



GUESTS, MEETING SPACES, AND MASKS

BY JOE EWERT, PRESIDENT AND CEO

We have been blessed to have experienced only a small number of residents who have tested positive for COVID-19 relative to other organizations our size, but we are not immune to catching and spreading the virus, or to the consequences of it. We continue to identify individuals who test positive for the virus, and we will continue to do so for years to come. However, we gain more experience with each potential and actual positive case we identify, contact trace, and test. With each case, we are learning how to live in the time of COVID-19.

As I write this, the Brewster campus opened to visitors exactly three months ago. Since then, we have not observed a visitor transmitting the virus to a resident or a staff person. It is time now to open a little further and regain some of the activities we have foregone these past several months due to the virus.

Beginning Sunday, October 4, guests will once again be welcome to stay in resident homes overnight. All existing rules and requirements apply. In our observation, the period of time that one is exposed to the virus is correlated to the chances of contracting the virus from a carrier. Masks and face coverings are very important tools in preventing transmission of the virus, however, they do not provide absolute protection. Please assure that you and your guests wear face coverings during your visits in addition to maintaining some social distance. Visit in fresh air as much as possible. It is highly recommended residents not house multiple overnight guests at one time.

Also starting October 4, residents may reserve public meeting rooms at Brewster for private events such as birthdays, family gatherings, meetings and other small gatherings. To reserve a room please contact the Help Desk



Director of Healthcare Services Ashley Baker holding her daughter Aria at a recent event. Ashley is wearing a KN95 mask that will now be available to Independent Living residents at \$3.50 each. Masks can be purchased at the Redwood and Evergreens Information Centers.

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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.



CREATIVE ARTS AND MORE *with Kris Saia*

WATERCOLORS SHORT AND SIMPLE

**Monday, October 12
1:00 pm**

Klinge Activity Center

Join us and pick up a brush! We'll be doing a very simple abstract watercolor — beginners will feel right at home as we learn a handful of different techniques and exercises.

All supplies provided. Space is limited to 10, so call Kris Saia at 274-3317 to save your spot.

MINI TRASH & TREASURE SALE

**Friday, October 23
9:00 am—1:00 pm**

Klinge Activity Center

MINI Trash & Treasures Sale One more time! Lots of bargains! Sale will be open to staff and residents ONLY -- not open to the public.

BLACK CAT PARTY

**Monday, October 26
1:00 pm**

Klinge Activity Center

Kitty cat lovers, come help us stuff cat toys with catnip for the black cats at **Helping Hands Humane Society**.

A good deed and a fun afternoon! Space is limited to 15, so please call Kris Saia at 274-3317 for reservations. ■

THE EVERGREENS GRILL

OPENING MONDAY, OCTOBER 12

The Evergreens Grill will re-open on Monday, October 12th with limited seating due to COVID-19 precautions. Hours will be 10:30 am – 6:30 pm with seating times at 11:00 am, 12:00 PM, 4:00 pm and 5:00 pm.

Residents and staff are welcome to dine anytime between 10:30 am — 6:30 pm.

If you plan to dine between 11:00 am—1:00 pm or 4:00—6:00 pm you must reserve a seating time.

Please contact Jean Noble at 274-5050 to sign up for a seating time. Free meal delivery will continue for The Evergreens residents until Saturday, October 31. We are excited to serve you! ■



facebook.com/brewsterplace.org

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at 274-3399. Group sizes are limited to 25 by Shawnee County. Groups should not exceed the number of individuals who can social distance within the space. Due to requirements that all guests wear face coverings at all times, please refrain from serving food or refreshments at group meetings or gatherings.

Cloth face coverings have helped us tremendously at a time when proper masks were unavailable. However, N95 and KN95 masks are superior in the protection they provide to the wearer. We have secured enough KN95 masks to offer them to Independent Living residents at \$3.50 per mask. These masks will be available at the Redwood Information Center and The Evergreens Information Center. They will be available to residents only and charges can be placed directly on your monthly bill. I highly recommend residents use the KN95 masks, especially if attending highly trafficked areas such as stores or attending gatherings. ■

JOHN AND LONNA
REINECKE

**EVERYONE
HAS A
STORY
TO TELL**

BY DIANA REED, RESIDENT



Visiting with John and Lonna Reinecke is like enjoying a pleasant walk through a garden of many colors. It involves a trip through several states, which ends up in Topeka, Kansas; a short study of the boll weevil and its relationship to cotton bolls; learning how to grow and freeze corn and tomatoes; and for Lonna, her love of gardening, both flowers and vegetables. In addition, John explains how he was an Army brat and lived in many cities and states, finally arriving in Topeka to go to Washburn University. He also tells how he has a doctorate in sciences but loves drawing and painting and being a creative artist. The difficult part is learning to spell horticulturist, entomology and entomologist. There will be a test!

Lonna Harbaugh was born and raised in Topeka, one of eight siblings. She went through school in Topeka and graduated from Topeka High. At Washburn University she majored in biology and received a master's degree in biology.

John's father was an Army man and John calls himself an Army brat, moving with his family from Washington D.C. to St. Louis — from Detroit to Galveston — and many places in between. When John was 17, he contracted polio and moved to Spur, Texas to live with his sister. When he recovered enough to work, he moved to Chicago and developed a research laboratory at Northwestern University. His research subject was the inner ear. John later moved to Topeka to

live with his mother, Esther Reinecke, and attend Washburn University. It was then that John and Lonna met and married. They later moved to North Dakota State University in Fargo. They researched an insect named the cotton boll weevil. This small insect lays its eggs in the cotton boll, ruining the cotton fibers. They each earned their doctorates.

After graduation they moved to Starkville, Mississippi where John continued research of the boll weevil. Lonna turned her interests to volunteering and gardening. They had two children, Vincent and Amber. The Reineckes have two granddaughters and a grandson.

Lonna learned how to grow and freeze corn and can tomatoes from a horticulturist friend. Her deep love of gardening expanded into her retirement.

Lonna and John retired to Topeka to be closer to family and they have found a home at Brewster Place. Lonna grows vegetables each year in a garden plot. She grows green beans, Swiss chard, lettuces, cucumbers, tomatoes, radishes and onions. Not to ignore the flora, she plants breathtaking flowers in the triangle on the corner of her yard at the Grand Homes. She spends many hours every spring tending to blooms which include tall verbena, columbine, snapdragons, yellow lilies, cone flowers, peonies, tulips and celosia. An ornamental peach tree that provides wonderful shade is the center

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FROM the CHAPLAIN REV. ROGER JACKSON, M.DIV

GRIEF SUPPORT GROUP BEGINS

Since March 2020, our normal routines in our everyday life have changed. David Kessler, an expert on grief explained in an interview with Brené Brown, “We are all dealing with the collective loss of the world we knew.” We are not only mourning the loss of the thousands of people, we are also mourning the loss of normalcy.

Things have changed. We may not have seen our family for months. We have to wear a mask and social distance if we go outside our home. We can’t see smiles or tears running down a friend’s cheek. We can’t go to the grocery store or shop like we used to. We are isolated and quarantined. We can’t go to church in person or sing hymns or take communion. The holidays are coming and what are we supposed to do about Thanksgiving and Christmas family gatherings? How long will this pandemic last? Because of the loss of normalcy, you might be feeling anger, numbness, fear, anxiety, stress, sadness, loneliness, to name a few emotions.

Kessler gives the following signs that you might not be coping with grief in light of the pandemic: trouble focusing on normal tasks, sleeping much more or less than usual, feelings of anger and irritability, headaches and upset stomach, fatigue or low energy, re-experiencing feelings of past grief, engaging in activities such as eating, drinking, or online shopping to cope with anxiety, avoiding thinking or talking about the pandemic. He goes on to say, the good news is that people tend to be resilient in the face of grief. Once the immediate crisis has passed, people are usually able to reach a place of acceptance where they are able to adapt and find ways to cope with their loss.

No matter what type of loss you have

experienced, it is important to remember that your feelings are valid and that you are not alone. Some of the ways we can cope with the feeling of loss of normalcy, or with any loss, are as follows. Take care of yourself. Make sure you are eating, staying hydrated, and getting enough rest. Give yourself time to feel the loss without rushing through the process. You need to work through the pain you are feeling because of your loss. Reach out to family and friends. This is more difficult during the pandemic, but you can make a phone call, write a letter, FaceTime or Zoom. Express to them how you are coping and feeling during this time. If you are struggling to deal with feelings of grief, talking to a professional can help.

If you are dealing with grief during this pandemic, here are some coping strategies that you can practice on your own. Mindfulness, journaling, visualization, and meditation may be helpful for managing some of the anxiety, stress, and anger you may be feeling. Writing about your experiences as the pandemic unfolds may also be helpful. Some of the grief and anxiety you might be feeling is caused by losses that seem ambiguous or too large to think about. Giving voice to your experiences by writing about what is happening in your life, the things you have observed, how the world has changed, and how you feel about those events may help. Write about what’s happened, but also note how you are managing the situation.

Another way to deal with grief during this pandemic is to join a grief support group, a safe place to talk about your loss, whatever your loss is.

Debbie Holroyd and I will be starting

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AQUATIC CENTER ORIENTATION

If you are interested in taking water aerobics classes or using the pool for lap swimming, please know there is additional paperwork that will need to be filled out. You can pick the paperwork up from either Maxine at the Redwood Information Center or Jean at The Evergreens Information Center. Please return completed forms to Serena Kent at the Redwood Information Center.

All residents who wish to use the pool **outside** of class time will be required to attend **Pool Orientation before** using the pool. We have scheduled orientation times for people who want a key fob to gain access to pool on their own.

Pool Orientation Sessions

Pool Orientation is required if you plan to use the pool outside of class time.

Friday, October 2

1:15pm and 2:00 pm

Wednesday, October 14

12:30 and 3:30 pm (space is limited)



- Groups will be small consisting of three to four at orientation
- Residents need to come dressed to get in the pool
- Bring a towel
- If you need a caregiver for the pool, you must have them attend too (they will also need waivers completed)

Please call Julie Schmanke to schedule your Pool Orientation time at 274-3313.



When can you take a dip in the pool?

Monday, October 5 — Aqua Exercise Classes begin

Monday, October 12 — Individual Use (lap swimming, etc) begins ■

PAUSE, REFLECT AND DECIDE

BY SERENA KENT, LMSW
DIRECTOR OF WELLNESS AND RESIDENT SERVICES

No matter our age, we all strive for and enjoy independence. From the time we are born, our parents teach us how to care for ourselves until we reach adulthood. Then we begin the process of teaching our own children the value of doing things for themselves. Success, happiness and other life achievements are often the result of doing things on our own.

Independence is instilled in us throughout life and the desire to be independent does not diminish with age. If anything, it becomes more important to us. Additionally, maintaining independence promotes a sense of achievement that for many, generates a great sense of self-worth and well-being. We all have it in us to make choices in our lives. In fact, it is our responsi-

CHOICE

an act of selecting or making a decision when faced with two or more possibilities

bility to make informed choices. We must gather the information and make the best choice that is right us.

I challenge you to **Pause, Reflect and Decide. Ask yourself questions like:**

- Will this benefit my body?
- How will this impact my overall well-being? Will regret follow?
- What scares me?
- Will I feel good about myself after making this choice?

These are just a few questions you can utilize to help direct your steps to making choices that are well thought out. I love getting the opportunity to serve you, educate on choice, and advocate for your wishes on how you want to live your life.

Remember, Pause, Reflect and Decide. ■

FROM SECURITY AND SAFETY

Scam Phone Calls

1. **NEVER** give the caller your date of birth, social security number or account numbers when they call you.
2. Only provide the above listed information if it is a known entity and ***you initiate the call.***
3. If you feel strongly that it is a legitimate call, then get their contact information and a name then call Ron Dean, Security Manager, at 274-3370 with that information. Security can assist you with determining the legitimacy of the caller.

Vehicle Safety

1. Always lock your vehicle when it is unoccupied, regardless of the location.
2. Never leave your car keys in or near your vehicle when it is unoccupied.
3. Never leave valuables in your vehicle in plain view. Secure them in the trunk, under the seat or inconspicuously cover them.



is that a hawk?

IS THAT A HAWK?

BY LEA CHAFFEE, RON DEAN AND MATT BURNS

Construction of our lovely new building has come to a close. We've had many adventures as we've all watched the progress. One of the most exciting adventures was **The Great Hawk Rescue.**

One Friday morning, our King Construction Officer, Matt Burns, was found in the Cultural Arts Center staring at the ceiling with a perplexed look on his face. *"What could it be? Was there a light out? Was there wiring that was misplaced?"*

Nope. It was a beautiful, red-tailed hawk right there in the rafters of the theater. There were many theories about how the hawk made its home there. *"Was it chasing a wounded, smaller bird? Did it sneak through an open trap door? Did Joe place it there as a test?"*

Nobody will know how or why the hawk appeared, but Matt knew we had to set it free. After two days of ideas and attempts, Ron Dean and his team of **Hawk Whisperers** were successful.

As the story goes, it was a quiet Sunday morning when three brave hawk warriors entered the Cultural Arts Center. With laser-like focus they entered the Cultural Arts Center to face the talons and destructive beak of the fierce raptor that was lurking in the shadows. They spotted the winged demon in the rafters and formulated a plan.

Okay, let's be real. More accurately, Larry, Moe and Curley stumbled into the Cultural Arts Center and comedy ensued! The hawk dove, they hit the deck, the hawk returned to its perch. Again, the hawk dove, they hit the deck and this time, the hawk flew into a corner. Moe threw a tablecloth over Curley to create a distraction (it was a sure fire strategy), while Larry quickly and gently captured it and set it free.

The saga of the hawk will be told for decades to come. We appreciate Ron and his entire team for working to safely and swiftly release the hawk to its natural habitat. We wonder, however, what will Joe test us with next? ■

(photo of Ron the Hawk Whisperer is on the back page)

at the KITCHEN TABLE

WITH SHARON ADERMAN

Ponder & Stir with Sharon

CRANBERRY PECAN CAKE

- 1 cup sifted flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup sugar
- 1/4 cup butter
- 1 egg, beaten
- 1/2 cup milk
- 1 cup raw cranberries cut in half
- 1/2 cup chopped pecans

Sift dry ingredients into bowl. Cut in butter. Combine egg and milk and pour into flour mixture. Stir in cranberries and nuts. Turn into a well buttered pie or 8" cake tin. Bake at 400 degrees for 20-25 minutes. Serve with warm butter sauce.

To make butter sauce:

- 1 stick butter
- 1 tsp vanilla
- 1 cup sugar
- 1/2 cup evaporated milk

Put into a small pan. Cook over low heat, stirring, until slightly thickened and caramel colored. ■

"It never ceases to amaze me what a wonderful vehicle food is for bringing people together. There is something magical about the absolute social ability of these gatherings, a deep sense of renewal."
-Ben Fuller

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of the carpet of blooms.

Another area of Lonna's love is her sister, Joyce Harbaugh, who also lives at Brewster Place. She says, "What would I do without her? She is my history book."

The ladies are occasionally seen on Brewster trips, talking and laughing and enjoying their close relationship. It is a happy time for them both.

John says, "I have a doctorate in the sciences, but art is high on my list." He is known in our community as a fine artist. His portraits are especially gorgeous. He enjoys painting at the Redwood Penthouse Art Studio, but he is also building a home studio for convenience.

As the lively interview draws to a close, John says, "Lonna is absolutely the best thing that could have happened to me. I'm so grateful."

Lonna's sweet laughter fills the room. "I'm so grateful how things have worked out," she said, "It's been so great, so wonderful."

The Reineckes have built a pleasant garden of many colors — full of productive work and joyful living. ■

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a **Grief Support Group** every other Monday beginning October 12 from 10:00 am – 11:00 am. We will be meeting in the Main Street Chapel, practicing social distancing and wearing masks at all times. We will be limiting the number in attendance so you will need to call me at 274-3349 to reserve a spot for the Grief Support Group.

Remember, you are not alone. We are here to help support you during this time. Future meetings will occur on October 12, October 26, November 9, November 23, December 7 and December 21. ■



FEATURED HOME | REDWOOD 407

Choosing an apartment at Redwood can be a little like visiting the three bears' house in the woods — too big, 1,040 square feet — too small, 350 square feet — or just right at 850 square feet!

Redwood 407 faces west and we think you will find to be just right in size and location. This corner apartment is 850 square feet and has an alcove kitchen with an additional window offering a southern exposure. All of our Redwood apartments are just right when it comes to services and amenities, and now the monthly cost is just right for savings.

For a limited time, Brewster Place is offering a 10% discount on entry fees for all Redwood apartments and a \$200 discount on the monthly fee for select apartments through the end of 2021.

In addition, to be sure your furniture is just right, there is also a **\$1,000 gift certificate to the Furniture Mall of Kansas.**

The porridge is included! The amenities at Redwood include all of your meals with free delivery to your apartment upon request, as well as housekeeping and laundry service. To take advantage of Redwood discounts, **applications must be received prior to November 1 with move-in by end of 2020.**

For information and to setup a tour, please call **Lifestyle Consultants Chris Gallagher at 274-3351 or Kathy Clark at 274-3314.**

Remember, Brewster residents can help choose their 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! ■

LIVE YOUR FULLEST LIFE at Brewster Place



Marilyn Hypse walked in the Brewster community Walk to End Alzheimer's. We had a week full of events that included raising over \$1,500 for the Alzheimer's Association. Thanks, Marilyn, and everyone who walked!



Ron Dean, Security Manager, held the gorgeous red tailed hawk that found its way into the new Cultural Arts Center. See story on page 6 of this issue. Thanks to Ron for his bravery — or something like that!



Larry and Alice Bowser are very active on campus and also participated in the Walk to End Alzheimer's in September. The Bowsers enjoy exercise classes as well as other programs at Brewster Place. We LOVE our residents!

ON CAMPUS — A few highlights!

GRAND OPENING PARADE

Friday, October 2 | 1:00 pm | Campus

Come outside and view the finale of Grand Opening Week with a festive parade!

TOPEKA SYMPHONY ORCHESTRA

Saturday, October 3 | 7:30 pm | BEC CAC (Brewster Events Center Cultural Arts Center)

We will open the Cultural Arts Center at Brewster Place to live stream the first Topeka Symphony Orchestra concert of the 2020 Season. TSO will launch their Diamond Anniversary season with an evening of sparkling favorites for smaller orchestra, including the intimate and romantic Siegfried Idyll that Wagner composed as a surprise birthday present for his wife, and Dvorak's charming Serenade for Strings. They also perform Stravinsky's lighthearted Dumbarton Oaks Concerto for small chamber orchestra. And they are very excited to present Saint-Saens' ever-popular musical portrait of the animal kingdom as we go through jungles, across the plains, and dive deep into the oceans with Carnival of the Animals. Due to social distancing guidelines, space is limited. Please call Jamie at 274-3398 to reservations.

CANDIDATE FORUM

Monday, October 5 | 1:30 pm | BEC CAC

We have invited the candidates running for State Senate District 20 and State House District 56. Each candidate will be given the opportunity to make opening remarks and residents will be able to ask a few questions. The event will be recorded and shown on BPTV 1960 throughout the month. Space is limited to 20 people. Please call Jamie at 274-3398 to reservations.

KANSAS HUMANITIES TALK BOOK GROUP

Tuesday, October 27 | 2:00 pm | Chapel

We will discuss Station Eleven by Emily St. John Mandel. This fascinating work depicts the lives of characters after a flu pandemic that decimates 99% of the world's population. Set 20 years after the fact where small groups of people live in abandoned gas stations (the fossil fuel economy no longer exists) and abandoned fast food restaurants such as Wendy's. Readers meet Kirsten, an actress with the traveling symphony that tours the upper peninsula of Michigan performing Shakespeare (because audiences prefer it to more modern plays). The novel examines a post-apocalyptic world consisting of "ferals," starvation, and loneliness through themes of nostalgia, memory, and art. Mandel weaves together this cast of characters with an air of mystery and suspense that propels the reader forward wanting to learn more. The discussion leader is Miranda Ericsson. Call Jamie if you need a copy of the book at 274-3398.

HALLOW-WEENIES

Friday, October 30 | 11:30 am | BEC Circle Drive (Brewster Events Center Circle Drive)

Let's kick off fall with a grilled hot dog lunch. Stop by the new circle drive and pick up a sack lunch to take home.

OFF CAMPUS — A few highlights!

SCENIC DRIVE

Thursdays, October 8, 15, 22, and 28 | 10:30 am | Lobbies

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

TRIP TO KAY MCFARLAND GARDEN

Thursday, October 15 | 1:30 pm | Lobbies

We will explore the New Kay McFarland Japanese Garden at the Zoo. The world class Japanese garden is a legacy gift from Kansas Supreme Court Chief Justice Kay McFarland. At a cost of over \$6 million the garden is meant to be a destination filled with serenity and breath-taking views. The admission rate is \$6.25 for seniors. Space is limited. Please call Jamie at 274-3398 to reservations.

VISIT TO WARD MEADE PARK

Thursday, October 22 | 1:30 pm | Lobbies

We are going to take a fall visit to Ward Meade to see the old mansion, botanic gardens and Old Prairie Town. We will attend the 2pm tour of the 1870 Victorian Mansion that was the largest home in Topeka at the time it was built. Cost is \$4. Space is limited. Please call Jamie at 274-3398 to reservations.

TRIP TO ST. MARY'S MARKET AND SHOP

Thursday, October 29 | 1:30 pm | Lobbies

Let's go enjoy the easy living in St. Mary's, Kansas. We will visit the local grocery and dress shop to see what is happening. Space is limited. Please call Jamie at 274-3398 to reservations.