



## GRAND OPENING WEEK



In October 2018, Brewster's Cottonwood Villas were completed and we welcomed new residents to their beautiful and spacious homes. Just a few months before that, we celebrated the completion of the three-level parking garage north of The Evergreens. Completion of these two projects served as the preamble to breaking ground on the last phase of our expansion — the cultural arts center, indoor pool, state-of-the-art kitchen, new dining area, wellness center, expanded woodshop, salon and spa, connector bridge and Veterans Hall of Honor.

It's hard to believe, but we have reached the finish line! After years of planning, designing, meeting, coordinating, constructing and practicing all forms of patience, flexibility and grace — the dream is now reality! And while the focus seemingly has been on all things brick and mortar, the vision has always been to provide spaces and amenities to enhance the lives of Brewster's residents, staff and members. Whether it's to attend an aquatic or exercise class, build a project in the woodshop, dine with your friends, or attend a performance or class in the auditorium, providing opportunities for residents to live an optimal quality of life is always our mission.

We want to celebrate the completion of this huge project as well as show our gratitude to residents and staff who have endured many inconveniences along the way. Please join us for a special week of Grand Opening events and in-person and virtual tours! ■

### TOUR SCHEDULE

**Monday, September 28**  
**Kickoff with Virtual Tour**  
2:00 pm | BPTV 1960

**Tuesday, September 29**  
**Open Tours**  
The Evergreens Residents  
9:30—11:30 am  
Assisted Living Residents  
1:00—3:00 pm

**Wednesday, September 30**  
**Open Tours**  
Independent Living Residents  
9:30—11:30 am  
Brewster Health Center  
Residents  
1:00—3:00 pm

**Thursday, October 1**  
**Open Tours**  
9:30 – 11:30 am  
1:00—3:00 pm

**Friday, October 2**  
**Parade Finale**  
1:00 pm

*Grand Opening events are not open to the public and subject to change according to KDHE guidelines.*

### 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.

## CREATIVE ARTS *with Kris Saia*



**D**id you enjoy last month's Prayer Walk? We're doing it again but this time with a barnyard twist. We invite you to mosey on over to the Aspen Square (the area between Aspen Cottages and North and South Terrace) beginning **Tuesday, September 1** for a dose of fresh air and **Julie's Fitness Walk | Country Calisthenics!**

Wellness Specialist Julie Schmanke has come up with six easy exercises you can do while you're out for a stroll under Brewster's beautiful trees. Creative Arts Coordinator Kris Saia has painted six silly signs to give you the instructions. Don't miss the Squat and Gobble! ■

*Julie's Fitness Walk will move around campus during the month of September. One week at a time — Aspen Square, Brewster Health Center, The Evergreens, and Redwood.*

## MEADOWS SCHOOL MASK PROJECT

**W**ho would have thought last year that our partnership with Meadows Elementary School would include sewing masks because of a pandemic? But when the pandemic arrived, we chose to get creative to help others.

Our latest project included fifteen of Brewster's resident seamstresses who have been hard at work making facemasks for the students at Meadows Elementary. Resident Ginger Cain-Davis came up with the idea and Chelsy Wessel, Wellness Case Manager, coordinated the project with the teachers at Meadows as part of Brewster's Intergenerational Program.

At last count, we have more than 350 masks that will be delivered to the kids — and more masks are still arriving at press time! Our thanks to **Stitching Traditions** at Brookwood, which gave us a generous discount on a huge quantity of elastic, and to **Joann Fabrics**, which donated fabric in kid-friendly prints. ■

## ASSISTED LIVING WEEK CARING IS ESSENTIAL | SEPT 13—19

**N**ational Assisted Living Week is a nationwide event that provides a unique opportunity for residents, their loved ones, staff and the surrounding communities to recognize the role of Assisted Living in caring for American seniors and individuals with disabilities.



At a time when the entire profession is doing so much, this year's theme is **"Caring is Essential."** We will be honoring the essential workers and residents who make up our great Brewster Assisted Living neighborhood with fun events planned throughout the week. ■



[facebook.com/brewsterplace.org](https://facebook.com/brewsterplace.org)

## EVERYONE HAS A STORY TO TELL BY DIANA REED, RESDIENT

Everything about **Sharon Aderman** is remarkable. From her beautiful smile, to her incredible sweeping greeting the feeling I had met her before.

"Hello, hello," she sang with a laugh. "I have been expecting you. I have some goodies out on the porch for us to nibble while we visit."

She ushered me into her brilliant yellow home. "I told the painters to make it look like a sunny day, and they did," she said.

A colorful seven foot tall giraffe stood in wait in the corner. Lovely sheet metal stars, made and decorated in the Caribbean, sparkle high on parts of two walls, and a baby grand piano fills a large corner space in the lovely living room. A breathtaking modern painting is proudly displayed above a blue couch on another wall. This work of art has been painted together by Sharon and her four grandchildren. It is a masterpiece!

Sharon's home is a feast for the eyes, filled with art of all kinds and types, collages, paintings and the lovely watercolors. Sharon loves to create. It is a reflection of the woman who is filled with immense love, the many places she has been, and all she has done through many years of selfless giving.

Sharon said, "I grew up in Lindsborg, Kansas. I am truly happy and blessed. The love of music and art, literature, food and writing, were born in my bones. I am upbeat and optimistic all the time." Her beauty comes from her words. She has known love all her life and she shares her gifts with everyone she meets.

"I have priceless paintings in my house, all of them painted by my family. I cherish the ones of my grandchildren the most," she said.

Sharon was married to her husband Jim for 58 years. Their happy marriage began when they met at Bethany College in Lindsborg. They traveled extensively, as Jim worked throughout the world for Goodyear International GIC. They have a son, Jeffrey, and a daughter, April, and

four grandchildren. Their 20 years of travel took them to seven countries, and in each land, Sharon contributed something of herself.

"We lived in Kuala Lumpur," she said, "I established libraries and sang in the women's chorale. In South Africa I taught art classes and became a tour guide for the Goodyear Women's Club. In Venezuela, I was a permanent substitute for the International School. In Jamaica, I taught at a home for young girls. Everywhere I went, everyone I met, I kept in my heart. I have so much, so many people in my heart."

I recalled in my own memories when

Brewster had an art show. Several artists from the Brewster community displayed their art. One table was different from the rest. It was filled with buttons and loose beads, ribbons, ties and glue. People were encouraged to make their own art. The entire afternoon, this table was surrounded by men, women, and children, waiting their turn to make something.

The woman behind the table was speaking softly, encouraging people to make something of their own. She was teaching people how to make a bracelet, a pin, or a pretty paper plate to take home. People asked, "how much money does this cost, how much is this?" The woman said, "I'll help you make anything you want. You can make a necklace, I'll teach you to make a pin for your mother. It won't cost anything, take what you want, make what you want. Nothing is for sale, it's all free."

It was then I remembered how I knew this woman. Sharon was the same woman who encouraged, smiled and helped people at the Brewster Art Show. She was a sweet and happy magnet, sharing what she knew with her grace and joy.

It was remarkable — Sharon Aderman radiating love and sharing. I remembered her words, "I have so much, so many people in my heart." ■





## **BLESSED ARE THOSE WHO MOURN**

**G**rieving is important for our state of mind and spiritual life. You might be thinking, “I haven’t lost a loved one or a friend.” But, as we are in the midst of Covid-19, we have lost other things that are important to us — seeing our family and friends, being a witness to a family wedding, graduation, birthday celebration, or family reunion. We have missed not being able to drink a cup of coffee or share a meal around the dinner table with friends, attend in-person church, or we feel the loss of normalcy. We need to be able to mourn, to grieve these things as well.

In Matthew’s gospel, we find the most well-known sermon of Jesus, the “Sermon on the Mount.” That discourse includes sayings that have come to be known as the “Beatitudes.” In Matthew 5:4 Jesus says, **“Blessed are those who mourn, for they shall be comforted.”** We are blessed when we are willing to go through our loss and the grief process as we let God comfort us.

Coping with loss, whatever that loss may be, can be one of the hardest things we ever face. When we experience a loss, our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overwhelmed by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings.

Everyone reacts differently to loss. Research shows that most people can recover from loss on their own with time if they have social support and healthy habits. Though it may take months or years to come to terms with a loss, there is no “normal” time period to grieve.

According to Katherine C. Nordal, Ph.D., we cannot expect our grief to come in

phases. New research now suggests that most people do not go through stages as progressive steps. In addition, research tells us that mourning a loss takes time, but it can be the catalyst for a renewed sense of meaning that offers purpose and direction to life.

Dr. Nordal gives the following strategies to help come to terms with loss as you go through the grieving process:

**Talk about your loss** with friends and colleagues in order to understand what is happening or what has happened. Denying the loss is an easy way to isolate.

**Accept your feelings.** People experience all kinds of emotions after a loss; sadness, anger, frustration and even exhaustion are all normal.

**Take care of yourself.** Eating well, exercising, and getting plenty of rest help us get through each day and move forward.

**Reach out and help others dealing with loss.** Helping others has the added benefit of making you feel better as well. Show acts of kindness to others who are also experiencing a loss.

**Remember and celebrate life.** Possibilities include take a walk outside, be in awe of God’s creation, take pictures of what you see happening around you, or journal about the new normal. What you choose is up to you. If you feel stuck or overwhelmed by your emotions, it may be helpful to talk with a professional who can help you cope with your feelings and find ways to get back on track.

If you are experiencing loss especially during Covid-19, allow yourself to grieve, to mourn. Remember, God promises to comfort you. “Blessed are those who mourn, for they shall be comforted” (Matthew 5:4). ■



*Coming in October!*

## **AQUA EXERCISE CLASSES** WITH JULIE SCHMANKE

### **B CHI**

**Tuesdays and Thursdays**

**1:30—2:00 pm**

B Chi is Tai Chi performed in water and includes gentle exercises to promote range of motion, balance, and coordination. This is a great class for a beginner. This is a non immersion class (only chest-high and we won't get our hair wet).

CLASS LIMIT— 10

### **CARDIO TREAD**

**Mon-Tues-Wed-Thurs**

**2:30—3:15 pm**

This beginner to intermediate class uses techniques such as walking, treading, and mountain climbing in water. It is performed in the deep end of pool with a flotation belt. Foam dumbbells will be used but depending on level you can go without. Emphasis on cardiovascular fitness with resistance training. CLASS LIMIT — 12

### **SPLASH DANCE**

**Mon-Wed-Fri**

**1:30—2:15 pm**

A beginner or intermediate participant would enjoy this dance/choreography class done in chest-high water. We will move seamlessly from our dance moves to three-minute intervals of higher intensity toning moves which will keep the heart rate elevated. CLASS LIMIT — 10 ■

## **CAREGIVER'S SUPPORT GROUP**

### **What is a Caregiver Support Group?**

The purpose of the group is to reduce caregiver isolations, provide support, explore relevant topics, discover resources, peer to peer interactions, share coping strategies and learn new ones. This group is confidential.

### **Who should attend this group?**

Anyone who is providing care for a loved one. Caregiving can range from emotional support or physical help to full time assistance.

### **When does the group meet?**

The second Tuesday of each month at 10:30 am

### **Where does it meet?**

In the Main Street Chapel.

Debbie Holroyd will be facilitating the caregiver group. If you have any questions or concerns please contact her at 274-3348.

***Participants will need to wear masks at all times.*** ■

## **FLU SHOT CLINICS**

It's that time of year again, and especially this year it's important to get your flu shot. CVS Pharmacy will be providing the flu shots this year. The high dose will be available, but you must attend the clinic to receive it.

### **RESIDENT FLU SHOT CLINICS**

#### **Brewster Health Center**

Monday, September 14

8:00 am—12:00 pm

Brewster Health Center

#### **Independent Living Residents**

Monday, September 21

8:00 am—12:00 pm

Klinge Activity Center

#### **Assisted Living Residents**

Monday, September 21

11:00 am—12:00 pm

Assisted Living ■



## ELECTION SEASON IMPORTANT DATES

### 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 ■

### BREWSTER'S POLICY ON POLITICAL ACTIVITIES | RESIDENT HANDBOOK

**B**rewster encourages you to be an informed voter and to participate in partisan politics as much as you desire. As stated in the Brewster Resident Handbook, we ask that you keep these policies in mind this election season:

- Our not-for-profit status precludes Brewster from endorsing political candidates or taking partisan positions, and official Brewster political functions are limited to candidate forums to which all candidates for a political office are invited.
- Political candidates and their representatives are not permitted to campaign door to door on the Brewster Place campus and yard signs are not permitted.
- As an individual, however, you are free to host partisan political receptions or events in your home, *and in normal times* Brewster meeting rooms or other common areas on the Brewster Place campus.
- ***At this time meeting rooms are available to on campus residents only***, in groups no larger than 20-25 depending on the room. ■

## RESIDENT COUNCIL

### 2021 EXECUTIVE COUNCIL NOMINATIONS

As per Article IV, number 1, of the Brewster Place Resident Council By-laws, the Nominating Committee is submitting recommendations for the positions on the Executive Council for 2021.

**The Nominating Committee is comprised of:**

- Gary McGinness, Past President
- Glenn Wehking, 1st Vice President
- Gloria Barron, Resident Council Member
- Virgil Funk, Resident Council Member

Following tradition, Executive Council positions are alternated between male and female.

**The Nominating Committee respectfully submits the following individuals for the Executive Council for 2021:**

- President: Glenn Wehking
- 1st Vice President: Roseanna Sterbenz
- 2nd Vice President: Bruce Bower
- Secretary: John Petterson

Members of the Resident Council will vote on these positions/individuals at the next Resident Council meeting.

Submitted by,  
Gary McGinness ■



## FEATURED HOME | THE EVERGREENS 304

### Location, location, location!

Enjoy a dip in the new pool at Brewster; pick up coffee from the Brewster Bean and take a short stroll back to your spacious two-bedroom home at The Evergreens without ever leaving the building. With the new expansion opening within weeks, The Evergreens is where it's at for entertainment, exercise, and dining.

The Evergreens 304 includes a wonderful makeover in the kitchen including granite countertops, stainless steel appliances, and a modern backsplash that sets this home apart from others. In addition,

this home has been upgraded with plumbing and electrical hooks-ups for a washer and dryer.

To take a private or small group tour of this home that includes loads of upgrades, please call Lifestyle Consultants Chris Gallagher at 274-3351 or Kathy Clark at 274-3314. Remember, Brewster Place residents can help choose their future neighbors, and receive a bonus! Residents who make a referral to Brewster Place will receive one month's free rent once the friend moves in! ■

## at the KITCHEN TABLE

WITH SHARON ADERMAN

### Ponder & Stir with Sharon

*"Food is the only element in our culture that reaches our consciousness through all five senses. We can feel its smooth or rough texture, hear it boil or sizzle in preparation for the table, smell its scent or pungent aroma, and finally taste its wonders--savor every moment of the experience."*  
-John Egerton

### ORANGE CHICKEN

Cut up chicken or use favorite pieces, thighs or drumsticks, etc. Coat with flour, salt and pepper. Brown in fat, pour off excess. Add to chicken: One can of frozen orange juice concentrate, 1 can water-use juice can to measure or use fresh orange juice with some grated zest. One medium onion-sliced, 1/4 cup dark brown sugar. Simmer until chicken is cooked. Can add a bit of nutmeg or oregano for spice. Serve over rice, noodles or mashed potatoes. ■

## BEST OF TOPEKA VOTE FOR BREWSTER!



Last year Brewster was voted **Best of Topeka Retirement Community!** This year we are nominated in four categories. We hope you will go to the link below and vote for us!

### Categories:

- 1. Housing and Hospitality**  
Retirement Community > Brewster
- 2. Housing and Hospitality**  
Apartment Living 55+ > Brewster
- 3. Professional**  
Medical Facility > Brewster Rehab
- 4. Professional**  
Physical Therapy > Brewster Rehab

<https://cjonline.gannettcontests.com/2020-Best-of-Topeka/> ■

# WALK TO END



# ALZHEIMERS

**E**very 68 seconds someone's family member is diagnosed with Alzheimer's Disease. This year health and safety will take top priority for the Walk to End Alzheimers. All over the country the walk will be a bit different — it will be everywhere — on every sidewalk, track and trail in our own communities, and on Brewster's campus as well.

Brewster's Wellness Committee has planned several events to spread awareness and show our support to the Alzheimer's Association. To kick everything off, on **Tuesday, September 8**, we will start collecting **Coins for a Cause**. Wishing wells have been created and will be placed in the Redwood Information Center, The Evergreens Information Center and the Activity Office at Brewster Health Center. Stop by one of the wishing wells and drop in a donation and make a wish!

## **Tuesday, September 8**

*Coins for a Cause* Wishing Wells

## **Monday, September 14**

We will **CRUSH** Alzheimer's  
Details at your door after 1:00 pm

## **Tuesday, September 15**

Wear purple to show Memories Matter

## **Wednesday, September 16**

11:00 am | Come to the Main Street Pavilion or Evergreens Gazebo and purchase an egg for \$1 and SMASH it on a Wellness Team member's head

## **Thursday, September 17**

Brewster's Walk to End Alzheimer's  
1:00 pm | Route will be published soon

## **Friday, September 18**

If we raise \$1,000, we will celebrate with a fun obstacle course for staff! Stay tuned! ■

## **LIVE YOUR FULLEST LIFE at Brewster Place**



**Joyce Funk** held a bunch of children's masks that our residents made for the students at Meadows Elementary School. We care about our community. Way to go Team Brewster!



**Margaret Fowler** answered the call to #Act4OlderAdults. We urge everyone to contact their members of Congress to provide adequate funding for PPE and other support for our elder citizens. We must care for each other, no matter our age!



**Paul Beck** is an avid fitness enthusiast and can be caught working out in the Winchell Wellness Center several times each week. Fitness is the key to being able to stay active, engaged and independent. Way to go, Paul!

[BrewsterLiving.org](http://BrewsterLiving.org)

# What's Happening — A few highlights!

## **SCENIC DRIVE**

**Thursdays, September 3, 10, and 24 | 10:30 am | Lobbies**

Everyone is welcome but space is limited. We will take a scenic drive around Topeka just for pleasure. We will check on various developments in the City. We will usually remain on the bus. Please call Jamie at 274-3398 for reservations.

## **OUT AND ABOUT**

**Thursdays, September 3, 10, and 24 | 1:30 pm | Lobbies**

Everyone is welcome but space is limited. We will usually have a specific destination in mind—maybe some shopping or a museum—it is a group decision. Please call Jamie at 274-3398 for reservations.

## **BINGO**

**Fridays, September 4, 11, and 25 | 1:30 pm | Klinge Activity Center**

Looking for some fun on a Friday. Join us for a game of Bingo. The cards are \$.25 each. Activities Department provides extra prizes for each game.

## **PEACE, LOVE AND ICE CREAM!**

**Tuesday, September 8 | 1:00 pm | Redwood Pavilion, The Evergreens Gazebo, Aspen Square**

Stop by and chat with a member of the Resident Services Team and receive an ice cream treat. Treat yourself Tuesday!

## **THE SCIENCE OF WELLBEING: A YALE COURSE**

**Wednesdays, September 9, 16, 23 and 30 | 1:00 pm | Chapel**

Come and explore a new course about increasing your own happiness and building more productive habits with hosts Jamie Fritz and Debbie Holroyd. We are never too young or old to learn new tricks. Professor Laurie Santos will reveal misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will be prepared to successfully incorporate gratitude, happiness, meditation and savoring into your life. Space is limited. Please reserve your spot by calling Jamie at 274-3398.

## **TRIP TO LAWRENCE**

**Thursday, September 10 | 10:30 am | Lobbies**

Road Trip here we come. It's time for a social distance picnic, a tour of the Wakarusa River Valley Museum and a drive around Clinton Lake. It is sure to be a fun day. The picnic and tour costs \$16 and transportation cost is \$13. Reservations are required as space is limited. Please call Jamie Fritz at 274-3398

# What's Happening — A few highlights!

## **QIGONG EXERCISE WITH LYNN VAN BUREN**

Tuesdays and Thursdays, September 22, 24, 29 and October 1 | 10:50 am | Winchell Wellness Center

Lynn has been studying, practicing, and teaching this ancient Chinese energy system for more than 20 years. In this course, he will be introducing “Bone Marrow Cleansing” and “Standing Meditation” (with seated option)—two of many exercises and meditations that stimulate the flow of qi, or life energy.

**Bone Marrow Cleansing** is a short, simple self-healing form that is reported to improve the immune system as well as strengthen the bones. It may even help prevent cancer.

**Standing Meditation** (which can be practiced while seated) is a fundamental practice in Qigong, a breathing meditation that, when practiced regularly, can clear the mind and stimulate the circulation of the qi. As you practice the 5 different arm positions, you may notice how the energy flow moves within the body.

## **TALK ABOUT LITERATURE IN KANSAS BOOK GROUP**

Tuesday, September 29 | 2:00 pm | Chapel

We have chosen the book series called **After the Fact**. This series looks at events in our lives are so pivotal that once they occur everything changes. The Great Depression, World War II, and 9/11 represent large-scale cultural events while marriage, job loss, and major illness serve as more intimate examples. This series is about the changes that happen during and after major traumas. The books in this series take on the topics of war, illness, and murder. Each author depicts the transformations shaped by the main characters due to a variety of stressors and how the character handles the change. Over the next 3 months we will read and discuss the following books:

- *The Things They Carried* by Tim O’Brian (1990)
- *Station Eleven* by Emily St. John Mandel (2014)
- *The Hate U Give* by Angie Thomas (2017)

Please call Jamie Fritz at 274-3398 to borrow copies of these books.

## **WALK TO END ALZHEIMERS WEEK**

Please see page 8 of this issue for more information.