



THE BREWSTER FOUNDATION

RAISING FUNDS IN SUPPORT OF BREWSTER AND ITS ENDOWMENT



Do all the *good* you can,
By all the *means* you can,
In all the *ways* you can,
In all the *places* you can,
At all the *times* you can,
To all the *people* you can,
As long as *ever* you can.

-John Wesley



BREWSTER FOUNDATION

Dear Friends,

The Brewster Foundation helps us accomplish many good works that simply could not be done through our operations alone. This year alone the Foundation funded the renovation of the “spa” baths in the Brewster Health Center, the Veterans Hall of Honor, won grants to help cover COVID-19 related expenses, added a flag pole to The Evergreens circle drive, raised money to reduce our long-term debt, created a fund for future marketing and fundraising efforts, and much more. None of these items could be done without the generous contributions from people like you.

The care and services provided in the Brewster Health Center are second to none. Our dedicated caregivers and other support teams make life in the Health Center the best it can possibly be. Like all buildings of its age, however, it has areas that are in deep need of renovation. There are a total of three bathtubs in the Health Center which are shared by residents in all 97 bedrooms. Our environmental services team has worked hard to maintain these areas, but the wear and tear on these spa rooms is difficult to illustrate. These rooms, and the specialized equipment in them, is very expensive to replace. For several years we have attempted to scrape funding together to fix these bathrooms through our normal operating funds without success.

This year we will complete the final renovation of our “spa” baths due entirely through gifts made to the Brewster Foundation for this purpose. We have taken old, outdated, and broken rooms and turned them into areas of comfort for our loved ones. The impact of these generous gifts cannot be overstated. We are eternally grateful to the donors who made this important work possible. Making the impossible possible, this is the true success of a healthy community.

Today, I am reaching out to you today for help with one of the most serious challenges we have ever faced. There has been

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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.



CREATIVE ARTS

WITH KRIS SAIA, CREATIVE ARTS COORDINATOR | 274-3317

Stitch
& Sip
with
Lea



**Tuesdays,
November 2, 16, 30
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. ■

QUILT CLUB

**Monday, November 8
1:30 pm | Evergreens Community Room**

Please join us for a short chat to gauge interest in forming a casual **Quilt Club** at Brewster Place. It has been proposed that our residents might enjoy gathering occasionally to hear speakers, exchange patterns and ideas. If you love to quilt, or just have an appreciation for the art of quilting, let's talk! ■

CHRISTMAS CRAFT CAMP NOVEMBER 15—19



*Kris has planned a full week of FUN art projects.
Please call her at 274-3317 to reserve your spot.*

ORIGAMI DOVES

**Monday, November 15
1:30 pm | Redwood Lounge**

Help us fold lots of beautiful paper doves to use as part of Brewster's Memorial Christmas Trees. The doves will be a remembrance of Brewster friends who passed in 2021. No experience necessary.

METAL, LEATHER & INK

**Tuesday, November 16
1:30 pm | Evergreens Art Studio**

Charlotte Marriott will teach us how to make an awesome metal necklace with colorful alcohol inks and a leather cord. Make one, make a dozen, make Christmas gifts for all your friends! Fun, easy and super creative. **Limit 6 seats.**

KIDS' HOLIDAY T-SHIRTS

**Wednesday, November 17
1:30 pm | Klinge Activity Center**

Join us for a good deed full of fun. Let's stamp a simple holiday design on t-shirts for a classroom full of kids in the 501 district!

CHRISTMAS TREE

**WALL HANGER
Thursday, November 18
9:30 am | Evergreens Art Studio**

Resident Bonnie Lindsley has generously pieced a stack of darling fabric Christmas tree blocks for us to make into holiday door hangers! She'll show us how to finish this simple project with a needle, thread and a handful of colorful buttons. So darn cute. All supplies provided! **Limit 6 seats.**

SNOWY WREATH

**Friday, November 19
10:00 am | Klinge Activity Center**

Make a winter wreath to hang on your door or to gift to a friend! ■

PAPER CHAIN

**Monday, November 22
10:00 am | Redwood Lounge**

Remember old-fashioned paper chains? The longest one ever assembled by a team was 54 miles long! Please join us to make some loops **with a twist**. Let's add a note of thanksgiving or a prayer to each one — a good reminder of all our blessings! ■

FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

A SEASON FOR GRATEFUL COMMUNITY



As we enter into this month of November, we look with anticipation towards the holiday of Thanksgiving.

This is a special day for family – both the family of children and grandchildren as well as the family we have made of our friends and neighbors. As we begin to gather together, warm memories of Thanksgivings past come to mind. Family and friends gathered around a common table, sharing turkey, pie, and laughter is what this time of year is all about.

Though the holiday season can be hectic and busy, we should take moments to slow everything down and appreciate the new memories that we make this month. Take time to relish a mug of hot chocolate or a glass of cider. Catch up with a friend you haven't seen in a while.

This is a time to count our many blessings and to express gratitude for all the joy in our lives. What are you thankful for? Sit a moment and think. I am thankful for this caring community of Brewster Place. Every day, I have the great blessing to be among a wonderful and compassionate group of individuals and for that I am grateful

With the weather turning towards winter; a chill has crept into the air as fall is making its presence known to us. It is a time for sweaters and blankets and for our gratitude to fill our hearts, making us mindful of our many blessings.

This holiday season, be thankful for what you have and be willing to share your gratitude by passing your blessing onto others. This is a season for grateful community. ■



ADVENT BIBLE STUDY

Tuesdays in Advent

Beginning November 30

1:00 pm | Chapel

Join Chaplain Caroline in an Advent Bible Study, each Tuesday of the Advent season at 1:00 pm in the Chapel! It's a great addition to your Advent season as we prepare for the birth of Christ! ■

THANKSGIVING SERVICE

Wednesday, November 24

10:00 am | BHC

1:00 pm | Chapel

Join Chaplain Caroline for a meaningful service of Thanksgiving before the holiday! ■

COMING IN DECEMBER

DAY OUT IN WICHITA

Wednesday, December 1

10:00 am | Lobbies

Join Jamie on an excursion to Wichita to tour the Frank Lloyd Wright House, shop at Bradley Fair and dinner and then finish the day with a tour of the Wichita Botanica Illuminations. Cost is \$55 for tours, sack lunch and transportation. Dinner is Dutch treat.

DAY OUT IN KANSAS CITY

Wednesday, December 15

1:00 pm | Lobbies

We will visit the Van Gogh Exhibition: The Immersive Experience and then enjoy a Dutch treat dinner and Christmas light tour. Cost is \$55 for exhibit and transportation.

Call Jamie at 274-3398 to make reservations. ■



AT THE KITCHEN TABLE

PONDER & STIR WITH SHARON CHRISTIAN-ADERMAN

November is the month of hospitality...

The essence of hospitality is to make your guests feel as comfortable as when they are home, and as pampered as when they're eating out.

*Bless our friends,
Bless our food,
Friendships and peace.
Thanks for friendships
and peace and
for our times together.
Amen*

November brings memories of family Thanksgiving and hospitality, whether it is the offer of a seat on the bus, a bite off the side of an apple, an invitation to a fine party, or a "won't you come over and play."

It is also the month of a rainbow of colors, red and yellow falling leaves, purple eggplant from the garden, blue skies with snow white clouds.

PUMPKIN COOKIES

- 1 cup butter-softened
- 1 cup sugar
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. pumpkin pie spice
- 1 egg
- 1 tsp Watkins vanilla
- 1 cup pumpkin puree
- 2 and 1/4 cups flour

Frosting:

- 4 oz. cream cheese-softened
- 4 tab. butter
- 2 cups powdered sugar
- 1/2 tsp. Watkins vanilla

Preheat oven to 350 degrees. In a large bowl, cream butter and sugar until smooth. Mix in rest of ingredients except flour until well combined. Stir in flour until combined. Drop a Tab. of dough onto buttered cookie sheet about 2" apart. Bake for 10-12 minutes. In a medium bowl, beat all frosting ingredients until smooth. Frost cookies.

Editor's correction from October Brewster News:

PUMPKIN BARS

An ingredient was left out of the recipe in October. Yes, the **Pumpkin Bars** do require **2/3 cup pumpkin!** Oops!

DINING CHANGES

The Evergreens Grill and Brewster Hut

New Sunday Hours

Beginning Sunday, October 31

11:00 am—2:00 pm only

Brewster Bean OPENS!

Open for Service November 1

Monday—Friday

7:00 am—11:00 am

Dining Rooms Closed

Sunday, November 21

Beginning at 3:00 pm

All Brewster dining rooms will be closed this date for a Dining Team Retreat. Box meals will be available at the Greenleaf at Redwood for Grab & Go from 3:00—7:00 pm. Pizza will be served at Brewster Health Center. ■

TAKE A STROLL

DOWN MEMORY LANE

BY DIANA REED, RESIDENT
CONTRIBUTOR, NADINE MERGENMEIER



Maybe it's the cooler weather, or the season, or Thanksgiving, this time of year can bring to mind childhood memories of growing up decades ago. It could be a table roaring with a once a year family dinner, using an old wall telephone, living on a farm, listening to a radio or building a snowman — this time of year is filled abundantly with memories. Several Brewster residents kindly shared their childhood memories. Read on and see if they match some of yours!

“ I remember that old wall phone at my grandma’s. Her phone number was 368L. She was on a party line. Her ring was two longs and a short. If there was an emergency, the ring was ring, ring, ring, ring. Everyone answered. The one phone in the house hung on the kitchen wall. A wooden box was a step on the floor if you were too short to answer.”

“ I had these toys: checkers, jump rope, Lincoln Logs, jacks, Chinese checkers with marbles, hula hoop, Old Maid, Crazy 8, hop scotch, Tinker Toys. Did anybody have roller skates and wear your key around you neck with a string? Who played hide and seek? Who had Monopoly? Marbles? A kite? A wagon? A tree house?”

“ We had an ice truck that came around with a big block of ice covered with a canvas cover. This ice cooled our milk and eggs in the ice box, before electricity in the house. We kids ran after the driver and he would chip off shards of ice for the kids to suck on.”

“ Growing up on a farm in the ‘40s, we usually went to church on Thanksgiving. If we had a special dinner, it was baked goose. We raised geese. A goose had a lot of fat that kept the meat juicy. Mom cooked the fat and strained it to use for childhood earaches.”

“ We had a radio and listened to these shows: Fibber McGee and Molly, The Shadow, Lorenzo Jones and Kate Smith Singing.”

“ What about the ‘red wagon’ tree house? That was fun! We had an outdoor water pump.”

“ We got an indoor bathroom after electricity came in 1945. Goodbye outhouse at my house and at my one room school house.”

“ In World War II, we had ration books. I remembered blackouts during the war. Everyone had a victory garden and raised vegetables. I remember the end of World War II. Everybody went outside.”

“ We never locked our doors when I was a kid in the neighborhood.”

“ I remember pasteurized milk in glass bottles with cream on the top.”



If you have memories to share, please send them to Diana Reed at The Evergreens 237. Others would love to hear them too! ■

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a tremendous increase in the demands on all our team members over the last two years. This coincided with a reduction in help available to complete the work. We are observing a national trend of healthcare workers leaving the field in droves for less demanding and less stressful work. Many of our own nurses and caregivers are tired and experiencing burnout. Over the last two years, many have routinely foregone time with their families so they could help care for our friends and loved ones. They have done this with tremendous courage and fortitude, but no one can carry on this way forever. It is deeply troubling to watch our friends lose heart for their life's work.

We are pursuing every possible idea to recruit new team members, and to provide our caregivers with reinforcements. We are engaged in new recruitment and training efforts in partnership with local schools, the Topeka Rescue Mission and others. We are competing with the alarming wage wars occurring in Topeka, and we are looking for every possible way to demonstrate our support to Brewster staff. But, our society isn't producing enough new workers to reinforce the people who have sacrificed throughout the pandemic. We must hold on to the heroes that have made Brewster's mission their own.

What are we to do?

As our dedicated caregivers share with me their fatigue and weariness, how they don't see an end to this struggle, and a loss of hope for reinforcements, I am reminded of a comment I once heard from an American war veteran. He said that there is nothing more frightening and demoralizing for a soldier than to shrink into his foxhole under enemy shelling wondering why our artillery isn't firing back. He went on to describe how the courage to finish the fight can come rushing back when our artillery is

heard firing for effect.

Most of us cannot volunteer to take our caregivers' workload. We can't offer to work the weekend or the next holiday for them. We can't crawl into their fox hole with them, but we can make sure they hear us fighting for them. We must now be their artillery and we must begin firing for effect right now.

We have nurses and caregivers, support workers, dining workers, and many others across campus who need our support now more than ever. Please find them where they are and heap love on them. Give them an uplifting word. Show them what they do is meaningful. Show them how truly valuable they are. Show them they are not alone in this.

Your continued financial support is needed too. We cannot engage the necessary initiatives to retain our best team members and recruit and train their reinforcements without additional funds. Please consider making a gift to the Brewster Foundation to support these efforts. Gifts can be made by check to the Brewster Foundation. To support our team building initiatives you can give to the **Unrestricted Fund** which allows us to pair your gift with the broadest available resources. You can also give directly to the **Employee Assistance and Support Fund** by indicating this fund in the memo line of your check.

Please contact me at 785-274-3392 if you would like to learn about more ways to support Brewster.

Thank you for your support.

Joe Ewert,
President, Brewster Foundation

TAKE A WALK OR A CLASS

BY SERENA KENT, DIRECTOR OF RESIDENT SERVICES



We know that physical exercise is good for us and that most of us should do more of it. Brewster residents and BrewsterConnect members can participate in many exercise classes at Brewster Place at no additional cost. Remember, Wellness Specialist Julie Schmanke is an experienced fitness instructor and has been working with seniors for most of her career. Julie teaches classes each week Monday — Thursday. Brewster Place also offers Fall Prevention Tai Chi and Yoga. The full fitness class schedule will be delivered with your Brewster News so you can see what is offered and give a class a try!

New research shows evidence that brisk walking is one of the best forms of exercise for older adults. The speed at which you walk isn't as crucial as setting or keeping to a regular walking program, but you should aim for a steady pace that is brisk enough to increase your heart rate. Brisk walking improves circulation and helps your heart and lungs work more efficiently, and it burns calories. Walking also boosts energy, can ease stress and tension, and if you walk with a friend or in a walking group, you connect with others which has enormous health benefits for boosting mood and mental and physical well-being.

While walking is relatively low impact, walking is still a whole-body workout, offering benefits to your muscles, bones, and joints all at one time. Walking is a way to lubricate your joints, which need physical activity to stay functional. The motion of walking also helps strengthen supportive muscles and bones, reducing the loss of bone mass and reducing your risk of osteoporosis and risk of fracture.

Several years ago we developed the **Stride to Thrive Walking Paths** with indoor and outdoor walking paths and distances for different areas of the Brewster campus. We are in the process of updating this map to include the Brewster Events Center and other new outdoor spaces. So, be on the lookout for an updated map soon! ■

REMINDERS



ADVANCE DIRECTIVES

Remember to review your advanced directives and emergency contact list and notify Serena Kent of any changes. If you have questions about advanced directives, please feel free to call **Serena Kent at 274-3395**.

TECHNOLOGY

Residents that need assistance with technology can call the **Help Desk at 274-3399**.

RESERVATIONS

GUEST ROOMS

Please contact the **Help Desk, 274-3399** to check for guest room availability and to make reservations.

EVENT AND MEETING SPACES

Please contact the **Resident Service Administrative Assistant, 274-3374** to check for meeting and event space availability and to make reservations. ■



REMINDER

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

Cozy and close to dining, a library, leisure activities, community rooms, and the Penthouse Art Studio — the Carlton apartments in Redwood offer 500 square feet of value and volumes of opportunities.



The Carltons have great closet space, a small functional kitchen that includes a full size refrigerator, microwave, and stove top. But leave the shopping and meal making to us. You'll enjoy most of your meals in the Greenleaf dining room, and between bridge games, bus trips, art and exercise classes, your social dance card will be as full as you would like to make it.

The views are lovely from Redwood — the building that started it all at Brewster Place back in 1964. To the west the apartments overlook the campus, and this time of year a canopy of colorful leaves will greet you as you look out from your balcony. To the east the Brewster Park is taking shape with the return of green space that was claimed for a short while as a construction overflow area.

To take a look at one of the available Carltons or tour a larger apartment in Redwood, contact Chris Gallagher at 274-3351 with Sales and Marketing at Brewster Place. Be sure to ask about our **Veterans Discount** or **rental options** for 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! ■

LOOK AT ALL THE BEAUTIFUL FACES



Shirley Moses enjoyed the beautiful fall day at the Hot Diggity event in October. Residents from all areas of campus enjoyed grilled hot dogs and a concert by the Topeka Big Band.



Chaplain Caroline blessed Daisy, the loving companion of Don and Jackie Buchanan, at the Blessing of the Animals ceremony. Many residents brought their pets or photos of their pets to be blessed.



Bart Ramsey and his trusty walking stick waited in line at Hot Diggity in October. The Brewster Events Center circle drive provides a great place for outdoor events and celebrations.

BrewsterLiving.org

ON CAMPUS — A few highlights!

RED MONDAY FOR KANSAS CITY CHIEFS

Monday, November 1 | All Day!

Wear your KC Chiefs apparel. Come to Social for a tailgate party with a special appearance by some retired cheerleaders to get you ready for some football.

NEW BREWSTER WRITING CLUB

Tuesday, November 2 and 16 | 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. If you have questions call Jan Stotts at 267-0170.

KU OSHER LIFELONG LEARNING SERIES

Climate Change: More Fires, Floods, Droughts and Hurricanes

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

BRUCE BOWER PIANO CONCERT

Thursday, November 4 | 1:00 pm | Redwood Lounge

Please come listen to resident Bruce Bower play the piano. He is a gifted musician.

STORYWISE CHAT WITH JAN MAUCK

Saturday, November 6 | 10:00 am | Main Street Pavilion

Grab your coffee and come chat with resident Jan Mauck. She will lead a discussion in reminiscing and the good ole days.

THE GIVING THANKS HIGH SCHOOL TALENT SHOW

Saturday, November 6 | 6:00 pm | Cultural Arts Center

A variety of students from Washburn Rural High School are going to kick off the holiday season with a simple variety show. Stop by and see what they are doing.

VETERANS DAY PROGRAM | HONORING ALL WHO SERVED

Thursday, November 11 | 2:00 pm | Cultural Arts Center

At Brewster we have a rich military history. On this day we will take time to honor all the residents and employees that have served in the military. Everyone is welcome

BIRTHDAY CELEBRATION AND RETIREMENT PARTY FOR DOYLE

Thursday, November 18 | 2:00 pm | Cultural Arts Center

It will be a great day. We will celebrate resident birthdays and anniversaries plus the retirement of Doyle the Mailman. All are welcome

BINGO EXTRAVAGANZA

Tuesday, November 23 | 6:00 pm | Cultural Arts Center

Back by popular demand! Thanksgiving Bingo Extravaganza — lots of prize — lots of fun! Bring \$.25 per card and wear your lucky shirt.

MARTY EDWARDS SING-ALONG

Saturday, November 27 | 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.

CALLING ALL HOLIDAY DECORATORS

Tuesday, November 30 | 10:00 am | Klinge Activity Center

Resident Services team is requesting help from our awesome residents in decorating for the Holidays. Please help Kris and Jamie in doing all the trees and such. Call Jamie at 274-3398 if you have questions.

OFF CAMPUS — A few highlights!

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. This exhibit explores the history of the man who helped start the Civil War through firsthand accounts and vivid illustrations of the Americans, from widely recognized to largely unknown, whose lives were altered by their encounters with the man. Utilizing expressive portraits by artist Brad Sneed, the exhibit explores Brown's story from childhood to his execution for his role in the raid on Harpers Ferry. From his abolitionist roots in Ohio to his role in the violence of "Bleeding Kansas" to his plan to start a slave insurrection beginning with the taking of Harpers Ferry, "Encountering John Brown" follows America's most prominent abolitionist from cradle to grave and beyond. We will then proceed to lunch at a local eatery. Tickets are \$10 and transportation is \$13. Lunch is Dutch treat. Please call Jamie at 274-3398 to sign up.

TOPEKA CIVIC THEATRE

Thursday, November 4 | 6:00 pm | Lobbies

The Theatre presents Agatha Christie's Murder on the Orient Express. Just after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of the year, but by the morning there is one passenger fewer. An American tycoon lies dead in his compartment, stabbed a dozen times, his door locked from the inside. Isolated and with a killer in their midst, detective Hercule Poirot must identify the murderer – in case he or she decides to strike again. This is NOT a dinner show. Tickets are \$34. Please call Jamie at 274-3398 to reserve your ticket.

FALL COLOR DRIVE AND LUNCH

Wednesday, November 10 | 10:30 am | Lobbies

It's Fall y'all! Come and enjoy the leaves, the colors, and lunch at Aunt Netters with delicious sweets. Please call Jamie at 274-3398 to reserve and lunch is Dutch treat.

TOPEKA SYMPHONY ORCHESTRA

Saturday, November 13 | 6:45 pm | Lobbies

This concert is titled Fancy Footwork and it comes with the following warning: Don't look at your feet! Enjoy an eclectic evening of orchestral and piano show-stoppers, including Dvorak's high-spirited Slavonic Dances and Samuel Coleridge-Taylor's lively Petite Suite de concert. If interested in tickets, please call 232-2032. For transportation, please call Jamie at 274-3398.

TOUR OF CHURCHES

Wednesday, November 17 | 11:30 am | Lobbies

We begin the afternoon with a tour of St. Joseph Church. St. Joseph is located less than a block off I-70 in downtown Topeka and is one of the most visible churches in the state of Kansas. Also known as St. Joseph German Catholic Church, the congregation was founded in 1887 to serve Topeka's German and Volga German-Russian (Deutsche aus Russland) community. Today the parish is combined with Sacred Heart Church. The church has undergone extensive restorations. Then we will proceed to Our Lady of Guadalupe for a tour with their muralist Andy Valdivia. Andy is a famous Topeka artist. We will stop for ice cream but please have lunch before you come. Please call Jamie at 274-3398 to make your reservation.