

A CHECKLIST FOR GOOD HEALTH AND WELLNESS

BY SERENA KENT, LMSW, DIRECTOR OF RESIDENT SERVICES

As we age, our health needs change. Staying on top of senior wellness activities is important, but it can sometimes feel overwhelming. Creating a list of health and wellness “to-do’s” can help you stay organized, so you look and feel your best.

“Aging well is living well and it all starts with a combination of activities that can improve our mental and physical well-being,” says Dr. Scott Kaiser, chief executive officer of Determined Health, member of the Tivity Health Healthy Aging Coalition and a physician specializing in geriatric medicine. **Here are a few simple tips that can help keep you on a healthy aging path:**

ANNUAL PHYSICAL

This is the time to have important health screens done to evaluate blood pressure, cholesterol, diabetes, bone density and more. It is also a good time to ask questions and discuss concerns with your doctor.

VACCINATIONS

Staying current on recommended vaccinations can help you stay healthy and limit the spread of disease.

PHYSICAL ACTIVITY

According to the Physical Activity Guidelines for Americans you should do at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic exercise, like brisk walking or dancing. Being active at least three days a week is best, but doing anything is better than doing nothing at all.

SOCIAL CONNECTION

Maintaining friendships and connecting with others is an important component to supporting physical, mental and emotional wellness. Have a cup of coffee with a friend or join one of the many activities offered here at Brewster Place!

FIVE to THRIVE DIMENSIONS of WELLNESS



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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.



WITH CHELSEY WESSEL
COMMUNITY ENGAGEMENT SPECIALIST



FOOD DRIVE FOR HARVESTERS

Dear Brewster Community,

Thank you for partnering with Harvesters – The Community Food Network to end hunger in our community! With help from generous donors like you, we are able to assist 200,000 children, adults and seniors each month.

The Brewster Place Food and Fund Drive brought in 436 pounds, which will provide 363 meals to individuals in our community. Please extend our heartfelt gratitude to everyone who helped make this food drive such a success.

Thanks for your support,

Amy Pinger, CVA
Senior Community Engagement Manager
Americorps Program Director
Harvesters — The Community Food Network



MEALS ON WHEELS EASTERN KANSAS

Thank you to all who donated items for the Meals on Wheels Holiday bags! The staff was very thankful and able to help fill all of their bags! If you are interested in volunteering for Meals on wheels let Chelsy know by calling her at 785-274-3394. ■

PAULINE CENTRAL PRIMARY SCHOOL PEN PALS

We had residents from across the Brewster Place campus write to the third grade class at Pauline Central Primary School. Below is a letter we received from one of their teachers:

Dear Residents,

I wish all of you could have seen HOW EXCITED the children were when I opened up the large envelope and distributed all of the individual mail to the students! They literally danced with happiness! They were thrilled to pieces, and danced and danced and hugged their letters, and just bubbled over with delight!

There was so much joy—the kids dashed out quick letters full of love and drawings—they have so much they want to say to their Brewster Buddies, and yet are still developing the skills to express everything in writing!

It was such a sight—the kids read and re-read their letters, then ran to a friend and shared the letter with them, and then ran to another friend, repeat. It touched my heart to witness how very much these letters mean to my students. ■

ARE YOU A VETERAN?

If you interested in speaking to the Chaplain of the VFW Post 1650 you can contact Art Brennan at 785-580-8101 or email him at spcanet@aol.com. ■

FROM the CHAPLAIN | HAPPY NEW YEAR!

REV. CAROLINE VAUTRINOT, M.DIV



This is a special time of year as the calendar flips from the old to the new. We have been celebrating the beginning of the year for millennia, with different cultures and religions marking the New Year at different times and in different ways.

What is it about the start of a new year that excites us so much?

There is a sense of renewal, of fresh beginnings that come with January 1. It is a time when we take what we have learned from the previous year and strive to become better. Perhaps we commit to learning a new skill, to revisiting neglected hobbies, or even to simply changing up our daily routine.

Whatever we decide to try this year, we feel a sense of freshness about us. The

winter solstice is just past and we will now begin to see our days lengthening in the sun – a source of joy for many of us as well as a welcome blessing in our lives.

This year we will have many chances to grow – both as individuals and as a community – and I encourage each of us to seek out these opportunities as they come. One way to do this is to commit to exploring all the possibilities open to us here at Brewster Place! With all of the wonderful activities available, perhaps our collective New Year’s resolution can be to try our hand at something new each month of 2022!

I look forward to spending more time with all of our fantastic community members here at Brewster Place, and I hope you will share with me your New Year’s resolution this month! ■

TEN PERCENT HAPPIER

Tuesdays, January 4, 11, 18, 25
1:00 pm | Chapel and KAC

Let’s kick off 2022 with a new and improved you. This study is designed to increase your own happiness and build more productive habits for 2022 and beyond. Please call Jamie at 274-3398 to reserve your spot.

Tuesday, January 4

1:00 pm | Klinge Activity Center
Kris Saia and Jamie Fritz will offer a messy discussion and art project.

Tuesday, January 11

1:00 pm | Chapel
Jenny Lamb, LCSW will discuss living well and taking care of your mental health.

January 18 | TBD

January 25 | TBD

SNOWMAN WEEK

JANUARY 24—28

COCKTAILS WITH A SNOWMAN

Monday, January 24
4:00 pm | Main Street Pavilion

WARM HUGS SNOWMAN HUGS

Tuesday, January 25
Afternoon | At your door

REWARD FOR MISSING SNOWMAN

Wednesday, January 26
Campus Wide
Return found missing snowmen to Redwood or The Evergreens to receive a prize!

FEELING FROSTY? ENJOY HOT TEA

Thursday, January 27
2:00 pm | Redwood Lounge/EV Community Rm

BLIZZARD BINGO | .25 per card

Friday, January 28
1:00 pm | Klinge Activity Center

CREATIVE ARTS WITH KRIS SAIA, CREATIVE ARTS COORDINATOR | 274-3317

NEW YEAR'S RESOLUTION

Get Back to the Studio!

Brewster's art studios are a fun place to hang out, and we LOVE to see you painting, drawing, crafting, PLAYING.

We keep most of our painting supplies in the **Penthouse Art Studio** on the 6th floor of Redwood: oil, acrylic, watercolor, paper and canvas, easels and brushes. Beginning January 5, please join a Tuesday or Wednesday afternoon session from 1:00—3:00 pm; Kris is in-studio those days to help beginners get started and to guide experienced painters through their projects. Simply call to have Kris set up a painting spot for you! Once you know where we keep everything, you're also welcome to drop in the studio to paint whenever you like, day or evening — the studio is your's to use.

And Crafters will love The **Evergreens Art Studio**, full of good stuff to use. Zillions of beads and sequins, yarns, Styrofoam, fabric paints, collage materials, colored pencils and markers — wander in and just PLAY. Meet a friend, turn on the music and stamp some notecards, paint a t-shirt, sit and knit, make a necklace — any time you feel the creative spirit, we're ready for you. Questions or suggestions? Call Kris Saia at 274-3317.

AFTERNOON MOVIE

Bob Ross: Happy Accidents, Betrayal and Greed

Friday, January 7 | 1:00 pm | Chapel

We all recognize the trademark mane and the soft-spoken voice. Known for his prolific landscapes painted at lightning speed, Bob Ross is remembered as the encouraging teacher on "The Joy of Paintings" — but we'll peek behind his happy little trees at the darker side of the art business. Join us to watch this intriguing documentary on the life of America's favorite TV artist — we'll bring the popcorn and cokes — and stay for a few minutes afterward to paint a happy little tree notecard!

WATERCOLOR PENCIL WORKSHOP

Friday, January 14 | 1:00 pm | The Evergreens Art Studio

Pick up a watercolor pencil and use it just like a colored pencil — then use a wet paintbrush to blend your drawing into a watercolor masterpiece! These are Kris's favorite art tools. Come sit, learn and play for an hour. No drawing or painting experience needed. Space is limited, so please reserve your chair soon.

QUILT CLUB SHOW & TELL

Monday, January 17 | 1:30 pm | Klinge Activity Center

If you love quilts, please come for a casual afternoon of show-and-tell. Brewster quilters will be showing off their projects-in-progress and finished treasures — a great way to meet other textile artists here on campus. Have a great piece to share? Bring it!

create! everyday!

VALENTINE CARD PARTIES FOR MEALS ON WHEELS

Fridays, January 21, 28 and February 4 and 11 | 10:00—11:00 am | Redwood Lounge

The tradition continues! Last year, Brewster residents and staff made a whopping 867 Valentines for Meals on Wheels clients. Can we top it this year? Let's go for it! Join us at our VALENTINE CARD PARTIES to make a bunch. We'll meet four Fridays, each time making a different kind of Valentine. All supplies provided, so come create a handful of easy cards that will brighten the day for so many meal recipients. If you'd like to make cards at home, look for the stacks of coloring cards available around campus starting in late January. ■

EVERYONE HAS A STORY TO TELL



LESTER "LES" CARLSON

BY DIANA REED, RESIDENT

Lester "Les" Carlson grew up on a farm in Corvuso, Minnesota, a small community of about 17 people. He describes his homeplace as having hogs, cattle, chickens, and grain — "a typical small town farm." Les attended the Minnesota School of Business and graduated with a business degree in accounting.

Les had an interest in radio sports casting and found a job as a sportscaster at a radio station in Mississippi after his graduation. He married his high school sweetheart, Margaret — known as "Muggs" — when he was drafted into the service. He was sent to Biloxi, Mississippi when he enlisted in the Air Force. He went to San Antonio and then to Okinawa, Japan using his radio experience.

"I was a communications security analyst," Les said, "I broke down Morse code and picked up radio signals from the Hong Kong Islands. I did that for two years." His accommodations were interesting. "When we got to Okinawa, we stayed in Quonset huts, but then they gave us brand new barracks," he said with a smile.

After his time in Okinawa, Les was stationed at Robins Air Force Base in Georgia. He then discharged from the service after four years.

Les got a position in Fairmont, Minnesota as a radio sportscaster. While there he took an accounting job at a bank in Minnesota. He then took graduate classes at a school in Minnesota to become a controller.

Les obtained a job as a controller at Merchants National Bank in Topeka in 1969.

He then became the Chief Financial Officer and continued working there for 20 years. When he began, the bank was called Merchants National Bank and when he left the name of the bank was US Bank.

Sadly, Les' wife Muggs passed away in 2008. He has three precious grandchildren who mean the world to him.

When they moved to Topeka, the Carlsons joined Countryside United Methodist Church. He helped control the audio visual equipment until the latest, most sophisticated equipment was installed. Now he enjoys listening from the pews.

Very recently, Les moved to Brewster Place. He is settling into his new, comfortable apartment and is feeling at home.

For the past 26 years, Les has volunteered as a KU Audio Reader and telephone reader. He reads for blind and disabled persons. It is a needed and helpful service.

For 25 years Les has volunteered at the Combat Air Museum working on the books and serves as their treasurer.

Les Carlson is full of smiles and laughter. He is always in a good mood and is a joy to be around. And, he will soon celebrate his 90th birthday with a party with family and friends. Nobody deserves it more!

In his spare time, Les reads mysteries and does crossword puzzles. He also enjoys taking bus tours.

He says, "I'm lucky I made it this far. I've had a pretty good life."

Stand up and take a bow, Les, and welcome to Brewster Place! ■

BREWSTER STAFF MEMORIES

BY DIANA REED

We continue a new series of articles by resident Diana Reed focusing on staff memories. We hope you enjoy this series. We are one community that includes so many unique people.

Gracious Maxine Thuston continues to share her childhood with us. We skip with her while her family does chores — making clothes and doing laundry. We imagine that we are peeking from behind as the family with 11 children lives day to day. We are a neighbor. We are a friend in Maxine’s busy life. Thank you for gifting us, Maxine!

CHORES AND MORE

BY MAXINE THUSTON



Igrew up in a large family — 11 children including myself. When we were big enough to do chores, we did just that. Some of the chores were shelling the beans and peas, gathering the eggs, shucking the corn, milking the cows, feeding the hogs, raking leaves, weeding the garden and so on. It is amazing how Mom and Dad made ends meet with 11 children. We didn’t have a lot growing up, but we never went with out food, shelter or clothing. Thank you, Jesus!

Ironing Days

Before we had a wooden ironing board, Mom would take two chairs, placed back to back, spaced out the length of an ironing board. A piece of wood shaped like an ironing board was placed over the backs of both chairs to create a makeshift ironing board. The board was padded with several small quilts covered with a piece of white material and pinned underneath the board to keep the padding in place while ironing. The smoothing iron was placed on the burner of the wood burning stove to heat it for ironing. Clothes were taken out of the ice box a few at a time. The key was not to let the clothes dry before ironing. When Mom was done, no cleaner could have done it better.

Cooking

Everything was made from scratch — pie crust, pies, cakes, bread (biscuits and cornbread), and dressing. We grew our vegeta-

bles and some fruits. We had apples and peach trees. Oh, and don’t forget the peanuts. We grew our own. We would lay the peanuts on top of the wood burning heater/stove and roast them. Mom had one of the best gardens you have ever seen. She made syrup from sorghum canes. I remember the elders using the sorghum canes for fishing poles too. Flour was sifted to make it smoother for baking purposes. The sifter was slightly bigger than a coffee can. Inside the sifter was a gadget that rotated the flour when the handle was turned. This would smooth the flour even more (almost like a fine powder). Mom cooked on a wood burning stove that had a reservoir attached to it. She kept it filled with water. This water was used for washing dishes and kitchen related duties. When fire burned in the stove it also heated the water in the reservoir. ■

NEWS AND NOTES

NEW SUPPORT GROUP OFFERED IN 2022

First Thursday of each month.

Thursday, January 6 | 10:00 am | Redwood Founders Room

Ring in the new year with a new support group that will provide residents with a place to talk about their struggles with chronic conditions. Residents will gain insight and comfort from hearing about the experiences of others and sharing their own. This new support group is open to those seeking a safe place to discuss the struggles they face due to their disease, illness and/or ailment. Participants will gain resources and hear from knowledgeable staff and community partners. Please contact Taylor Cooper, LMSW, Resident Engagement Specialist, at 785-274-3348 for more information. ■

BREWSTER WOODSHOP MEETING

Thursday, January 27 | 3:00 pm

The Evergreens Community Room

We invite those who currently participate in activities in the woodshop as well as those who are interested in finding out more information and how to get started. ■

Stitch
& Sip
with
Lea



NEW DAY & TIME IN 2022

First and Fourth Thursday

Thursday, January 6 and 27

2:00 pm | Redwood Lounge

All knitters and crocheters welcome to come, sip some coffee, stitch and have a great time together. ■

TRANSPORTATION REMINDER

With Brewster's large campus it can be difficult to attend different classes and events. Residents can call 274-3320 for free transportation on campus to any of the different locations. If you plan to attend a large event at the Cultural Arts Center, please give transportation a call — they are happy to pick you up and bring you home after the event. ■

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MENTAL HEALTH

Although prioritizing mental health is now more widely accepted, it still can be a challenge for older adults to admit they need help. Talk with one of our licensed social workers on campus and they can assist with learning mindfulness techniques to reduce anxiety, providing a list of therapists that accept Medicare, and can also point you to your doctor if you wish to learn more about taking medication to help with your mental health. We also offer support groups for caregivers and a support group for residents.

MENTAL ENRICHMENT

Cognitive decline can occur as you age, so it's important to be proactive to help support brain health through mental stimulation. Read a book, attend a lecture series or call the therapy department to see if you would qualify for a speech therapy referral.

NUTRITION

What you eat fuels your body and mind, its important to eat wholesome foods. Like fruits, vegetables, lean meats, whole grains, beans and low fat dairy. If you need help or have strict dietary concerns, consider reaching out to your doctor for a referral to a dietician. Keep your eyes open for a guest nutritionist speaker and other resources in the upcoming Brewster News. ■

Enjoy the New Year and a new start in an apartment that could be ready for you in a matter of weeks. This month's home to highlight on the Brewster Place campus is The



Evergreens 208. Recently updated with the very popular white cabinets and the realistic granite-look laminate counter tops, makes for a

striking kitchen — complete with the wood grain vinyl flooring that leads in to the dining room.

Indirect lighting in the living room, with the color carpet you get to choose, will customize the already updated apartment to make it feel modernized, like new and all yours.

Low step-in onyx showers are already in place for your safety and they offer a sleek

clean look for the master and guest bathrooms. The final touches are up to you. You pick the paint colors and carpets for the living area and bedrooms.

This apartment is located on the east side of The Evergreens and near the elevator, offering the amenities of the coffee shop, dining, pickle ball court, and warm water pool just steps away from home.

There are only a handful of apartments currently available in The Evergreens, so if you are considering The Evergreens and would like a tour, contact Chris Gallagher at 274-3351 with Sales and Marketing at Brewster Place. The first contract signed for an Evergreens apartment in January comes with a \$1,000 gift certificate from the Furniture Mall of Kansas!

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! ■

FESTIVE CELEBRATIONS AND HOLIDAY CHEER!



Gitta Gronewaller attended one of our holiday events that included music, festive cookies and Santa himself. Gitta also performed at another event as part of the group Castle and Cross Consort. The music was wonderful.



Helen Petterson was one of many Brewster Elves who decorated the common areas of Brewster Place. This yearly job is HUGE and we could not do it without our resident volunteers and staff. Our campus looked beautiful inside and out! Thank you volunteers!



Robert and Nancy Brooks had a very special photo taken with Santa. Underneath that white beard and red suit is none other than their son, Brewster Driver Dan Brooks. He's one in a million! Over the years many staff members have enjoyed having their parents live at Brewster Place.

ON CAMPUS — A few highlights!

TEN PERCENT HAPPIER

See more information on page 3 of this issue.

MARTY EDWARDS SING-ALONG

Saturday, January 22 | 6:00 pm | Redwood Lounge

Marty Edwards will provide popular music. Feel free to join in the singing and just relax to the music.

SNOWMAN WEEK JANUARY 24—28 | CAMPUS

See more information on page 3 of this issue.

TOPEKA POSTER ART EXHIBIT

Wednesday, January 12 | Brewster Events Center Art Gallery

Brewster is excited to host the See Topeka Parks and Green Spaces Art Posters exhibit. These posters offer new and unique images of the Topeka community. Artists who took part in the project include Jordan Brooks, Barbara Waterman-Peters, Hi Stockwell, Ye Wang, Brad LeDuc, Alex Olson, Pat Abellon, Doug Frye, Mike Henry, Becky Drager, Cally Krallman, Gwen McClain and Gage. They were given a set of guidelines and needed to consider the orientation, size, color palettes and perspective of the posters. Those guidelines were put in place so the project would resemble the national parks posters with a WPA Federal Art Project style. The posters were the idea of Mary Gage, Director of Parks & Green Spaces.

COMMON CAMPUS ABBREVIATIONS

Below is a list of abbreviations for the most common areas on campus where activities and events are held. These abbreviations are used on the monthly calendar and weekly bulletin. Where space permits on other communications materials, we will spell out the locations instead of using abbreviations.

AL

Monarch

Frontier

HH

ASSISTED LIVING

Assisted Living first floor

Assisted Living second floor

Home Health (AL first floor)

BEC

BEC AC

BEC CAC

BEC WC

BEC WS

BREWSTER EVENTS CENTER

Aquatic Center

Cultural Arts Center

Wellness Center

Wood Shop

BHC

BHC FLR

BREWSTER HEALTH CENTER

Brewster Health Center

Fink Living Room

EV

EV AS

EV BB

EV CR

EV IC

EV WC

THE EVERGREENS

The Evergreens Art Studio

The Evergreens Brewster Bean

The Evergreens Community Room

The Evergreens Information Center

The Evergreens Wellness Center

MS

MS Chapel

MSP

MSM

VHH

WWC

MAIN STREET

Chapel

Pavilion

The Market

Veterans Hall of Honor

Winchell Wellness Center

RW

CSP

RW FR

RW IC

KAC

RWL

PH AS

REDWOOD

Chandler Sun Porch

Founders Room

Information Center

Klinge Activity Center

Lounge

Penthouse Art Studio

SHUTTLE

Brewster Bus/Cars/Shuttle

For off-campus trips and events where residents will be picked up from the lobbies of Redwood and The Evergreens, we will now denote these events with Shuttle (instead of Lobbies).

OFF CAMPUS — A few highlights!

DAY OUT IN KANSAS CITY AND MORE

Wednesday, January 5 | 12:30 pm | Shuttle

- Van Gogh Exhibition: The Immersive Experience-Ticket \$45
- Light Shopping
- Dinner Dutch Treat
- Transportation is \$13. Please call Jamie at 274-3398 for reservations.

NEW THEATRE AND RESTAURANT

Wednesday, January 12 | 10:15 am | Shuttle

The New Theatre presents a tribute concert to the music and marriage of JOHNNY AND JUNE Carter Cash featuring Scott Moreau and Ashley Pankow and the comedy of MINNIE PEARL featuring Cathy Barnett. Entertainment legends take you on a glorious journey with music, laughter and love. Enjoy the classics: Ring of Fire, I Walk the Line, Folsom Prison Blues, Jackson, Daddy Sang Bass and many more. Tickets are \$34. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

TOPEKA SYMPHONY ORCHESTRA

Saturday, January 22 | 6:45 pm | Shuttle

TSO will start off 2022 with an intimate concert of romantic and soulful dances, including Gabriella Lena Frank's flirtatious *Conqesteos from Leyendas* and William Grant Still's transcendent and enchanting *Summerland*. Their wind section will get a chance in the spotlight with Dvorak's *Serenade for Winds*, and the string section is featured in Benjamin Britten's playful *Simple Symphony*, full of dance-motifs and charm. You may purchase tickets by calling 785-232-2032, emailing the TSO office tso@TopekaSymphony.org. Please call Jamie for Transportation reservations at 274-3398.

TOUR OF TOWNSITE PLAZA

Wednesday, January 19 | 11:00 am | Shuttle

Celebrate the New Year with a fun lunch. We go downtown to the New Townsite Plaza (formally 1st National Bank) for a personal tour from the owner Ken Schmanke. We will eat lunch at the former Top of the Tower restaurant. Lunch will be \$15 and includes chicken, potatoes, salad, and dessert. Please call Jamie for bus reservations at 274-3398.

CHEAP AND CHEERFUL SHOPPING

Wednesday, January 26 | 10:00 am | Shuttle

Let's go check out the deals Topeka has to offer. Please call Jamie at 274-3398 to reserve your spot for fun.

FUTURE EVENTS

TOPEKA CIVIC THEATRE

Thursday, February 3 | 6:00 pm | Shuttle

TCT presents Ray Cooney's *Out of Order*. This is the story of when Richard Willey, a government junior minister, plans to spend the evening with his mistress, Jane Worthington, one of the opposition's typists, things go disastrously wrong, starting with the discovery of a dead man in their hotel suite window. Now the race is on to stay ahead of the press, the government officials, and a dangerously jealous wife. Tickets are \$32. Please call Jamie at 274-3398 for tickets and reservations on the bus.