Regular Check-Ins: Set aside time each month to review your progress and reflect on your journey. Regular check-ins help you stay aligned with your goals and make necessary adjustments.

Revise Goals as Needed: As you grow and change, so might your goals. Don't hesitate to revise your resolutions to reflect new priorities or insights.

By setting clear goals, creating a detailed plan, and maintaining a positive and adaptable mindset, you can improve your chances of sticking with your New Year's resolutions. Remember, the journey toward self-improvement is just as important as the destination. Embrace the process, stay committed, and celebrate your progress along the way. Here's to a year full of growth, fulfillment, and success!

If you are interested in hiring a coach or using a coaching app to help hold you accountable through your goals, scan the QR code!



JANUARY – Foundations of Whole Health

Resetting the Body, Mind, and Spirit: A Sustainable Start to the New Year

January invites renewal, yet many people begin the year with aggressive and unrealistic resolutions that lead to burnout by late January to February. True health is not built through restriction or perfection, but through everyday alignment—of the body, mind, spirit, and daily rhythms.



Rebecca Wharton

A healthy foundation begins with nourishment. Rather than extreme dieting, focus on eating foods that are whole, anti-inflammatory, stabilize your blood sugar, and support your energy. A good way to determine if what you are eating is balanced, pay attention to how you feel after you eat. Do you feel sluggish and tired, or energetic and refreshed?



Prioritize lean proteins, like chicken and fish, as well as colorful vegetables, healthy fats, and adequate hydration. Regular meals with sufficient protein reduce cravings, support mood regulation, and improve sleep quality. Aim for one gram of protein per pound that you weigh and divide that number into how many meals you eat a day. Food breaks down into a cellular and metabolic level that becomes a part of you.

A meal also takes about four hours to digest. Imagine putting gas in your car to drive your



car. If you let your car sit too long, sludge will build up in your engine; your body is the same way. Wait at least four hours after eating to go to bed so your meal does not turn to fat due to inactivity. Fully digesting your meal allows your body to get rid of waste materials it does not need prior to going to bed. This is a helpful trick for people who suffer from chronic pain, headaches, or migraines.

Mental health often improves when the nervous system feels safe. January is also an ideal time to establish predictable routines, like walking, eating, and sleeping at consistent times. The brain and body thrive on rhythm, so sleep should be treated as non-negotiable, with a regular bedtime. Reduce evening screen exposure, use blue light filters or glasses either all day or by 2 pm, and create a calming pre-sleep ritual such as bathing, reading, gentle stretching, or prayer.

Spiritual care provides grounding amid uncertainty. This does not require adherence to a specific belief system. Spiritual health may involve reflection, gratitude, journaling, time in nature, or reconnecting with a sense of purpose. Begin the year by asking not, “What should I accomplish?” but “What do I want to feel?”

Mindfulness anchors intention into action. Simple daily practices, such as five minutes of breathing, body awareness, or quiet stillness, can significantly reduce stress hormones. Mindfulness teaches us to respond to what we can control rather than react what we cannot, which supports emotional regulation throughout the day.

Social health is often overlooked during personal reset periods. Health improves when we feel seen, validated, and supported. Make time for one meaningful conversation per week. Shared meals, walks, or intentional check-ins strengthen both mental and physical resilience and create a sense of community and belonging.

January is not about reinvention; it is about reorientation. When health habits are gentle, consistent, and aligned with your values, they become sustainable.

—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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Healthy Recipes for the New Year

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

Guilt-Free Breakfast Sausage Patties



Gone are the days of giving up some of our favorite foods! This breakfast sausage is full-flavored, thanks to the ground turkey and lots of spices. Breakfast can, once again, become your favorite meal of the day!

Ingredients

lean ground turkey	2 lbs
poultry seasoning	1 tsp
fennel seeds	1 tsp
onion powder	1/2 tsp
fresh parsley (chopped)	1 tbsp
crushed red pepper flakes (optional)	1/4 tsp
salt	1/2 tsp
black pepper	1/4 tsp
maple syrup	1 tbsp

Directions

1. Combine all ingredients in a large bowl and mix well.
2. Divide mixture into 28 serving and shape mixture into 2-inch patties.
3. In a large skillet over medium-low heat, cook patties 3-5 minutes per side, or until no longer pink in center. Ensure patties reach an internal temperature of 165°F. Serve immediately.

Nutrition Information (Servings: 14)
Calories: 70. Carbs: 2g. Protein: 15g. Fat: .5g. Cholesterol: 30mg. Sodium: 115mg. Fiber: 0g. Sugar: 1g.

Source: www.diabetesfoodhub.org

Chicken Apple Crunch Salad



This savory and sweet chicken apple crunch salad will delight your taste buds by pairing fresh flavors with nutrition. Chicken apple crunch salad is delicious and light, good for lunch, dinner, or a protein-filled snack. It has been modified for the dialysis diet to encourage healthy eating and reduce food-related stress.

Ingredients

cooked chicken	2 cup
Gala apples	1 cup
celery	1/2 cup
scallions	2 tbsp
raisins	1/4 cup
light mayonnaise	1/3 cup
light sour cream	1 tbsp
lemon juice	1 tbsp
ground cinnamon	1/4 tsp
black pepper	1/4 tsp

Directions

1. Cube cooked chicken. Dice apple and celery. Chop scallions
2. Combine chicken, apple, celery, scallions, and raisins in a large salad bowl.
3. Whisk together mayonnaise, sour cream, lemon juice, cinnamon, and black pepper. Pour over the chicken-apple mixture and toss.
4. Refrigerate to chill prior to serving

Nutrition Information (Servings: 5)
Calories: 160. Carbs: 12g. Protein: 16g. Fat: 6g. Cholesterol: 50mg. Sodium: 320mg. Fiber: 1g. Sugar: 8g.

Source: www.diabetesfoodhub.org

Easy Turkey Chili



This may be the world's easiest one-pot chili, and like any good chili, it's very versatile. You can eat it on it's own, serve it atop a baked sweet potato, or spread some across whole grain tortilla chips with a sprinkle of cheese, shredded lettuce, and guacamole for a healthy take on nachos. If you want to bulk up the recipe and pack in fiber, add some cooked beans or a cooked grain (brown rice, quinoa, or whatever you might have in the pantry all work great). And feel free to experiment with hot sauce, additional spices, or chopped peppers to make it your own!

Ingredients

black pepper	1/2 tsp
salt	1/2 tsp
cumin	1 tsp
chili powder	1 tbsp
no-salt-added diced tomatoes	1 14.5-ounce can
yellow onion (peeled and diced)	1 small
bell pepper, any color (diced)	1
lean ground turkey	1 lbs
nonstick cooking spray	1

Directions

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

Nutrition Information (Servings: 4)
Calories: 170. Carbohydrates: 11g. Protein: 28g. Fat: 2g. Saturated Fat: 0g. Cholesterol: 55mg. Sodium: 430mg. Potassium: 658mg. Fiber: 3g. Sugar: 5g.

Source: www.diabetesfoodhub.org

Can Small Changes Change Your Life? The Power Of Micro-Maxing



(Ivanhoe Newswire) —

Stressed at work? Take a microbreak. Don't want to work out? Take a microwalk. Feeling sad? Share a microjoy! Are these microtrends shrinking you or are they more opportunities to grow? Micro-Maxing

Enter the trend of micro-maxing, shrinking tasks or events to get more done. Licensed Psychotherapist Colette Fehr says that incorporating more micro into your life can have positive benefits.

“Making things micro makes them more doable and more manageable,” said Fehr.

Does going to the gym feel overwhelming? Try a microworkout.

“When it's 10 seconds, two minutes, seven minutes, okay, I can do this for a little while. And then you start to get that sense of mastery that you build on,” explained Fehr.

If you feel stuck on a task or get tired of staring at a screen, try a microbreak. For a few minutes, close your eyes and let your thoughts freely flow.

“That tends to strengthen your brain in terms of being more present and engaged in the moment,” said Fehr.

Also, try to incorporate micro acts of joy into



your life.

“We're wired for connection. And when somebody bonds with you, even if it's through a smile or a little compliment, you do get a boost of feel-good chemicals inside,” explained Fehr.

NPR reported that spreading microjoy can increase your well-being by 25 percent, and being kind to yourself can create the same effects.

Fehr says that a great way to start a new habit is to micro the steps needed. Doing one little step a day can start the habit-forming process. And instead of stressing over planning a week-

long vacation, you can plan a microvacation for your days off, so you can avoid using your PTO.

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This 12-Week Base-Building Plan Is Perfect for Beginner Runners

If you want to add a race to your annual 2026 goals, building a solid running base is the best place to start.

For new runners, those coming back to running after a break, or those who want to increase their race distance (like moving from a 5K to a half marathon), it's important to slowly work your way up in weekly mileage, becoming a stronger runner, before actually tackling race training.

Though a 12-week base training plan may seem like a long time, building your fitness for three months gives your body enough time to adapt physiologically to the work you're doing without adding too much stress, therefore reducing your risk of injury.

The Benefits of Building a Running Base Over 3 Months

Minimizes Injury Risk

Building your fitness over the course of three months provides enough time for your body to adapt without adding unnecessary stress, or running too much, too soon. It also ensures your body can handle the distance training that follows this initial 12-week plan.

Starting with short, slow runs, and remaining consistent gives your body enough time to improve muscular endurance, enhance bone density, and strengthen the tendons and ligaments of the body.

Builds a Strong Foundation

The initial months of running are meant to prioritize lower-intensity efforts to safely build aerobic capacity, and help your body get used to gradual increases in weekly mileage.

Completing an aerobic-based 12-week building period

should lead to running continuously for a longer duration, with your breathing feeling easier and more relaxed and a lowered heart rate. This enhanced cardio fitness will leave you feeling strong and recovering well between efforts.

Taking the time to build a base allows you the best chance at consistently being able to head out the door for a set distance and pace—and feel good doing it. It also extends the number of weeks, months, and even years you're able to run consistently.

Prepares You for Race Training

By the end of this 12-week plan, you'll finish with a new base of roughly 12 to 15 miles per week, depending on running speed (based on 9- to 12-minute miles.). At this point, you should feel confident moving into a half marathon training plan that begins in the 12 to 15 miles per week range, with a long run of about six miles.

Because you've been consistently running three days per week, your cross-training day can transition into a fourth run day in the half-marathon plan to help build more time on feet. This can easily become a shorter three-mile day to increase overall weekly volume.

Don't want to jump straight into a half? This plan will have you ready to run or race a 10K (or 5K) by the end of the program, too.

Improves Running Form

As you gradually increase mileage and frequency, you'll also enhance the efficiency of your running gait. Learning proper running form helps strengthen your body for future advanced modes of training (like speedwork), mileage, and ultimately races.

During your training, you should focus on running with your chest proud and a slight forward lean, keeping a loose, relaxed back-and-forth arm swing. Additionally, you should focus on your breath, using your diaphragm to help you get deep, effective breaths. The more you run, the easier it will feel.

Makes Training Approachable

Starting at just 20 minutes and working up to 75-minute runs over 12 weeks allows for your body to adapt and also gives you time for recovery.

Most training plans follow the 80/20 rule, which means about 80 percent of your runs should feel easy. Once you've built up a base and are more comfortable with pacing and being on your feet in general, the other 20 percent can include strides, or light workouts to experiment with other paces.

This allows you to get plenty of time on your feet and learn what an easy pace feels like before adding in harder efforts, making speedwork like strides and hills less intimidating.



From a mental standpoint, slowly building the duration of easier efforts and gaining familiarity of running multiple days per week boosts confidence, which can equate to someone proudly identifying as being a "runner."

Teaches Proper Pacing

One of the things beginner runners struggle with most is pacing. With a longer base-building plan, you can learn what an easy pace actually feels like, how to stay relaxed, and how not to go out too hard. Over time you'll be able to hold your easy pace more comfortably and even speed up toward the end [of your runs].

We recommend using the rate of perceived exertion (RPE) scale, where you rate your effort on a scale of 1 to 10 with 1 being a very easy walk and 10 being an all-out sprint. It's one of the most accessible and reliable tools for runners, and it teaches runners how different effort levels feel.

Most easy runs should fall around a 4 on the RPE scale, where breathing is steady, conversation is possible, and the effort feels sustainable and relaxed. Using RPE helps runners avoid going too fast on easy days, supports better recovery, and builds aerobic endurance more effectively than chasing specific paces. Over time, as fitness improves, the pace associated with each RPE naturally becomes faster, which makes it a helpful, confidence-building metric.

Helps You Meet Goals

A longer base moves you out of the early "learning phase" and into a more "playful phase," because your body is able to do more. This allows you to find more joy in running—explore routes, trails, and tracks, join a group run, or sign up for a local race. When running becomes more enjoyable, it's easier to stick with it and make it a habit.

As you gain fitness and runs feel easier, you'll be able to add in longer efforts that feel less taxing, and incorporate other types of running workouts, like tempos and structured intervals. This allows you to train for longer goals, like a half marathon, while staying injury-free.

Download the plan: <https://hmg-prod.s3.amazonaws.com/files/rw-12-week-base-training-plan-6942eb25a615e.pdf>

—Jordan Smith / Runners World



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- Mar. 28: 11th Annual EASTERFEST in NOTO, 10:00-3:00

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



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A New Year search for immortality – look to God or science?

More and more people are searching for immortality in all the wrong places – and wrong times:

- transhumanism
- cryogenic freezing
- robotics
- artificial intelligence
- false gods

As we enter the New Year, there will be more of this. The media keep pumping out these illusions, I suspect, because most of those working in the press are spiritually lost. And there are plenty of billionaires around with too much money to waste. And lots of other lost people.

"Science," with rare exceptions, is lost. For the most part, it is a discipline at odds with God, in competition with Him.

There's only one way to achieve immortality, and that's to follow the prescription of our Creator.

Follow His commandments, repent when you fall short, and love Him with all your heart, soul and mind.

The nice thing about this recipe is that it works every time. But, apparently, it seems TOO HARD!

Yet, He said the gate is narrow and few find it. That's what the Bible warns us.

I suppose if I didn't accept there's only one way to eternal life, I too might be severely tempted to find another way.

But, look at it this way: Would you like to see evil people live forever? Or would you like to see them held accountable for their actions? Would you like to see justice done? Wouldn't God's way be better?

This is an important question to ponder. God knows the desire of our hearts. He promises us perfect peace, perfect justice, perfect truth. He created us and placed us in the Garden of Eden. Mankind fell. Now He seeks to restore that Garden of Eden-like creation for us, but only for those who seek His



righteousness above all else.

Ultimately, what it comes down to is this: Most people want to do what they want to do without any accountability. They want to write their own rules, even if they prefer that everyone else lived by God's.

It's a fantasy that science is going to allow just anyone to become immortal. God won't have it. For goodness sake, He didn't even let the builders of the Tower of Babel fulfill their impossible dream of reaching the heavens with brick and mortar.

Rebellion against God's rules is a prescription for one thing – death.

There's only one path to eternity for mortals – pleasing God.

He loves us so much He gave His only begotten Son over to a torturous death on the cross to atone for our sins, to give us hope, to welcome us as His beloved children into the world of forever.

But He didn't offer universal salvation. You've still got to play by His rules. And Jesus' rules are the same as the Father's:

"Seek first seek the Kingdom of God and His righteousness; and all these things shall be added unto you" (Matthew 6:33).

Don't put other gods before Him – whether it's government, science, witchcraft or money.

Don't serve idols.

Don't take His name in vain.

Remember the sabbath.

Honor your parents.

Don't murder anyone.

Don't be involved in sexual immorality if you seek immortality.

Don't steal.

Don't bear false witness against your neighbor.

Don't covet your neighbor's stuff.

Aren't these good rules or Commandments?

Is it really impossible to follow them – even with the knowledge that if and when you fall short, repentance, forgiveness and mercy are there for you?

There is no better offer on the table – and there never will be.

I suppose you could wait and see what options science finds for you. But the odds are not good – not good at all. The Creator of the universe established the laws of science – like gravity, which cannot be explained, and inertia and the four laws of thermodynamics. I suppose He could rewrite them, but nobody else can.

So, I wouldn't suggest waiting.

Get right with God today. It's the best decision you will ever make.

Today's a good day to begin – the New Year.

—Joseph Farah

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.

A Man's Guide to Healthy Aging: staying smart, strong, and active – by Edward H. Thompson Jr.; John Hopkins University Press; 2025 New Books 613.0423 THO

Updated and revised! An essential guide to healthy aging for men. In *A Man's Guide to Healthy Aging*, Edward H. Thompson, Jr., and Lenard W. Kaye explore the new and evolving landscape of men's health over their adult lives. They present a positive outlook on aging, viewing it as an opportunity for continued growth, vitality, and personal agency. Offering an overview of issues and concerns, the authors encourage men to take charge of their health and wellness by maintaining active lifestyles, recoupling if necessary, and engaging in post-retirement careers, among other activities intended to bolster physical, mental, and social health and wellness. New content based on major trends in the last ten years covers the impacts of the COVID-19 pandemic, planning for housing, the expanding availability of Medicare and Medicaid coverage and telemedicine, and more. While focusing on men, this guide also offers valuable insights for anyone hoping to better understand an aging father, brother, or partner. With a mix of research-backed information and relatable anecdotes, the authors encourage men to take charge of their health, challenge earlier generations' societal expectations of late life, and live with purpose and vitality well into their later years.

Prevention Live to 100 and Love It!: an easy road map to longevity – Stacey Colino; Hearst Home; 2025 New Books 613.0438 COL

This information-packed road map to longevity

reveals the simple lifestyle changes that can have a big impact--now and well into your later years. With actionable advice from leading medical professionals, scientists, researchers, and the editors of prevention. Plus, your three-week longevity challenge will help you jumpstart your wellness goals and set you on the right path to maximize your health span.

Planning Miracles: how to prevent future pandemics – by Jon Cohen; Alfred A. Knopf; 2025 New Books 614.44 COH

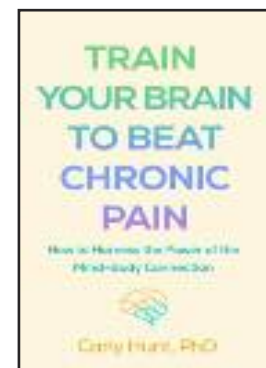
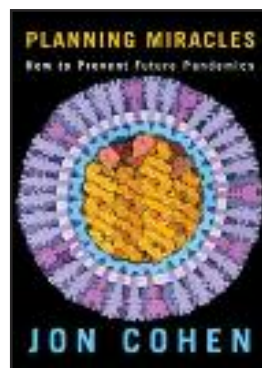
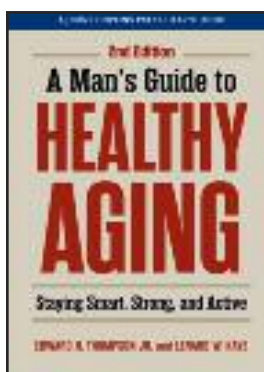
A groundbreaking book about the past, present, and future of pandemics, and a behind-the-scenes portrait of the groundbreaking community of scientists working tirelessly to stop the next one before it starts. In 1955, the vaccine that eliminated polio was celebrated as a "planned miracle;" today, despite the astonishing global effort that came together to develop a vaccine for COVID-19 faster than ever before, we now struggle against the rise of science denial and misinformation. Since 2020, we have had to face a terrifying truth: it's not if we'll experience another pandemic, it's when. How do we prepare to face it? *Planning Miracles* tells the stories of the heroes at the frontlines of epidemiology, fighting back against societal distrust and panic, monitoring the threats that exist, detecting outbreaks early, and developing new interventions as quickly as possible. Renowned science reporter Jon Cohen travels from the mountains of Vietnam to the rainforests in the Amazon, from the "wet" markets in Cambodia to fairgrounds in the United States, asking how we'll defend ourselves against the growing threat of pandemics, and finds surprising-and encouraging-answers. He meets scientists sampling bats, pigs, wild birds, and insects to hunt for the next dangerous virus.



He visits labs developing next generation vaccines with cutting edge technology that aim to protect us from entire viral families. Cohen discovers the unexpected links between climate change and the spread of disease and explores efforts to improve the equitable distribution of vaccines, diagnostics, and data sharing around the world. Weaving together history, reportage, and science writing, *Planning Miracles* is revelatory and necessary.

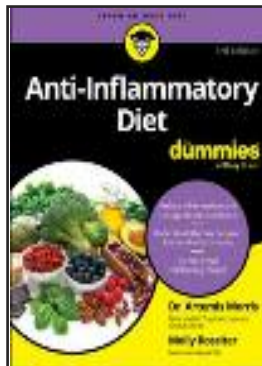
Train Your Brain to Beat Chronic Pain: how to harness the power of the mind-body connection – by Carly Hunt; The Guilford Press; 2025 New Books 616.0472 HUN

Psychologist Carly Hunt has devoted her career to understanding chronic pain--what causes it, how it keeps going long after the body has healed from injury or illness, and, most crucially, how sufferers can reclaim their lives. State-of-the-art neuroscientific research reveals suprising new insights into pain as the brain's alarm system, designed to warn us of danger. When that alarm gets stuck in a high-alert mode, Dr. Hunt shows how a range of proven interventions can help sufferers not only cope with pain, but actively reduce it. This concise, practical guide is packed with information about brain training techniques, lifestyle changes that target inflammation and other pain triggers, resources for self-care and support, and conventional and complementary medicine approaches that readers can weave into their own integrative care plan. Freedom from chronic pain is possible--this compassionate book shows how. Key Words/Subject Area: self-help, management, overcoming, complementary, alternative, medicine, integrative, treatments, behavioral, health psychology, inflammation, anti-inflammatory diet, nutritional, mindfulness, self-compassion, training, psychoeducation, stress reduction, programs, back, neck, migraine, fibromyalgia, neuroscience Audience: Anyone living with chronic pain; also of interest to mental health and medical professionals.



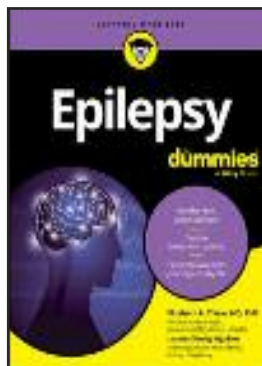
Anti-inflammatory Diet – by Artemis Morris; Wiley & Sons; 2026 New Books 616.0473 MOR

This Dummies equips you with the latest information on how to avoid chronic inflammation and reduce your risk of associated health conditions. Inflammation is linked to arthritis, stroke, cancer, obesity, and beyond. You can keep inflammation under control by focusing on foods and lifestyle factors that have been shown to help. This accessible and straightforward guide explains how it all works, and offers over 100 tasty and nourishing recipes that can have a real impact on your health--today and into the future. Updated with the latest research and an expanded focus on gut health.



Epilepsy – by Elizabeth A. Thiele; John Wiley & Sons; 2026 New Books 616.86 THI

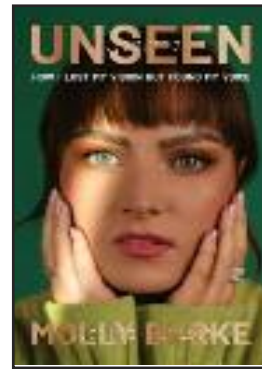
Commonly diagnosed but less frequently understood, epilepsy is a complicated, life-changing illness. Epilepsy For Dummies offers an expansive, 360-degree view of the disease that explains the medical and social realities of epilepsy. This book explains how to live well with epilepsy and how to help those close to you manage the symptoms, risks, and challenges posed by the illness. Packed with up-to-date research and accurate, easy-to-understand info, Epilepsy For Dummies is your one-stop resource for living with epilepsy.



Unseen: how I lost my vision but found my voice: a memoir – by Molly Burke; Abrams Press; 2025 New Books 617.712 BUR

From social media star and change-maker Molly Burke, a vulnerable, honest, and darkly humorous memoir on navigating the challenges of being a blind woman in a sighted world. When Molly Burke was four years old, she was diagnosed with retinitis pigmentosa, a rare degenerative eye disease that leads to eventual blindness, forcing her

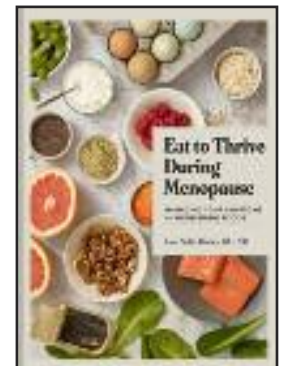
to see the world through new eyes--literally. Growing up disabled didn't stop her from playing sports, becoming a rock-climbing instructor, or winning a beauty pageant, but other people's narrow perceptions of her held her back. Years of relentless bullying, toxic work environments, a rodent-infested apartment, and life's lowest moments were juxtaposed with red carpets, first-class flights, and personal and professional achievements. Throughout her life, Molly has learned to appreciate the duality, and, most importantly, she's learned the beauty of being unapologetically yourself and standing up for what you truly believe in. In *Unseen*, Molly chronicles her journey as a disabled woman, entrepreneur, and entertainer, illuminating what her experiences have taught her and what she hopes others can learn from her hardship and successes. Part memoir, part rallying cry for a more compassionate and empathetic world, *Unseen* recounts Molly's life and experiences fighting against the expectations society set for her and, in doing so, helps readers find their own voice, inner strength, and self-acceptance.



Eat to Thrive During Menopause: managing your symptoms with nourishing foods – by Jenn Salib Huber; Workman Publishing; 2025 New Books 618.175 HUB

For the millions of women grappling with perimenopause and menopause, a groundbreaking, science-based cookbook and nutrition program to reduce hot flashes, night sweats, brain fog, and other troubling symptoms through food by a leading naturopathic doctor. In her first book, nutritionist and naturopath Jenn Salib Huber gives the millions of women in perimenopause or menopause a clear path to using research-based information about food choices to alleviate their symptoms. Salib Huber teaches readers to manage the symptoms of menopause--night sweats, brain fog, and more--with foods they have in their kitchens already. She lays out the key ingredients that can support women in midlife and follows it with recipes to equip them in the kitchen. The recipes include the five key ingredients to help them thrive: Powerful soy and phytoestrogens, protein, calcium, omega3 fats, and fiber. These ingredients are the featured players in such mouth-

watering recipes as Ginger Squash Red Lentil Soup (good for protein and fiber), Slow-Cooked Tikka Masala (filled with vital soy and phytoestrogens), Spinach and Mozzarella Pita Pizza (a great source of calcium), and even No Bake Peanut Butter Chocolate Tofu Pie for dessert (for fiber and omega 3s). *Eat to Thrive During Menopause* shows how nutrition for menopause health can be not only nourishing and satisfying, but healing and restorative too.



Get These Books, DVDs and More! Search for and request books, movies and more using your library card at <http://catalog.tscpl.org> or call (785) 580-4400.

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
Public Library

1515 SW 10th Ave., Topeka, KS 66604
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

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

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

ROG & THE RAM JETS – Jan. 3, 6pm,, Doughboyz Pizza, 1312 N. Kansas Ave. Roger Randel and his squad will playing til 9pm. Come enjoy a family friendly jam session inside! Rog is the Pastor at Family of God Church and can be found on 97.7 FM Radio

TOPEKA FARM SHOW – Jan. 6-8, Stormont Vail Events Ctr. tradexpos.com

ING NETWORKING GROUP – Jan. 7, 11:30am. All welcome, free to attend, order from menu if desired.

NATIONAL BLUE BLOOD DRIVE – Jan. 7, 10-4, Topeka Police Dept, 320 S. Kansas Ave. American Red Cross to host a Blue Blood Drive in recognition of National Law Enforcement Appreciation Day. call 800-RED-CROSS or use the sponsor code “COPS” on the Blood Donor App (see QR code below) or at www.redcrossblood.org (Search by zip code 66603).

‘SOUP’ER BOWL COMMUNITY DINNER – Jan. 7, 5:30-6:30pm, Tecumseh UMC, 335 SE Staton Rd, Tecumseh. To-go orders available. \$10 donation requested.

RED CROSS BLOOD DRIVE – Jan. 8, 9-3, Christ Lutheran Church, 3509 SW Burlingame. Call 800-RED-CROSS or visit www.redcrossblood.org (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior to your appointment. Save time at your appointment by completing Rapid-Pass - pre-reading and questions - the DAY OF your appointment via the blood donor app or visit www.redcrossblood.org/rapidpass.

C5Alive “POWER” LUNCHEON – Jan. 8, 11:30-1, at Celtic Fox. Featuring: Chris Stewart from The Bridge speaks on transforming Topeka youth. 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, Feb. 12, 11:30-1, at Celtic Fox: Featuring Wabaunsee County Sheriff Eric Kirsch

MUSEUM AFTER HOURS – Jan. 9, 5-8pm, Kansas Museum of History, 6425 SW 6th Ave. An exciting program about John Brown! Register for the in-person event here: <https://forms.office.com/g/ZQnegYbazK>. A new speaker program the second Friday of each month. On these nights, admission to the museum gallery will be free from 5-8pm.

CAR SEAT CHECK LANE – Jan. 10, 9-12, Mission Township Fire Dept., 3101 SW Urish Rd. Get your car seat checked. While supplies last, seats will be available for families that meet requirements.

BIBLE READ A THON – Jan. 10, 12:30 – 2:30pm, Rotunda of Kansas Capitol, old Supreme Court room on 3rd floor. Bring your Bible; children are welcome! At the sound of the shofar the Bible Reading will begin, for the 5th year of reading the entire Bible out loud in the capitol of Kansas.

FIRST ANNUAL EAGLE DAYS – Jan. 10-11, Lecompton Empowerment Building, 640 E. Woodson Ave., Lecompton. Live Eagle Presentation by Operation Wildlife at 2pm each day. One-hour event. Limited Tickets are \$3.00 Child and \$6.00

Adult at the door only. We will have the Community Building Open January 10th and 11th from 8am to 6pm. Stop in and see us. We will have free coffee, hot chocolate, Eagle viewing site maps, silent auction fundraiser and more.

FAMILY TO FAMILY EDUCATIONAL WORKSHOP – Jan. 12, 6-8:30pm, Countryside UMC, 3221 SW Burlingame Rd. First of 8 consecutive Monday classes. In Topeka or surrounding area? Have a family member who struggles with their mental health? This class is for you. Register at: Susan Wallace, 785-231-7253 or w Wallace@swbell.net

JAM4DAN19 Jam For Dan – Jan. 16-18, Celtic Fox. Lots of Bands will participate. Suggested \$5 donation. <http://jam4dan.com/j4d19> <https://jam4dan.com/about.html>

ING NETWORKING GROUP – Jan. 21, 11:30am. All welcome, free to attend, order from menu if desired.

BLEEDING KANSAS - Sundays from Jan. 25-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$5 adults.

KRPA CONFERENCE & TRADE SHOW – Jan. 27-29, Hotel Topeka, 1717 SW Topeka Blvd. Kansas Recreation and Park Association meets. Register at <https://krpa.org/event-6351244>

MARCH & RALLY FOR LIFE – Jan. 28, 8am-3pm, Kansas Capitol. Pro-life speakers and meetings with legislators. For more info: kfl@kfl.org

KANSAS DAY – Jan. 29 marks the date in 1861 when Kansas officially became the 34th state of the United States

4TH ANNUAL VALENTINES SIP & SHOP – Feb. 7, 10-5, Woodshed Event Center. Food trucks, vendors, full bar.

2ND ANNUAL CEDAR LAWN FARM GALENTINE’S EVENT – Feb. 7, 10-2, 12741 SW K4 Hwy. For details, see Cedar Lawn Farm on facebook.

C5Alive “POWER” LUNCHEON – Feb. 12, 11:30-1, at Celtic Fox. Featuring: Wabaunsee County Sheriff Eric Kirsch. 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, Mar. 12, 11:30-1, at Celtic Fox: Featuring Iron Man John Cantrell

NIGHT TO SHINE – Feb. 13, 6-9pm, Vaerus Event Center, 6410 SE Forbes Ave. at Forbes Field. This complimentary prom event for teens and adults ages 14 and older with special needs is sponsored by the Tim Tebow Foundation and Grace Community Church. Guests walk the red carpet, are greeted by paparazzi, and enjoy dancing and royal treatment. Attend, volunteer or contribute - details and registration can be found at www.nighttoshinetopeka.com

MIDWEST CHRISTIAN COLLEGE EXPO – Feb. 28, 10am - Noon. Colonial Presbyterian Church: South KC Campus, 9500 Wornall Rd. Kansas City, MO 816-524-4522

TOPEKA HOME SHOW – Feb. 28, Stormont Vail Events Ctr
KANSAS KIDFEST – Mar. 7, 10-4, Maner Conference Center, 1717 S. Topeka Blvd. Inflatables, Face-painting, Activity Stations, Interactive fun for curious minds, Live Performances, Interactive Exhibitors, Hands-on experiences. Email hello@tastyfestivals.com to learn more about event & exhibitor opportunities. FREE Admission. Upgrade your experience with an Adventure Wristband (\$12.99 at KansasKidsFest.com)

11th ANNUAL TOPEKA EASTERFEST: FAMILY FUN FESTIVAL & VENDOR FAIR – Mar. 28, 10am-3pm, in the NOTO Arts District on North Kansas Avenue. The Big Egg Hunt begins at 10am in Veterans Park (between NOTO and the Kansas Ave. Bridge). Food Trucks will be on hand and the Family Fun Fair will continue until 3PM, including vendor booths, children’s games, food trucks, face painting, inflatables, and more. Live music and other entertainment, along with more vendor booths, will be on hand at Redbud Park. More food trucks and vendors will be located in NOTO Arts Center and parking lot across the street. In addition, sidewalk merchants will be located up and down Kansas Avenue. For more info: Topeka EasterFest on Facebook, info@C5Alive.org or 785-640-6399.

ONGOING EVENTS / MEETINGS

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

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

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

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost. Reservations/cancellations required 24 hours in advance by calling 295-3980. Each meal includes 1% milk &

Night to
Shine[™]
TIM TEBOW FOUNDATION


Friday, February 13th, 2025, 6-9 p.m.

Vaerus Event Center
6410 SE Forbes Ave., Suite 2 at Forbes Field

This complimentary prom event for teens and adults ages 14 and older with special needs is sponsored by the Tim Tebow Foundation and Grace Community Church.

Guests walk the red carpet, are greeted by paparazzi, and enjoy dancing and royal treatment

Details and registration can be found at
www.nighttoshinetopeka.com



sugar-free items are included for diabetics. 785-215- 0064.

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

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

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

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

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. cornerstone-topeka.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 madondaily@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 highlandheightsccc.com or 785-379-5642.

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

FREE MOBILE FOOD DISTRIBUTION – 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, 1st come 1st served. 785-234-1111 RandelMinistries.com

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

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

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

STROKE SUPPORT GROUP – 1st Fri of every month from 4-

5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

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

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

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

SEX TRAFFICKING INFORMATION – 785-230-8237

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

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

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

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

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.

SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS) Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne at 785-273- 4527 or anne.crawford@cox.net.

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. Providing education and ongoing support. Call 295-5555

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

MAP GROUP (MEMOIRS, ANCESTRY, PHO-

TOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Call Karen at 785-945-6785 or Jim at 785-256-2432 or jimbaer73@gmail.com to register.

PROSTATE CANCER SUPPORT GROUP - First Thur, 3pm, St Francis Hospital, Room 300, 2nd floor. Jim: 785 806 3266
TOPEKA AREA BRAIN INJURY SUPPORT GROUP – Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave. , employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings.

1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City.

2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm.

3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room

3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Send your event information to:
info@TopekaHealthandWellness.com

See complete updated calendar at
TopekaHealthandWellness.com

FUNDRAISER:

GROUNDHOG SUPPER

SATURDAY, FEBRUARY 7, 2026

5-6 PM - DINNER, 6:30 PM PROGRAM

SPECIAL GUEST SPEAKER:

DAN MEERS



MASCOT, MOTIVATIONAL SPEAKER, AUTHOR, AND FAMILY MAN
(FORMER KANSAS CITY CHIEFS MASCOT K.C. WOLF)

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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 • www.TopekaEndoCenter.com

MENTAL HEALTH - ADDICTION

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

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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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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

COMMUNITY CARE LINE

WANT TO TALK AND IT'S NOT A CRISIS?

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