



## WALK TO END ALZHEIMER'S SEPTEMBER 25

**E**ach year Team Brewster supports the Walk to End Alzheimer's Heart of America Chapter by sponsoring the Kid's Corner and by raising funds to support those affected by this disease. Volunteering at the Kid's Corner is always fun as we give away t-shirts, balloons, do some creative face painting and apply temporary tattoos.

If you didn't know, the **Alzheimer's Association** is a global organization, working to advance care, support and research across the world. From face-to-face support to online education programs and promising worldwide research initiatives, the money raised makes a difference in the lives of those facing Alzheimer's ([act.alz.org](http://act.alz.org)). In fact, the money raised in the Walk to End Alzheimer's Heart of America Chapter, benefits those in our community.

Brewster's Wellness Committee has planned several events to spread awareness and raise funds to support this great organization.

*The elephant is a symbol for Alzheimer's because of their strong memory — some believe they never forget.*



### T-SHIRT ORDERS BEGIN

Pick up T-Shirt Order Forms at Redwood Information Center, The Evergreens Information Center and Brewster Health Center front desk. Design is above. Orders due by September 7.  
\*Short Sleeve — \$10 \*Long Sleeve — \$15



### COINS FOR A CAUSE WISHING WELLS

Wishing wells will be placed in the Lobbies of Redwood and The Evergreens. Drop a coin or two or three as you pass by.



### CRUSH ALZHEIMER'S ROCK PAINTING

**1:00 pm | Klinge Activity Center**

We will paint rocks that will be placed around campus to encourage walkers. Please call Jamie at 274-3398 to sign up.

### ALZHEIMER'S PRAYER WALK

**Aspen Square (Outdoor commons area)**

Take a stroll and view the hand-painted signs with scriptures. Stop a moment and say a prayer for folks living with Alzheimer's and their caregivers.



### KICK-OFF WALK AND EGG SMASHING

**1:00 pm | Brewster Health Center Parking Lot**

Come buy a hard or soft boiled egg for \$1 to smash on a staff members head. We will then Walk to End Alzheimer's around Brewster's campus ending with a tasty treat at BHC.



### WALK TO END ALZHEIMER'S CAMPUS PARADE

**1:00 pm | Campus Wide**

We will finish the week with a parade throughout campus complete with a marching band, floats and more! ■

### 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

WITH KRIS SAIA, CREATIVE ARTS COORDINATOR | 274-3317

## **BREWSTER AUTUMN QUILT SHOW**

**Opening Friday, September 17  
Brewster Events Center Art Gallery**

Come browse the gallery and view the beautiful and unique quilts created by residents. Fabric artistry at its best! If you would like to submit a quilt, please do so by September 7.

## **ALZHEIMER'S PRAYER WALK**

**Monday, September 20**

**Aspen Square  
(Outdoor commons area)**

Take a stroll, stop a moment and say a prayer for folks living with Alzheimer's and their caregivers. Chaplain Caroline and Kris Saia have collaborated on a series of hand-painted signs that carry uplifting Scriptures. The Prayer Walk will begin in the grassy area between the Aspen Cottages. The Walk will move to different locations on campus throughout the week.

## **JIGSAW PUZZLE GIVEAWAY**

**September 3—6**

**Klinge Activity Center**

We have accumulated tons of puzzles and we need to make room for newer puzzles. You are invited to come by the Klinge Activity Center and choose a puzzle or two for yourself or for you building.

## **BREWSTER BOO BAZAAR**

Our fun fall Bazaar that showcases fall and Halloween décor has been canceled. But, beginning Friday, September 10, these wonderful handmade items will be available in The Market on Main Street. So come shoppin'!

## **THE EVERGREENS**

### **ART STUDIO MAKEOVER**

Time for a facelift! We've been working on the Studio: new paint, new shelving, new ways to make it more user-friendly — hope to have it completed, stocked with crafty goodies, and ready to roll in mid-September. Stay tuned!

## **LIKE TO SEW OR CROCHET?**

We'll be making little blankets, hats and booties for Ronald McDonald House and Stormont Vail NICU babies — and simple fleece scarves and hats for Topeka school kids — would you like to help? We'll supply the materials, you supply the heart and talent! Contact Kris Saia for details 274-3317. ■



### **REMINDER**

The speed limit on the Brewster Place campus is 12 mph. ■



[facebook.com/brewsterplace.org](https://facebook.com/brewsterplace.org)



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

### BLESSINGS OF BALANCE

**D**uring this month of September, we must finally say goodbye to summer. While we may be happy to say farewell to the often times oppressive heat we have faced these past several months, we know that the cooler breezes of autumn will eventually switch to the icy touch of the winter months.

We know that autumn is a time of transition. As the leaves on the trees start to change from green to orange, red, and brown, we are reminded of how time continually moves along, bringing us to new experiences every day. In saying goodbye to the hotter months, we may breathe a sigh of relief as temperatures mellow out for a few wonderful weeks and we no longer need to shy away from the heat of the sun but can enjoy the full gifts of the new season.

The beginning of fall is marked by the **Autumnal Equinox**, one of the only two days of the year where daylight and nighttime are equal to each other. To me, the equinox is a wonderful reminder of the blessings of bal-

ance. Day and night, light and dark — neither is better than the other and both serve their purpose in our lives.

Life often brings us good times and bad times. It is the good of life that we seek out, preferring the happiness life can bring to the harder times of being in the world.

Yet it is only in the balance between the two that we can really understand our joy. If life were only ever happy and easy then the joy would never be defined and would lack true meaning for us. It is the darker times of life that demonstrate just how joyous the good times truly are.

This month, as we approach this time of “equal night” and balance, let us all take time to reflect on both the good and the bad times of life. As we welcome the changing of the seasons, we can remind ourselves of the richness of life and how the joys of our lives are made still sweeter in contrast and in balance with the bad. ■



### COMING OCTOBER 4 WORLD ANIMAL DAY CELEBRATION

**L**ooking forward to October, Chaplain Caroline Vautrinot and Kris Saia are excited to announce a celebration for World Animal Day on October 4. Included in the celebration will be a **“Blessing of the Animals”** service as well as arts and crafts to commemorate the day! Keep an eye out for details as we get closer to this fun day celebrating the pets and other creatures in our lives. We look forward to seeing you there! ■



**BPTV Channel 1960**  
Your go-to place for daily news, announcements, updates, music, classes, and fun photos!



## AT THE KITCHEN TABLE

PONDER & STIR WITH SHARON CHRISTIAN-ADERMAN

September in Kansas, “Where we love fast cars and slow-cooked brisket. We ride like the wind and swim in farm ponds. The Kansas experience is a salute to the real. To the rowdy. To the dreamers.”

Apples, apples, apples are always on my mind in September. “Give a teacher an apple.” “An apple a day keeps the doctor away.” My happy place as a child was at the dinner table. We were a family of talkers where our conversation was sprinkled with joy.

Keats described autumn best — season of mists and mellow fruitfulness. Here at Brewster I “Carpe Diem” — seize the day. I love my porch where I rock and eat a light lunch of corn on the cob dripping with butter and a cold chunk of watermelon tested to see if it is ripe by holding two fingers between the dark green lines. Perfect!

And when the day is over and eventide descends, while I rock on my porch gazing at the moon, I shall listen to the music of the night — *five hundred twenty five thousand six hundred minutes. (Seasons of Love from Rent)*  
How do you measure a season, a year?

## CARAMEL APPLES

- 1 cup sugar
- 1 cup white corn syrup
- 1 can sweetened condensed milk
- 1/2 tsp salt
- 1 tsp Watkins vanilla

Combine all ingredients in a heavy saucepan. Cook to 230 degrees or soft boil, stage-stirring constantly. Have apples ready with sticks. Dip and coat with hot caramel and place on waxed paper. For a quick dessert, cut apple slices and place in small bowls. Cover with warm caramel. Hint: Cook on low heat — burns easily. Serve warm. Makes 6-8 caramel apples. ■

## FLU SHOT CLINICS

September 21, 22 and 23  
(These dates are tentative)



It’s time to start thinking about your flu shot. This year Senior Care will be providing the vaccines. They will have

the high dose available for all individuals 65+. Our tentative dates are set for September 21, 22 and 23, but these dates will be confirmed once Senior Care has the vaccines in hand. Please watch for more information about the confirmed dates and a schedule for the clinics. ■

## NATIONAL ASSISTED LIVING WEEK

National Assisted Living Week will be held September 12-18. This year’s theme will be “Compassion, Community and Caring.”



The annual national observance provides a unique opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate

the individuals who live and work in assisted living.

Our Assisted Living at Brewster will have a week filled with fun events that will benefit residents, staff and the community. ■

“It’s  
extraordinary  
how extraordinary  
an ordinary  
person is.”  
-MARION KNIGHT



## EVERYONE HAS A STORY TO TELL

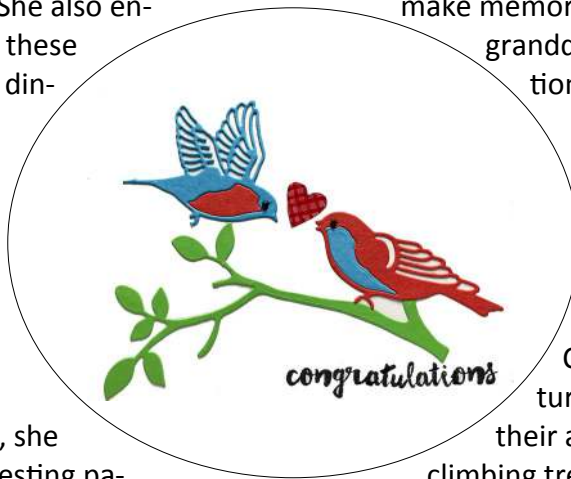
MARION KNIGHT  
BY DIANA REED, RESIDENT

**M**arion Knight is a gifted hobbyist who quietly creates gorgeous greeting cards for her friends. She also enjoys scrapbooking. All these crafts are done at her dining table in her apartment.

The greeting cards are made from various types and colors of paper she gathers from hobby and fabric stores.

Throughout the years, she has found puffy, interesting papers, various small machines and other card making tools. These she found wherever she went. With her eye for color and shape and with patience, she followed directions from magazines or from classes.

Marion puts her own spin on these special creations. She thinks of who or what she’s working toward — it could be a birthday, a thank you or congratulations card. Sometimes, she makes an adorable colorful flower garden dancing across the front of a card. Other times, two green and red birds perch on a leafy branch and watch a shiny heart between them. The word “Congratulations” is written in script at the bottom. This card is for an anniversary. A hobbyist can create whatever is in



her imagination!

Marion began scrapbooking to make memories for each of her three granddaughters on a summer vacation to Colorado.

“I took a class,” said Marion. “We were to bring six photos. They had stickers and punches. The class was so much fun!”

On the vacation to Colorado, Marion took pictures of her granddaughters in their activities — swimming, climbing trees, having fun together. She made them each a scrapbook for Christmas. “They are still looking through their scrapbooks, years later, remembering the enjoyment of that vacation when they were young girls.”

Marion has precious memories in a scrapbook she made for her husband, Bob, upon their 50th wedding anniversary. It is carefully filled with photos, cards and memories and lovingly arranged. It means so much to Marion, because her wonderful husband, Bob, passed away several months ago. They had been married 67 years!

Author Susan Wiggs wrote about scrapbooking in her World War II novel, *The Apple Orchard*. “In Jutland, Denmark,” she writes, “from 1939 through

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## DIGITAL PHOTO DIRECTORY

**B**rewster has always tried to stay ahead of the curve regarding technology — especially finding and utilizing technology that can assist residents and make their lives easier and more engaged.

K4 Connect is an app that we have invested in that allows residents to have access to lots of information. This includes activity schedules, menus, special announcements and a resident directory.

In year's past we have assembled resident photos in a printed pictorial directory. While a wonderful project, it is very hard to keep this type of directory up-to-date with new resident photos and current photos of longtime residents.

We are excited that the K4 app allows us to include digital photos of residents as part of the directory feature. This means those who have access to the app — and every resident can request access — can search the resident directory and see where your friends live on campus, find their phone number and see a photo. This is a great way to get to know those in our community. And please note, this directory is secure and only those who have access (residents only), will be able to see the directory information.

We have scheduled several Photo Sessions in September for those who would like to have their photo taken. Janis Swanson, Creative Services Specialist, will have a photo studio set up to take the photos. If you prefer to submit a photo of your own, you may do that as well. And, if you prefer not to have a photo in the directory, we will not include one.

### PHOTO SESSIONS

We won't have specific appointment times, and ask that you come at the time that best meets your schedule. More sessions will be added as needed. We will take individual photos of everyone, but we will also take photos of couples if requested.

#### Thursday, September 16

10:00 am—Noon

The Evergreens Community Room

#### Thursday, September 23

10:00 am—Noon

Redwood Founders Room

#### Thursday, September 30

1:00—3:00 pm

The Evergreens Community Room

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### SUBMIT A PHOTO

If you would rather submit a photo, you may do so by emailing it to Janis Swanson at [Janis.Swanson@BrewsterLiving.org](mailto:Janis.Swanson@BrewsterLiving.org) or provide a suitable copy of a photo for Janis to scan. You may drop photos at the Redwood Information Center or The Evergreens Information Center and ask they be delivered to Janis at The Evergreens. If you have any questions, please feel free to call Janis at 274-3389 or Jamie Fritz at 274-3398. ■



## HOME OF THE MONTH

### The Evergreens Gazebo 337

**A** tree house view, convenient parking and the chance to renovate a space as your own. This month we are highlighting apartment 337 in The Evergreens. This two bedroom has a gazebo view with the back deck facing the west. No worries that the afternoon sun will be too hot to handle. The shade of the trees will make you feel like you are reliving your days of childhood, when you shimmed up a tree to look over the neighborhood and enjoy the view. Now, you can take the elevator, avoid the splinters in your britches and appreciate the lovely gazebo seating area and blooming flowers below.

This apartment needs a total refresh-which means that you get to customize and personalize the 1180 square foot unit to your own taste without your own costs. Brewster covers the costs for the standard updating! You pick it out: new cabinets, counter tops, carpets and cove lighting, as well as ceiling fans and paint colors.

The residents on the east side of The Evergreens, where this apartment is located, have covered parking just steps away from the first floor exit. So, if parking proximity is important to you, this may be an apartment to consider.

For tours and information contact Chris Gallagher at 274-3351 with Sales and Marketing at Brewster Place.

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! ■

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1941, women would join a scrap-booking club and create amazing books filled with family photos. They were like works of art." (page 199) Scrapbooks are truly memories from one generation to the next.

Anyone can become a hobby-ist! Marion saw the beginnings of her cards and scrapbooks and now they are priceless treasures for years to come!

Speaking about her hobbies, Marion says, "It's so much fun! It's extraordinary how extraordinary an ordinary person is." ■

## WHAT THE HECK IS PICKLEBALL?

**P**ickleball is something of a mix between tennis, racquetball and ping pong. Players use special paddles and a whiffle ball, and games take place on tennis courts with specific pickleball lines. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the "kitchen" — but they're easy to learn.

We have set up a pickleball court in the Cultural Arts Center. Jamie Fritz is organizing groups that will play on September 10, 17 and 24. Please give Jamie a call at 274-3398 for more information! ■

# INTERGENERATIONAL PROGRAMMING

## Brewster Place and Washburn University

Hard work is easier when it is shared among the generations and we love our partnership with Washburn University and their community service event called “Little Event.”

The “Little Event” is meant to engage students in the community with volunteer opportunities of all kinds. On a recent Saturday, Washburn University student volunteers and Brewster residents set stones, swept patios, weeded beds and beautified the Brewster campus.

Residents Kathy Howard, Don Buchanan, Marjorie Van Buren and Mary Muilenburg joined students Dylan Babcock, Zach Yelland, Sophie Cather, Ben Bickerstaff and Serenity Jinson in the project. Thank you, volunteers! ■



**Top Left:** Evelyn Riddle enjoyed a beautiful morning outside watching the Brewster Health Center Dog Parade in celebration of National Dog Day.

**Top Right:** Jo Ann Kemp joined fellow residents at an Intro to Watercolor class taught by resident Audrey Leamon. We love our residents who try new things!

**Bottom Left:** Physical Therapy Assistant Heather Holthaus worked with a resident in the Brewster Health Center therapy gym. You can't go wrong wearing a flowery summer hat while getting fit!



**PARADES,  
PAINTING  
AND  
PHYSICAL  
THERAPY**



# ON CAMPUS — A few highlights!

## **PLAYING CARD BINGO**

**Tuesday, September 7 | 1:00 pm | Klinge Activity Center**

We are trying our luck at a new type of BINGO game. Please bring \$.25 per person. Brewster will provide extraaaaa prizes. It will be a fun time!

## **THE HEART STRINGS DUO**

**Thursday, September 16 | 1:00 pm | Brewster Events Center Outside**

The Heart Strings have been entertaining and producing a nostalgic sound that will surely take you back to a simpler time. The Heart Strings stick to the classic hits with a heart and soul that makes for a unforgettable afternoon. They are a family with a mission to deliver great quality with talent, energy, professionalism, and a love of engaging the crowd. Please join us for this wonderful musical program sponsored by the Brewster Service Fund.

## **DEO GLORIA SINGERS**

**Thursday, September 23 | 1:00 pm | Cultural Arts Center**

Come and enjoy the beautiful voices of this excellent high school choral group. The choir is directed by Dorothy Iliff, Brewster Place resident Mary Muilenburg's daughter.



## **PICKLEBALL GROUPS FORMING**

**Fridays, September 10, 17 and 24**

If you are interested in playing Pickleball, please call Jamie at 274-3398. She'll teach you how to play if you don't know. It's a fun, indoor game using rackets and a whiffle ball.

# OFF CAMPUS — A few highlights!

## CHEAP AND CHEERFUL SHOPPING

**Wednesday, September 8 | 1:00 pm | Lobbies**

Join Jamie Fritz for an afternoon of shopping. She loves a good bargain and we know many of you do too! Please call Jamie at 274-3398 to reserve your spot on the bus.

## BUS TOUR OF DOWNTOWN TOPEKA WITH DOUG WALLACE

**Wednesday, September 15 | 1:00 pm | Lobbies**

Doug Wallace has agreed to share his expert knowledge of Topeka. We will reminisce about what used to occur in downtown Topeka. Afterwards we will stop for an ice cream cone at G's Frozen Custard. The charge will be put on your Brewster statement. Please call Jamie at 274-3398 to reserve your spot.

## AUSCHWITZ EXHIBITION

### UNION STATION IN KANSAS CITY

**Wednesday, September 29**

**8:30 am | Lobbies**

Union Station presents this international exhibition of unprecedented importance telling the story to shake the conscience of the world. The groundbreaking exhibition brings together more than 700 original objects and 400 photographs from over 20 institutions and museums from around the world. "Auschwitz. Not long ago. Not far away." is the most comprehensive exhibition dedicated to the history of Auschwitz and its role in the Holocaust ever presented in North America, and an unparalleled opportunity to confront the singular face of human evil — one that arose not long ago and not far away. Tickets are \$19. Transportation is \$13 and lunch is Dutch treat. Please call Jamie at 274-3398 for reservations by August 10. Tickets are non-refundable.

## COMING IN OCTOBER!

### TOPEKA SYMPHONY ORCHESRA

**Saturday, October 2 | 6:45 pm | Lobbies**

Don't miss the **Homecoming Dance!** TSO's opening night of the 2021 season will be a joyful celebration of thrilling dance rhythms to usher in our new year. There will be orchestral fireworks with Stravinsky's *Firebird* ballet score and you'll have a hard time not dancing along to Marquez's *Danzon No. 2*. We will also feature a true star soloist — virtuoso violinist Rachel Lee Friday will thrill you with sultry, ecstatic, and spectacular dances for violin and orchestra. Please call TSO to purchase your tickets at 232-2032. Brewster will provide transportation. Please call Jamie at 274-3398 to reserve transportation.

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

Janis Swanson, Editor

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