



K4COMMUNITY PLUS by K4CONNECT

BY TAYLOR COOPER, LMSW, RESIDENT ENGAGEMENT SPECIALIST



You have probably heard about K4 technology and the K4 app in the last few months. Many of you have asked questions about what this technology is and how it can be used. The following article includes Frequently Asked Questions — FAQs — about K4.

K4Community Plus allows residents and their families to see activities, community announcements, dining menus, and a digital directory straight from your smart phone, tablet, and/or computer. **K4Community Plus** keeps residents connected, engaged, and active. K4 is a leading technology partner of senior living communities across multiple care settings throughout the country.

FAQs

WHAT'S AN APP?

A mobile application, also referred to as a mobile app or simply an app, is a computer program or software application designed to run on a mobile device such as a phone, tablet, or watch.

WHO CAN USE K4COMMUNITY PLUS?

K4Community Plus is currently being offered to Brewster Place Independent Living residents, their families, and staff.

DO I HAVE TO BE INTERESTED IN K4 FOR MY FAMILY MEMBERS TO USE IT?

No. If you are not interested in K4Community Plus, or do not have a computer or mobile device to use K4, your family can still connect with Brewster Place. If you have a loved one interested in K4Community Plus, please contact Taylor Cooper at 274-3348 and she can help get them access.

WHAT ARE THE K4 DIGITAL PHOTO SESSIONS FOR?

The photos taken at the K4 Digital Photo Sessions will be uploaded into the **K4 Digital Directory**, so residents can familiarize themselves with others on campus and call or message others more simply. Did you know you can video chat with other residents, or your family through the K4Community Plus digital directory?

Continued on page 3...

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

BLESSING OF THE ANIMALS

Monday, October 4

1:30 pm | Redwood Veranda

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!

BREWSTER AUTUMN

QUILT SHOW CONTINUES

October 1—14

Brewster Events Center Art Gallery

We'll hang a second round of Brewster-made quilts at the Brewster Events Center Art Gallery. Come and browse!

SILLY SCARECROW CONTEST

Team up with your Brewster pals and clean your closets to dress the silliest scarecrow on campus! We'll provide the simple wooden frame — the rest is up to you and your imagination! We'll display all the entries on the Redwood Veranda and the winning team will be treated to a Eight-Person-Pumpkin-Pie Party.

Please call Kris Saia at 274-3317 by October 6 to request your scarecrow frame. We'll deliver the frames to you on October 11, and the fashionably-dressed scarecrows will be due to Kris by 4:00 pm on October 18 for entry into the contest.

THE EVERGREENS ART STUDIO TOUR

Friday, October 15 | 1:00—3:00 pm | Evergreens Art Studio

All done! Our old studio has a brand new look and it's FULL of arts and craft supplies to spur your creativity: beads, glitter, rubber stamps, pencils and paints, papers, yarns and more. Please drop by for a look at the user-friendly studio with Kris. ■

Stitch
& Sip
with
Lea



**Beginning Tuesday,
October 19**

**10:00—11:00 am
Redwood Lounge**

All knitters and crocheters welcome to come, sip some coffee, stitch and have a great time together. This group will meet every other Tuesday. ■



BPTV Channel 1960

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

FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

LIFE EVER-CHANGING



“And all at once, summer collapsed into fall.”

-Oscar Wilde

October is one of my favorite months of the year. There always seems to be an edge of excitement in the air. Kids are looking forward to a day of costumes and candy while adults look forward to the holidays just on the horizon.

This is also a month for pumpkins and apples. As the chill begins to creep into the air, we find ourselves

reaching for hot cider and warm blankets, for ghost stories and time together with friends and family.

Now that we are in the first full month of autumn, it is good to take time to appreciate how quickly everything seems to change at this time of year. One minute we are basking in the summer sun and, in the next, the chilly air teases us with the promise of winter to come.

The seasons changing so rapidly are not, of course, the only times that our lives can change so rapidly. When we are confronted by unexpected change – whether in our health, our social lives, or our families – it is important to adjust.

When life presents us with the unexpectedly fast, we rely on each other to be our anchors and we remind ourselves of the promise that the future holds. In this time of transition – of leaves turning and falling, of hearts and minds turning to the next stage of the year – let us all remember to enjoy each moment as it comes.

This October, let the change of life invigorate you and look with anticipation towards all that life will bring. ■

...continued from page 1

CAN OTHER RESIDENT'S FAMILIES SEE MY INFORMATION ON K4?

No. Families that have access to K4Community Plus can only see their loved one's profile.

IS K4COMMUNITY PLUS SECURE?

K4Community Plus takes privacy and security very seriously. K4's security model includes 256-bit encryption in flight and at rest. Smart devices are managed through the K4Connect Home Hub, and all data is hosted in the United States through Amazon Web Services (AWS). AWS' commitment to privacy and security ensures that data is kept safe and secure. Partners with access to data must meet stringent security requirements and are given access to only the data they require.

HOW DO I GET STARTED?

On October 18 all Independent Living residents will receive an email from K4Connect. This email will include a link to download K4Community Plus onto your mobile device. If you wish to begin using K4 before October 18, please contact Taylor at 274-3348 for more information.

DO I HAVE TO BE A PRO AT USING A COMPUTER OR SMART PHONE TO USE K4COMMUNITY PLUS?

No. K4Community Plus keeps residents effortlessly connected to family and friends, as well as Brewster Place by bringing everything they need to their fingertips in a senior-friendly application.

WHO DO I CONTACT FOR HELP WHEN USING K4?

K4Community Plus has a knowledgeable and patient support team. They are available to call or text at **(855) 876-9673**, or you can email them at support@k4connect.com. You can also feel confident knowing you have a team at Brewster Place to support you while you learning to use K4. **Call Taylor Cooper at (785) 274-3348 if you have any questions. Taylor will have K4 Office Hours every Friday from 10:00 — 11:30 am where you can receive 1:1 assistance.** No appointment necessary. Taylor's office is located in The Evergreens. ■



AT THE KITCHEN TABLE

PONDER & STIR WITH SHARON CHRISTIAN-ADERMAN

October is the month of...

“family, friends, food and beautiful flourishes which are life’s graces and we ought to celebrate them every day.” -Donata Maggipinto

All in an autumn evening...

we decide to think on these things: sitting cozy by the fireplace with old friends and new neighbors.

All in an autumn evening...

we need a funny joke or two, “What did the zero say to the eight?” Nice belt.”

All in an autumn evening...

we need our quiet, our solitude to curl up with a good book. Or plan a crazy project just for fun. I read that wild and crazy, properly understood, is self-presentation that carries individuality to idiosyncrasy, like moving furniture room to room.

All in an autumn evening...

Grampa Jim carves a Jack O’ Lantern with sticky outy ears (his specialty) and a large grin with a candle sitting on a stool next to the pumpkins piled on the front porch. It grins all night long.

All in an autumn evening...

I sit with my recipe file on my lap and search for soups, stews and pumpkin desserts. Aha!

PUMPKIN BARS

- 3/4 cups flour
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp powdered cloves
- 3 eggs beaten
- 1 tsp salt
- 1 cup sugar

Frosting

- 1 cup powdered sugar
- 6 tabs soft butter
- 1 tsp Watkins vanilla
- 1 8 oz. package cream cheese

Sift dry ingredients and set aside. Add eggs and sugar mixing till fluffy, then beat in pumpkin. Add dry ingredients all at once. Put in a buttered jelly roll pan. Bake at 375 degrees for 15 minutes. When cool frost with cream cheese frosting. ■

COMING IN NOVEMBER

Day Out in Lawrence | Wednesday, November 3 | 9:15 am | Lobbies

We will begin our exciting day with a tour of the **Encountering John Brown Exhibit** on display at the Watkins Museum in Lawrence. We will then enjoy a Dutch treat lunch at a Lawrence eatery. Tickets are \$10. Transportation is \$13. Please call Jamie at 274.3398 to sign up.

Topeka Civic Theatre | Thursday, November 4 | 6:00 pm | Lobbies

Topeka Civic Theatre presents **Agatha Christie’s Murder on the Orient Express**.

Please call Jamie at 274-3398 for reservations. This is not a dinner show. Tickets are \$34.

“Quilting seems natural to me. You have to have instinct. It is a gift.”

-Freida Schriener



EVERYONE HAS A STORY TO TELL

FREIDA SCHRINER

BY DIANA REED, RESIDENT

Freida Schriener has a gift with quilts. In her 30 years of making quilts, she has brought a two dimensional object a length and depth that surprises the viewer. A flat fabric may appear to playfully pop out. Colors sparkle and flash from within. Her way with fabric is amazing. Not surprising, she is well known in the local quilting community. She often shows her quilts at Brewster Place where she and her husband have lived for many years. Her lovely handwork is recognized and enjoyed. Recently, she spoke of how she began.

“When I retired from nursing in my fifties,” she said, “I went to an art show at Washburn University. I saw the quilts and thought I would take a quilting class.”

This was natural for Freida. Art is in her family background. “My family has a history in art,” she said. “My mother was a seamstress, so I made my clothes for a while when I had the time. My grandmother drew pictures in chalk.”

A lovely picture in chalk is displayed in Freida’s home, made by her grandmother. It has an elegant, professional style. Artistic interests are in Freida’s background.

Freida said, “I went to the Overbrook Quilt Guild and learned interesting ways of doing quilting. I learned so many things. This was many years ago, so I’ve had many years to identify and use what I learned. One important element they taught me in quilting was light, medium and dark.”

On a wall in Freida’s living room is an example of light, medium and dark. The large piece is named **Bring the Flowers Inside**. It follows light, medium and dark across the shades throughout the pattern. It takes the breath away. It is amazing in it’s construction and inner light, belying its two dimensions.

A small wall quilt seems to dance as it is viewed. It shows nine patches of tender vegetables and fragile heirloom culinary herbs, each with their own precious root systems and wee flowers. They are turned as if they grew on the patch. Looking more carefully, one sees that they are sewn with iridescent silk thread. The piece is breathtaking.

Freida has made flat fabrics appear to pop out, and has offered the viewer quilts with playfully bright bunches of adorable flowers in happy brilliant pitchers and interesting pots. She has just completed a lovely autumn quilt for the Brewster Bazaar. Her work is unique and amazing.

“People recognize my quilts,” she says.

How do you do it? How do you create such incredible quilts time after time? “It seems natural to me,” Freida says. “You have to have instinct. It is a gift.” ■

WILLOW AND CYPRESS AT BHC

BY LEA CHAFFEE, COO

In 2005, Brewster Health Center embarked on a new and wonderful journey to fulfill the mission of person-centered care. Prior to that date, the health

*“Whee Whee,
I’m back in a tree,
the winds may billow,
I’m safe in Willow,
Brewster has moved me,
no change I see,
well a little maybe,
I’m back in a tree.”*
Pat Kratina, Willow resident

center was operated as one big building with 79 “beds” for residents to utilize when in need. The person-centered care mission turned BHC into a community with three separate neighborhoods with dedicated staff in each area. These neigh-

borhoods were named Meadowlark, Sunflower and Eagle Ridge. Each neighborhood was decorated and designed to feel like home. Eagle Ridge was the largest neighborhood with 36 individuals living there. Experts, research and our own experiences tell us the ideal size for a neighborhood that feels like home is around 20 individuals.

For the past several years, Brewster Health Center leadership has studied the possibility to make the Eagle Ridge neighborhood smaller. Earlier this September, we finally achieved that goal. Eagle Ridge will go down in our history as a wonderful neighborhood. We now have two new neighborhoods in our health center. The Willow neighborhood houses rooms 400 – 415 for a total of 22 people. The Cypress neighborhood houses rooms 500 – 507 for a total of 10 people. Each neighborhood will have its own dedicated staff during the day and evening. The residents from both neighborhoods will continue to dine together and spend time together in the common spaces. If you’d like to contact staff in either of these neighborhoods, refer to the phone information below.

It is vital to continue to grow and improve as we commit to quality, person-centered care. This change will help us provide all our residents optimal quality of life! ■

Cypress Staff Phone
274-3339

Willow Staff Phone
274-3318

NEW!

DIVERSITY AND INCLUSION GROUP

The world is diverse — this includes our local Topeka community and Brewster Place campus. With diversity comes special challenges to encourage and include everyone. Serena Kent, LMSW and Director of Resident Services, will be leading this new group and states, *“The mission of the Diversity and Inclusion Group at Brewster Place is to create an environment that reflects the diversity of Topeka/Shawnee County, respecting the racial, ethnic, economic, religious, and cultural diversity of those who live and work here and within the local community.”*

We each bring unique experiences and perspectives to the Brewster community and campus life becomes even more vibrant when we have honest dialogue and learn from one another’s stories. This new group aims to be a safe and accepting group for residents and staff. The group will meet monthly and create several programs designed to facilitate learning and growth. Ideas for the group include a resident and staff facilitated study group and planning educational programs as well as celebrations for certain heritage months.

If you are interested in joining the group, please let Serena know by calling her at 274-3395. The first meeting is tentatively scheduled for October 28 at 2:00 pm in the Redwood Founders Room. ■



No
homework.
No tests.
No pressure.
It's just
learning for
the joy of it!

■

Brewster
Place
residents
and
members
attend
for free.

Please call
Jamie Fritz
at 274-3398
to register.

WOMEN AND POLITICS: IS PART OF THE GLASS CEILING STILL HANGING?

**Tuesdays, October 5, 12, and 19
1:00—3:00 pm | Main Street Chapel**

The U.S. inaugurated its first woman vice president but still has not joined 70 other countries that have had women presidents or prime ministers. Since the 19th amendment in 1920, women have made progress on the political stage, but they often experience subtle or overt sexism. Going back to 1872, this course looks at women who ran for office and the challenges they faced from opponents and the media. Videos, political cartoons and newspaper headlines show that much has changed but many things have stayed the same over 100 years.

Instructor Bio: Diana Carlin, Ph.D., is Professor Emerita of Communication at Saint Louis University and a retired professor of Communication Studies at KU. She has co-authored a book on gender and politics and taught courses on women as political leaders, the rhetoric of women's rights and communication and gender.

CLIMATE CHANGE: MORE FIRES, FLOODS, DROUGHTS AND HURRICANES

**Tuesdays, October 26 and November 2 and 9
1:00—3:00 pm | Main Street Chapel**

Join us as we explore the causes and history of climate change and discuss how the planet has been uninhabitable five times in the ancient past due to climate change. Learn about the evidence available to indicate that climate change is occurring as we look at the various floods, droughts, fires and storms in 2021 and compare them historically. In addition, we will spend time considering the current programs and long-term solutions to stop climate change. The class will conclude with a discussion on "With great change comes great opportunity"; in short, new industries will blossom and some companies and industries will disappear.

Instructor Bio: Charles "Chick" Keller is a retired senior executive and retired professor. He worked 15 years at each Sprint, and Black and Veatch in strategic planning and strategic marketing raising to the VP level both times. In 2000 Chick began a career as a professor at the University of Kansas, Master of Engineering Management program where he taught Finance and Strategic Planning. ■

Close-knit neighbors, a large entertainment area, and tons of storage are enjoyed by residents who live in our Oak, Maple and Cedar apartments. Currently, Oak 204 — a two bedroom, two bathroom apartment with washer and dryer hook-ups — is the only available apartment at Oak, Maple or Cedar. The beautiful French doors that frame the opening from the living room to the second bedroom make this 1160 square foot apartment appear even larger.



Oak, Maple and Cedar each contain nine apartments, which offer residents a strong sense of community in their building and on the Brewster campus. The lower level of Oak, Maple and Cedar each house large community rooms as well as large storage rooms — 200 square feet — for each apartment. Some residents use the additional space for storage but also as an additional room for sewing, man caves and she sheds!

Oak 204 has an open kitchen design that includes a kitchen island with extra storage. The next resident in this space will also get to make some choices including new counter tops, carpets, ceiling fans, and paint colors. Brewster covers the cost for standard updating!

To find out more about Oak 204 or any of our other apartments, please contact Chris Gallagher at 274-3351 with Sales and Marketing. 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! ■

BREWSTER PRIDE PARADE AND FALL FUN



Margaret Fowler and Kaizen Amy Metzger took a break along the route of the Brewster Walk to End Alzheimer's. It was a beautiful day and we had a lot of walkers — both staff and residents.



M.L. Davis showed off her beautiful smile and classic style while watching the Brewster Walk to End Alzheimer's Parade. We raised money and had several celebrations to build awareness for those with Alzheimer's.



Lucille Smith was all decked out in purple while waiting to join others to walk around the Brewster campus for the Walk to End Alzheimer's. Thank you everyone who made the week so special!

ON CAMPUS — A few highlights!

BLESSING OF THE ANIMALS

Monday, October 4 | 1:30 pm | Redwood Veranda

Please join Chaplain Caroline Vautrinot and Kris Saia on the Redwood Veranda for a Blessing of the Animals service and craft! Bring your animal companion (or a photo) to be blessed! We ask that all animals be leashed or remain in a carrier to ensure safety.

NEW BREWSTER WRITING CLUB

Tuesday, October 5 | 10:00 am | Redwood Founders Room

Brewster Place is forming a club for writers. You don't have to be a published writer and both poetry and prose writers are invited. The objective is to share our current and past work with others and to learn from each other. Did you know there are websites that publish only works by senior writers? We hope to see you at the organizational meeting! If you have questions call Jan Stotts at 267-0170.

KU OSHER LIFELONG LEARNING SERIES

Women and Politics: Is Part of the Glass Ceiling Still Hanging?

Tuesdays, October 5, 12 and 19 | Main Street Chapel

See article on page 7 of this issue.

HOT DIGGITY DOG WITH TOPEKA BIG BAND

Monday, October 11 | 4:30 pm | Brewster Events Center

We will start with a Hot Dog Dinner and end with a concert from Topeka Big Band. They will play the hits and we will listen and/or dance. Be sure to invite your friends and bring a jacket.

BIRTHDAY CELEBRATION

Thursday, October 21 | 2:00 pm | Cultural Arts Center

Let's celebrate the gift of another year of life with cake and ice cream. Please join the Resident Services Team in celebrating residents' birthdays and anniversaries. All are welcome!

MARTY EDWARDS SING-ALONG

Saturday, October 23 | 6:00 pm | Redwood Lounge

Marty Edwards will provide popular music from the 40s through the 80s. Feel free to join in the singing and just relax to the music.

KU OSHER LIFELONG LEARNING SERIES

Climate Change: More Fires, Floods, Droughts and Hurricanes

Tuesdays, October 26; November 2 and 9 | 1:00 pm | Main Street Chapel

See article on page 7 of this issue.

OFF CAMPUS — A few highlights!

AUSCHWITZ EXHIBITION UNION STATION IN KANSAS CITY

Wednesday, October 6 | 8:30 am | Lobbies

Due to popular demand, we will travel to the Auschwitz Exhibit at Union Station once again. 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. Tickets are \$18. Transportation is \$13 and lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

TOPEKA FESTIVAL SINGERS

Monday, October 11 | 6:30 pm | Lobbies

The Singers kick off the 2021-22 season with the theme of Celebration. It is sure to be an uplifting concert of beautiful voices. If interested in tickets, please call 274-9009. For transportation, please call Jamie at 274-3398.

DAY OF ART IN KANSAS CITY

Thursday, October 14 | 9:00 am | Lobbies

We are ready for a day of art exploration in Kansas City. We will start at the **Nelson-Akins Art Museum** with self-guided tours of the exhibits. You will have time to wander about the Museum enjoying all the beautiful works of art. We will enjoy a gourmet lunch at the **Rozzelle Court**. After we will go to the **Thomas Hart Benton Home and State Historic Site**. A trip to the home and studio of the renowned painter, sculptor, lecturer and writer offers a glimpse into how the talented Benton lived and worked. Benton converted half of the carriage house into his art studio, which remains as he left it. Visitors can still see coffee cans full of paintbrushes, numerous paints, and a stretched canvas waiting to be transformed into another of his masterpieces. Thomas Hart Benton died in his studio in 1975. Please call Jamie at 274-3398 to make your reservation. Masks are required. Tickets are \$5. Transportation is \$13 and lunch is Dutch treat.

DAY OUT IN DOWNTOWN TOPEKA

Wednesday, October 20 | 10:45 am | Lobbies

We will start this beautiful fall day with an adventure downtown. We will explore shopping downtown, tour a fabulous loft apartment, and we will eat a yummy sandwich lunch from Townsite Plaza and hopefully see a concert at Everygy Plaza. Every fun trip downtown is sure to end with a trip to the Hazel Hill Chocolate. Cost of the trip is \$15 for lunch and chocolate treat. Please call Jamie at 274-3398 to make a reservation.

NEW DINNER THEATRE IN KANSAS CITY

Wednesday, October 27 | 10:15 am | Lobbies

THE NEW THEATRE PRESENTS MENOPAUSE THE MUSICAL. Four women at a lingerie sale have nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody set to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles! It's the Hilarious Celebration of Women and The Change! Tickets are \$34 and Transportation is \$13. Please call Jamie at 274.3398 to reserve your seat.