

TOPEKA

SEPTEMBER 2026

Health & Wellness

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MAGAZINE



HEALTHY AGING

Fun Ways to Stay Healthy at Any Age

**The Truth About
Exercising and Aging**

**The Habit You
Should Start
Today If You
Want To Be
Happier In
Your Golden
Years**

**The Age Test:
The 60-Second
At-Home Check**

Celebrating Healthy Aging: A Guide to Lifelong Health
How to Manage Everyday Stress and Feel More in Control

Best Carbs for Runners
The Epidemic of Childhood Obesity

Helping Topekans Live Happier, Healthier Lives Since 2015!

Healthy AGING Month



eat a healthy & balanced diet

- Enjoy a diet filled with lowfat protein and dairy, whole grains and lots of fresh fruits and vegetables
- Cut down on unhealthy foods that are processed and high in sugar and fat as your body begins to store them easier and they are linked to heart disease and diabetes
- Add extra fiber into your diet--it can help lower your risk of heart disease, type 2 diabetes and cancer as well as keeping your colon working as it should



stay active & fit

- Regular exercise can reduce your risk of heart disease, diabetes, arthritis pain, and even anxiety and depression
- Find a physical activity that you enjoy, whether it's bicycling, yoga, swimming, or strength training
- Incorporate elements of aerobic exercises to get your heart pumping, strengthening exercises to prevent muscle loss, stretching to keep you flexible, and balance exercises to prevent falls as you get older

get regular checkups

- One of the best ways to stop health problems is to catch them before they start, or at least in the early stages
- Getting regular checkups is the best way to spot health problems and disease so that your chances of a cure and recovery are much greater
- Work with your doctor to decide what tests and screenings you will need based on your age, lifestyle habits, family history, and your personal medical history



decrease stress & stay relaxed



- People who are depressed, guilty, or anxious are more likely to have major health problems than people who have a healthy outlook on life
- Lack of sleep and fatigue from being tense all day can harm your overall health
- Stop smoking as it harms nearly every organ of the body and leads to lung cancer, lung disease, heart and blood vessel disease, stroke, and cataracts as well as speed up the aging of your skin

STAY HEALTHY

"It's never too late to start exercising!"

REGULAR EXERCISE

HELPS IMPROVE YOUR

- mood
- energy level
- overall well-being

CAN LOWER YOUR RISK OF

- heart disease
- some cancers
- diabetes
- dementia



WALKING

is probably the easiest exercise.

All you need is 30 MINUTES A DAY 5X A WEEK

YOU CAN
BREAK
THAT UP

MORNING

10

AFTERNOON

10

EVENING

10

Improve Your Balance

4 Basic Exercises



KNEE BENDS Hold on to a sturdy chair or countertop

- 1
 - Keep back straight
 - Lower body and bend knees
 - Raise body back up
 - Repeat 10-15 times



HEEL RAISES Hold on to a sturdy chair or countertop

- 2
 - Stand straight
 - Raise up on toes slowly
 - Lower heels to ground slowly
 - Repeat 10-15 times



SIDE LEG RAISES Hold on to a sturdy chair or countertop

- 3
 - Keep back straight
 - Raise one leg out to side
 - Return leg to standing
 - Repeat 10-15 times
 - Switch sides



SIT TO STAND Use a sturdy chair

- 4
 - Sit in chair, feet on ground
 - Stretch both arms out front
 - Rise up to standing position
 - Sit back down
 - Repeat 10 times





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ON THE COVER:

Our cover this month features women of various stages of life who work together to stay healthy as they age.

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

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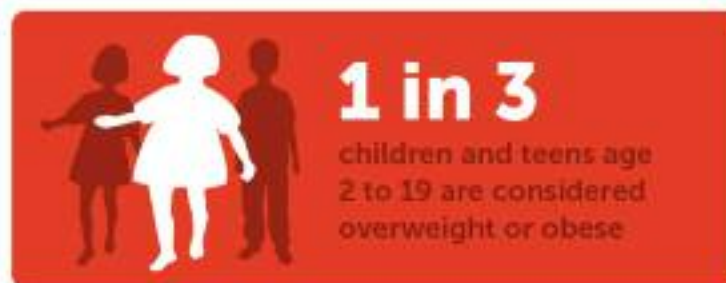
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AN EVERYDAY HEALTH INFOGRAM

CHILDHOOD OBESITY BY THE NUMBERS

Many U.S. kids are overweight or obese, and most don't exercise.



Source: CDC



The habit you should start today if you want to be happier in your golden years

The first self-aware discovery I made as an adult transitioning out of extended college adolescence was that exercise made me happy. I discovered it accidentally at first, and marveled at the direct, immediate correlation between the days I exercised and the days when I'd think, "Today was a good day."

The wonder quickly gave way to slight irritation, because the pleasant mood boost required sometimes unpleasant physical exertion. Sometimes I gave it up entirely, for months or years, and only lapsed back into exercise out of desperation. But I always lapsed back into it, because I knew that it was the one thing guaranteed to make me less grumpy and more relaxed.

What I didn't know back then was that exercise doesn't just have that effect on someone's personality for one day; the positive effects of exercise last for decades, according to Business Insider:

You might not be surprised to hear about the harmful health consequences of a sedentary lifestyle, but perhaps less obvious is that physical inactivity is also associated with unwelcome changes in personality over time. Previous research has documented these effects over periods of four and ten years. A new paper in the Journal of Research in Personality has extended this, finding that greater physical inactivity at baseline is associated with deterioration in personality two decades later, even after accounting for any differences in initial personality.

As the researchers point out, there is an upside: the findings suggest that even a moderate increase in your activity levels today could have positive implications for your personality decades from now.

The research was combined from three long-run-



ning, statistically significant studies from people nationwide, and the findings consistently revealed that baseline physical inactivity directly correlated with a significant deterioration in personality decades later.

Specifically, researchers found that the more sedentary a person was at the study's outset, the sharper the decline was in their conscientiousness, agreeableness, extraversion, and openness two decades later. Surprisingly, the researchers also found a direct link between sedentary lifestyles and late-life neuroticism. Basically, not exercising today will make you a grumpy, neurotic miser — no matter who you are or what your life is like.

That's right, the study controlled so effectively for demographic and life factors that the effect

of physical activity (or the lack thereof) on personality change was as great or greater than the personality changes stemming from demographic factors and even disease burden. So not exercising could literally have a more detrimental effect on your personality than living in poverty, or suffering from an autoimmune disease.

I can't say for sure that my haphazard exercise routine during the early years of motherhood has made me a happier person now, but I can say with certainty that I fully expect to be the most agreeable, extraverted, and open person ever in 20 years.

— Calah Alexander / aletiea.org

A vibrant advertisement for the 2026 Kansas City Renaissance Festival. It features two knights in full armor jousting on horseback. A yellow banner in the top right corner says "JOUST JOIN US!". The text "2026 Kansas City Renaissance Festival" is prominently displayed in a stylized font. Below it, the dates "Sat & Sun Sept 5 - Oct 18 | 10a -7p" and "Mon Sept 7 | 10a -7p + Oct 12 | 10a - 5p" are listed. A pink starburst graphic says "50TH SEASON!". At the bottom, it says "For Tickets and More Info visit: KCRenFest.com".

Where Focus Goes, Energy Flows

What if you chose to spend your energy proactively instead of reacting to life's demands? How different would your quality of life be?

Most of us live in reactive mode—constantly putting out fires, responding to stress, and draining our energy reserves. This scattered focus leaves us feeling exhausted and out of balance. But focus isn't just a mental exercise; it's a full-body experience. Where you put your attention, your body responds.

When you intentionally direct your focus toward wellness, your energy shifts from survival mode to thriving mode. Yet no matter how strong your intention, if your nervous system is misaligned or under pressure, energy gets blocked. Signals become stuck, leading to fatigue, pain, and diminished vitality.

This is where chiropractic care becomes essential. The nervous system is the command center for your body's energy. Chiropractic adjustments clear blockages, realign your spine, and restore the natural flow of energy, empowering your body to heal and perform at its best.

Chiropractic care isn't just for when you're in pain. When you engage with it proactively, you're investing in your body's ability to maintain optimal energy flow and resilience before problems arise. It's about creating a foundation where your nervous system operates at peak performance, so you can meet life's demands with strength and vitality.

Listening to your body is the ultimate proactive habit. It means tuning in to the subtle signals it sends before discomfort or fatigue take over.

Honoring those messages and taking early action—whether adjusting your posture, managing stress, or scheduling a chiropractic session—makes you the guardian of your own energy flow, preventing breakdowns and promoting lasting wellness.

Imagine a life where your energy flows freely, your focus is sharp, and your body supports every goal you set. That life starts with the choice to listen, align, and act proactively—starting now.

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

Chiropractors use a combination of treatments,

which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals.

Dr. Beckley believes in addressing the patients over-all health and not just their specific symptoms. She is focused on how a patient's musculoskeletal system and nervous system function in relation to the whole body. Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.

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Dr. Amber Beckley

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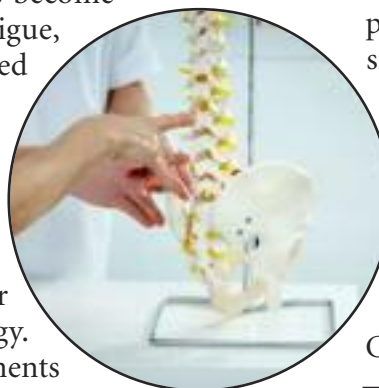
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The **Truth** is usually **right in front of us**, but because of **preconceived ideas**, **popular opinions**, **traditions** and **habit**, we overlook and **shun** the very **truth** we **need** to **embrace**.

CHRIST OUR RIGHTEOUSNESS MINISTRY – FREE BOOK – 720-318-3771

AWAKE, PRAY, COME TO TRUTH AS IT IS IN CHRIST JESUS – ARMEGEDDON IS NEAR!!

Romans 6:16 “16. Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?” (Sunday is sin)

1. Revelation 14:6-11; Rev. 18:1-5 PLEA God's Last Loving Warning of Mercy: these (Four Angel's Messages).

1. **Worship God with Obedience** (10 Commandments) in the **Heart** and the **Mind** = “**The Inner Man**”.
 - a. Come **Worship God (Creator)**, His **Judgment** Is Come (1844AD-books were open in heaven-**Daniel 7:10**).
 2. **Babylon is fallen**, (the Vatican)(**10 Commandment Breaking** churches/religions). **Gone Beyond Probation!!**
 3. **Worship the Beast** (Church of Rome-Vatican), or **his Image** (**Sunday Evangelical Churches**) will receive the **Mark of the Beast** in their **Forehead**, or in their **hand**, thereby, **losing their salvation**.
 - a. “**Worship**” = **One you Obey Romans 6:16** (above). **Sunday churches obey the Vatican**; changed the day.
 - b. “**Worship**” **God on His Holy Day, 7th Day Sabbath**, (Saturday) by **obeying God, 1 day/week - God only!!**
 - c. **Mark in Forehead** = **Decide** to stay in **Babylon**. **Mark in Hand** = **Rest** from labor **on Sunday**, not **7th Day**.
 - d. **Conclusion** = **Receive Mark of Beast (Sunday Worship or Rest)** = **Lose Salvation** (the **Second Death**).
 4. With a **Crying Voice God Pleads** with us all to “**Come Out of these Apostate Churches & Come to Him in Truth**”. These churches have become the **habitation of devils**-They said **no** to **God's 10 commandments** and **Sabbath (7th Day)**. These churches have **left God**; went **their own way** (**become CAIN**).

**** HOW THE WORLD HAS BECOME DECEIVED — AS PROPHEZIED ****

2. Revelation 12:9 1. FORETOLD: We Were Foretold of This Great Deception = Whole World Deceived.

1. That **great dragon**, old **serpent**, the **devil, satan** was **casted out of heaven** to this earth. In this Scripture we are told he **will deceive the whole world in the end**. Today the **whole world IS DECEIVED: except Very Elect**.
2. **James 2:10** If we **intentionally break one** of the 10 Commandments = **Guilty of all** as a Sinner (4th Sabbath).

3. Revelation 17:1-5 2. By WHO: The Woman (Church) Comes As God to be Worshipped As God.

Pope claims to be Jesus Christ Veiled in Human Flesh = This is Blasphemy = Anti-Christ (In Place of Christ).

1. The **Vatican's colors** are perfectly described here (**purple & scarlet**); also her precious **stones** and **pearls**.
2. The **Golden Cup** in her hand=Cup full of **her Lies, Traditions, Pagan Practices: World drinks from her cup**.
3. In the **Vatican** there's a **Black Pope** (dressed all black) = **Worships satan directly** – **dragon gave his Seat**.
4. “**Mystery Babylon, Mother of Harlots**” = **All Sunday churches** are **her Daughters** – **Once fled** – **Now Return**.

4. Revelation 16:13-15 - 3. By HOW: Frog Catches Prey with It's Tongue – satan catches Prey with Preaching.

1. **Satanic spirits: Preachers preaching lies** and **traditions** of men - catch their prey - frogs – “**out of the mouth**”.
2. “**Out of Mouth of Dragon**” = All **Non-Christian Religions** – “**no man come to Father but by me**” **John 14:6**.
3. “**Out of Mouth of Beast**” = Catholic Church – **The Papacy** – The Vatican = **Changed God's Commandments**.
4. “**Out of Mouth of False Prophet**” = **Apostate Protestantism** (Evangelical churches) **Sunday** Christian Churches.
5. These **3 unclean spirits deceive every religion** (Christian included) = **One thing in Common** = All these Churches and religions **break at least one of the ten commandments** – **if not them all**.

Revelation 13:1-18 - 4. By HOW: Church + State Union = one “Out of the Sea” & one “Out of the Earth”.

1. “**Out of the Sea**” The Catholic Church, **The Papacy**, The **Vatican** – Notice: **dragon gave him Power**.
2. “**Out of the Earth**” This the **USA Government** + **Apostate Protestantism** (Evangelical **Sunday** churches).
 - a. **Make an Image to the Beast** (the **Papacy**) = Repeat **Persecution & Killing** of God's Commandment People.
 - b. Cause the whole world to worship the **Sea Beast** = **Sunday Worship** and **Sunday Rest** – **Counterfeit!!**

5. Revelation 12:17; 1 John 2:3,4 True church How Can We Know Absolutely God's True Church??

1. **Remnant Church** will **Keep the 10 Commandments** and have **Spirit of Prophecy (Revelation 19:10)**.
2. “Here's how we know that we know Him – If we keep His **10 Commandments**”. (Or else you are a liar.)

6. John 14:15; John 4:23-24; Romans 15:9-10 Invitation “True Worshipers Do So in Spirit and Truth”.

1. Jesus said, “**If you love me keep my commandments**”. “**Love is the Fulling of the Law**”.

7. Ecclesiastes 12:13; Hebrews 4:Conclusion. Enter Jesus Rest Day – Whole Duty of Man - Obedience

1. The **whole duty of man: obey God's Ten Commandments** – **Written with His Own Hand on our Hearts**.
2. Those who **enter Jesus's Rest** has ceased from his works on **the 7th Day** as Christ did at Creation. **Genesis 2**.

READ YOUR BIBLE FOR YOURSELF & KNOW THAT YOU KNOW HIM – KING JAMES PREFERRED

The Epidemic of Childhood Obesity

Today, 1 in 3 children and adolescents, ages 2-19, are overweight or obese - triple the rate from just one generation ago.

Thirty years ago, having an overweight child was a challenge for a few. And, there was no medical terminology for the condition. By 2008, more than 20% of children were impacted by this phenomenon of the “energy in: energy out imbalance” we now know to be labeled “childhood overweight” and then for those with excessive body weight, “childhood obesity.”

What Causes Obesity in Children?

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

What Diseases Are Obese Children at Risk For?

Obese children are at risk for a number of conditions, including:

- High cholesterol
- High blood pressure
- Early heart disease
- Diabetes
- Bone problems
- Skin conditions such as heat rash, fungal in-

fections, and acne

How Do I Know if My Child Is Overweight?

The best person to determine whether or not your child is overweight is your child's doctor. In determining whether or not your child is overweight, the doctor will measure your child's weight and height and compute his "BMI," or body mass index, to compare this value to standard values. The doctor will also consider your child's age and growth patterns.

How Can I Help My Overweight Child?

If you have an overweight child, it is very important that you allow him or her to know that you will be supportive. Children's feelings about themselves often are based on their parents' feelings about them, and if you accept your children at any weight, they will be more likely to feel good about themselves. It is also important to talk to your children about their weight, allowing them to share their concerns with you.

It is not recommended that parents set children apart because of their weight. Instead, parents should focus on gradually changing their family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child does not feel singled out.



How Can I Involve My Family in Healthful Habits?

There are many ways to involve the entire family in healthy habits, but increasing the family's physical activity is especially important. Some ways to accomplish this include:

- Lead by example. If your children see that you are physically active and having fun, they are more likely to be active and stay active for the rest of their lives.
- Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
- Be sensitive to your child's needs. Overweight children may feel uncomfortable about participating in certain activities. It is important to help your child find physical activities that they enjoy and that aren't embarrassing or too difficult.
- Make an effort to reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.
- Plan healthy meals for the entire family that all can enjoy.

Whatever approach parents choose to take regarding an overweight child, the purpose is not to make physical activity and following a healthy diet a chore, but to make the most of the opportunities you and your family have to be active and healthy.

Source: Alliance for a Healthier Generation and WebMD

The Truth About Exercising and Aging

You can come up with a million reasons for not being physically active. Some might even be valid. But know this: Stillness is bad. Roughly 3.2 million people die each year because of physical inactivity. Regular exercise, especially among older adults, is critical to good health.

I'm Just Too Old

Exercise is good for just about everyone, including older adults. Even moderate amounts of physical activity can have a big impact. Talk with your doctor first, of course. If you've been inactive, take it easy as you get started, say, 5-10 minutes of moderate activity each day.

I Just Need to Take It Easy

It's not your age that has you feeling the need to rest -- it's that you're not moving. Even older adults with serious health problems -- heart disease, diabetes, arthritis, and others -- can live better lives by getting up and moving.

I Don't Think My Heart Can Take It

The more you do to stay active as you age, the lower your chances are for things like heart attack and stroke. Your doctor can tell you what type of exercises are best, and for how long you should do them. You'll probably shoot for 150 minutes of moderate aerobic activity a week, like a brisk walk or an easy bike ride. Mowing the lawn or a heavy cleaning session counts, too. And you don't have to do them in 30-minute chunks.

I Don't Move Like I Used To

Exercises that promote flexibility are in a group of four cornerstone movements (along with those that improve endurance, strength, and balance) that you should probably work on. That stiffness can be alleviated with, for example, stretching exercises that target hips, legs, shoulders, your neck, your back ... anywhere. Yoga can help, too. Take it easy, though, and don't stretch so far that it hurts.

I'm Afraid of Hurting Myself

To be safe, check with your doctor first, especially if you've been inactive or have health problems. Your doctor knows what you need and what you can do. Experts say those just starting out should begin slowly with low-intensity exercises. Drink plenty of water, listen to your body, warm up before your workout, and cool down after it.

I Am What I Am

A recent study suggests that certain exercises -- like riding a stationary bicycle -- actually slow cell decline that can



happen as you age. In other words, it's never too late to reap the benefits of exercise. No matter how old you are, how inactive, or how out of shape you have been for how long, exercise can be provide lots of help for lots of things.

I Don't Like Exercise

Being physically active doesn't necessarily mean pushing around big weights at the gym or going for a 10-mile run. Do things that you enjoy and that will keep you at it. You could work in the yard, walk with friends, work in the garden (lifting and bending are great for flexibility and strength), or take a bike ride. Mix things up every so often, too, so you don't get bored.

I Don't Have an Exercise Buddy

Having a partner or getting into a group helps. Studies show that supervision and support can help you stay focused and feel good about what you're doing. Buddies can really help if you've been inactive for a while and you're cranking things back up. Some people do prefer to go solo. If you're not one, find a group in your community. You can find one online, or your doctor can help you.

I Don't Have the Time

A full schedule -- because of babysitting the grandkids, other family obligations, housework, etc. -- often is cited as a reason to skip exercise. When you think about all the benefits of regular physical activity, and the minimum time required (150 minutes a week of moderate aerobic activity), the answer is clear: If you want to stay healthy, you can find the time.

My Heart's Fine

It's not just about your heart. Regular exercise also helps your lungs, muscles, and your entire circulatory system. It's about benefits that can include lower blood pressure, better bone and joint health, and less chance of things like colon cancer and diabetes.

I Don't Want to Fall

Falling can be a problem for older adults. But with regular physical activity, including exercises that promote proper balance -- exercises that you can do almost anytime, anywhere -- you can help prevent the falls that hurt so many older adults. Your doctor can point you in the right direction.

I Worry More About My Brain

Exercise is great for your brain. Experts say not only can exercise help you stave off mental health issues like depression and anxiety, it can also help you stay on task and be better able to move from one to-do item to the next. Healthy body, healthy mind.

—John Donovan | webmd.com

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How to Manage Everyday Stress & Feel More in Control

Busy parents juggling work, family logistics, and personal health often carry everyday stress like background noise, constant, loud, and easy to dismiss as “normal.” The core tension is that life keeps moving while stress piles up, making it hard to tell what’s urgent versus what’s just draining. Over time, that pressure can show up in the body through sleep issues, tension, irritability, and feeling mentally maxed out, even on “good” days. The first step toward feeling more in control is stress sources awareness, spotting what’s actually setting stress off so it stops blending into everything.

Understanding Stress Triggers, Not Just “Stress”

Stress sources awareness means breaking “I’m stressed” into specific buckets you can name. A useful starting point is learning that stress triggers categories often include what’s happening around you, like work demands, family needs, money worries, and time crunches. When you separate the triggers, you stop treating every tense moment like the same problem. Work stress may call for boundary setting, while financial pressure may need a plan and a timeline. Clarity reduces the guilt of feeling overwhelmed, because you can address the real cause.

Picture a week where your inbox is exploding, your kid needs extra help, and bills are due. Labeling each trigger turns one heavy fog into three smaller tasks you can tackle. With triggers sorted, you can audit high-pressure duties and build support that protects your weekly plan.

Rebalance with Support and a Realistic Schedule

Once you can name what’s driving your stress, you can decide which pressures are temporary, and which are a sign something needs to change. If work is a major source of overwhelm, it may be worth considering a career change as a mental-health decision, not just a professional one. For many people, earning a new credential is the bridge to a healthier role, and online degree programs can make that possible without pressing pause on full-time work or family responsibilities. The key is choosing an institution with strong support systems, because the challenge isn’t only the coursework, it’s managing the demands around it.

Resources that address the challenges of nontraditional students can highlight what helps: emotional support to stay motivated, practical support like advising and flexible services, and workplace support such as clear communication and realistic expectations. With proactive planning and the right university resources in place, you’re less likely to feel like you’re “failing at everything,” and more likely to navigate setbacks, protect your work-life balance, and keep moving toward your academic goals. From there, you can translate that support into a simple weekly plan.

Build a Personal Stress-Relief Routine That Sticks

A stress routine works best when it matches what’s actually draining you, tight deadlines, family logistics, money pres-

sure, or decision fatigue. Use these tools like building blocks: pick a few that fit your current season and plug them into the realistic schedule and support you already started shaping.

1. Do a 20-minute “stress reset” workout: When your stress feels physical (restlessness, tension, racing thoughts), move your body on purpose. Aim for a brisk walk, cycling, dancing, or a short strength circuit, something you can repeat most days. After about 20 minutes, your body releases endorphins that can help you feel steadier and more capable, even if nothing else changes yet. Add this to your calendar like an appointment, especially on high-pressure days.

2. Use a 60-second breathing technique in the moment: When stress spikes, start with your breath before you try to “think” your way out. Try this: inhale through your nose for 4, hold for 2, exhale slowly for 6, repeat 5 times. Longer exhales cue your body to downshift, which makes problem-solving and communication easier. Pair it with a trigger, before opening email, before a hard conversation, or while waiting in the car.

3. Meditate for 5 minutes to reduce mental noise: Meditation isn’t about clearing your mind; it’s about noticing thoughts without letting them run the show. Start with 5 minutes: sit comfortably, focus on your breath, and when your mind wanders (it will), gently return to breathing. The benefit builds over time: you practice responding instead of reacting, which protects you during high-pressure seasons. If sitting still feels hard, try walking meditation, slow your steps, and focus your attention on your feet.

4. Anchor your day with consistent sleep hygiene: If your schedule is packed, sleep is often the first sacrifice, and that makes stress feel louder. Choose one non-negotiable: a regular sleep schedule by picking a realistic wake time and working backward to a consistent bedtime most nights. Protect the last 30 minutes as a “landing zone”: dim lights, simpler tasks, and no heavy problem-solving.

5. Train a steady positive mindset: A positive mindset isn’t pretending everything is fine; it’s choosing a helpful frame you can act on. Use a daily 2-minute reframe: write one stressor, one part you can control today, and one small win you’ll count (like sending the email or asking for support). Over time, positive attitudes are linked with health markers like lower blood pressure, which reinforces that mindset work isn’t “fluffy,” it’s protective.

6. Eat for stress stability: build “protein + color” into meals: Stress often pushes you toward quick carbs or skipped meals, which can amplify energy crashes and irritability. Keep it simple: at each meal, include one protein (eggs, yogurt, beans, chicken, tofu) and one “color” (fruit or vegetables), plus water. Prep two fallback options for busy weeks, like a bagged salad + rotisserie chicken, or oatmeal + nuts + berries, so your realistic schedule doesn’t collapse. A routine sticks when it’s specific, scheduled, and supported, small enough for real life, strong enough to change how your body handles pressure. These habits also make it easier



to spot what helps quickly, what’s overhyped, and when extra support would make things feel manageable again.

Everyday Stress Questions, Answered

Q: What if my stress feels “random” and I can’t identify a cause?

A: That is common, especially when you are juggling multiple pressures. Start by tracking just two things for three days: what happened right before the spike and what you did next. Patterns usually show up fast, like time pressure, conflict, or skipped meals.

Q: How do I choose the best coping strategy when I’m already overwhelmed?

A: Match the tool to the symptom: body tension often responds to movement, mental spirals often respond to breathing or a short meditation. Pick one option you can repeat for a week, then decide if it helped. Consistency beats variety when you are trying to feel steadier.

Q: Why can’t I “think my way out” of stress?

A: Because stress is not an emotion; it is a physiological response that changes your body’s readiness and attention. Start with a body-based reset like a longer exhale, then do problem-solving after you feel calmer.

Q: Can stress ever be useful, or is it always bad?

A: Some stress can help you focus, but too much tends to shrink your flexibility and memory. The fact that stress impairs accuracy is one reason to slow down before making big decisions or sending a heated message.

Q: When should I consider professional support for stress?

A: Reach out if stress disrupts sleep most nights, triggers panic symptoms, increases substance use, or makes daily tasks feel impossible for two or more weeks. If you have thoughts of harming yourself, seek urgent help right away. A therapist or clinician can help you build a plan that fits your life and health history.

Build Daily Control With One Sustainable Stress-Management Habit

Everyday stress can feel endless, and it’s easy to doubt whether small changes really matter. The steadier path is the mindset of consistent stress management: noticing what’s driving pressure, choosing supportive responses, and treating self-care as a skill, not a reward. Over time, the stress management benefits show up as clearer focus, calmer decisions, and empowerment through self-care that doesn’t depend on perfect days. Small, steady self-care choices create real control over stress.

—Sheila Johnson

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The Best Carbs for Runners

While carbs often get dismissed in the world of diet culture, they're vital for runners, which is why they tend to get a lot of attention among those training for events like half and full marathons. As a Nutrition Today paper points out, carbs are "an indispensable energy source for high-intensity performance."

Those researchers also mention you need "high-quality" carbs to help you perform at your best, as not all carbs are created equal. The best carbs for runners, in fact, are whole grains, fruits, and vegetables, Megan Robinson, RD and certified level 1 RRCA run coach tells Runner's World. However, that answers only one part of what runners need to know. The other important piece of the carb puzzle? When to eat which type.

"We're not going to be eating whole wheat pasta, or a fiber carb bar in a training session because they're going to wreak havoc on our gut," Robinson says. "So during training, we want to stick to the simple carbs or the refined carbohydrates, because those are the quick-acting carbs that get into our bloodstream fast and that is what is more easily digested when we're exercising."

In other words: It's all about finding a balance between what you eat, how much you eat, and when you eat it. Here's all you need to know about the best carbs for runners to fuel performance.

Why are carbs important for runners?

Carbohydrates are our bodies' primary source of energy, especially for working muscles. And while our bodies can rely on fat and protein for energy too, these two macronu-

trients take a lot longer to digest than carbohydrates. This can be problematic if you're looking for an immediate source of energy to fuel your run.

"Our bodies are always using fat and carbohydrate for energy. It's never one or the other," Robinson clarifies. On slow recovery runs, your body will rely more on fat than carbohydrates for energy. During more intense workouts—think speedwork, interval sessions, tempo runs, or even long-distance runs—your body will need more energy, faster.

Eating an adequate amount of carbohydrates throughout your day at the appropriate times is key to maintain your energy levels and keep your performance on par. Robinson says having the right amount of carbs either before or during a workout—depending on the level of intensity—will also help you maintain your blood sugar levels. This blood sugar control also impacts your alertness and ability to continue a workout. (Your brain works on carbohydrates, too!)

"Anytime you're doing a longer run (longer than 90 minutes) typically, your body will start to burn through glycogen. So, if you want to sustain pace, or you want to sustain energy without hitting the wall or bonking, you have to replenish muscle glycogen through carbohydrate [intake]," Robinson says. If not, your glycogen stores deplete, translating to a decrease in performance—less stamina, less drive, and a faster "bonk."

Plus, if there's no readily available energy, you will start to break down muscle tissue, meaning all that hard work you put into building muscle in the gym kind of goes out the window. "If you really do too many runs fasted, or you do too many runs without carbohydrates—especially on the longer runs—you're reducing your energy availability and your body, in the long run, will start to break down your muscle for energy," Robinson says.

How many carbohydrates should you be eating every day?

Try to increase your portion sizes of carbohydrates and decrease your protein and fat intake in the meal you eat prior to running, Robinson says. For example, at breakfast, if you typically have a Greek yogurt with fruit, swap the yogurt for one cup of cooked oatmeal. For a post-run meal, bring it back to a balance with a mix of carbs, proteins, and fats.

A general rule of thumb, Robinson says, is maintaining a 3:1 carb-to-protein ratio. This looks like half a plate of leafy green salad with one-third avocado, two eggs scrambled, and a medium-sized baked sweet potato.

There are lots of really healthy, nutrient-rich foods



out there that would make the list of best carbs for runners. But here are a few top choices:

- Sweet potato (and other starchy vegetables, such as squashes)
- Whole grains (rolled oats, farro, whole grain brown rice, quinoa, millet)
- Sprouted breads (try Ezekiel options)
- Fruits (banana pre-workout, berries post-workout)
- Dried fruit (limit to before a workout due to high-sugar content)

How many carbohydrates should you be eating every day? The portion of carbohydrate on your plate is going to depend on the intensity and duration of your run, and the timing of your meals, according to Robinson. If you're doing light activity or exercising during your off season, you will need about 3 grams of carbohydrate for every kilogram of bodyweight. (You can calculate this by dividing your bodyweight in pounds by 2.2.)

For casual runners who aren't pushing their pace or doing hard workouts multiple times a week, the portions are not much more than those who don't run. You can stick to eating a diet that consists of about 10 to 35 percent of your total daily calories coming from protein, 45 to 65 percent from carbs, and 20 to 35 percent from fats, as recommended by the USDA Dietary Guidelines for Americans.

How do carbs affect weight loss?

No matter the scenario, the scoop is that cutting a food group completely out of the diet is unrealistic for healthy, sustainable weight loss. That's especially true for runners who literally run-on carbohydrates—but also for anyone looking to maintain their energy and focus.

Instead, your plan of attack for weight should be about choosing better quality carbohydrates (think whole foods, fruits, and veggies, rather than items like chips or cookies). And focus on making small changes rather than doing a diet overhaul.

—Kim McDevitt, Monique Lebrun

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Fun Ways to Stay Healthy at Every Age

Pop quiz: Would you rather walk barefoot on the beach or log 30 minutes on the treadmill? Ascend to a scenic vista or climb a Stairmaster to nowhere? Row with tidal birds or “erg” alone?

Almost without exception, moving our bodies outside feels better. And the promise of feeling good is exactly what motivates us to maintain an exercise habit.

Plus, research has found that a self-punishing, “no pain, no gain” mindset about exercise is less sustainable than a joy-based approach to fitness. Studies have found that enjoyment — whether it’s the pleasure of feeling competent, interacting socially, or experiencing novelty — pulls us toward fitness. What’s more, exercising outside results in marked benefits to mental and physical health, as well as mood and motivation, according to research.

When You Crave an Escape

“Jogging creates a feeling of ‘getting away’ from everything that is overwhelming me. Afterward, I feel more focused and capable. The idea of fresh air and a fresh mindset is what motivates me when things get hectic.” — *Heather*

“Roller skating and dancing are both great emotional outlets, as well as good workouts, and I can move according to my current physical ability. When I am doing either of these on a regular basis, I feel better about myself.” — *Tricia, Washington*



cycle because I get invigorating exercise while being outside in the sun and the wind. I ride 5.5 miles to college four days a week.” — *Scott, Arizona*

When Nature Beckons

“Hiking! I love how it gets my energy out but connects me with

“I love gardening. There's just something about digging in the dirt, watching my plants grow, that gives me enjoyment both short-term (getting the plants in, pulling the weeds) and long-term (goal setting, waiting for the harvest).” — *Stephanie, South Dakota*



Here, Embody readers share how their favorite outdoor activities — from bouldering to dancing in the park, and playing tennis to geocaching — make them feel positive and relaxed, connected to the natural world, and a little less stressed.

nature and all its wonders. Hiking rejuvenates my mental health.” — *An Embody Reader*

“I love riding my bi-



When You're in the Mood to Play

"Golf is something I can keep up with every season of life. It allows me to walk and enjoy the outdoors. You get a new chance every hole." — *An Embody Reader*

"Bouldering or rock climbing works well for my ADHD brain because it's like a game or puzzle. It's motivating to keep trying to make it to the next level or even finish more climbs at a familiar level." — *An Embody Reader*

When You Delight in Discovery

"I love geocaching [a GPS-enabled treasure



hunt]. It gets me outside to places that I didn't know about. I recently hit 5,000 finds. I feel a sense of accomplishment and proficiency and I have made friends by attending the group events." — *Heather, Oregon*

"I love walking because I can have variation in scenery when I take different paths. When I'm on the track, I meet different people. I also can listen to music, podcasts, talks, webinars while I'm walking." — *Victoria, Virginia*

When You Want Company

"Tennis. It's always different and changing. I crave intensity in my life, and I love being able to work at something and see myself get

better. I always have a blast being outside and socializing with other women." — *Becky, Colorado*

"Disc golf helps me get outside and move, but it's not strenuous — and it offers a goal to achieve as opposed to a regular walk or hike. It makes me feel accomplished and



better about myself. Playing it with a friend or partner helps motivate me." — *McKenna, Colorado*

When You Need the Structure of a Goal

"My passion is swimming, and I am a

— *Jules, United Kingdom*

"I'm an avid runner and I train for anything between 5k and marathon races. Following a training plan helps me stick to more reasonable bedtimes, take better care of my nutrition, and overall have more motivation. Without sports, my life is more chaotic." — *An Embody Reader*

—*Embody Editorial Team at YouEmbod.com*

member of a master's swim club. I get hits of dopamine as it's always a competition; there's a goal to better my own swim times and aspire to beat faster swimmers. I have found if I don't swim, my mood deteriorates, which affects every aspect of my life. Because I now realize the positive effects of swimming, I always make time for it — no matter what."



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BEFORE



AFTER

CRACKS IN THE BASEMENT?

Healthy and Fun Recipes for the Fall

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

Fish Tacos



Serve with homemade pico de gallo, and lime wedges to squeeze on top.

Ingredients

- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 cup beer
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, minced
- 1 teaspoon minced capers
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried dill weed
- 1 teaspoon ground cayenne pepper
- 1 quart oil for frying
- 1 pound cod fillets, 2 to 3 ounce portions
- 1 (12 ounce) package corn tortillas
- 1/2 medium head cabbage, finely shredded

Directions

To make beer batter: In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture (don't worry about a few lumps).

To make white sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown. Drain on paper towels. Lightly fry tortillas; not too crisp. To serve, place fried fish in a tortilla, and top with shredded cabbage, and white sauce.

Nutrition Information (Servings: 8)

Per serving: 409 calories; 18.8 g fat; 43 g carbohydrates; 17.3 g protein; 54 mg cholesterol; 407 mg sodium.

Source: allrecipes.com

Sweet and Easy Corn on the Cob



Quick and easy recipe for the sweetest, tastiest corn cobs!

Ingredients

- 2 tablespoons white sugar
- 1 tablespoon lemon juice
- 6 ears corn on the cob, husks and silk removed

Directions

Fill a large pot about 3/4 full of water and bring to a boil. Stir in sugar and lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes.

Partner Tip

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Information (Servings: 6)

Per serving: 94 calories; 1.1 g fat; 21.5 g carbohydrates; 2.9 g protein; 0 mg cholesterol; 14 mg sodium.

Source: allrecipes.com

Baked Lemon Pepper Salmon



You don't need the broiler to make great salmon fillets. A hot oven can produce tender, moist, flaky meat every time. This recipe uses lots of lemon juice and black pepper.

Ingredients

- 2 tablespoons lemon juice
- 1 tablespoon ground black pepper
- 1 1/2 tablespoons mayonnaise
- 1 tablespoon yellow miso paste
- 2 teaspoons Dijon mustard
- 1 pinch cayenne pepper, or to taste
- 2 (8 ounce) center-cut salmon fillets, boned, skin on
- sea salt to taste

Directions

Whisk together lemon juice and black pepper in small bowl. Add mayonnaise, miso paste, Dijon mustard, and cayenne pepper to lemon-pepper mixture; whisk together.

Spread the lemon-pepper mixture over salmon fillets. Reserve about a tablespoon for later use. Cover salmon with plastic wrap and refrigerate for 30 minutes.

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or silicone baking mat.

Place fillets on the prepared baking sheet. Spread remaining lemon-pepper mixture on fillets without letting it pool around base. Sprinkle with a pinch more black pepper and a generous amount of sea salt.

Bake in the preheated oven until the fish flakes easily with a fork, 10 to 15 minutes.

Nutrition Information (Servings: 10)

Per serving: Calories: 488 kcal; Total Fat: 28.1 g; Carbohydrates: 7.1 g; Protein: 49.5 g; Cholesterol: 157 mg; Sodium: 784 mg

Source: allrecipes.com

The Age Test: The 60 Second At-Home Check



(Ivanhoe Newswire) —

By 2030, the World Health Organization says one in six people on earth will be 60 or older. But here's the good news: scientists say you can actually measure, in under a minute, whether you're aging well or headed for trouble.

As we get older, everything about us changes, physically, mentally.

Four simple self-tests can reveal your real "body age," no lab, no blood draw, just a chair and a stopwatch.

First: stand on one leg. Can't hold it 10 seconds? One landmark study found that means an 84 percent higher risk of dying within the next decade.

Next: cross your arms and stand up, sit down, five times, no hands. Struggling here is often the first sign your legs, hips, and core need attention.

Third: grip strength. Experts call it one of the best predictors of overall strength as you age. If you can't hold onto a stair rail or push up from a chair, your grip is often why.

And finally: how fast you walk. Aim for at least three feet per second at a comfortable pace.



Slower than that, and researchers say it can signal declines you can't always feel yet.

Why do these tests matter? It comes down to your mitochondria, the cell's powerhouse that turns food into energy. Some experts believe its decline actually drives diseases like Alzheimer's and cancer. The fix? Endurance and resistance exercise, a good diet, and real sleep.

So, grab a chair, time yourself, and see where you stand. The score you get today isn't a verdict; it's a starting line.

Your social life is a longevity tool too. Active social lives mean sharper memory; every real conversation is a brain workout. One more thing, if you sit most of the day and rarely move, you're training your metabo-

lism to slow down and your muscles to weaken. Experts suggest standing every 30 minutes, walking after meals, and building up to 30 – 45 minutes of daily movement. Your body needs consistent, natural movement to stay youthful.

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Celebrating Healthy Aging Month: A Guide to Lifelong Health

September marks Healthy Aging Month, a time dedicated to raising awareness about the positive aspects of growing older and encouraging individuals to take proactive steps towards maintaining their health and well-being as they age.



Rebecca Wharton

This month serves as a reminder that aging can be a vibrant and fulfilling journey, filled with opportunities to enhance physical, mental, and emotional health.

Let's explore some practices that can help reduce the risk of Alzheimer's, cancer, and cholesterol, as well as those that improve mental health!

Reduce the Risk of Alzheimer's

1. Stay Mentally Active: Engaging in activities that challenge the brain, such as puzzles, reading, or learning a new skill, can help keep the mind sharp and reduce the risk of Alzheimer's.

2. Exercise Regularly: Physical activity increases blood flow to the brain and reduces the risk of cognitive decline. Aim for at least 30 minutes of moderate aerobic exercise at least 5 times per week. Sitting is the new smoking, so MOVE your body!

3. Healthy Diet: The Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats, has been linked to a lower risk of Alzheimer's. Incorporating omega-3 fatty acids found in fish like wild caught salmon, is also beneficial.

Reduce the Risk of Cancer

1. Avoid Tobacco: Smoking is a leading cause of cancer. Quitting smoking can significantly reduce the risk of developing cancer. Each inhale of tobacco cuts off oxygen to your circulation and organs, increasing your blood pressure to accommodate the change. You are also breathing in over 700 chemicals per drag.

2. Limit Alcohol Consumption: Excessive alcohol intake is linked to various types of cancer. Moderation is key, with recommendations generally suggesting no more than one drink per day for women and two for men. Your liver is the only filter your body has, and it is constantly filtering out toxins from the environment. Alcohol STOPS metabolism so the liver can process the alcohol.

3. Maintain a Healthy Weight: Obesity increases the risk of several cancers. A balanced diet and regular exercise can help maintain a healthy weight.

Reducing Cholesterol

1. Heart-Healthy Diet: Incorporate foods that are low in saturated fats and high in fiber, such as fruits, vegetables, and whole grains. Foods rich in omega-3 fatty acids, like wild caught fish, can also help lower cholesterol.



2. Regular Exercise: Physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. Aim for a mix of aerobic exercises and strength training.

3. Avoid Trans Fats: Found in many processed foods, trans fats can raise cholesterol levels. Check food labels and avoid products containing partially hydrogenated oils.

Practices Benefiting Mental Health

1. Mindfulness and Meditation: Practices such as meditation, journaling, coloring, gardening, dancing, box breathing, tai chi, and yoga can reduce



stress, improve mood, and enhance overall mental well-being.

2. Social Connections: Maintaining strong social ties can improve mental health and longevity. Engage in social activities, join clubs, or volunteer to stay connected with others who have a positive impact on your life.

3. Adequate Sleep: Quality sleep is crucial for mental health. Aim for 7-9 hours of sleep per night to help regulate mood and cognitive function. Use blue light filters or glasses on your devices, turn down overhead lights a couple hours before bedtime, and only use your bed for sleep and intimacy. Your bed is a sacred place for rest.

4. Professional Support: Don't hesitate to seek help from mental health professionals if needed. Therapy and counseling can provide valuable support and coping strategies.

Healthy Aging Month is a wonderful opportunity to focus on adopting habits that promote long-term health and well-being. By incorporating these practices into daily life, individuals can reduce the risk of Alzheimer's, cancer, and cholesterol-related issues while enhancing their mental health.

Remember, it's never too late to start making positive changes that can lead to a healthier, more fulfilling life as you age. Celebrate this September by taking steps towards a vibrant and healthy future!

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach. She can be reached at 785-274-9844.



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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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Spiritual Wellness

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

The Value of Sleep

As the days begin to get shorter heading into the second half of the year, I would like to highlight the importance and value of sleep. It's easy to stay up late in the summer, especially when it stays light until almost 10pm.

For many families, back to school means back to a regular routine, and that includes a bed time routine. Quality sleep can make or break how you feel the next day, your energy levels, how well children behave and focus in school, and also the amount of healing and repair that occurs in your body. Here is some Biblical wisdom and some considerations for quality sleep:

1) Sleep based on God's design:

God designed the earth, the sun and people to work and function together. We are designed to get up when the sun rises and go to bed shortly after the sun sets. One reason we know this is because after the sun sets, our body produces melatonin that drips into our spinal cord which makes us sleepy.

If you are not outside and you are using fake lighting that stresses and fools the nervous system (tv, video games, cell phones, etc) than your body may not produce melatonin properly.

One reason we have such an insomnia problem is America is that we use technology and don't live out in the world God designed for us! Have you ever been camping? Notice how the sun goes down and you are exhausted and quickly go to bed. This is because you are outside and your body is working based on God's design.

2) Melatonin is likely NOT a good supplement for you:

We live in a synthetic world. Men are "re-creating" nature in a laboratory. Almost all melatonin supplements are made from PETROLEUM.

This is why people become dependent on mela-

tonin, continue to increase dosages to get an effect and it causes your own body to stop producing melatonin naturally!

This is not a sleep solution, it is becoming drug dependent.

Going outside for a walk as the sun sets will help produce melatonin. Melatonin can be found naturally, from rice, but very few health food stores are aware of this and use these products. Please do not assume everything you buy at a health food store is good for you.

3) Minerals are crucial for sleep:

Magnesium is the #1 mineral deficiency in America. Taking magnesium before bed can calm the nervous system, relax blood vessels and turn off a busy brain. If you have trouble falling asleep, magnesium may become a good friend. Everyone needs it. A magnesium bath before bed can be great for calming children and getting them prepared for bedtime. Other electrolytes are important as well, which would include calcium, potassium and sodium.

4) Light some candles:

Something our family has been doing recently is lighting candles. As the sun sets, we light candles and ALL technology in the house is turned off (this means no lights, television, cell phones, computers, etc.)

What an amazing way to disconnect from the mod-



ern world and return back to the "good old days." It makes me think of all those episodes of Little House on the Prairie I watched growing up with my mom, the simple life before technology. We have found it a great way to unwind, relax and connect with our family. Without technology to distract us or entertain us, instead we connect with each other by talking, telling stories, reading the Bible, or playing games.

5) We all need growth hormones:

Growth hormones are released during sleep, but only if you go to bed on time. Growth hormone is release in the body sometime between 9pm and midnight after going to sleep.

If you go to bed at midnight or later, you miss it. Again, this is based on how God designed us to go to sleep after the sun sets. Why is growth hormone important?

Many call it the anti-aging hormone. It's what helps young ones to grow strong and for us older ones to stay young! Growth hormone is crucial for the body to heal, repair and grow healthy new cells and tissues.

God clearly required rest and sleep for all creatures on this earth. There is a reason that all life is governed by the sun rising and the sun setting. It would benefit us to honor God's design even in a busy, complex, technology-filled world.

—Vaughn Lawrence



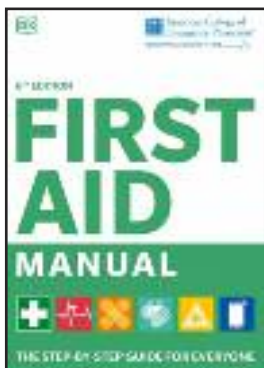
New Health & Wellness Info at the Library

By Alex Henault

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

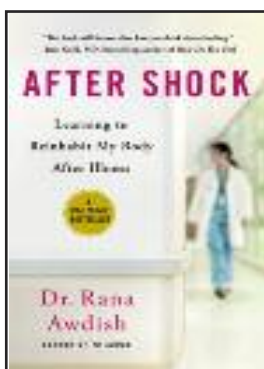
First Aid Manual: The Step-By-Step Guide For Everyone – by American College of Emergency Physicians; DK Publishing; 2026 New Books 610.41 FIR

With this clear visual guide you can be confident that you can respond to any situation requiring first aid. DK's ACEP First Aid Manual looks at more than 100 different conditions, from splinters and sprained ankles to strokes and unconsciousness, and shows exactly what to do with step-by-step photographic sequences. Every condition is clearly explained--outlining causes, symptoms and signs, and action plans. The updated design makes the instructions easier to follow, whether you need information on emergency first aid, first aid for babies and children, or tips on resuscitation. This First Aid Manual is endorsed by the American College of Emergency Physicians and is an invaluable resource to keep you and your loved ones safe and healthy.



After Shock: Learning to Reinhabit My Body After Illness – by Rana Awdish; St. Martin's Press; 2026 New Books 610.92 AWD

In this powerful follow-up to her bestselling memoir *In Shock*, a doctor asks: What does it truly mean to heal? In the aftermath of her own critical illness, physician and writer Dr. Rana Awdish finds herself oddly estranged from her own body. Medicine has conditioned her to view sick bodies as broken objects, not as sites of meaning, mystery, and quiet wisdom. So, when her own body warns her that she'll be dead in five years, she's unsure whether to trust it enough to follow where it leads. Allowing for this kind of innate, bodily wisdom would require her to dismantle and



reconfigure her entire belief system. She decides to take a leap of faith, abandon certainty and surrender to the message—a choice that ultimately saves her life. What emerges is a profound and vulnerable meditation on the true nature of healing. Guided by the evocative power of art from Frida Kahlo to Mark Rothko, as well as her own creative process, *After Shock* is part memoir and part guidebook to sustaining wonder and attention to beauty even in the face of grief and loss. Awdish elegantly draws us into a space where our perception shifts and curiosity leads to profound revelation. She invites us to reclaim the power that resides in our attention, relationships and willingness to stay present with suffering long enough for it to transform into something else. Through her poetic prose and evocative imagery, we learn to see differently, feel deeply, and trust that healing is always possible.

Skin: An Owner's Guide – by Emma Craythorne; DK Publishing; 2026 New Books 616.5 CRA

Incredible skin doesn't come with guesswork. Find the answers you need with *Skin: An Owner's Guide*, the latest book in the Body Literacy Library series. TV's favorite dermatologist Dr. Emma Craythorne offers a clear path to better understanding and prioritizing the body's largest and most misunderstood organ. Discover how your skin evolves throughout your lifetime, why it is a mirror for everything that happens underneath it, and how to embrace a skin-loving lifestyle. Covering all aspects of skin health, from common flaws to complex conditions, this science-backed guide combines the latest research with detailed illustrations to help you achieve healthy, resilient skin for decades to come. Discover within: What your lifestyle is doing to your skin. How to care for and protect your skin through routine, products, and treatments. The ways your skin changes and ages over time. How to address issues from acne and wrinkles to eczema and cancer. The secret to mastering your unique microbiome.



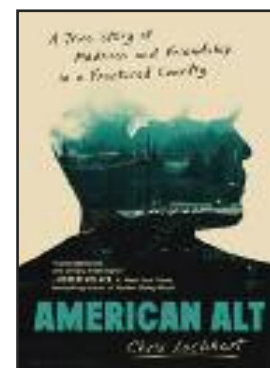
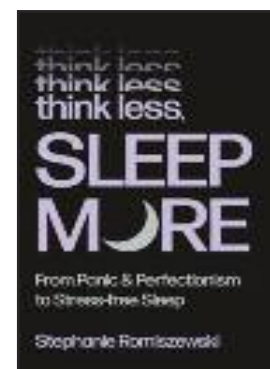
Think Less, Sleep More: From Panic & Perfectionism To Stress-Free Sleep – by Stephanie Romiszewski; St. Martin's Essentials; 2026 New Books 616.8498 ROM

A smart and sometimes counterintuitive (who cares

when you go to bed?) guide that will solve readers' sleep anxiety once and for all! If there's anything worse than not getting sleep, it's lying awake with a scare-face staring at the ceiling worrying about it. Here's Romiszewski's—a sleep physiologist and founder of the UK's Sleepyhead Clinics—promise: "This book is your guide to liberating yourself from the endless cycle of sleep anxiety and obsession. By the end, you'll have regained control—not through perfection, but by letting go of the need to constantly manage your sleep. Sleep will start working for you, not as something to fear or fix, but as your natural ally. And best of all, it will no longer dominate your thoughts." *THINK LESS, SLEEP MORE* is a sensible take on sleep with some counterintuitive twists to current accepted dogma, such as that we all need more sleep and that segmented sleep—aka waking up in the middle of the night—is a killer. It's a health and wellness permission book: there are some readjustments to make, both mental and physical, but a key takeaway is that whatever you're doing now is probably better than you think. Among other counterintuitive insights, Romiszewski reveals: --The importance of a consistent wake-time rather than a rigid bedtime --How to trust your body's natural sleep drive and rhythms --That 'bad' nights neither ruin the next day, nor your health, and that variability is normal --That sleep isn't fragile—it's adaptable, resilient, and smarter than any hack you could throw at it --The myth of 8 hours --The power of light For an audience who found Matthew Walker's "Why We Sleep" daunting if not downright scary, Romiszewski's is the sensible, seasoned, calming voice you want to think of at 3AM.

American Alt: A True Story Of Madness and Friendship In a Fractured Country – Chris Lockhart; Bloomsbury Publishing; 2026 New Books 616.8572 LOC

A glimpse into the mind of an American conspiracy theorist, the schizophrenia, trauma, and misinformation that drove him to the brink, and the friendship that brought him back. On the



eve of January 6, 2021, Michael Dodd and his three friends found themselves in a stolen vehicle on the grounds of the Washington State capitol, armed to the teeth, and ready to kidnap Governor Jay Inslee. Only there weren't actually three others in the car—Michael was alone. Months later, the violent plan thwarted, Michael sat in a psychiatric hospital and learned that he was struggling with undiagnosed schizophrenia and dissociative identity disorder. His knowledge of that fateful day was spotty, fractured by the different personality states he now knew were affecting his reality. Skeptical of a state mental health system, but anxious to find out how his world turned upside down, he reached out to his longtime friend, the author Chris Lockhart, for help. *American Alt* is the odyssey of two friends trying to piece together the fragments of Michael's shattered memory and uncover the truth of what pushed him to the edge. Set against the beautiful but economically broken region where both men rambled in their youth, Lockhart delivers a suspenseful, profoundly moving story of discovery and affirmation.

Neural Exercises For Autism: Embracing Your Capacity For Flexibility, Connection, And Joy— by Sean Inderbitzen; W.W. Norton and Company; 2026 New Books 616.85882 IND

What if you could embrace your autistic identity while working with your nervous system to deepen your relationships and expand your experience? In this revolutionary self-care book, autistic clinician Sean Inderbitzen presents exercises that focus on retraining the nervous system to more easily access a state of safety. These polyvagal-informed exercises draw on the intuitive wisdom of the autistic body to increase the reader's capacities for connection and flexibility, all while celebrating the inherent strengths of autists. Neurology, mindfulness, somatic resources, and other fields are tapped to create these powerful practices for a more joyful, easeful, and connected autistic experience.

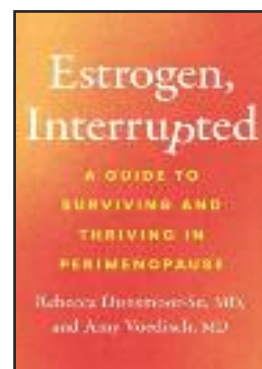
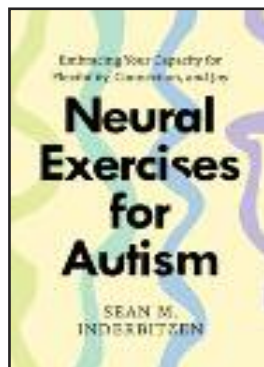
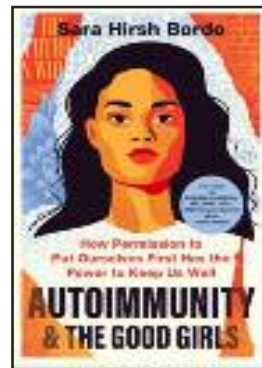
Autoimmunity & The Good Girls: Permission To Put Ourselves First Has The Power To Keep Us Well – by Sara Hirsh Bordo; HarperOne; 2026 New Books 616.978 BOR

As the eldest daughter, Sara Hirsh Bordo grew up learning to care for everyone else's needs at the expense of her own. Later, while she was winning awards as a documentary filmmaker, her own health was unraveling behind the scenes, from autoimmune disease to cancer.

Sara funded the first-of-its-kind research, which overwhelmingly confirmed that girls raised as caretakers—especially eldest daughters—are disproportionately likely to develop autoimmune conditions later in life. Weaving together story and science, Sara's health journey and groundbreaking research reveal: how compromised girlhoods create compromised immune systems in womanhood; how you can unlearn self-sacrificing caregiving and evolve from "good" to "real"; how you can remother yourself through modern and mystical feminine archetypes; how authenticity, environment, and self-permission can transform your health. *Autoimmunity and the Good Girls* is a rousing testament to the missing modality in women's health: self-permission to speak up, to transform, and to heal.

Estrogen, Interrupted: A Guide To Surviving And Thriving In Perimenopause – by Rebecca Dunsmoor-Su; Flatiron Books; 2026 New Books 618.175 DUN

From two leading physicians and perimenopause experts, a comprehensive guide to a critically misunderstood and under-researched phase of women's lives. After years of being overlooked by mainstream medicine and culture, menopause is finally receiving the attention it's due. But one major reproductive health cycle in every woman's life is still hiding in the shadows: perimenopause. It's generally assumed that women suffer the worst symptoms during menopause, but perimenopause is actually the time when women most struggle with an onslaught of invasive bodily changes, from weight gain, hair loss, and brain fog to low libido, depression, and trouble sleeping. The arrival and intensity of perimenopausal symptoms are often not only unexpected but met with a collective shrug by the medical community, leaving women adrift when it comes to understanding the complexity of this biological chapter and how best to address its many challenges. In *Estrogen, Interrupted*, ob-gyns, medical researchers, and perimenopause experts Rebecca Dunsmoor-Su and Amy Voedisch demystify the changes women experience during perimenopause, explaining what is happening in their bodies and empowering them with evidence-based treatments. While



hormones play a decisive role in perimenopausal symptoms, Drs. Dunsmoor-Su and Voedisch emphasize that lifestyle factors such as nutrition, stress levels, mental health, exercise, and physical health also directly impact their severity. *Estrogen, Interrupted* is a book for the millions of women who want to understand the constellation of symptoms they may begin to experience as early as their mid-thirties—and that can persist for a decade or more. Weaving research and practical takeaways alongside moving stories from the doctors' own lives and clinical practices, Drs. Dunsmoor-Su and Voedisch provide women with a roadmap for reclaiming control of their bodies and lives during this transformative chapter.

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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.

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Contact Lissa Staley:

estaley@tscpl.org

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Healthy Event Calendar for Greater Topeka

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

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

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

WOODSHED MARKET — Sundays 9-2, 1901 N. Kansas Ave.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 4 thru Oct., 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods & more.

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

TOPEKA FOOD TRUCK FESTIVAL — Aug. 30, 11-5, Gage Park. Games, entertainment, food trucks galore!

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

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

FIRST FRIDAY MUSIC IN REDBUD PARK — Sep. 4, 5-8pm. Stephanie Teagarden: Tyler Swain.

WOODSHED 1ST SATURDAYS MARKET — Sep. 5, 9-2, Woodshed Event Center parking lot. (also every Sunday) Vendor spots only \$10 — just show up and pick a parking stall! Pull-through 2 spots = \$20 (only \$35 for Sat & Sun both). Produce, food trucks, antiques, crafts, baked goods, more!

KANSAS CITY RENAISSANCE FESTIVAL — Sat. & Sun., Sep. 5 - Oct 18, 10am - 7pm PLUS Mondays, Sep. 7, 10am - 7pm and Oct. 12, 10am - 5pm. www.kcrenfest.com. FB @KansasCityRenFest 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

C5Alive "POWER" LUNCHEON — Sep. 10, 11:30-1, at Celtic Fox. Featuring Chad Parks, award-winning wrestling coach for Shawnee Heights, also involved in coaching football and FCA. 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 **SAVE THE DATE: C5 POWER Luncheon, Oct. 8, 11:30-1, Celtic Fox.**

FRIDAY FLICKS — Sep. 11, 7pm, Everygy Plaza. "Mean Girls" is showing. Food Trucks on hand: La Creperie Co., Pineapple Dream, Taqueria Mexico Lindo. Kids activities. Movie starts at 8pm.

HUFF 'N PUFF HOT AIR BALLOON RALLY — Sep. 11-13, Huntoon & Fair-lawn. Balloon launches, vendors, & more. No admission, no parking fee. Please — no drones, no pets. Weather permitting. Contact: gpbcpres@gmail.com; www.huff-n-puff.org

ICE CREAM SOCIAL — Sep. 11, 6pm at Crossroads Cowboy Church 1255 Oak St. Perry Ks. Come join in on the fellowship and goodies.

HOLY SMOKIN JAMBOREE — Sep. 12-13, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, bingo, cake walk, crafts, raffles, silent auction, and live music by THE BASH Saturday night. Car show, 5K run/walk and poker run and cornhole tourney on Saturday. Outdoor Mass and live auction on Sunday. Wristbands for all-day kid games & inflatables! Register at www.holysmokinjamboree.org!

VBP VETTES 8TH ANNUAL CORVETTE SHOW — Sep. 12, 8-3, Furniture Mall of Kansas at West Ridge Mall. Entertainment, silent auction, door prizes, vendors.

SCOUTING AMERICA TROOP 7 CAR SHOW — Sep. 12, 10am-2pm, 400 SE 29th St.

CORNER MARKET — Sep. 12, 10-3, 29th & Adams, Owl's Nest parking lot. Vendors, food

trucks, kids activities.

SPIRIT FAIR — Sep. 12-13, 10-5, Woodshed Event Center, 1901 N. Kansas Ave. Local practitioners & vendors, yoga classes, tarot readings, and more. Tickets \$3. www.geminivibeskansas.com

TOUCH A TRUCK — Sep. 12, 9:30-1, Everygy Plaza. A hands-on showcase of massive machines, emergency vehicles, and construction equipment of all shapes and sizes. Quiet Hour is 9:30-10:30am for sensitive children.

BEST-SELLING AUTHOR DR. JIM RANKIN - Sep. 13, 9am, Crossroads Cowboy Church 1255 Oak St. Perry Ks. Presentation on Frankincense King, the truth and journey on the Birth of Jesus. Dr. Rankin will keep you spellbound on his exploration in the truth and his travels. Event is free

SUMMERTIME BLUES — Sep. 16, 6-9pm, Gage Park Amphitheatre. Brody Buster, Tod's BBQ, La Creperie. Free event.

VITA (Volunteer Income Tax Assistance) PROGRAM — Sep. 17, 5:30pm, Marvin Auditorium at Topeka/Shawnee Co. Library. VITA is an IRS-sponsored program that provides free basic tax preparation to low- to moderate-income individuals and families. Volunteers may participate independently or as representatives of local organizations. No tax preparation experience or accounting background is required. Tax preparers, interpreters & greeters are needed. Volunteers will receive training and certification through in-person sessions in January 2027 and/or IRS on-line modules. Throughout the tax season, experienced volunteers provide ongoing mentorship and support to each other. Contact Atalie Tompkins: 785-232-0062, extension 103, or atomp@ksu.edu

NOTO SUMMER CONCERT SERIES — Sep. 18, 6pm, Redbud Park. Velvet Blues Revue

GRACE POINT CHURCH 50TH ANNIVERSARY — Sep. 19-20, Saturday: Grace Point Church, 5400 SW Huntoon: 8 to noon - Open house & come-and-go birthday party; 8 to 10 am - Pancake Feed. Sunday: Sunflower Ballroom - 1717 SW Topeka Blvd: 9:30 am - Meet-and-greet. 10:30 am - Worship Service

CIDER DAYS FALL MARKET — Sep. 19-20, Exhibition Hall - Stormont Vail Events Center. Explore over 250 makers, creators, artisans and pickers.

HILLSBORO ARTS & CRAFTS FAIR — Sep. 19, 9am-4pm. Over 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. Hillsboroartsandcraftsfair.org.

KANSAS BOOK FESTIVAL — Sep. 26, 9-4, Washburn University. Hear 50+ authors discuss their fiction, nonfiction, poetry, and children's books, including winners of major U.S. writing awards. Purchase a signed copy. Browse at outdoor vendor booths. Donate a used or new book to improve libraries at Kansas jails. Grab a chili dog or tropical treat from

the food trucks, then sit and listen to live music. Children's storytimes and art activities. Free event. www.kansasbookfestival.com

OPEN SKIES — Sep. 26, 6-9pm, Everygy Plaza. An evening of worship, community and hope. Featuring internationally acclaimed Bethel Music with Jenn Johnson and award-winning Christian hip-hop artist KB.

GARY'S FARM FEST — Sep. 25-Oct. 31, 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

FALL FESTIVAL AND SWAP MEET — Sep. 26-27, 7am-4pm, Meriden Antique Engine and Threshers Association, 8275 K-4 Highway. Join us as we make and sell Apple Cider, Apple Butter, and Sorghum, the old fashioned way! All exhibits will be up and running. We have modern restrooms and



Hillsboro Kansas

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September 19, 2026

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FLINT HILLS SHAKESPEARE FESTIVAL - Sep. 25-27 and Oct 2-4, St. Marys KS. A small-town, classical, outdoor theater and a village festival experience. Each fall, local volunteers transform a wooded meadow into a rustic outdoor Shakespearean amphitheater and family friendly village festival, with over fifty food, game, and artisan booths spread throughout the forest that features a full length Shakespearean show nightly: "Richard II." Gates open 5 - 11 pm, Play begins at 7:30 pm. Seating is "first come, first served". Bring your own chair or picnic blanket, or rent one at the gift shop. The entrance is located south of 28139 Mt Calvary Rd, St Marys.

LIVE MUSIC IN THE FOOD COURT - Oct. 1, 6:30-8:30. West Ridge Mall. Food and drinks available. Stranded in the City.

FIRST FRIDAY MUSIC IN REDBUD PARK - Oct. 2, 6-9pm. John Depew.

GAGE PARK FOUNDERS FEST - Oct. 2-3. Friday, free mini train rides and the Kansas Children's Discovery Center will be open for free from 9-5. Saturday, enjoy free train rides & carousel rides, rec & roll van, free zoo admission, food trucks, live music 11-3, touch a truck and more.

HHHS FOOD TRUCK NIGHT - Oct. 2, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

OCTOBER FEST - Oct. 3, Prince of Peace Lutheran Church, 3625 SW Wanamaker Rd. Vendors with creative gifts, artisan goods, and delectable treats crafted by talented local makers! Food trucks, kids activities.

RESOURCE FAIR AND FAMILY FUN DAY - Oct. 3, 10-1:30, Woodshed Event Center, 1901 N. Kansas Ave. CDDO and Kansas DCF is hosting a variety of community organizations to share information about available programs and services, as well as giveaways, games, prizes, and food trucks. churla@sncddo.org

MAPLE HILL FALL FLING - Oct. 3, 9-2, Maple Hill Community Congregational Church, 218 Main St. Breakfast, vendors, food trucks, kids activities

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

LIVE MUSIC IN THE FOOD COURT - Oct. 8, 6:30-8:30. West Ridge Mall. Food and drinks available. Josh Vowell

FRIDAY FLICKS - Oct. 9, 7pm, Every Plaza. "Wicked-For Good" is showing. Food Trucks on hand: R&G's Sweetery, El Zocalo. Kids activities. Movie starts at 8pm.

TOPEKA FALL FEST - Oct. 10, 10-3, NOTO Arts District - Redbud Park & Veterans Park, plus Kansas Ave & Breezeway to Veterans Park. 100 vendors, food trucks, petting zoo, inflatables, kids games, face painting, live music, cake walks, fresh apple cider, pumpkin decorating. See Topeka Fall Fest on Facebook or email info@c5alive.org.

LIVE MUSIC IN THE FOOD COURT - Oct. 15, 6:30-8:30. West Ridge Mall. Food and drinks available. Paradize Band

MAPLE LEAF FESTIVAL - Oct. 17-18, Baldwin City.

LIVE MUSIC IN THE FOOD COURT - Oct. 22, 6:30-8:30. West Ridge Mall. Food and drinks available. Villians Dance

TOPEKA RENAISSANCE FESTIVAL - FALL FESTIVAL - Oct. 23-25, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Pirates, Vikings, mermaids, live entertainment, axe & arrow games, kids zone and much more! See Topeka Renaissance Festival facebook page for details.

TOPEKA CHRISTMAS FESTIVAL AND CHRISTKINDL MARKET - Dec. 12-13, Woodshed Event Ctr., 1901 N. Kansas Ave. 50+ vendors with unique gifts, crafts, baked goods. Kids activities, photos with Santa, food trucks and more! Info: LHartman3@outlook.com

ONGOING EVENTS / MEETINGS

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

manager@sk8away.net

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

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com
SENIORS NUTRITIONAL LUNCH - Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost. Reservations/cancellations required 24 hours in advance by calling 295-3980. Each meal includes 1% milk & sugar-free items are included for diabetics. 785-215- 0064.

THE HEAT - FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.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 east side of Fellowship Hall. No charge. 785-249 -1666

TOPEKA LIONS CLUB - 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to RSVP.

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP - Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

TAI CHI FOR HEALTH - Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or 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 , dave-mathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@gmail.com.

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

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

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word & prayer as well as conversation & sharing. Open to all who care for others with debilitating illnesses or injuries. For info, go to "Weekly Class List" at highlandheightscc.com or 785-379-5642.

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

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

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

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

OPERATION BACKPACK - 1st Thurs., 6pm, , Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to

assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

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

TOPEKA NAR-ANON FAMILY GROUP - For families & friends affected by someone else's narcotic addiction. Every Mon. @ 7pm; & Sat. at 10am. First Baptist Church, 3033 SW MacVicar, www.naranonmidwest.org
SEX TRAFFICKING INFORMATION - 785-230-8237

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

Send your event information to:
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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

Call 785-580-4400 or visit www.tscpl.org

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