



## GETTING BACK TO NORMAL REQUIRES A WISE APPROACH

BY JOE EWERT, PRESIDENT & CEO



Dorothy Funk and Betty Bomar enjoyed playing Bridge at the Brewster Bean.

We are just past the one year mark for living in the world changed by COVID-19. With the vaccine available, and vaccinations occurring across the state, we are seeing various health authorities providing new guidance for safe operations. Several weeks ago, the Federal Centers for Disease Control issued new guidance specific to individuals who have been vaccinated. The guidance suggested that fully vaccinated individuals may gather in **small groups** without their masks. To be clear, **the guidance is for small groups** of people where all individuals have been vaccinated. This is a strong signal from the CDC that the approved vaccines are working as intended.

Additionally, the federal agency with oversight over our health center issued new regulations that provide us with additional ability to facilitate visitation for those living in the Brewster Health Center and Assisted Living (due to being fully vaccinated there). This is some of the most exciting news we have seen, and provides additional confidence in the effectiveness of the vaccine.

We have not seen a positive case among Brewster residents since November. Shawnee County continues to see dramatically improved case numbers on a week to week basis. The most current figure I see indicates an average of 17 new cases identified each day. This is the lowest it has been since early summer. Additionally, we are observing week over week improvements in several of the key measures tracked by the health department. Shawnee County has responded by relaxing many of its public health orders, which you may have read in recent news. Please be aware, Shawnee County does still require a mask be worn in indoor public spaces. Social distancing is still being defined in Shawnee County as six feet.

We are seeing many signals that the vaccination efforts are paying off and life will return to normal soon. We should take heart in the fact that the vaccine, which nearly every Brewster resident received, is highly effective. **We must, however, continue to be wise in our approach to safety.**

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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** BRUCE AND GLENDA BOWER

BY DIANA REED, RESIDENT



**G**lenda and Bruce Bower are a wonderful couple, full of artistic gifts, kindness and joy. They have been married 36 years, have five children, and four great-grandchildren. They met when they were both hired the same week at USC. Their energy is amazing and they are proudly continuing a legacy at Brewster Place as Glenda's parents resided at Brewster East (The Evergreens) in the mid-1980s.

The Bowers reside in a lovely Aspen Cottage with two precious, colorful cats and a blind dog who is adorable. Their home is a wonderland filled with amazing art. Glenda points to a gorgeous tapestry, created by a friend, sewn and then painted. A lovely frame is a colorful flower garden made by a sister from pulled felt splashed in yellow, purple and amazing greens. We pass playful watercolors done by Glenda in remembrance of vacations at the shore, or at the mountains or with friends. Glenda comes by her art naturally. Glenda's mother, Lucille Ison, created the child's magazine, *Wee Wisdom*, with its elves and stars from 1944 through the 1960s, with the Unity School. On one busy and gay cover of a 1944 magazine, an adorable four line poem stands proudly, written by five year old Glenda Ison herself.

Glenda has bound copies of *Wee Wisdom* for her grandchildren to enjoy. The

large volumes are filled with Lucille's sweet elves, flowers and stars, poems, chapters, fun and joy for children in their innocent years. Even now, a child or adult could spend hours flipping through the happy pages created by Glenda's mother. So is Glenda Bower's proud childhood.

Glenda has a lovely quilt made from fabrics she bought on a long trip she and Bruce took from California to Kansas. It lays proudly on their bed and is fantastic, scores of tiny squares, side by side. Downstairs, Glenda has painted an entire wall in Bruce's "man cave," like the forests he loves, with trees, mountains, and paths. One is transported west by being there. Watercolor pictures, painted by Glenda, rest on the opposite wall. They represent the many places the Bowers loved on their many trips through the intermountain west: Utah, Wyoming, Colorado and California.

Bruce Bower was one of several children, the son of a forest ranger. Now, he has two passions — the piano and turning wood. The Bower's living room is graced with a beautiful piano. Bruce loves to play and he plays for his many friends. The Bowers often dine at the Greenleaf at Redwood and Bruce enjoys playing piano in the Redwood Lounge after the evening meal. People gather to listen and enjoy the music. The Bower's have a "menu" of songs to remind

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## FROM the CHAPLAIN REV. CAROLINE VAUTRINOT, M.DIV

### SPRING IS HERE!

Spring is officially here! Alleluia! This is my favorite time of year. Not only is the cold weather of winter finally starting to ebb away, but nature is also reawakening. Already we are beginning to hear the birds singing and the animals are emerging from their warm, winter homes. Soon we will see new leaves budding on the trees and signs of new life will be all around us.

Of course, this month we also celebrate the renewal of life in the Risen Christ. With Easter on April 4 this year, we get to spend most of April in the Easter season, doubly sharing in the rejuvenation that we can see in Creation all around us.

After a long season of Lent — and an even longer year of quarantine — it is a relief to ease into the celebration of life that surrounds us at this time of year. New life, whether in our gardens, our backyards, or the birth of baby animals, is always a cause for rejoicing.

Let us use this newfound joy and freedom to brighten each other's lives and really understand the new life given to us from Easter. As we start being able to take delight once more in community all together, let us also keep our eyes on the joys granted to us from the miracle of Easter and eternal life in the Risen Christ. ■

## SAFETY NEWS

### SAFETY COMMITTEE

The Security-Safety-Transportation Committee needs a resident from The Evergreens to volunteer to be an *interim* committee member. If you are interested in this temporary position, please contact Eddie Fowler, Chair, 785-633-1227 or email him at e.r.fowler@cox.net. The Evergreens needs to be represented on the committee.” ■

### SAFETY REMINDERS

- **When walking at night**, residents should wear reflective clothes or items that are reflective or have lights that make you more visible.
- **Do not leave valuable items in a visible area of your car overnight.** Remove valuable items if possible. Always lock doors to your cars and your home. ■

## NEWS TO KNOW

### FITUARY WALKING CHALLENGE

Congratulations to Glenn Wehking for winning the Fituary Challenge. Remember to keep on walking and watch for the new walking path map to come in May.

### MEXICAN TRAIN DOMINOES

Do you like to play Mexican Train Dominoes? Or would you like to learn? We would like to start our groups up again so please call Jamie at 274-3398 if you are interested.

### BREWSTER BUNNY BAZAAR SALES

We are pleased to announce the Bazaar in March made \$1,230.20 for the Brewster Service Fund. Thank you to everyone who created items, donated, worked and shopped!

### MINI TRASH & TREASURE TOTAL

The Mini Trash & Treasure Sale in March made \$1,804.75! Even during restrictions our campus always gives back! Thank you! ■

## at the **KITCHEN TABLE**



PONDER & STIR  
WITH SHARON ADERMAN

"A recipe isn't just a recipe, it's a little piece of family history."

**T**his quote is especially true at Easter. The Aderman family started so many traditions that we still carry on with our children and grandchildren. Grampa Jim loved to color eggs. Even when we were first married, just the two of us, we would never miss an Easter without coloring hard boiled eggs.

On Palm Sunday I would decorate eggs with palm branches. Some years we blew out eggs (poke holes with the tip of a knife) then blow the yolks into a bowl, decorate them, and hang them on dried branches to make an egg tree.

Early on Easter morning we would hide eggs in the front and back yard. April and Jeff loved hunting eggs. If it was cold or raining, we hid the eggs all over the house, again and again along with bags of jelly bean eggs until time for our Easter ham dinner.

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### **HARD BOILED EGG BAKE**

Cut eggs in half and place in a buttered baking pan. Cover with a homemade cheese sauce. Top with grated parmesan, Panko bread crumbs, and melted butter. Bake at 400 degrees until bubbly.

### **EGGS A LA GOLDENROD**

(from my junior high home economics class)  
Make a white sauce and stir in chopped egg whites. Pour over toast and press egg yolks through a sieve and sprinkle on top. ■

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people what is possible — patriotic, musical, etc. One can often hear someone shout out, "You'll Never Walk Alone," or "Play Misty for Me." Bruce plays gladly with a smile. His friends enjoy him.

Bruce is a talented wood turner. He enjoys turning wood at Brewster's new woodshop. He also loves the wood lathe that stands in his garage. An entire wall in the garage is filled floor to ceiling with many types of wood; planks, burls, small slabs, succas, oaks, walnut and more.

Bruce grins, "This is my toy," he says, "I play as often as I can. Today I'm making a small platter." He fixes a piece of wood on the lathe and starts it up. Behind Bruce are dozens of tools — scrapers, knives, gouges and measuring tools.

The piece of wood Bruce is turning becomes flat and round. He stops the lathe and says, "Look at the pattern inside." The wood is beginning to show its beauty, with whirls, colors of red, black, brown and yellow. He turns a lip on the platter. There is such lovely precision from Bruce's wood turning. He brings the beauty out.

Reluctantly, it is time for me to go. As I leave I see again the amazing artwork, and the Wee Wisdom magazines. I say goodbye to the cats and dog and know that this is a happy home. It's a place of magic, the nest of Glenda and Bruce Bower. ■

### **NAIL CLINIC CHARGES**

Beginning May 1, Cheryl West will increase her price to \$20 for toe nail clipping. This is due to increase cost of supplies. ■

## **GIFTS OF LOVE** NAMED GIFT OPPORTUNITIES BY DIANA REED

**T**his past year a Brewster resident honored our community by including a generous contribution to the Brewster Foundation in her estate plan. The gift qualified her for what the Foundation terms a “**named gift opportunity.**” Wonderfully, this first gift is encouraging others to support Brewster in this way too. These gifts will go far to support the mission of Brewster. Plans are underway to unveil these honors in the coming months.

Brewster is a wonderful community, encompassing a beautiful 35 acre campus, serving nearly 400 residents. We have many opportunities here including four restaurants, a salt water swimming pool, fitness areas, libraries, arts, barbershops and salons, availabilities for massage and many types of classes and ways to find social connectedness. We have a large variety of living options, from large homes to cottages, from apartments to bungalows, in varied sizes and settings. Regardless the type of housing a resident chooses, we have a committed team of staff who work to make life the best for us, and to care for us when we are in need. We are fortunate to have an entire community supporting all of us both today and tomorrow.

Brewster’s legacy of quality and commitment to residents could not exist without the generous gifts made to the Brewster Foundation. Named gifts are excellent ways to support Brewster as they often encourage others. Named gifts need not be limited to an individual or a family. Residents and families may group together to name areas special to them. The gift values vary from small to large but all such gifts are expressions of love and support for your community.

Opportunities are available across campus now, and Joe would be delighted to speak with you if you have interest in looking at the areas identified for potential naming. Give him a call at 274-3392. ■



**S**pring is in the air and Mother’s Day is almost here! Celebrate by gifting your loved one a PS Salon & Spa experience.

PS Salon & Spa, Brewster’s salon partner, makes it easy to send a holiday, birthday or anytime gift, manage payments, and earn 4-5% spending rewards for residents with a PS Celebration Account. To learn more visit [www.salonps.com/gift](http://www.salonps.com/gift). ■

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We have new residents moving to campus who may not have received the vaccine yet. I encourage all residents to put away fears of COVID-19 outbreaks on campus, but we must remain cognizant that individual cases may continue to present until a greater proportion of the broader community is vaccinated.

At this time we ask that you continue to wear your face coverings when congregating in public at Brewster. Face coverings are not required outdoors when social distancing can be achieved. I anticipate we will continue to see positive guidance from the health authorities as high levels of the population are vaccinated and that Shawnee County will continue to update their mandates in response. ■



# CREATIVE ARTS WITH KRIS SAIA

## Fresh New Season, Fresh Spring Schedule

The COVID-19 pandemic precautions kept us from gathering much for the last year, but as restrictions are lessened, I invite you back to the studio! Bazaar Workshop volunteers are especially encouraged to visit the studio Monday through Thursday mornings to sew, quilt, and craft -- we need your help!

### OPEN STUDIO HOURS

For residents who enjoy working on creative projects at their leisure, you are still welcome to use the studio independently seven days a week.

### BAZAAR WORKSHOP

#### Monday—Thursday mornings

Volunteers who help create items for the Brewster Bazaar are encouraged to visit the Penthouse Art Studio to sew, quilt and craft. We need your help!

### MORNINGS

#### MONDAY—THURSDAY

9:30—11:30 am

#### Redwood Penthouse Art Studio

Kris will be in the Penthouse Art Studio to assist Open Studio visitors with their projects.

### AFTERNOONS

#### MONDAYS

Kris will host special events, art-related movies, crafty afternoons. It'll be something different each month so watch the Brewster News for listings.

#### TUESDAYS—PAINTING CLASS

1:00—3:00 pm | Redwood Penthouse Art Studio

Beginners as well as seasoned painters are invited to join us. We'll begin each class with a short video tutorial to inspire or polish your watercolor, oil or acrylic skills -- then we paint! Please call to reserve your spot as space is limited.

#### WEDNESDAYS—PAINTING CLASS

1:00—3:00 pm | Redwood Penthouse Art Studio

Come, sit, paint! Kris will be on hand to answer questions and help you with your project from 1-3:00 pm. Great for folks who like to keep a scheduled visit! Please reserve your spot.

### BIRDS & BEES ART SHOW

#### Monday, April 19

3:00 pm | Main Street

Birds are chirpin' and Bees are buzzin' -- our artists are showin' off the signs of Spring! Join us for a stroll to admire the artwork and chat with the artists... then mosey over to The Pavilion for Social.

### MOVIE

#### AT ETERNITY'S GATE

#### Monday, April 26

1:00 pm | Main Street Chapel

Join us to watch the acclaimed 2018 film about the tortured final years of Vincent Van Gogh's life, starring Willem Dafoe...the popcorn's on us!

#### AT ETERNITY'S GATE

#### Monday, April 26

1:00 pm | Main Street Chapel

help us make some May Day surprises for our friends at BHC! ■

## APRIL IS NATIONAL VOLUNTEER MONTH

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

### VOLUNTEERS NEEDED

Please give us a call!  
Chelsy at 274-3394  
Maxine at 274-3398

**W**e want to take the time to say **THANK YOU** to all who are committed to volunteering on and off campus! Your big hearts, contributions and hard efforts do not go unseen! You are proof that volunteers are people who don't want to be thanked for helping others, but want to thank others for giving them the opportunity to help!

To honor our volunteers, we will host a Grab & Go event on Thursday, April 22 at 2:30 pm in the Main Street Pavilion. Please join us!

Please be sure to share your hours of volunteering and the organizations you volunteer for so we can add it to our Brewster monthly totals!

*Thank You All Again!*

Volunteer Chair Bruce Bower,  
Maxine Thuston and Chelsy Wessel ■

### BREWSTERCONNECT

**B**rewsterConnect members are returning back to campus after the restrictions from the past year. This program allows non-residents to pay a small monthly fee to come and participate in all the amenities of Brewster without moving in. It's a great program! Call Chelsy Wessel at 274-3394 to learn more. ■

### INTERGENERATIONAL PROGRAMS

**S**chools are back in session! Unfortunately we will not be able to get together with a school this year. Do we want to get together and discuss ideas for the future? Call Chelsy Wessel for more information at 785-274-3394. ■

## SAVE THE DATE!

BREWSTER  
VETERANS HALL OF HONOR  
CELEBRATIONS  
**WEEK OF MAY 24**

**P**reparations have been underway for months to honor veterans in the new Brewster Veterans Hall of Honor. We hope you'll join us the week of May 24 for special events and the unveiling of the 109 Honor Tiles on the beautiful black granite wall. More information will be coming soon, so stay tuned! ■

## SAVE THE DATE!

PAULINE YOCKEY BIRTHDAY and  
BON VOYAGE CELEBRATION  
Pauline's birthday is September 14,  
but her family invites you to this early  
celebration as she is also moving to North  
Carolina to be closer to her kids.  
Staff and residents invited! No gifts please.

**Sunday, May 2**  
**2:00—4:00 pm**  
**Klinge Activity Center**

There are many wonderful apartments at Redwood at Brewster Place. This month's featured home is quite unique because it offers a bonus room to the one bedroom layout. With 950 square feet this **One Bedroom Deluxe** apartment is the largest one bedroom at Redwood.

Redwood 510 has an alcove kitchen with a full-size refrigerator, stove top, microwave and

## HOME OF THE MONTH REDWOOD 510



plenty of cabinet space. The living area is spacious, measuring nearly 500 square feet with light pouring in from the two west facing windows. The deep window sills are perfect for cats to perch and plants to bloom! There are beautiful built ins and cabinet space to display your favorite family pieces. The bedroom leads out to a balcony where you can watch the sunset, enjoy the changing seasons, and look over the Brewster campus.

The bonus room is 90 square feet that can be used as a den, library, or dining area. If you are looking for a large unique space, with included amenities of all your meals and weekly laundry service, you don't want to miss seeing Redwood 510.

For information and to set up a tour, please call Lifestyle Consultants 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! ■

## SECRETS TO A LONG LIFE



**Julie Reeves** is simply amazing! Never one to sit still, Julie continues to exercise more than once a day including taking classes at the Brewster Aquatic Center. The salt water pool is a wonderful way to keep fit and stay active — it also brings joy as you can see!



**Congratulations** to Bill and Daisy Douthett who are celebrating 75 years of marriage this month. What an amazing accomplishment. We wish them good health and happiness in the next year and beyond!



**Fitness Specialist Julie Schmanke** has taught exercise to seniors for 37 years. Her infectious energy and vast knowledge makes attending her classes fun and worthwhile. No one works harder than Julie at personal fitness and sharing her passion for staying fit.

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

# ON CAMPUS — A few highlights!

## **CUP OF JOE**

**Thursday, April 1 | 10:00 am | Cultural Arts Center**

You are invited to join CEO Joe Ewert and other staff members to hear the latest updates as well as a time to have your questions answered.

## **HOT DOGS AND SKYDIVING LESSONS**

**Thursday, April 1 | 11:30 am | Brewster Events Center Circle Drive**

Dan Brooks will be grilling up some hot dogs as we enjoy springtime. Enjoy a grilled dog and chips and perhaps, just perhaps, learn to sky dive? Or April Fool's?

## **ABRAHAM LINCOLN PRESENTATION**

**Friday, April 16 | 2:30 pm | Cultural Arts Center**

Back by Popular Demand, Honest Abe Lincoln is coming to present his stories to us. This program was a favorite among residents in the past. Be sure to mark your calendars. This program is brought to you by a grant from the Brewster Foundation. It will be a great event.

## **AN EVENING WITH KRISTEN HANNAH AND BREWSTER FRIENDS**

**Thursday, April 22 | 5:30 pm | Cultural Arts Center**

Join us in the state-of-the-art auditorium at Brewster. We will start our night off with a wonderful dinner of homemade enchiladas and margaritas. Then we will use the Brewster Audio Visual equipment to Crowd cast as Kristen Hannah discusses her latest book, *The Four Winds*. *The Four Winds* is about Texas in the darkest days of the Dust Bowl and Great Depression. It details how one woman is forced to make impossible choices to save the lives of her children. Kristin Hannah is a New York Times best-selling author. The cost of the meal is \$10 and includes dessert and 1 margarita. Please call Jamie at 274-3398 to reserve a seat.

## **TOPEKA SYMPHONY ORCHESTRA**

**Saturday, April 24 | 7:30 pm | BPTV 1960 and BEC CAC**

This month's concert will be a pop concert called *Diamonds in the Sky*. This final concert of TSO's Diamond Anniversary year will take you to a galaxy far, far away as they perform music from the entire *Star Wars* movie franchise. Don't miss the chance to hear these iconic musical masterpieces live with a full orchestra. 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 — A few highlights!

## **TULIP TIME**

**Tuesday, April 6 | 10:00 am | Lobbies**

**Wednesday, April 7 | 1:30 pm | Lobbies**

We will go explore various parks around Topeka to view the beautiful, blooming tulips and other seasonal flowers. The cost is a donation of \$5 for Shawnee Parks and Recreation. To make a reservation call Jamie at 274-3398.

## **CHURCH MURAL TOUR**

**Wednesday, April 7 | 10:00 am | Lobbies**

We will explore the new mural at Our Lady of Guadalupe Catholic Church with the artist and designer, Andy Valdez. To make a reservation call Jamie at 274-3398. The tour is free.

## **ADVENTURE AWAITS IN WICHITA**

**Thursday, April 8 | 7:45 am | Lobbies**

We are headed to Wichita to check things out. We will start with a guided tour of the Wichita Art Museum. After the tour we will enjoy a delicious lunch at the Muse Café at the Art Museum. Then we will head to the beautiful Botanica for a guided behind the scenes Tulip Garden Tour. We will enjoy the 66,000 tulips blooming at Botanica this spring with 111 varieties, 25 of which are new to Botanica this year. All the tulip bulbs are imported from Stuifbergen Flowerbulb Export in the Netherlands. We will stop at Bradley Fair Shopping Area for about 1 ½ hour of shopping. The cost of the day is \$75 which includes transportation, lunch, admission fees and a picnic dinner on the bus home. To make a reservation call Jamie at 274-3398.

## **LUNCH IN DOVER AND TRAVELING EXHIBIT**

**Wednesday, April 14 | 10:15 am | Lobbies**

We will start with a beautiful drive to the Historic Dover Café for lunch and a delicious piece of pie. The typical special on Wednesday is homemade chicken pot pies. With full bellies we will proceed to the Volland Store to view the Smithsonian Traveling Exhibit: Crossroads: Change in Rural American sponsored by Humanities Kansas. The exhibit looks at the future and sustainability of Kansas Communities. Transportation is \$13 and lunch is Dutch treat. Please call Jamie at 274-3398 to reserve a seat on the bus.

## **TRIP TO SABETHA**

**Thursday, April 21 | 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.

## **TRIP TO NELL HILLS IN KANSAS CITY**

**Thursday, April 28 | 9:00 am | Lobbies**

Spring is in the air. Let's head to Nell Hills in Kansas City for some new decorating inspiration and a yummy lunch. Lunch and Shopping are dutch treat. Transportation is \$13. Please call Jamie at 274-3398 to reserve a seat on the bus.