



FROM THE DESK OF JOE EWERT

PRESIDENT AND CEO

I want to take a moment to thank all the wonderful team members we have at Brewster. It has been a great privilege working beside some of the best people I have ever known here at Brewster. Over the last several months, I have observed our staff members going above and



Left-right: Residents Pat Gideon, Bob Parman and Jay Gideon enjoyed a supervised workout while following social distance and mask protocols.

beyond to try to bring some qualities of normal life to campus. I have observed individuals who have worked seven days a week for months, with a smile on their face, because they understand the Brewster mission. Not only do they understand our mission, they have internalized Brewster's mission and adopted it as their own personal mission.

In addition, I also want to thank our residents. Your graciousness, generosity, and outpouring of support during the past several months has been incredible. Residents have shared their skills, talents, and labors for the Brewster community. Many of you have shared your insights, knowledge, experience, and wisdom, with me personally. I cannot express how impactful all those conversations, suggestions, and gifts have been to help us navigate this unique and challenging time.

This past week we began the reopening process. This process began because we recognize we cannot simply lock out the world and wait for the coronavirus to pass by. The unfortunate reality is that this virus is likely to pose a risk to our community for the next year or more. Our challenge now is to learn to live with this reality.

I know many people who are fatigued by the stress of the interventions. The truth, however, is that living in our current reality requires we become **more diligent** in our adherence to the most critical interventions — **not less**. As we re-open common spaces, begin group activities and bring visitors into our homes, we must all do our very best to protect ourselves and each other.

We have learned a great deal about how this virus spreads, who is at greatest risk, and which interventions are the most effective at preventing transmission. At the end of the day,

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MISSION

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.



The Brewster Health Center is accredited by The Joint Commission.

ART camp



with Kris Saia

Join Kris for a full week of artsy-craftsy fun! This art camp gives you opportunities for a creative romp each day — sign up for one project or ALL of them! To reserve your spot, please call Maxine at 274-3374. Sign up soon as space is limited due to social distancing protocols.

VEGGIE PRINTED TOWELS

Monday, July 6

1:00—2:30 pm

Klinge Activity Center

You've heard "EAT YOUR VEGGIES?" Well, we'll stamp with 'em! Learn to use vegetables to make modern designs on a kitchen towel you can take home.

MOTHER NATURE'S POSTCARDS

Tuesday, July 7

9:00—10:00 am

Redwood Veranda

So easy, so pretty! We'll use Mother Nature's tools to make beautifully simple designs on a set of five postcards. Mail them yourself, or you can tie them up as a gift for a friend.

TIE-DYE GROCERY TOTE

Wednesday, July 8

1:00—2:30 pm

Main Street Pavilion

Magical! We'll use Sharpie Markers to doodle designs on a plain old fabric tote, spray with alcohol and voila -- Tie Dye Totes for every happy art camper!

SKETCH BY THE FOUNTAIN

Thursday, July 9

9:00—10:00 am

Main Street Pavilion Patio

Such a pretty spot in the cool early morning-- join us at the patio tables outside The Pavilion to sit and sketch the fountain, the flowers, the squirrels. Supplies provided.

YARN-WRAPPED DOOR MONOGRAMS

Friday, July 10

1:00—2:30 pm

Klinge Activity Center

We'll use a rainbow of yarns to wrap a big cardboard letter, and add pompoms and flowers... a darling monogram to hang on your front door. When you sign up, let us know which letter you'd like to use so we can have it ready for you to wrap. ■



PRAYER WALK | JULY 13—18

stroll — pause — pray!

Take a leisurely walk through the greenspace between the Aspen Cottages to enjoy this contemplative project from Chaplain Roger and Creative Arts Coordinator Kris Saia. Enjoy a series of six hand-painted signs that may prompt you to pray for less stress, more faithfulness, encouragement, peace, gratitude, and wisdom for our leaders, during these strange days in our country. Take your Bible! ■

EVERYONE HAS A STORY TO TELL BY DIANA REED, RESIDENT

Take a stroll down a quiet hallway in The Evergreens. It leads to a wonderful place; a world set apart. Behind a heavy door, a maze of tables and shelves hold the raw materials for magic. Wooden patterns which may end as colorful birds and their pretend houses hang from the ceiling. Cardboard boxes filled with silver screws and golden nails rest casually on electric machine tops. It is amazing to look around at the machines and tools and imagine what creative hands can make. In the center of this room where everything is possible stands a calm and easy-going man — it is **Don Buchanan**, the keeper of the Brewster woodshop.

“My dad was a carpenter,” said Don, “and I started in his shop when I was about 10 years old. I was his gopher. Don smiles at the memory. “My dad built military housing at Camp Funston near Fort Riley, for soldiers during World War II.” He picks up a flat metal tool that is a mystery to the non-wood worker. “Oh yes,” he says, “this tool makes sanding easier.” He demonstrates by scraping the tool across a small piece of wood. He pulls a small shaving off. Don has done this before. He knows this place. He knows how to use these tools.

“My dad and uncle were fine finish carpenters,” Don said. “They built houses, hung windows and doors. It was man’s work. I learned it all from my dad.” Don continued, “I had two sisters — they washed dishes, cleaned and did girl’s work. I wanted to do man’s work, so I went with Dad most days.

Don said that he had several male cousins who went to World War II. “My cousins who came back from Germany had some wild stories. They had a rough time in the war and at least four of them came back with some pretty rough stories.” He stopped for a moment and looked like he was thinking about those stories. It was as though he was at the Thanksgiving table or outside eating watermelon and the men and the family were hearing the stories from the war. These stories may have deeply influenced Don.

“By the time Korea came,” Don said, “I was married to Jackie and we had a little baby. They didn’t want people with families and children, so I didn’t go to Korea.” When asked if he was happy he didn’t have to go, he said, “No, I did not have the opportunity to go.”

Don and Jackie raised three daughters. His attitude about women’s work had to change — four women against one man made him the loser in most situations. Don had a career with Barlett and West as a structural engineer. Through this time Don developed a hobby of woodworking and purchased large woodworking equipment. He made furniture for his daughters; dressers, a bed frame, jewelry boxes and other items. He honed his skills over the years. With a friend, he remodeled five bathrooms, ripped out everything down to the studs and put back everything new.

As Don smiles he says, “Soon we will have a new, larger woodshop at Brewster. Several other men at Brewster have more complex wood working equipment in storage that will be installed in the new facility.” Don continued, “We already have orders for a sewing box and a headboard.”

Don and his fellow woodworkers have big plans for the new woodshop. The woodshop will provide more space for creative people to come together to work, learn and make beautiful pieces that will leave a legacy in years to come. ■



DON BUCHANAN in the Brewster woodshop



FROM the CHAPLAIN

REV. ROGER JACKSON, M.DIV

MEMORIES ARE A GIFT

*“I remember to think about the many things you did in years gone by.
Then I lift my hands in prayer, because my soul is a desert, thirsty for water from you.”*

Psalm 143: 5-6

According to the Merriam-Webster Dictionary, the definition of the word **memory** is: *“the power or process of reproducing or recalling what has been learned and retained especially through associative mechanisms...a particular act of recall or recollection; an image or impression of one that is remembered; the time within which past events can be or are remembered.”*

The website psychologytoday.com says, *“Memory is the faculty by which the brain encodes, stores, and retrieves information. It is a record of experience for guiding future action.”*

I believe our memories are a gift — a treasure. Memories are special moments that tell our story. Granted, we may have memories growing up, in married life, with our children, and times with our friends, that are not good memories. But these memories are still part of our story. We may recall good memories while growing up, with our spouse and children — holidays, birthdays, vacations, and special moments. These memories are also part of our story.

We also may remember the growth we have achieved in our faith, remembering what God has done for us throughout the years. **Psalm 143:5-6** says, *“I remember to think about the many things you did in years gone by. Then I lift my hands in prayer, because my soul is a desert, thirsty for water from you.”*

I love the poem, **“Footprints in the Sand.”** The poem states, *“When you looked*

back on the journey of your life and saw only one set of footprints, it was then that I carried you.” These memories are also part of your story.

Memories are important. I want to encourage you to take some time and write down your memories, your story. Write about the good memories and also the not-so-good memories. Write down the good times growing up in your family, your wedding, the life with your spouse, your time in the military, your work, raising your children, your faith journey. And then write about your not-so-good memories, your struggles, when you felt bullied, the times you wrestled with God. These are all part of your story.

After my mom died, we were cleaning out her belongings and we found memories she had written down about growing up on the farm. We don't know when she wrote these, but it was towards the end of her life and before the disease of dementia progressed to the later stages. As I read these stories, the realization came that I had never heard them before. They were so vivid that I could picture them when they were happening. I was able to share some of my mom's memories in her eulogy. What a gift mom left us by writing down her memories.

Memories are a gift — a treasure. What a gift you would be leaving your family and friends if you wrote down your memories. Share your story! ■

NEW BOOK GROUP

Topeka & Shawnee County Public Library and Brewster

BOOK GROUP

Tuesday, July 21

2:00 pm

Main Street Chapel

The books and the group will be limited to 12 people. Please call Jamie at 274-3398 to request a copy of the book to be delivered to you. Books will be available July 6th. More information to come about the book group discussion.

We are excited to partner with Topeka and Shawnee County Public Library to have a book group featuring *The Round House* by Louise Erdrich, who is one of the most revered novelists of our time. She has been called a brilliant chronicler of Native-American life.

In *The Round House*, Louise Erdrich returns to the territory of her bestselling, Pulitzer Prize finalist *The Plague of Doves*. *The Round House* transports readers to the Ojibwe reservation in North Dakota. It is an exquisitely told story of a boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that upends and forever transforms his family. Riveting and suspenseful, arguably the most accessible novel to date from the creator of *Love Medicine*, *The Beet Queen*, and *The Bingo Palace*, Erdrich's *The Round House* is a page-turning masterpiece of literary fiction — at once a powerful coming-of-age story, a mystery, and a tender, moving novel of family, history, and culture. ■

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the most effective interventions that can be practiced by all do not require placing your entire life on hold. These simple precautions can be boiled down to:

- If you do not feel well, do not go out in public.
- If you have been in contact with someone who has or may have COVID-19, stay home until you can be cleared of the virus.
- Wash your hands frequently and thoroughly and do not touch your eyes, ears, nose or mouth.
- Keep 6' distance from yourself and others as much as possible.
- Wear a face covering when near others indoors and anytime you cannot maintain 6' distance from other people.
- Ask your visitors to wear a face covering when they come to your home.

Life can continue and we can learn to live in a world with coronavirus if we all adhere to these precautions listed above. I look forward to continuing this journey with all of you. Take care. ■

SWEET MAGNOLIAS

A NETFLIX MINISERIES

Wednesdays, July 8, 15 and 22

1:00 pm

Main Street Chapel

Sweet Magnolias centers on three South Carolina women, best friends since high school, as they shepherd each other through the complexities of romance, career, and family. It is the feel-good series you have been waiting for this summer.

Space is limited and reservations are required. Please call Jamie at 274-3398 to reserve your spot. ■



RED CARPET

A SERVICE OF THE TOPEKA AND SHAWNEE COUNTY PUBLIC LIBRARY

Tuesday, July 21

9:30 am | Redwood Veranda
1:15 pm | The Evergreens
Outside North Entrance

NAIL CARE

Appointments are required by calling Maxine Thuston at 274-3374.

- Thursday, July 2
- Tuesday, July 14
- Wednesday, July 15
- Thursday, July 16
- Tuesday, July 21
- Tuesday, July 28

BEST OF TOPEKA

As you know, Brewster Place was chosen Best Retirement Community in Topeka in 2019.



The Best of Topeka nomination process for 2020 will begin Monday, July 6. At press time we did not have a link to share,

but please watch the Brewster Facebook page for updates about how to nominate. ■



ELECTION SEASON IMPORTANT DATES

General Information and In Person Voting

- Brewster is THE voting place for Brewster Place residents.
- Typically, voting on election day is held in the Redwood Founders Room. The polling station is open 7:00 am – 7:00 pm on election days.
- Residents who are **new to Brewster Place** or **have moved within Brewster Place** since the last election, **MUST re-register to vote.**

Vote by Mail

- To vote by mail you must complete a form to receive your ballot.
- Forms can be filled out online or printed and mailed. Here is the link:
<https://www.sos.ks.gov/forms//elections/AV1.pdf>

Primary Election

Tuesday, August 4

- Deadline to register for Primary is July 14
- Link to register to vote:
<https://www.kdor.ks.gov/Apps/VoterReg/Default.aspx>
- Deadline to apply for Advance Ballots for Primary is July 28 (see above for link)

General Election

Tuesday, November 3

- October 13 – Last day to register for General Election (if people have voted in primary, they don't have to re-register.)
- October 27 – Deadline to apply for Advance Ballots by Mail for General Election ■

at the



KITCHEN TABLE WITH SHARON ADERMAN AND KATHIE TAYLOR

Ponder & Stir with Sharon

"**P**assion for pie runs deep in nearly every pocket of the country except in the Midwest. In the heartland, passion is too pale a word for the way folks feel about homemade pie. Reverence is more like it. Lunch, no matter how delicious, is merely a warm-up for the main event--pie. Accomplished pie bakers occupy a pedestal higher than cooks who make terrific breads, cakes and cookies. To the heartland pie bakers, pies are such a nice surprise. A good pie says, "Gosh, life is wonderful."

This is my all-time favorite cream pie recipe. The most requested pie when I was running my catering business in Jackson, Michigan. I called it, "Something Special by Sharon," featuring desserts only. This pie is so easy to make and most of the ingredients can be kept in your pantry or fridge.

PEACH CREAM PIE

- 1 can Eagle Brand Sweetened Condensed Milk
- 1/3 cup FRESH lemon juice — it does make a difference!
- 3/4 container Cool Whip — 9oz
- 2 cups sliced fresh or frozen fruit — if frozen, thaw and drain before adding to ingredients. I have used peaches, raspberries, strawberries, blueberries or bananas. Even drained fruit cocktail makes a delicious pie.

Pour into a baked pie shell, graham cracker crust or regular pastry shell. Chill in fridge at least a couple hours before serving.

Comments with Kathie

I love tried and true recipes that are passed down through the generations. This light, delicious, pretty spring salad is just that.

LIME SALAD

- 1 3 oz. box lime jello — dissolved
- 1 cup boiling water, add 4 oz. softened cream cheese
- Beat well with hand mixer and add 1/4 cup mayo. Beat again.
- Stir in 1 cup crushed pineapple, 1/4 cup chopped pecans.
- Let set over night

Recipe can be easily doubled.

Appetizer from Chelsy Wessel

RATTLESNAKE EGGS

- 1 pound Jimmy Dean sausage (hot or med)
- 1 8 oz. cream cheese
- 1 packet dry Ranch seasoning
- 1 package Tostito Scoop chips

Brown and crumble sausage in skillet. Drain grease. Add the seasoning and cream cheese to sausage. Mix and stir until well blended. Fill Tostito chips with sausage mix then bake for 10 minutes at 350 degrees.

If you use crescent rolls instead, fill the triangles and tuck in edges so they look more like rattlesnake eggs. Bake as directed for rolls. ■

"Now what do we call that?"
That's GOOD eatin'!



FEATURED HOME | GRAND HOME 2936

Not ready to downsize? This home has lots of space!

Brewster Place has eight spacious Grand Homes and one of them is now available. Featuring 2,500 square feet, this recently updated home has a large east facing deck for comfortable outdoor living as well. The core of this home feels even more spacious with an open concept kitchen, dining, and living rooms that blend together for a large area to entertain friends and family. In addition, there is convenient storage behind custom finished cabinetry in the living room. From airy and open to cozy and warm, with a flip of a switch the gas fireplace in the living room that boasts a traditional mantle, becomes the focal point in the living room.

The master bedroom with ensuite bathroom has a large walk-in closet and a

separate utility closet with washer and dryer provided. The second bedroom/den on the main floor has large windows and two built-in bookcases. The large basement features daylight windows, recessed lighting and a glass French door between two large rooms that creates a bright and enjoyable space downstairs. In addition, there is storage galore with closets and unfinished areas in the basement as well. Grand Homes also include two-car garages.

If you or a friend would like to take a tour of this spacious Grand Home, or any of our available homes, please call Lifestyle Consultants Chris Gallagher at 274-3351 or Kathy Clark at 274-3314. ■

LIVE YOUR FULLEST LIFE at Brewster Place



Lonna Reinecke is one of many resident gardeners. Lonna spends hours outside tending to her flowers, vegetables and other plants. Our resident gardeners help keep the Brewster campus beautiful!



Warren and Freida Schriener are long-time Brewster residents who enjoy staying active even during a pandemic. Their patio is a beautiful place to relax.



Fran Olin lives at the Aspen Cottages and loves the color purple! Her front porch is gorgeously framed with her purple front door and colorful plants and flowers. She enjoyed watching the Family Car Parade in June.

PROGRAMMING NOTES

ACTIVITIES

Beginning in June small, indoor Independent Living activities began. Check the Weekly Bulletin that is delivered to your door for details. For questions please call Jamie Fritz, Activities Coordinator, at 274-3398.

ART STUDIOS

Morning Sessions:

Art Projects or Bazaar Sewing or Quilting

| | | |
|-----------|---------------|---------|
| Tuesday | 9:30—11:30 am | Redwood |
| Wednesday | 9:30—11:30 am | Redwood |
| Thursday | 9:30—11:30 am | Redwood |

Afternoon Sessions:

Art Projects or Bazaar Crafting

| | | |
|----------|--------------|------------|
| Tuesday | 1:00—3:00 pm | Evergreens |
| Thursday | 1:00—3:00 pm | Evergreens |

CHAPEL AT MAIN STREET

Beginning in June in-person Vespers services began. Chaplain Roger will be providing two services each Sunday. Chaplain Roger will review the protocols at the beginning of each service.

Sunday Vespers

- 2:30 pm
- 4:00 pm

WELLNESS CENTER HOURS

Winchell Wellness Center

Monday—Friday
8:00—10:00 am

Tuesday and Thursday
8:00—11:30 am

Mon—Wed—Fri
1:00—3:00 pm

Evergreens Wellness Center

Tuesday and Thursday
8:00—10:00 am

Mon—Wed—Fri
10:15 am—12:55 pm

Tuesday and Thursday
1:15—3:00 pm

CLASS SCHEDULE

Monday — Friday

| | | |
|---------------------|---------------|-----|
| Low Impact Aerobics | 8:25—9:20 am | WWC |
| Senior Circuit | 9:30—10:00 am | WWC |

Monday | Wednesday | Friday

| | | |
|-------------------|----------------|-------|
| Sit 'n Bee Fit | 10:15—10:55 am | EV WC |
| Weights/Theraband | 11:00—11:40 am | EV WC |
| Sit 'n Bee Fit | 2:00—2:40 pm | WWC |

Tuesday and Thursday

| | | |
|-----------------------|----------------|-------|
| Low Impact Aerobics | 8:25—9:20 am | WWC |
| Senior Circuit | 9:30—10:00 am | WWC |
| Balance and Breathing | 10:15—10:45 am | WWC |
| Weights/Theraband | 10:50—11:20 am | WWC |
| Low Impact Aerobics | 1:15—2:00 pm | EV WC |
| Balance and Breathing | 2:15—2:45 pm | EV WC |



Tune to BPTV 1960 for the latest scheduling updates as well as classes, movies and other programming. Feel free to post this schedule on your fridge!