



## HONORING THOSE WHO SERVED

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## VETERANS HALL OF HONOR

BY JOE EWERT  
PRESIDENT AND CEO

**E**ach year on November 11 — **Veterans Day** — our nation pauses to honor and remember our veterans. At Brewster Place, we feel honored to serve our resident veterans and their loved ones every day of the year. Many staff members are also veterans, and we honor them for their service and dedication as well.

You may recall earlier this year in March — just a few days before COVID 19 began to make its presence known in Kansas — the **Brewster Foundation** hosted an event that marked the beginning of a campaign to honor our veterans in a more lasting way. The current **Veterans Wall of Honor** in the Dorothy Trueblood Resident Art Gallery for many years has been a place of reverence, where residents, staff and guests can view photos of veterans and share memories. This space has been so valuable, but we wanted to do more.

As planning got underway for the 30,000 square foot expansion to the west of The Evergreens, a single space emerged as the perfect site for a permanent **Veterans Hall of Honor**. This space — the hallway that connects the older part of campus with a bridge to the new Brewster Events Center — seemed to be the perfect place to connect veterans with each other as well as connecting all of us with our honored veterans. With granite floors, black granite walls and beautiful large windows with the seals of the branches of the military, the Veterans Hall of Honor is beautiful indeed.

Today, as the vision of the Veterans Hall of Honor is being realized, this passion project of residents, private donors, family, and friends will continue to expand with laser-etched quartz honor tiles being added, digital media will increase to expand storytelling, and more faces of men and women in uniform will be displayed on the digital slideshow. The Hall will continue to inspire meaningful conversations and understanding of who our warriors were at the time they donned the uniform, and who they became with the passage of time.

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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.

# EVERYONE HAS A STORY TO TELL

SYDNEY FLUKE

BY DIANA REED, RESIDENT



**S**ydney Fluke's door is decorated with photographs of the lovely old houses he made and sold at the Brewster Bazaar. "These doll houses," he said, "went on auction and they brought in a lot of money for programs here at Brewster Place."

The pictures told the story. The gorgeous miniature homes would have brightened any child's room or been proudly displayed in any home as a precious heirloom. The accomplished artist pointed to an unusual wooden bird hanging from his ceiling, "That's a blue heron," he said, pointing. He gently tugged on the neck and the bird appeared to fly, wings flitting gracefully in the breeze. "I made two each year for the Bazaar. I also made two butterflies; one a swallowtail and one a monarch as well as some cat scratchers."

Sydney smiled remembering and appeared to be taken back to the time when his gifts and talent surprised and pleased his friends at Brewster. "My wife, Edna, did beautiful quilting. All these were for our Bazaar," his voice rose proudly, "The Annual Brewster Holiday Bazaar. It was quite an event. Everybody came and pitched in. We loved making things, but then I lost an eye."

"Syd," I asked, "were you always an artist? What did you do before the Bazaar?"

The artist, known lovingly at Brewster Place, took a deep breath. He pointed to a closet. "It's all in plastic tubs in that closet," he said in a different tone — this

time speaking in a serious voice.

"Well," he said, "I drove the landing ships named the LSTs — the landing ship tanks — the liberty ships, and I hit the beach at Normandy on the night of June 6, 1944 with the Allied invasion of France."

Silence.

The artist Sydney Fluke had become a war hero.

"You were a war hero," I said.

Silence. He began to tell the story

"I was just a seventeen year old kid," he said, wiping his eye, "and yes, I was a war hero."

"We young kids, we were only seventeen," he explained, "we were known in the Navy as the 'Kiddie Cruise.'"

Sydney signed up for the Navy in December 1943. After boot camp in Farragut, Idaho, he went by train to Camp Bradford, Virginia and by ship to Casablanca, Morocco. In an effort to reach their assigned ship, they went by train to Bizerte, Tunisia via Oran, Algeria. Then they went by ship — LST (Landing Ship Tank) — to Naples, Italy and then to Palermo, Italy where they finally reached their assigned ship, the LST-197.

Their ship went via the Straits of Gibraltar far into the Atlantic Ocean to avoid some German Navy maneuvers. They then traveled on to England and finally to southern England to prepare for the invasion of Normandy.

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The Veterans Hall of Honor is a living memorial. It keeps alive those who have passed, through the recollections of stories, and it celebrates those who walk through the Hall and smile at the person they were many years ago. The vibrancy and significance of the Hall grows each time a photo is added, a tile is placed, and a story is told.

It is a gift to share the names and photos of our veterans and we would like to include all of our veterans. I would like to ask that if you are a veteran, to please share with us your name and your story so that you can bring even greater value and vibrancy to the Veterans Hall of Honor. Presently, Director of Resident Services Serena Kent is on a mission to gather all of the names of those who served, and she would love to hear from you. Please respond to this call of duty and contact Serena at 274-3395, so that Brewster may honor you.

If you are interested in purchasing an honor tile, each laser-etched quartz stone tile is 6" x 12". The name, branch of service, and service dates of the honored veteran will be etched on the stone and hung on the black granite wall. Individual honor tiles cost \$250. Individuals may also donate to an *unknown soldier* and the Brewster Foundation Board of Trustees will use those funds to support tiles for veterans or the family of a veteran who may not be able to afford their own tile.

To learn more about sponsoring a section of the Veterans Hall of Honor or to purchase an individual honor tile, or to just share a story or two, please contact me at 785-274-3392 or email me at [Joe.Ewert@brewsterliving.org](mailto:Joe.Ewert@brewsterliving.org).

Lastly, I encourage each of you to take a few moments on Veterans Day to walk through this hallowed space and remember those who have sacrificed for our country. ■



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

## VETERANS DISCOUNT AT REDWOOD

**A**re you a veteran? Do you know a veteran that might be thinking of a move to Brewster Place? This is the perfect time to take a tour!

Through the end of this year, Brewster Place is offering a 15% discount for veterans and their spouses on the entrance fee for apartments at Redwood.

If you have a friend or family member who served our country and they move to Brewster Place because of your referral, you will receive one month's free rent once the friend moves in! ■

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## FROM SECURITY AND SAFETY

### Safety Committee

The **Resident Council Safety Committee** is in need of representatives from several areas of campus. If you live at Maple, Oak or Brewster Health Center and would like to volunteer to be a member of this committee, please contact Eddie Fowler, Committee Chair, at 633-1226 or email him at [e.r.fowler@cox.net](mailto:e.r.fowler@cox.net). The committee meets once a month on the second Friday at 10:00 am.

### Evergreens Tornado Shelter

Please note The Evergreens tornado shelter is the newly renovated Community Room or the Evergreens Wellness Center (across from art studio). ■



## Find CALM in the Midst of Anxiety

In the midst of a pandemic and with all of the natural disasters, the fires in California and the hurricanes along the gulf; the shootings, rioting, race discrimination, and the hatred we are seeing in our own country – we have a lot of things we can be afraid of, worried and anxious about.

Christian author and preacher, Max Lucado, wrote a book entitled, *Anxious for Nothing: Finding Calm in a Chaotic World*. Lucado says, “Anxiety and fear are cousins but not twins. Fear sees a threat. Anxiety imagines one. Fear results in fight or flight. Anxiety creates doom and gloom.” In other words, fear is what comes over you when a loved one gets the coronavirus. Anxiety is the voice that tells you “Don’t leave your apartment so you won’t contract Covid-19.”

Jesus even warns us about letting worry, fear, and anxiety control our lives. In Luke 21:32, Jesus says, **“Be on guard so that your hearts are not weighed down with...the worries of this life.”**

Is your heart weighed down with worry? Lucado suggests the following signals as indicators of anxiety:

- Are you laughing less than you once did?
- Do you see problems in every promise?
- Would those who know you best describe you as increasingly negative and critical?
- Do you assume that something bad is going to happen?
- Do you dilute and downplay good news with doses of your version of reality?
- Many days would you rather stay in bed than get up?
- Do you magnify the negative and dismiss the positive?
- Given the chance, would you avoid any interaction with humanity for the rest of your life?

If you answered yes to several of these questions, then you need to examine Paul’s words in Philippians 4:4-8. Lucado suggests

that in these five verses we can find **CALM** in the midst of our worry and anxiety.

### CELEBRATE

We first need to celebrate God’s goodness. **“Rejoice in the Lord always.”** (v. 4)

### ASK

Next, ask God for help. **“Let your requests be made known to God.”** (v. 6)

### LEAVE

Third, leave your concerns with God. **“With thanksgiving...”** (v. 6)

**MEDITATE** — Fourth, meditate on good things. **“If there is anything praiseworthy—meditate on these things.”** (v. 8)

If we are able to do these things, they will lead us to the promise in verse 7, “the peace of God, which surpasses all understanding, will guard your hearts and minds.”

I don’t know about you, but I could use some calm in my life right now. When I begin to worry about my spouse, my health, contracting Covid-19, my children, my finances, my friends, the economy, all the hate and violence around us, etc., I need to read Philippians 4:4-8 again, and think of **C.A.L.M.** Maybe then I wouldn’t be so anxious. At least, I wouldn’t be letting worry, fear, and anxiety control my life. Couldn’t we all use a little more **C.A.L.M.** in our lives in 2020? ■

**T**his year has been a different year for all of us, residents, family members, and staff. What was normal isn’t normal anymore, which includes the upcoming holiday season. Even in the midst of Covid-19 we can see ways we have been blessed. We want to know what you, residents and staff, are thankful for in 2020! Keep your eyes and ears open as more will be coming in the next few days. ■

### 2020 WHAT ARE YOU GRATEFUL FOR?

# NEW WOODSHOP IS NOW OPEN

If you had ever used or visited the old woodshop at The Evergreens, you know that it was a very small and crowded space. It served us well for many years, but with the opening of the Brewster Events Center our new and improved — and very large — Woodshop has opened.

A group of very dedicated residents have worked hard to plan the space and fill it with an incredible variety of tools. The Woodshop is under the direction of the **Woodshop Committee**:

- **President:** Benny Meyers
- **Secretary/Treasurer:** Dave Sterbenz
- **Members:** Don Buchanan, Bruce Bowers

Maintaining the tools in the wood shop requires funding. Therefore to use the wood shop, we ask for you to join the **Woodshop Club**:

### Dues for membership are:

- **\$30 per year** — Residents and family and BrewsterConnect members
- **\$50 per year** — Others including staff and family

In addition, a waiver must be signed and rules and procedures must be read before using the Woodshop. Copies of these can be found in the Woodshop. The Woodshop will be open 24/7. We ask that staff Woodshop Club members use the space after work.



*Measure twice,  
cut once!*

## TOOLS IN THE SHOP

- 10 inch table saw
- 17 inch band saw and two smaller band saws
- 12 inch and 8 inch miter saw
- 15 inch thickness planer
- 8 inch jointer
- Five routers (small to large with two on tables)
- ¼ inch and ½ inch router bits
- Two scroll saws
- Vertical oscillating sander
- 12 inch disk sander
- Small vertical belt sander
- Tabletop and floor stand drill presses
- Small lathe
- Variety of lathe tools
- Miscellaneous hand tools and hardware ■

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## ANNUAL BREWSTER PLACE HOLIDAY CHARITY BAZAAR



**Thursday and Friday, November 12 and 13 | 10:00 am—2:00 pm**  
**Redwood Klinge Activity Center | Residents and Staff Only**

The Bazaar will be a bit different this year due to COVID, but we will make the best of it. This year we will not have a bake sale, but you can do tons of holiday shopping just like always. Please remember, this is only open to residents and staff. Face masks are required and social distancing will apply. ■



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## COLORING STATION

**During November | Redwood Lounge**

We will focus on making *Thinking of You* cards for residents in quarantine as well as caregivers who work so hard for us. If you would like to make cards at home, Kris can bring you blank cards to use. Please call Kris Saia at 274-3317 if you would like cards to color. Cards will be gathered and distributed on an ongoing basis. ■



## FEATURED HOME

### CEDAR 201

**R**aise the roof and let the light shine in! Cedar 201 is a vibrant apartment with a raised ceiling in the living and dining rooms. Beautiful white beams race across the ceiling, offering a spacious and airy feel to this 1050 square foot home.

The apartment’s sliding glass door faces east for a lovely morning view of the pathway between Birchwood 1-4 and the Cedar. Added recessed ceiling lights brighten the apartment all year long, even on a long dark winter afternoon. The kitchen continues the open concept giving residents the ability to sit at a bar height counter and enjoy the natural light.

This two bedroom, two bath apartment has been renovated with glass French doors opening from the living room into the second bedroom, offering extended living space to the main area, or a closed office area or TV room.

Cedar is one of the “trees” as the Oak, Maple, and Cedar buildings are often referred to. There are nine apartments in each building, comprising a small community of neighbors under one roof. These neighbors also enjoy large community rooms in the basement and huge individual storage areas. The separate storage units are the biggest on campus at 200 square feet each. They are easy to access and some residents have actually turned part of their storage areas into man caves, sewing rooms, and second TV rooms.

For a tour of the “trees” contact one of our Lifestyle Services Team members: Chris Gallagher at 274-3351 or Kathy Clark at 274-3314.

Remember, you can help choose your future neighbors, and receive a bonus! Residents who make a referral to Brewster will receive one month’s free rent once the friend moves in! ■



## PLEASE NOTE

### THANKSGIVING SERVICE

**Tuesday, November 24**

**4:00 pm | Main Street Chapel**

**Seating is limited.**

The service will be aired on BPTV 1960 on Wednesday, November 25 at 10:30 am.

### BIBLE STUDY COMING SOON

#### REDISCOVER THE SIGNIFICANCE OF CHRISTMAS

#### Four week video study:

**Week 1** – Presidents and Kings

**Week 2** – The Savior and Our Need for Saving

**Week 3** – Emmanuel in the Midst of a Pandemic

**Week 4** – The Light of the World

*The Bible Study will be available at two locations on different days:*

**Mondays, Nov 30; Dec 7, 14, 21**

3:00 pm

Brewster Events Center

Cultural Arts Center

or

**Tuesdays, Dec 1, 8, 15, 22**

3:00 pm

Main Street Chapel

Seating is limited! Please call Chaplain Roger at 785-969-7599 to reserve a spot.

# at the KITCHEN TABLE

WITH SHARON ADERMAN 

## Ponder & Stir with Sharon

When the leaves begin to fall I start preparing our favorite Autumn meal.

### Autumn Stuffed Acorn Squash

- 2 medium Acorn squash
- 1 cup broken wide noodles
- 1 pound sausage meat
- 1 and 1/2 tsp Flour
- 1/2 cup water or broth
- 3 tbsp brown sugar
- 1/2 tsp. dry mustard
- Salt and pepper

1. Poke squash with a meat fork, here and there. Bake in microwave for a few minutes until soft enough to cut into halves.
2. After cutting, dig out seeds and pulp.
3. Cook noodles according to package directions and drain.
4. Brown sausage meat, pour off excess fat.
5. Mix the flour with sausage, add broth and heat until mixture thickens.
6. Add the noodles.
7. Mix the brown sugar, mustard and salt and pepper to taste.
8. Add noodles to meat mixture and stuff squash.
9. Butter the edges and sprinkle on the brown sugar-mustard mix.
10. Bake in 350 degree oven until squash is done.
11. Serve with apple sauce on the side.

*"I'm a huge fan of eating. I'll never be a foodie. But the act of eating, of sitting down with people and sharing a meal, has been the cornerstone of my life. Raised by parents who insisted the entire family eat together every night, without television or radio interrupting. I came to love a full table and lots of loud talk and laughter."*

*-Mitch Albom*

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Late in the day of June 6, 1944, the LST took many trips through the night taking tanks to the beaches of Normandy. After each load of up to 50 tanks, the LST-197 went back on the water, floated to another tank ship and reloaded more tanks — all night long, the LST-197 and several other American LSTs, put United States tanks on Normandy sand.

Syd continued, "Hitler had a big force and we had to meet it in the 90 mph winds." Recalling the memories was exhausting for Sydney. He finally spoke again, "the war ended in Europe and my comrades and I came back to Norfolk, Virginia and the war was over for me."

Again, there was silence.

"In 1946 the GI Bill paid for me to attend Washburn Trade School. It is now Washburn Tech. I took machine shop and welding and got a job as a stripping machinist for Adams Machine Design. I worked there for 42 years."

Seventeen year old Sydney Fluke stands out as a United States war hero on the night of June 6, 1944 at the invasion of Normandy. A responsible grown man, Sydney worked for 42 years as a competent machinist while he raised a family in Topeka with his wife, Edna. An older Sydney created beautiful works of wooden art for the support of the Brewster Bazaar — sharing his gifts with others and enriching the people with whom he lived. Sydney Flue, many times a hero. ■

# Brewster Events Center Now Open!

Thank you  
for voting  
Brewster Place  
Best of Topeka  
2020!



- Retirement Community
- Apartment Living 55+

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

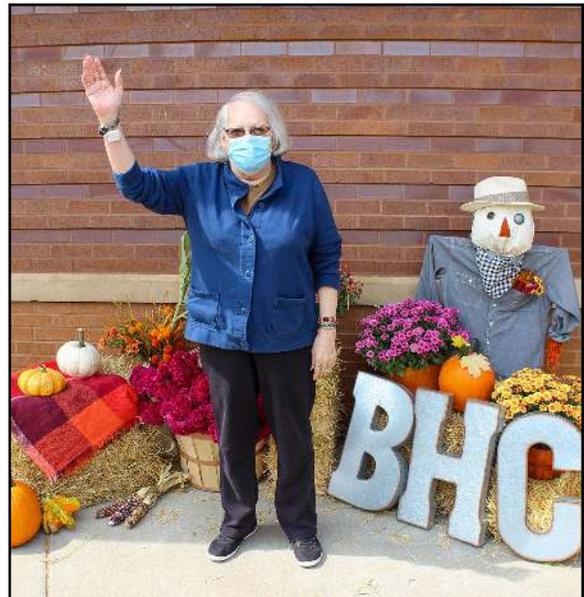


## LIVE YOUR FULLEST LIFE at Brewster Place



**Jerry and Jean Hinton** are definitely one of the most beloved couples at Brewster Place. They are an inspiration to everyone for their upbeat attitude and spirit of determination. They are both fine examples of the Greatest Generation and we are proud that they live in our community.

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



**Judy Cutright** and other residents enjoyed a wonderful fall festival complete with pumpkins, a photo booth and other engaging activities. Staff in all areas of campus are working hard to keep our residents safe while also providing opportunities for an optimal quality of life.



# ON CAMPUS — A few highlights!

## **HAMILTON: THE BROADWAY MUSICAL PRODUCTION**

**Wednesday, November 4 | 1:00 pm | Main Street Chapel**

**Monday, November 16 | 1:00 pm | Brewster Events Center Cultural Arts Center**

Hamilton: An American Musical is a sung-and-rapped-through musical by Lin-Manuel Miranda. It tells the story of American Founding Father Alexander Hamilton. Miranda said he was inspired to write the musical after reading the 2004 biography Alexander Hamilton by Ron Chernow. The show draws heavily from hip hop, as well as R&B, pop, soul, and traditional-style show tunes; and casts non-white actors as the Founding Fathers and other historical figures. Miranda described Hamilton as about "America then, as told by America now". Due to social distancing guide lines space is limited. Please call Jamie at 274-3398 for reservations.

## **TOPEKA SYMPHONY ORCHESTRA**

**Saturday, November 14 | 7:30 pm | Brewster Events Center Cultural Arts Center**

We will live stream the Symphony's second concert of the season in the Cultural Arts Center at the Brewster Events Center. This symphony will celebrate the 250th anniversary of Beethoven's birth. They'll play an all-Beethoven concert with the spirited Egmont Overture and possibly the most famous piece in the entire orchestral repertoire, Beethoven's brilliant Fifth Symphony. And they will bring Sean Chen, the 2013 Crystal Winner of the Van Cliburn Competition, to perform the dramatic Piano Concerto No. 3 with them. Due to social distancing guide lines space is limited. Please call Jamie at 274-3398 to reservations.

## **KANSAS HUMANITIES TALK BOOK GROUP**

**Tuesday, November 24 | 2:00 pm | Main Street Chapel**

Our last book in the series is **The Hate U Give** by Angie Thomas. This young adult novel revolves around the aftermath of the murder of a young black teenager by a police officer during a traffic stop. The story is told through the eyes of Starr, the sole witness to the murder. Prior to the shooting Starr lived in two worlds kept strictly separate—one of her majority white private school and the second of her majority black neighborhood. The book explores how the unstable the boundary between these two worlds is. As the Los Angeles Review of Books notes, this is a "powerful novel that strikes to the heart of contemporary race relations in the United States." The book discussion leader is Sister Rosemary Kolich. Please call Jamie at 274-3398 if you would like a copy of the book

## **BINGO EXTRAVAGANZA**

**Wednesday, November 25 | 1:30 pm | Klinge Activity Center**

Kick off your holiday weekend with an exciting game of Bingo. Cards are \$.25 to purchase. The last round will have a special prize T@i\$et P@pp#r(guess what that is)!

# OFF CAMPUS — A few highlights!

## MULVANE ART MUSEUM

Thursdays, November 5 | 1:30 pm | Lobbies

We will go to the Mulvane Art Museum and explore their current exhibit I Dream A World: Portraits of Black Women Who Changed America. This exhibit features a collection of 75 black and white photographs by Pulitzer Prize winning photographer Brian Lanker accompanied by compelling interviews conducted by Lanker when the photos were taken. It is a profound look at some of the most historically and socially influential women of the 20th century. The project includes Maya Angelou, Rosa Parks, Althea Gibson, Lena Horne, Ruby Dee, Coretta Scott King, Oprah Winfrey and Septima Poinsette Clark to name a few. Due to social distancing guidelines space is limited. Please call Jamie at 274-3398 to reservations.

## MURAL TOUR AT OUR LADY OF GUADALUPE CHURCH

Thursday, November 19 | 10:00 am and 1:30 pm | Lobbies

Local Artist, Andy Valdivia, has painted many new murals at the beautiful Our Lady of Guadalupe Church. He has agreed to give us a tour of these murals. Due limited space we will offer the tour twice. Please call Jamie at 274-3398 to reservations.



### REMINDERS:

**ELECTION DAY IS TUESDAY, NOVEMBER 3**

**Polls Open 7:00 am—7:00 pm**

**Resident Polling Place is located at:**

**Brewster Events Center Cultural Arts Center**

- The **polling place for Brewster Place** residents is now in the **Brewster Events Center Cultural Arts Center**. If you need a ride, please call Transportation at 274-3320.
- Those from the public who live in our precinct, will also be voting at our polling location.
- **Since turnout is expected to be large**, and many people outside of Brewster Place vote on their way to work, we encourage you to wait until after the morning rush to vote. Of course, you are welcome to vote anytime during the polling hours (7:00 am—7:00 pm).
- If you filled out an **Advance Ballot** and have not turned it in or mailed it yet, you can bring it to the polling station to cast your ballot.
- If you still plan on mailing your **Advance Ballot**, it must be postmarked on or before election day and received in the county election office by close of business on the Friday following the election—Friday, November 6.
- **To vote in person you must bring a photo ID.** Those 65+ can bring an expired ID.