



SWIM AT THE BREWSTER AQUATIC CENTER

The Brewster Aquatic Center opened in 2020 and has quickly become one of the most popular wellness spaces at Brewster Place. The large indoor, heated, salt water pool is not only aesthetically beautiful, it is providing a space of exercise, socializing, relaxation, and quiet solitude.

Swimming is a wonderful exercise for anyone, but especially for seniors. It provides a full-body workout with little risk of injury because of its low-impact nature.

The following are some of the benefits of swimming:

IMPROVES HEART HEALTH

Swimming makes your heart stronger, larger and improves your cardiovascular health and endurance. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.

GENTLE ON THE JOINTS

Because swimming is not weight-bearing, it's easy on the joints for those who suffer from joint pain and discomfort. It's a full-body workout that keeps the pressure off your hips, knees and spine.

REDUCES RISK OF OSTEOPOROSIS

Swimming can improve bone mineral density (BMD), which will help fight osteoporosis. This is very important especially for women; a third of women over the age of 50 and a fifth of men experience a bone fracture due to osteoporosis.

INCREASES FLEXIBILITY

While stretching before and after exercising is a sure way to regain flexibility, the act of swimming itself can also help increase your flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.



Continued on page 5...

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.

A NOTE FROM JOE...

BY JOE EWERT, CEO

I can't believe its July already. They say time flies when you're having fun, and it does feel like we've been having some real fun this year. I want to thank all our team members who focus each day on creating fun opportunities for residents to engage the day with. From days filled with individual and small group activities to big events like the recent art show and weekly socials, it is fun for me to watch our community buzzing with activity and smiles.

I also need to thank our new (and returning) group of volunteers. Thank you so much for your willingness to give your time and energy to support our community. I am continually amazed at the generosity of our residents, families, team members and extended community. If you see a volunteer giving at Brewster, please take a moment to introduce yourself and perhaps thank them. We have volunteers now frequently in the Redwood office area, and also in the Brewster Bean at The Evergreens.

Speaking of the Brewster Bean, I recently discovered they make a Mango protein smoothie. It's packed with nutrients and works well if you need a light meal on the run. They make several varieties — if you have a favorite please let me know!

We have discussed the financial impact of the pandemic on Brewster in general terms at Resident Council. COVID-19 was the cause of both increased expense and decreased revenue across the board and continues to impact us today. Challenges range from difficulties getting goods and materials and the increased costs to get them, to increased costs of utilities and insurance. Increasing contributions to the Brewster Foundation and a series of finance efforts to secure significant grants have bolstered our savings, granting us time to grow our occupancy and fully recover from the financial impact of COVID. Our task now is to implement the plans we make to assure we recovery as quickly as possible. We are currently on track for doing just that. I plan to hold a series of meetings to provide a more detailed view of the state of Brewster in the late summer or early fall. Please watch for updates on these meetings if this is a topic of interest to you.

All in all, I don't think we could have had a better first half of 2021, and I'm excited for the next few months to be even better. I look forward to seeing you out and about at Brewster! ■

EVERYONE HAS A STORY TO TELL

Resident Diana Reed has been doing wonderful articles each month featuring different residents. She is taking a break this summer but wants you to know that articles will resume in the fall. ■

RESIDENT DIRECTORY

By now you should have received your Spring/Summer 2021 Resident Directory. Every effort is made to make sure all information is correct. If you find an error or omission, please let Maxine Thuston know by calling her at 274-3374. ■

BIRTHDAYS AND ANNIVERSARIES

If your birthday or anniversary is not listed in the Brewster News, please let Janis Swanson know by calling her at 274-3389. Occasionally these are omitted from our database and they need to be entered. Every effort is made to include everyone who wants this information listed for friends and family to see. ■



FROM the CHAPLAIN REV. CAROLINE VAUTRINOT, M.DIV

SMALL JOYS AND EVERYDAY BLESSINGS

I have been thinking a lot lately about small joys and everyday blessings. Our lives can become so full of responsibilities and activities that we become overwhelmed with everything our schedules have in store for us. Many of us are still struggling to rejoin all the activities of life that we frequented before and that pressure to change again can feel overpowering at times.

July is a good month to quiet down and recollect life's many joys. Things like a warm summer breeze carrying hints of cut grass and grilling, or a well-brewed cup of tea or coffee can give us blessed moments of joy and peace. Whether our routines are a reemergence of yesteryear or brand new works of the present, the small moments in between are precious.

It does not take any major excitement for happiness and contentment to steal into our hearts and we should be ready to accept these gifts when they are offered to us. In this month of July, we can be thankful for so much. There are gatherings with family and friends, fireworks and hot dogs, air conditioning and laughter. Take stock of your many blessings and enjoy the warm weather this month.

Next time you find yourself outside, or by an open window, take a moment. Take a moment to breathe deeply, feeling the air expand your lungs, smelling the summer scents of grass and warmth. Recall the small joys of your life and remember that you are a part of this loving community. ■



HUMANITIES KANSAS BOOK TALK

Brewster received a grant from Humanities Kansas for a book series titled Ghost Stories. Literature, like folklore, is filled with the spirits of the dead: King Saul asks the Witch of Endor to call up Samuel's ghost; Odysseus tries to embrace his mother's wraith in Hades; and Hamlet asks whether his father's image is ghost or demon.

People tell stories to try to explain what death is, where loved ones go, and why the good suffer. The books in this series represent some classic explanations. Our third book is *The Graveyard Book* by Neil Gaiman. "There was a hand in the darkness,

and it held a knife," so begins Neil Gaiman's Newberry Medal winning work of fiction. A small child wanders off into a graveyard pursued by a mysterious man named Jack who murdered the child's family. The boy is dubbed "Nobody Owens" by his adoptive ghostly parents who nickname him Bod.

Bod's companions include an undead guardian named Silas and a graveyard full of ghosts who grant Bod the "freedom of the graveyard." As Bod grows, he learns to read from gravestones, is someone's imaginary friend, develops a crush on a witch, and experiences more adventures. ■

BOOK TALK
Thursday, July 29
2:00 pm | Brewster Bean

Please call Jamie at 274-3398 to for a copy of the book.



at the **KITCHEN TABLE**

PONDER & STIR

WITH SHARON CHRISTIAN-ADERMAN

"As we grow older
for some of us we only
have the memories and
traditions to help us
remember holidays."

JULY — THE MONTH OF FIREWORKS AND PARADES

All of my childhood memories of 4th of July in Kansas revolve around food. My family always had hot dogs spiked on green branches and held over a wood burning fire until they were crusty and burnt. I still love to eat them that way.

After lunch Dad would bring out the wooden ice cream bucket from the garage and we would take turns cranking the handle. When it was hard to crank he would cover it with ice chips from the big block of ice he bought at the co-op, carried home in a gunny sack. Then he covered it with a heavy rug to let it chill until late afternoon. Homemade ice cream is so cold it would give us headaches so we ate soda crackers with the ice cream to take away our traditional headaches.

My son-in-law's family in Colorado would always serve root beer floats.

In Maine the traditional menu for the 4th was poached fresh salmon, tiny potatoes boiled with skins on and sweet peas from the garden. We would even eat the sweet pods while picking them. We always had Strawberry Shortcake soaking in fresh berries with piles of fluffy whipped cream for dessert.

Here in Kansas we now serve my Mom's Baked Shortcake.

MOM'S SHORTCAKE

- 1 cup flour
- 1/3 cup sugar
- 3 tsp baking powder
- Pinch of salt
- Cut in about 3-4 tabs butter
- Add 1 beaten egg
- 1-2 tsp Watkins vanilla
- About 1/3 cup milk — just enough to make a stiff batter.
- Sprinkle sugar on top

Bake in a 9" pan at 425 degrees for 20-25 minutes then loosely cover the top with foil and bake for another 12-15 minutes. Cut into wedges and cover with juicy berries — some that have been mashed, then add a pile of fluffy whipped cream topped with one strawberry for decoration. Happy 4th of July! ■



NEW YOGA CLASS

Saturdays in July at 10:15 am
Brewster Events Wellness Center
(lower level of Brewster Events Center)

We are adding a Saturday Yoga class to the schedule for the month of July. This class will start on July 3 and we hope you will give it a try. At the end of the month we will evaluate with regard to participation and if it's well attended, we hope to continue. If you have any questions, please contact Serena Kent, Director of Resident Services, at 274-3395.

...continued from page 1

IMPROVE MUSCLE STRENGTH AND TONE

Every time you move in the water, you're putting every muscle group to work. Swimming is a great form of resistance training and can help improve your muscle strength — and you'll also see long, lean muscle tone forming the more you do it!

BOOSTS MENTAL HEALTH

Swimming is a great way to reduce your stress levels, boost your mood, and increase your brain function. Plus, because swimming can be a social activity, you'll avoid the feelings of social isolation and loneliness that can lead to depression in seniors.

With all the wonderful benefits of swimming, why not give it a try? Brewster's full-time Wellness Specialist Julie Schmanke has taught classes on land and in water to seniors for over 30 years. Her classes are choreographed to music and provide a great workout whether you are in need of strength training, aerobic work or stretching. ■

Some information used in this article is borrowed from: www.asccare.com/swimming-for-seniors/

POOL CLASS SCHEDULE

MONDAYS

- 1:30 pm — Splash Dance
- 2:30 pm — Cardio Tread

WEDNESDAYS

- 1:30 pm — Splash Dance
- 2:30 pm — Cardio Tread

TUESDAYS

- 1:30 pm — B Chi
- 2:30 pm — Cardio Tread

THURSDAYS

- 1:30 pm — B Chi
- 2:30 pm — Cardio Tread

LAP SWIMMING

One mile = 5280 feet

Pool is 60 feet in length

Two lengths = One lap

$5280 \div 60 = 88$ lengths = 44 laps

Distance Goals

1 mile = 88 lengths (44 laps)

1/2 mile = 44 lengths (22 laps)

1/4 mile = 22 lengths (11 laps)

FUN FACTS ABOUT THE POOL

- Pool is an indoor salt water pool
- Air temperature is 90 degrees
- Water temperature is 87 degrees
- Dimensions: 28' x 60'
- Depth: 2' 10" at shallow end and 6' at deep end
- Easy access ramp to walk into the pool
- Six private dressing rooms
- Two private restrooms
- Suit and towel dryer in the locker room
- Lockers provided during swim or class time— please bring your own lock
- Seating areas to relax before and after swimming
- Equipment available includes pool weights, kick boards, float belts and noodles ■

FOR MORE INFORMATION ABOUT CLASSES OR TO SCHEDULE POOL ORIENTATION

Contact Julie Schmanke, Wellness Specialist
274-3313 | julies@brewsterplace.org

CREATIVE ARTS WITH KRIS SAIA



MOVIE with KRIS

MAUDIE

Friday, July 9

1:00 pm

Main Street Chapel

The inspiring story of Maud Lewis, who overcame the physical challenge of juvenile rheumatoid arthritis to become one of Canada's most beloved folk artists. Set in the 1930s, the film charts the unlikely romance between the untrained artist and a curmudgeonly recluse as she learns to express herself through her joyful paintings — a story that celebrates the creative spirit in all of us. Starring Sally Hawkins and Ethan Hawke.

Join Kris to enjoy this visually beautiful film — she'll bring the popcorn! ■



KU OSHER LIFELONG LEARNING SERIES

Tuesdays, July 13, 20 and 27

1:00—3:00 pm

Brewster Cultural Arts Center

Theodore Roosevelt sits atop Mount Rushmore, nestled between Thomas Jefferson and Abraham Lincoln. He was chosen to be a part of this historical structure in 1927 because he was considered among our greatest presidents, a position he retains among historians today. We'll examine T.R.'s life, overcoming debilitating asthma as a child to build a reputation as a robust outdoorsman, astute politician, pioneering conservationist and international statesman. Roosevelt was New York City's police commissioner, assistant secretary of the Navy, volunteer Rough Rider, New York governor and vice president before becoming the youngest president at age 42 following William McKinley's assassination in 1901. **This course will be held in-person at Brewster Place and the public is allowed to attend.**

Instructor Bio: Jim Peters, J.D., is director emeritus of the Osher Lifelong Learning Institute at KU and author of "Arlington National Cemetery: Shrine to America's Heroes. **Please call Jamie Fritz at 274-3398 to register as space is limited.** ■

SAVE THE DATE!

TRASH & TREASURE SALE

Friday, August 13

It takes a village to get ready for this GIANT sale. Watch the August Brewster News for volunteer opportunities. For more information, please call Kris Saia at 274-3317. ■



facebook.com/brewsterplace.org

VETERANS PHOTOS

If you have recently walked down the hallway on the lower level of Redwood, you probably noticed the wall of veterans photos has been removed. With the opening of the new Veterans Hall of Honor that includes a digital display of veterans photos, we hope to encourage people to view their loved one's photo there. In fact, the old veterans hall could only hold about 100 photos and with the digital display, we are able to display as many as we have.

The new digital display has 179 veterans photos (and counting) that have been retouched for quality. Each photo is shown for four seconds making the entire display viewable in about 12 minutes — not too bad!

It's never too late to honor a loved-one by sharing their photo in the digital display. If you would like to do so, please contact Janis Swanson, Creative Services Specialist, at 274-3389, or drop your photo off at the Redwood Information Center or The Evergreens Information Center. Your photos will then be given to Janis to digitize. Once complete, your photo will be returned to you. Please include the branch of service and years of service if possible. ■

VETERANS TILES

If you are interested in purchasing an Honor Tile for the Veterans Hall of Honor, you can still do so by calling Chelsy Wessel, Community Engagement Specialist, at 274-3394. Honor Tiles are \$250 each. We have more quartz tiles on order and have several already spoken for to be etched and added to the beautiful black granite wall. Honor a veteran today! ■

FROM SECURITY AND TRANSPORTATION

SHOPPING TRIPS

Beginning the week of June 28, we will begin the large group shopping trips in the big bus on Wednesdays and Fridays at 10:00 am.

Wednesday will be the Wal-Mart/Aldi's alternating trip that will run every other week. The Wednesday, June 30 trip will be an Aldi's trip, the following week will be Wal-Mart. Dillons will be every Friday. We will pick up at Redwood at 9:40 am and then The Evergreens north door at 9:50 am and The Evergreens east door at 9:55 am.

If other Independent Living residents outside of those buildings wish to be picked up, please call the Transportation number at 274-3320 and advise that they want to go on the shopping trip and need picked up at their building. ■

SAFETY AND SECURITY REMINDERS

- If you live in a home at Brewster Place with a porch and a building number on the front of the building, please remember to turn on your outside light so the house number will be illuminated.
- Please refrain from feeding the wild cats roaming around campus. The cat food is attracting wild raccoons and they can be dangerous, disease carriers. Your cooperation is appreciated. ■



BPTV Channel 1960

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



HOMES OF THE MONTH

REDWOOD THIRD FLOOR

OPEN HOUSE

Friday, July 16
1:30 pm

Redwood 301
Carlton Studio

Redwood 303
One Bedroom

Redwood 305
Two Bedroom

For questions or to take a private tour, contact Chris Gallagher at 274-3351 with Sales and Marketing at Brewster Place.

Redwood at Brewster Place is offering three times the fun on the third floor! On Friday, July 16 at 1:30 pm three of the apartments will be open to the public to tour. This will be a great opportunity to explore the mixture of apartment types that are available in the tallest and most recognized building on campus. From the 500 square foot cozy Carlton studio, to the spacious two bedroom; with more than a 1000 square feet of open space, the variations are delightful. And be sure to see all the outside living space by walking out to the 40 foot long private balcony overlooking the campus park on the east side of the two bedroom apartment.

The Catered Living amenities at Redwood includes all of your meals (with free delivery to your apartment, upon request) as well as housekeeping and laundry service. There is also a new rental option available at the Redwood.

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! ■

CELEBRATING KAIZEN AND BREWSTER ARTISTS



Left: A big “shout out” of thanks and gratitude to all Brewster Kaizen for their hard work and dedication. In the photo are BHC Kaizen Dian Morris, Marcus Hill, Brenda Patterson, Tara Hodges and Kim Zander.



Top Right: Beth Neuer was one of our artists featured in the Brewster 4 Art Show. The Show runs through August. Come and enjoy!

Bottom Right: Melba Banion, Jeanene Johnson and Anita Wolgast at the Brewster 4 Art Show.

BrewsterLiving.org

ON CAMPUS — A few highlights!

RED, WHITE AND BREWSTER CELEBRATION

Thursday, July 1 | 2:00 pm | Cultural Arts Center

We hope you'll join us to kick off the 4th of July holiday weekend with a wonderful variety show and ice cream treats. You won't want to miss this fun afternoon!

KU OSHER LIFELONG LEARNING SERIES

Teddy Roosevelt: An American Icon

Tuesdays, July 13, 20 and 27 | 1:00 pm | Cultural Arts Center

Please see details on page 6 of this issue.

VAUGH SINGS

Tuesday, July 13 | 6:00 pm | Redwood Lounge

Come and enjoy the professional music of Vaugh. This program is provided by the Brewster Service Fund.

BIRTHDAY CELEBRATION

Thursday, July 15 | 2:00 pm | Cultural Arts Center

Everyone is invited to celebrate those with July birthdays. Join the Resident Services Team for cake and ice cream and a few laughs too!

SANTA FE BAND

Tuesday, July 20 | 7:00 pm | Cultural Arts Center

Back by popular demand and a Brewster tradition — the Santa Fe Band! With our new indoor space, we will enjoy this concert indoors with air conditioning provided. Who knows, maybe some people will even dance! Be sure to invite your friends and neighbors. Let's fill the Cultural Arts Center for this special concert.

SUMMER OLYMPICS DARTY (DAY PARTY)

Thursday, July 22 | 2:00 pm | Cultural Arts Center

After a year delay due to COVID, we can finally celebrate the Summer Olympics in Tokyo with music and fun. We will have Gold Medal Door Prizes, Silver Medal Fun and Bronze Medal Tasty Treats.

MARTY EDWARDS SING-ALONG

Saturday, July 24 | 6:00 pm | Redwood Lounge

It's always a great night when we gather together with Marty Edwards as she leads a sing-along. Marty will provide popular music from the 40s through the 80s. Feel free to join in the singing and just relax to the music.

HUMANITIES KANSAS BOOK TALK

Thursday, July 29 | 2:00 pm | Brewster Bean

Please see details on page 3 of this issue.

OFF CAMPUS — A few highlights!

TOUR OF WASHBURN ATHLETIC FACILITY

Wednesday, July 14 | 1:00 pm | Lobbies

Come enjoy a tour of the new athletic building at Washburn University. Please call Jamie at 274-3398 to sign up.

DAY OUT IN KANSAS CITY

Wednesday, July 21 | 1:00 pm | Lobbies

We will start with a beautiful drive to Independence with a gourmet lunch at Vivilore. Vivilore has a wonderful, enchanting story to share where **elegant dining, American modern cuisine, fine art, antiques and upscale home decor** come together for a unique, inviting dining and shopping experience for all to enjoy. We will then go to the Nelson Atkins Museum and spend an hour looking at the beautiful artwork. After we will go to the Plaza for about an hour of shopping before heading home. Please call Jamie at 274-3398 to make a reservation. Cost of transportation is \$13. Lunch and shopping are Dutch treat.

TOPEKA CIVIC THEATRE

Thursday, July 22 | 5:45pm| Lobbies

TCT returns to the stage with Meredith Willson's six-time Tony Award-winning musical comedy *The Music Man*. It is sure to be a funny, warm, romantic and touching show — entertainment at its best. *The Music Man* has entertained audiences since 1957 and is a family-friendly story to be shared with every generation. *The Music Man* follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize — this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall. Please call Jamie at 274-3398 to reserve a ticket. Cost of tickets are \$31 each.

TRIP TO HAYS HOUSE

Wednesday, July 28 | 10:00 am | Lobbies

We will start our day with a leisurely drive to Council Grove. We will have a delightful lunch at the Hayes House with the special of the day being homemade Peach Pie. Please call Jamie at 274-3398 to reserve a seat on the bus. Lunch and shopping are Dutch treat.

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

The Brewster News is also available online at: www.BrewsterLiving.org

Janis Swanson, Editor

Janis.Swanson@BrewsterLiving.org