

AFTER A LONG YEAR, BRIGHTER DAYS AHEAD

One year ago — March 3, 2020 — Brewster hosted “**Honoring Those Who Served**” an event to raise funds for the **Veterans Hall of Honor**. The Klinge Activity Center was full of residents, staff and guests as we enjoyed music, remembrances, dance and fellowship. It was a great day indeed and served as a big boost for our fundraising efforts.

And then the world stopped. An unknown virus began to spread and no one could have predicted that our event honoring veterans would be the last big gathering we would host — one year ago and counting.

On March 12, 2020, CEO Joe Ewert sent out his first letter regarding COVID-19, where he outlined a few restrictions to help keep our community safe. At that time we hoped the restrictions would be short-lived, however, that initial letter was followed by some 60 other communications over the last year outlining protocols, restrictions, infection updates, and words of support.

Over the past 12 months, staff members have worked tirelessly to learn about the virus and set up protocols that follow federal and state regulations to keep our community safe, while at the same time finding creative ways to keep all of our residents engaged in meaningful ways. Residents and family members have had to endure months of separation from each other as well as live with the anxiety of possibly contracting the virus. The challenges we have faced as a community have been immense, but together we have faced those challenges with hope of brighter days to come.

And now, as we enter March 2021, those brighter days have arrived! First and foremost, more than 98% of residents have received both doses of the Pfizer vaccination. This coupled with continued lowering of community spread allows us to slowly start returning to something that resembles normalcy. Of course, any changes in protocol are subject to mandates of Shawnee county, state and federal authorities, so vigilance is still a must as we move forward.

What does this mean? While our licensed areas (Brewster Health Center and Assisted Living) are still under stricter protocols, **Independent Living** residents can now enjoy living with fewer restrictions. Highlights are listed to the right:



Beginning February 24

- Visitors welcomed to visit Independent Living buildings

Beginning March 1

- **Dining Rooms** all Independent Living dining rooms will be open for residents and their guests
- **Transportation** is available at standard rates. Bus trips for shopping will resume with limited seating (see p. 5)
- **Activities** will resume with some restrictions
- **Public room reservations** are available. Rooms will be limited in party size to help meet social distancing guidelines
- **All deliveries** for Independent Living may be delivered directly to your apartment
- **There are no travel restrictions.** We would encourage residents to utilize Kansas Department of Health and Environment guidance regarding travel restrictions
- **Independent Living residents** will no longer have to quarantine following stays at the hospital ■

MISSION

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

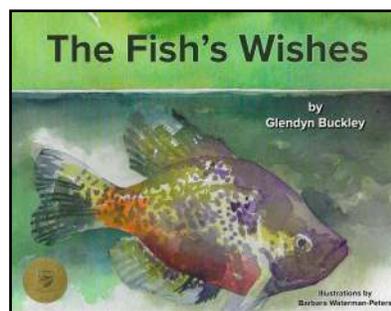


The Brewster Health Center is accredited by The Joint Commission.

EVERYONE HAS A STORY TO TELL

GLENNIE BUCKLEY

BY DIANA REED, RESIDENT



The Fish's Wishes

by Glennie
Buckley
Illustrated by
Barbara
Waterman-
Peters



Remarkable Glennie had many stories to tell. She not only is a gifted author, teacher, seamstress and world traveler, she has also enjoyed a significant academic education.

Where does one begin with Glennie Buckley? "I wrote a story when I was in the third grade," she says, while petting her adorable 11 year old black and white dog, Mia. I look around and notice Glennie's apartment glows in fantastic red and yellow Persian rugs and shining wooden antiques. It is a feast for the eyes.

"Mia is named for Momma Mia," she confides. Mia is comfortably resting on Glennie's lap, enjoying being part of the group. "The story took place in St. Petersburg, Russia. Of course, I had never been there, but somehow I got some of the facts right. I've always enjoyed writing," she said. Mia has adorably fallen asleep on a tasseled ottoman.

The Fish's Wishes is the first of Glennie's two well-received and well-loved children's books, recommended by the Kansas State Reading Circle. This book tells the story of a fish who has many wishes. One wish is to be set free to live in a larger pond. The book is gently and carefully written so that children can identify with the story line as it

moves along. It is beautifully illustrated by Glennie's good friend, Barbara Waterman-Peters.

"Barbara is such a wonderful artist," Glennie says, "and I wanted her to illustrate the book." Glennie and Barbara talked about working together, but the collaboration never came to be until they moved to the same neighborhood 35 years later. The results were quite worthwhile for both women and the book turned out very well.

Their second collaboration is from a true story and is named *Bird*. It tells a beautiful tale of how a disabled child learns to talk through the compassion of a parakeet. Glennie and Barbara again worked together to provide a perfect twining of words and art. They are currently at work on a third book.

Glennie has many gifts. She was born in Brooklyn, New York and the family moved to California when Glennie was four years old. She went to Pasadena City College and Washburn University. She met her husband David on a blind date at the Kappa Sigma fraternity at Washburn. They have been married for 60 years. David is an attorney and was also in the FBI. Aside from Topeka, Glennie and David briefly lived in Washington D.C.

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FROM the CHAPLAIN REV. CAROLINE VAUTRINOT, M.DIV

OUR PROLONGED SEASON OF LENT

This is a special time of year. As we are settled into the discomfort that is Lent – a time of quiet reflection and spiritual preparation – we are continually reminded of the whirlwind week that is to come. We know that there will be celebration as we remember Christ’s entry into Jerusalem, heartache as we remember the betrayal and death of Christ, and the triumph, again, as the Risen Christ is known to us once more.

Yet we cannot skip forward to that happy day – to the joy of the Resurrection – however much we yearn to leave this solemn period behind us. There cannot be celebration of renewal without this time of loss. The period of Lent recalls Jesus Christ’s time of solitude and temptation in the desert, where he stayed for forty days. In the Bible, the number forty is often used as a repre-

sentation of “a really long time.” The effects of this pandemic began for us in the middle of the Lenten season last year and, for many of us, it seems almost as if the entirety of this past year was spent in the midst of Lent. In a time of separation and denial of many joys of life.

Yet, now, we have entered into this season once again. This time, perhaps, it is easier to anticipate the joy of Easter that is to come as we start to see the beginnings of normalcy return. Just like the death of the Risen Christ, our prolonged season of Lent will come to an end.

It will be then that we will feel free to shout to the heavens: “Hallelujah! Hosanna in the highest!”
God bless, Rev. Caroline Vautrinot ■



LENTEN BIBLE STUDY
“A Walk Through Holy Week”
 Tuesdays in March
 1:00 pm
 Main Street Chapel

Join Chaplain Caroline in a Lenten Bible Study each Tuesday in March. We will journey together through the very first Holy Week by reading what Scripture says about Christ’s journey from Palm Sunday to His resurrection on Easter. Each week we will focus on particular days of Holy Week and see the progression from Jesus’ entry into Jerusalem, to His death on the Cross, to the events of Easter. Join us for discussion and a great addition to your Lenten practice this year! ■

CONGRATULATIONS!

VALENTINES FOR MEALS ON WHEELS

Kris Saia and her crew were shooting to create 727 Valentines. Our residents knocked it out of the park and made 869! Thank you residents and Kris for this mighty effort that made an impact in our community!

SUPER BOWL SCAVENGER HUNT

Our lucky winner for the Super Bowl Scavenger Hunt was Betty Buckley. She won her very own pizza. Thanks to all who participated.

FITUARY WALKING CHALLENGE

Remember to complete and turn in your Fituary Walking Challenge. Entries for prize drawing are due March 15. Please get forms from Jamie Fritz or Julie Schmanke. ■

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Glennie earned her EdD from Kansas State University and has taught elementary school and college. She has taught elementary, middle, high school and college. She taught in New Jersey, Alabama, Louisiana, Oklahoma and Kansas. Glennie is well-known and well-loved at Topeka High School where she taught for several years.

Glennie has written the monthly summaries for the League of Women's Voters and has gotten speakers for that group as well.

Glennie and David have two children, Mary Jean, who works in insurance administration in Shawnee, and Bobby, who works for the Post Office at Forbes. They have five grandchildren.

In addition to writing, Glennie loved to sew. She made her daughter's beautiful wedding gown and many other lovely items. She enjoys reading political books, biographies and mysteries. The Buckley's have traveled extensively to Europe, Canada, Hawaii, England, Ireland and around the United States. David is an avid Civil War buff and has traveled quite a bit to Civil War venues. For eight or nine years, they took their two eldest grandsons on travels around the United States, including Boston, Williamsburg, Jamestown, Mt Vernon, and Lincoln's home to name a few.

Mia, the most precious dog, has yawned and left the room and it's time for me to say goodbye to Glennie. How does one tuck so many gifts into one life, so many stories, so much good to so many people? Our Brewster community is full of such people and Glennie Buckley is an example of caring, teaching, helping and giving. ■

at the **KITCHEN TABLE**



PONDER & STIR
WITH SHARON ADERMAN

"Recipes are rituals that promise transformation."

This definition rings true to me. As with rituals, cooking connects me with memories, traditions, art, nature and of course people who are important to me."

I am Swedish. I don't have Irish genes but my number one favorite dinner is a typical St. Patrick's Day Corned Beef Cabbage Dinner...no carrots please! Since most of us are cooking smaller meals here at Brewster, try this simple recipe if you are craving a dinner on St. Patrick's Day.

Cabbage Pudding

- One small head cabbage
- Saltine cracker crumbs
- Milk
- One egg, beaten
- Butter

Chop cabbage coarsely. Line a buttered baking dish with cracker crumbs. Add all the cabbage, then more crumbs. Fill dish full with milk and beaten egg. Dot with butter. Bake one hour at 350 degrees. ■

Mini TRASH & TREASURE SALE

Friday, March 26 | 9:00 am—1:00 pm

Klinge Activity Center

Residents and staff only

(Anticipating lots of lift chairs) ■

TRANSPORTATION NEWS

SHOPPING TRIPS BEGIN MARCH 2

Beginning Tuesday, March 2, 2021

- Shopping trips will run Tuesday — Friday weekly
- Trips will depart at 10:00 am and 1:00 pm
- Each trip can seat up to three residents
- The trips are first come/first served

WEEKLY SHOPPING SCHEDULE

TUESDAYS

10:00 am and 1:00 pm

We will alternate trips to Wal-Mart and Aldi's. Tuesday, March 2 will be Wal-Mart day followed by Aldi's on Tuesday, March 9 (alternating thereafter)

WEDNESDAY, THURSDAY, and FRIDAY

10:00 am and 1:00 pm

Trips will be to Dillons

PERSONAL SHOPPING

We will continue with personal shopping for a fee of a minimum of \$2.50 or 10% of the order total for orders exceeding \$25.00.

- Residents will continue to complete a list
- Once list is complete, call 274-3320 to request your list to be picked up
- Shopping for your items will occur each weekend on Saturday or Sunday

TRANSPORTATION RESERVATIONS

To request a reservation for personal transportation, please call Transportation at 274-3320 to schedule your trip with the Communications Officer. The Communications Officer will advise trip availability.

INCLEMENT WEATHER CANCELATIONS

When roads are unsafe for travel or there is a dangerous storm, transportation will be evaluated and canceled if necessary. In the case that we determine that transportation is canceled, a person from Security will call and inform you of the situation. If your trip is a necessity and you must go, please inform the security staff member.

A & A Specialized Transportation | 785-233-8212

(Wheelchair accessible vehicle available by appointment. Call at least 48 hours ahead)

Assisted Transportation | 785-291-2910

(Will accommodate your specialized transportation needs. Service can be scheduled on a per trip or per hour basis, depending on your needs)

Capitol City Taxi | 785-267-3777

(\$2.50 start rate, \$1.80 mile. Not wheelchair accessible, will travel outside Topeka limits)

First Class Transportation | 785-266-1331

(wheelchair accessible)

Sunflower Taxi | 785-826-1881

(\$4 minimum; \$1.60/mile cash only; will travel anywhere in Central Kansas; prefer you call ahead;

Sunflower Courier | 785-826-1870

(Courier services offer medical emergency services-TSA trained)

Yellow Cab of Topeka 785-357-4259 ■



GRIEF SUPPORT GROUP

"Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another. Grief support groups provide an opportunity for this kind of help and support."

-Dr. Alan Wolfelt

It has been a difficult year for most. Many people lost someone they loved and cared

**Grief Support Group Meets
Third Wednesday of the Month
10:30 am | Main Street Chapel**

for deeply. If you've lost a

spouse, child, family member, or friend, you've probably found this to be a confusing time when you feel isolated and have many questions about things you've never faced

before. **You are not alone.** If you are dealing with grief or loss in your life, we invite you to join Brewster's Grief Support Group where you can find comfort, listening ears and shared experience.

If you have any questions or concerns, please contact the facilitators, Debbie Holroyd at 274-3348 or Chaplain Caroline Vautrinot, M.Div., at 274-3349. ■

CREATIVE ARTS

BREWSTER'S SPRING BUNNY BAZAAR

Friday, March 12

9:00 am—1:30 pm

Redwood Lounge

Hop on over to the Redwood Lounge where we will set up shop with a sweet selection of Brewster-made crafts and artwork. A great place to find spring and summer decorations and gifts! Refreshments, too!

NATIONAL SCRIBBLE DAY

Saturday, March 27

Let's celebrate aimless doodles and silly scribbles! Look for **SCRIBBLE STATIONS** beginning March 23 in the lounges of Redwood, The Evergreens and Cottonwood Villas, Brewster Health Center, and outside The Market on Main Street. Add your own creative touch and we'll assemble the pieces into one big mural!

BUNNY SKETCHING

Tuesday, March 30

1:00 pm | Redwood Lounge

FUN! Kim Jenkins is bringing her two pet rabbits for a Brewster visit. Join us to draw real-life bunnies, just in time for Easter! All supplies provided. Call Kris Saia at 274-3317 to reserve a spot as space is limited! ■

TAI CHI & YOGA

FALL PREVENTION

TAI CHI

with Mae Lovell

Tuesdays at 11:30 am

Winchell Wellness Center

According to the CDC, Tai Chi is the number one exercise for fall prevention. Mae is certified to teach through The International Tai Chi for Health Institute which is recognized by the CDC in their top layer of funded programs.

YOGA

Mondays at 10:15 am

Winchell Wellness Center

Thursdays at 10:15 am

Brewster Events Center

Wellness Center ■

ON CAMPUS EVENTS

Cards for Fun | Mondays, March 1, 8, 15, 22 and 29

1:00 pm | Redwood Lounge or Brewster Bean

The Resident Services Team would like to start the week off with various fun card groups. We will be hosting any interested folks in the Redwood Lounge and the Brewster Bean at The Evergreens. Groups will be playing bridge, pinochle, or canasta. Please contact Jamie at 274-3398 to register to play as we must have groups of four.

March Madness Brewster Bracket Challenge

Monday, March 15 | Campus Wide

March Madness is back and so is the Brewster Bracket Challenge. We will distribute March Madness Brackets to your doors and we hope you will participate in this fun event. Selection Sunday is Sunday, March 14. Watch for your bracket and details on how to participate!

St. Patrick's Day Hot Dogs

Wednesday, March 17 | 11:30 am | Brewster Events Center

Let us provide you lunch to kick off your St. Patrick's Day. Come by for hot dogs, chips and to see our favorite BBQ chef...Dan Brooks. Watch around campus for more details.

Topeka Symphony Orchestra

Saturday, March 27 | 7:30 pm | BPTV 1960 and BEC CAC

The concert will feature Ravel's shimmering *La Valse* that will take you to a swirling waltz party, at times beautiful and at times chaotic, in a virtuosic orchestral showpiece. In addition, the Symphony is also delighted to premiere an elegant song cycle of love poems by Christina and Dante Rosetti in a new setting for orchestra and soprano by Topeka's own Gordon McQuere and featuring soprano Jennifer Forni. The concert will conclude with Mussorgsky's orchestral masterpiece, *Pictures at an Exhibition*, a musical promenade through a collection of paintings by Russian artist Viktor Hartmann. Please join us on BPTV 1960 to watch this beautiful performance from your home or reserve a seat in the Cultural Arts Center to watch it on the big screen. Call Jamie at 274-3398 for reservations.

OFF CAMPUS EXCUSIONS

SCENIC DRIVES

Wednesday, March 3

10:00 am and 1:30 pm | Lobbies

Let go explore what is going on in Topeka. We will take a 1 hour ride in the Brewster Bus to see how Spring is progressing. Please call Jamie at 274-3398 to reserve a seat on the bus.

Wednesday, March 24

10:00 am | Lobbies

Let go explore what is going on in Topeka. We will take a 1 hour ride in the Brewster Bus to see how Spring is progressing. Please call Jamie at 274-3398 to reserve a seat on the bus.

SHOPPING TRIP

Wednesday, March 24

1:00 pm | Lobbies

Let go shopping around Topeka. We can check out the Dillard's sale, the bargains at Prairie Trading or the specials at Talbots. Please call Jamie at 274-3398 to reserve a seat on the bus.

DAY OUT ON HIGHWAY 75

Wednesday, March 31

10:00 am | Lobbies

We will start our day with a leisurely drive down Hwy 75 to Sabetha Kansas. We will stop at Brick Street Furniture Company and Wine Lounge where we will shop and have a delightful lunch. Then we will proceed back home with a stop or two on the way back. Please call Jamie at 274-3398 to reserve a seat on the bus. Transportation is \$13 and lunch is Dutch treat.

The Evergreens is a 77 unit apartment building located on the southeast corner of the Brewster campus. When it opened in 1987 it was known as Brewster East. With a new name, The Evergreens now seamlessly connects to an additional 30,000 square feet of new amenities.



OPEN HOUSE at THE EVERGREENS



TOURS ARE BY RSVP ONLY
Thursday, March 25
2:00—4:00 pm
The Evergreens 316 and 317

The spacious two bedroom apartments in The Evergreens offer more than 1,100 square feet of living space, designated covered parking, and storage.

On Thursday, March 25 Brewster will hold an Open House (RSVP only) that will offer tours of a **before** and **after** apartment renovation. The model apartment (Evergreens 317), designed and furnished by the Furniture Mall of Kansas, will be showcased to feature standard updates that are completed on every apartment before move in. We will also show an apartment ready to be updated and upgraded to your specifications (right next door to the model home).

To assure safety guidelines are observed, this Open House is an RSVP only event. To reserve your tour time, contact our Sales and Marketing Team: **Chris Gallagher at 274-3351 or Kathy Clark at 274-3314.**

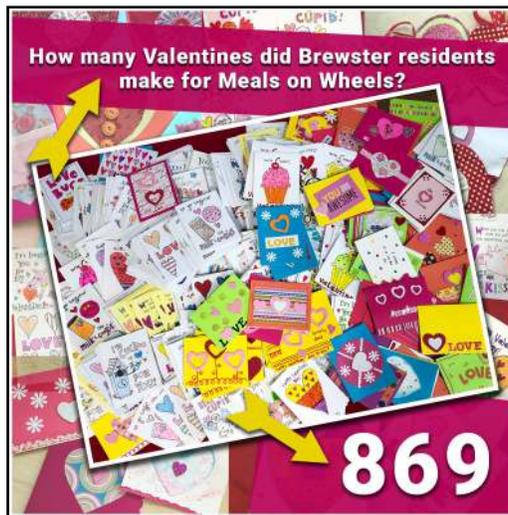
Remember, you can help choose your future neighbors, and receive a bonus! Residents who make a referral to Brewster will receive one month's free rent once the friend moves in! ■

This event is subject to change according to KDHE guidelines.

CHAMPIONS ONE AND ALL



Ethlyn Irwin and Bart Ramsey take part in Julie's exercise classes. Now's the time to start getting back into shape after a long year and winter. Join a class today!



Thank you to all of our residents who worked so very hard to make 869 Valentines for clients of Meals on Wheels. What a wonderful project that helped spread love and joy around the Topeka community.



Maxine McDaniel waited patiently for her second COVID-19 vaccination in February. We now have 98% of our residents vaccinated with both shots. What a wonderful thing!

BrewsterLiving.org