



GREETING A NEW YEAR WITH HOPE

BY JOE EWERT, CEO

As I reflect on 2020 and look forward to 2021, I want to highlight a few items as we begin a new year. The year 2020 was certainly one to remember — for both good and not-so-good reasons. As you know, COVID-19 dominated life in 2020. I anticipate portions of 2021 will bear some resemblance to the past year with respect to the face coverings we’ve grown accus-



tomed to wearing as well as the ever mindfulness of large gatherings, and communication being disseminated through electronic methods, and more. The good news, however, is that vaccinations will occur in 2021, and we will find our way to a much more normal way of life. **And so, life moves on.**

As you may recall, in 2019 the Executive Team moved offices from the Stone House to The Evergreens. The intent of this move was to be closer to residents who were near the construction noise and disruptions caused by the daily work on the Brewster Events Center. This move was to help us understand how construction impacted life in The Evergreens and to work to minimize the negative impact as much as possible.

With construction complete, it is time for the Executive Team to move again. This time we are moving to Redwood where we are excited to forge new relationships with residents and staff as well as gain a

better understanding of Redwood’s culture and needs. Of course, when we start moving staff to different offices, it creates a domino effect resulting in other office moves.

After the Brewster Events Center opened, we enjoyed just a taste of what it has to offer. The beautiful dining room at The Evergreens Grill, the ever-popular swimming pool, and wellness center, the woodshop, and the exquisite Cultural Arts Center are all teaming with exciting opportunities to help us find joy and truly live our best lives. In order to capitalize on these new amenities, the Resident Services Team will be moving their offices to The Evergreens early this year. Like us, they are excited to get to know residents and staff at The Evergreens better, while planning programs for our beautiful new spaces.

As I welcome the coming of the new year, I must say one last **thank you** to the residents and staff of Brewster for your generosity, grace, and commitment to our community. This is truly a special place because of all of you. I hope you all have a very Happy New Year! ■

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

JEANENE JOHNSON

BY DIANA REED, RESIDENT

*"I'm so happy here!
I love the people.
I love the friendships."
-Jeanene Johnson*



Jeanene Johnson began our interview by saying, "I had a fabulous childhood with the best mom and dad." We sat together in her apartment at The Evergreens like we had known each other for years, drinking Chinese tea and munching butter cookies in her lovely home. "Mom was secretary for Capital Iron Works and Dad was Vice President at Seymore Foods here in Topeka. I have an older sister, Colene, who lives in Bella Vista, Arkansas. She and her husband are thinking about moving to Brewster Place."

As we sat back to admire her Christmas decorations, she said, "Isn't it fun? Looking around at lights, the little trees and glass ornaments." She continued, "I love doing this," as her eyes twinkled. "When I was in high school, I knew that I loved fashion and design. I worked at Warren M. Crosby's and Billie's in the Westboro Mart. I was acquainted with the actress Gene Tierney when she came to help out or shop when she was in Topeka. She was so beautiful."

Jeanene was accepted to the Fashion Institute of Technology in New York. She wanted to study fashion but instead got married and moved to Wichita where she had her son, Jason. Jeanene's college career

was sprinkled with honors. She pledged Pi Beta Phi and was also awarded Phi Beta Kappa.

Jeanene's son is a Harvard educated physician who lives on Long Island, New York with his wife, Valerie, who is also a physician. They have two children, Natalie, 16, and Trevor, 12.

Jeanene also lived in Parsons, Kansas and earned an MFA in Design at Pittsburg State University. She is a gifted print maker and artist. While in Parson's, she also had a design firm taking clients to market.

As the pages of her life turned and new chapters began, Jeanene came back to Topeka and looked for a job. "I found a wonderful position at Brewster Place as Social Director," she said. Her face beamed thinking about coming to Brewster Place. "It was all about people," she said. "I took people out of town for meals and planned trips, programs and entertainment."

Jeanene's eyes beamed as she remembered the plans she made for Brewster Place residents. She looked full of joy. "We went to lunch, enjoyed speakers and musicians both on and off campus as well as going to museums, galleries and the theatre. The ladies and I shopped. We had a wonder-

Continued on page 7...

VOICE ASSISTANCE TECHNOLOGY



Brewster has always been on the cutting edge of finding and utilizing technology that can assist and improve the lives of our residents. Currently we are working to bring **voice assistance** to life for our residents utilizing **K4 Connect** and **Amazon Alexa**. Voice technology is creating new experiences for residents in quarantine, while keeping them connected to their community. By using an Alexa device we will be promoting independence and empowerment by making your home accessible by simply using your voice.

With your Amazon Alexa you can:

- Instantly and easily access COVID-19 updates from home
- Stay connected with family and friends
- Endless entertainment options during quarantine

If you are interested in becoming a pioneer to help launch this innovative program, please call Debbie Holroyd at 274-3348 or Serena Kent at 274-3395 to set up a time for an in-person demonstration. ■



at the **KITCHEN TABLE**

PONDER & STIR WITH SHARON ADERMAN

"We cook because it gives us joy to put a smile on someone else's face. Food is the common denominator. It doesn't care about your ethnicity or pocketbook. The only thing it cares about is that you sit down, relax, and enjoy."
-Melba Wilson

Years ago my family started a New Year's Eve tradition. We would put dried beans in coffee cans and at the stroke of midnight we would head to the front yard and start shouting to the world, "Happy New Year!" while shaking our cans. If you eat Black-Eyed Peas on New Year's Eve you will have good luck all year long. Instead of serving Black-Eyed Peas, try making a simple bean soup.

BARNEY'S BEAN SOUP

- Two cups beans (I use canned beans)
- One or two cups of ham cubes
- One medium onion-sliced
- Salt to taste
- Two small raw potatoes diced

Cook ham and beans and potatoes until potatoes are soft. Add water to desired thickness. Put a dash of vinegar on top with some diced raw onions and a dash of ketchup if desired, serve with sweet cornbread. ■

THE OK'S OF COVID-19

Validating Our Responses to the Pandemic
Borrowed from homecareinpa.org/blog

It Is Ok...

- to have many feelings at once.
- to feel scared for your own health and for the health of those you love.
- to have both good and bad days.
- to give yourself grace regarding your own mental and emotional capabilities.
- to be forgiving regarding your physical limitations.
- to recognize that you are only in control of yourself and your own behaviors.
- to grieve ALL losses at this time.
- to talk about your experiences and concerns with people who will listen without judgement.
- to find meaning and experience personal growth.
- to embrace the unknown future and to still remain hopeful.

I hope you feel validated and will allow more patience and grace not only others, but to yourself. Stay well in the New Year.

- Serena Kent, LMSW ■



facebook.com/brewsterplace.org

SPECIAL PROGRAMS ON BPTV 1960

The Crown: Season 4

Wednesdays, Jan 6, 13, 20 and 27

1:00 pm | BPTV 1960

The Crown is an original Netflix historical drama about the reign of Queen Elizabeth. The show tells the inside story of two of the most famous addresses in the world — Buckingham Palace and 10 Downing Street — and the intrigues, love lives, and machinations behind the greatest events that shaped the second half of the 20th century. Do not worry if you have missed the previous seasons, you will be able to understand the show.

Topeka Symphony Orchestra

Saturday, January 16

7:30 pm | BPTV 1960

Please join us on BPTV 1960 for a night with the Topeka Symphony celebrating Russian Jewels. It will be a night of spectacular Russian orchestral fireworks, including the Topeka Symphony premiere of Stravinsky's show-stopping *Rite of Spring*, along with Mussorgsky's sparkling *Polonaise* from the opera *Boris Godunov* and his rambunctious *Night on Bald Mountain*. The Symphony is also delighted to bring the 2020 TSO Young Artist Winner Nina Jaramillo to play the hauntingly beautiful Chaminade *Concertino for Flute and Orchestra*. ■

CREATIVE ARTS *with Kris Saia*

THIRD ANNUAL VALENTINE EXTRAVAGANZA FOR MEALS ON WHEELS

We'll start making Valentines in mid-January to be delivered to Meals on Wheels for delivery with their Valentine meals. Last year we made an amazing 726 cards for them. Can we surpass that this year? Stay tuned!

If you'd like to help with this good deed, please contact Kris Saia at 274-3317 for cards to color or decorate with stickers. The more the merrier!

INTERNATIONAL SQUIRREL APPRECIATION DAY THURSDAY, JANUARY 21

Um, what? Why celebrate squirrels? Because:

- A. Brewster Place is FULL of squirrels
- B. We're feeling nutty!

Let's celebrate Brewster's favorite fluffy-tail animal with a day-full of everything squirrelly. We will have a tiny Squirrel Art Show, squirrel snacks and crafts, and more. Save the date for silliness campus-wide!

If you'd like to participate in the Squirrel Art Show by painting, drawing or coloring a squirrel, please call Kris at 274-3317 as soon as possible to get your supplies. Projects need to be finished by January 18. You could even embroider a squirrel or make a fun collage!

BREWSTER PLACE QUILT SHOW January 26—30

Dorothy Trueblood Resident Art Gallery (Redwood lower level)

Take a stroll and enjoy these beautiful treasures on loan from Brewster residents and staff. If you have a quilt you'd like to loan to us for our exhibit, please contact Kris Saia at 274-3317 or Jamie Fritz at 274-3398. ■

NEW ON MONDAYS

***Hello Monday!* Treats**

2:30 pm | RWL or BEC CAC

Come and grab a special treat on Mondays in January! They will be available in the Redwood Lounge or the lobby of the Cultural Arts Center at the Brewster Events Center.

January 4

Come grab a glass of sparkling wine or grape juice to ring in the New Year.

January 11

Mystery Treat — Need a little mystery in your life? Stop by and see what the weekly treat is this week!

January 18

In celebration of National Popcorn Day we will have the crunch that we all love to enjoy.

January 25

Let's celebrate National Irish Coffee Day with a cup of coffee with/without Irish Whiskey. ■



BPTV Channel 1960

Your go-to place for daily news, announcements, updates, music, classes, and fun photos!

Audio Announcements

Monday—Friday

8:00—8:30 am

12:00—12:30 pm



SHOPPING ALTERNATIVES TO HELP YOU STAY SAFE

BREWSTER'S PERSONAL SHOPPING SERVICE

Brewster's Transportation Team provides a Personal Shopping Service for Brewster Place residents. Currently this delivery service is **FREE**.

DETAILS

Shopping Days

- Wednesday—Saturday (more often when orders are high)
- 10 orders per day are filled
- When order volumes are high, additional shoppers will be added

Store Choices

- Dillon's
- Walmart
- Aldi's
- Walgreens

Create Your Shopping List

Limit your order to **12 items or fewer** and staple coupons to your list if you have them.

Please be very specific with regard to:

- Brands—provide labels when possible
- Quantities
- Sizes
- Flavors

Next Steps:

- Attach any coupons or instructions to your list
- Place list on the clip on your door.
- **Call 274-3320 to let Transportation know your list is ready to be picked up.**

Delivery

- Please plan accordingly and don't wait until the last minute
- **Orders will be delivered four days after your list is submitted**

ALTERNATIVES TO BREWSTER'S PERSONAL SHOPPING SERVICE

Below are other options if you prefer to order your items online:



Brewster Will Pick Up For You Monday—Friday

If you place an online order to Dillon's or Wal-Mart, Brewster Transportation will pick your order up for you.

Preferred pick-up times are:

- 9:00 am—11:00 am
- 1:00 pm—3:00 pm



You Pick-Up Curbside

If you place an order online, you may pick-up your order curbside for free at these locations:

- Dillon's at 29th and California
- Hy-Vee at 29th and Wanamaker
- Walmart on 37th Street



Online Orders Delivered to Brewster Place

If you place an order online, Dillon's and Hy-Vee will deliver to Brewster Place for \$9.95 for purchases over \$30.00

REMINDER:

You do not have to self quarantine if you pick-up grocery orders curbside, pharmacy orders at the drive up window or use curbside or drive-thru services at restaurants.

ARCHITECTURE AND DESIGN AWARDS ANNOUNCED



Senior Housing News, an Aging Media Network publication, is pleased to announce the winners of the **7th Annual Senior Housing News (SHN) Architecture & Design Awards**. The awards recognize cutting-edge design excellence and innovation in senior living. More than 90 communities across the country and globe submitted new construction and renovation projects, vying for top honors across ten categories.

We are proud to announce Brewster Place has been awarded second place in the Renovation and Repositioning category for the 30,000 square foot Brewster Events Center.

Our congratulations go out to **SFCS Architects** and **Architect One** (expansion project architect and design firms), and our staff who worked with them every step of the way to create our wonderful new expansion! ■

...continued from page 2

ful time shopping, going to fun, beautiful stores, coming out with loads of bags full of clothes and treasure for our homes. The men in our groups napped on the bus and we all had a jolly time. I absolutely loved my job!"

Jeanene continued, "I planned parties and overnight trips and we even went on an Alaskan cruise with Julie Schmanke serving as my sidekick — if you don't think that was fun! Everyone came home alive!" She giggled as she made me giggle thinking about she and Julie together on an Alaskan cruise.

"I was Social Director for 20 years and then it was time for me to move into Brewster Place myself. I've been a resident for three years," she said. "Gosh, I've seen so many changes."

As this new chapter as a Brewster resident unfolds, Jeanene has explored a life where she enriches herself with new friends and has fun with a different way of living. Wherever Jeanene has lived, she has kept close friends.

"While I've been living here," she said sitting back casually with her tea mug,

"my new friendships are enriching." Jeanene took a satisfying breath. "It's so much fun to meet new people and hear about their lives."

Jeanene is very happy living at Brewster Place. "I have a little group that meets after exercise to have coffee and pastries. We meet in someone's apartment and just talk. I'm never lonely," she continued, "I always have something to go to or someone to visit with. Before COVID, we all could go down to the Brewster Bean. The socials were great fun. We'll do that again."

Currently Jeanene serves as President of Brewster's Resident Council and is exactly where she's meant to be. As our visit winded down, our tea cups were empty and the butter cookies eaten, it was time to open the door and begin the lovely life at Brewster again. We said an affectionate goodbye — each to a new friend!

As I left, Jeanene sincerely said, "I'm so happy here! I love the people. I love the friendships." ■



Brewster's North and South Terrace homes are cozy and cost effective, offering high value at a lower price. Currently we have three openings in South Terrace — all of which are 500 square feet, with south facing bedroom windows.

Located just short distance from the Greenleaf Restaurant at Redwood and The Market on Main Street, each have unique qualities that appeal to the differing tastes of future Brewster residents. Whether you want to make a few choices or be part of a major renovation of your new home, South Terrace offers both opportunities in a prime location.

South Terrace 13

Newly renovated and located in the middle of the lower level of the South Terrace. you can choose the paint color and flooring and this property is ready to become **your** home.

South Terrace 15

This home is one of two apartments with an internal hallway to the front door. It is ready for a complete renovation and customizing for the next resident wanting to add their flare!

South Terrace 28

Located at the east end of South Terrace, this upper level apartment is in a wonderful location, just steps away from covered parking and laundry room. This apartment has additional built in closet space and will also undergo a refresh and renovation, tailored to the next resident to call South Terrace home. ■

For a personal tour contact Chris Gallagher at 274-3351 or Kathy Clark at 274-3314 in Lifestyle Services. **Remember**, current residents can help choose your future neighbors, and receive a bonus! Residents who make a referral will receive one month's free rent once the friend moves in!

SANTA VISITS, OUTDOOR CHATS AND SMILES



Resident Merlin Johnson and several other Evergreens residents spread Christmas joy to residents of Brewster Health Center. Merlin has his own Santa suit and offered walk by the windows of BHC to wave and say, "Merry Christmas!" Thank you, Merlin!



Jean Ragan and her son and daughter-in-law sat outside of The Evergreens on one of the warm December days for a visit. Residents could enjoy outdoor visits while we remained on strict protocols for COVID. Thankfully the weather in December was unseasonably warm for such visits.



Lillie DaMetz visited with Santa Claus at Brewster Health Center. Santa (aka Patrick Mitchell) visited with lots of residents giving them each a small gift. Age doesn't matter when it comes to Santa bringing joy to others. Thank you to everyone who made this happen!