



CELEBRATING BLACK HISTORY

Black History Month is celebrated each year during February, and is a chance for Americans to become familiar with aspects of their nation's history that have been pushed aside and neglected. Black history is American history. A wise nation honors and learns from its past. It refuses to let any aspect of our shared and collective memories disappear. Our past shapes and informs our future, and it's of paramount importance to set aside a month for learning as much as we can about Black history. This year Brewster Place is emphasizing specific contributions to American art by Black artists



ASBURY MT. OLIVE CHURCH CHOIR Thursday, February 10 | 7:00 pm | Cultural Arts Center

The choir is directed by Donald Revely, Music Director and Organist of Asbury Mt. Olive United Methodist Church in Topeka. He is a native of Topeka, graduated from Topeka High School, and attended the University of Kansas.



THE AFRICAN TRADITIONS IN KANSAS POETRY Tuesday, February 15 | 1:00 pm | Chapel

We are excited to welcome three award winning Topeka writers who will read and discuss the poetry of Gwendolyn Brooks and Langston Hughes, two nationally influential poets with Kansas roots. Gwendolyn Brooks was born in Topeka in 1917 and is recognized as one of the most influential American poets. Langston Hughes was a shining star of the Harlem Renaissance. His novel, *Not Without Laughter*, is the story of Hughes' years growing up in Lawrence, Kansas. The presenters will be Professor Darren Canady (University of Kansas), Annette Billings, R.N., and Professor Eric McHenry.

THE BADDEST MAN IN TOWN Tuesday, February 22 1:00 pm | Chapel

Professor Eric McHenry (Washburn University) explores and examines the historical veracity of the many folksong versions of the legend of Lee Shelton "Stagolee" (a notorious Black man in late 19th century St. Louis). Professor McHenry's researched article was originally published in The American Scholar in 2021.

BOOK GROUP I KNOW WHY THE CAGED BIRD SINGS Thursday, February 24 | 1:00 pm | Chapel

This book, Maya Angelou's debut memoir, is a modern American classic beloved worldwide. Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. The discussion will be facilitated by Miranda Ericsson. Please call Jamie at 274-3398 to reserve your copy of the book. ■

MISSION

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.





PONDER & STIR WITH SHARON CHRISTIAN-ADERMAN

"To eat in the same room where food is cooked-that is the way to thank the Lord for His abundance."

am so intrigued by cookbooks. Some of the names can be as mysterious as the ingredients themselves, unlocking historical secrets. Ingredients put together in combinations like jigsaw puzzles, confusing the cook. Johnny cake is not cake, hushpuppies are not made of dog meat and red flannel hash does not have even a tablespoon of red flannel!

Many recipes are named for famous cooks. Some are happy memories of family events celebrated around the dinner table.

Every other recipe in my recipe file has a personal notation somewhere on the card. Favorite recipe cards are grease-spotted, scented with vanilla or tattered around the edges. Some have photos of the cook attached. Others are handwritten by the cook who shared the recipe. I treasure my recipe box more than my jewelry box.

So ponder and sir while you shoo fly the pie. Say howdy to apple pan dowdy, then smile while you doodle with this unusual recipe.

KICKED-BY-A-HORSE COCKTAIL SAUCE

- Six jumbo shrimp, peeled and deveined and boiled quickly until they turn pink.
- Chill shrimp
- Heat 1 Tab. olive oil in skillet
- Add shrimp to heat through, then transfer to a plate.
- Cover and chill for an hour.

Mix cocktail sauce

- 1/2 cup Ketchup
- 2 tsp. prepared Horseradish
- 1 tsp. Worcestershire sauce
- A few dashes of tabasco
- 2 tsps. lemon juice.

Serve with shrimp. ■

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

MAKE VALENTINE CARDS FOR MOW

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

Join us to make some quick and easy cards that will brighten the day for so many Meals on Wheels recipients. All supplies provided. Our goal? 868 Valentines!

AFTERNOON MOVIE

An American in Paris | Friday, February 18 | 1:00 pm | Chapel

Let's celebrate the month of amour with a musical romance! This 1951 movie classic tells the tale of Jerry Mulligan, a struggling American artist in Paris, who falls in love with a young French girl who's already engaged to a cabaret singer. Charming Academy Award-winning story, wonderful music by Gershwin and amazing choreography. Watch Kris SWOON for Gene Kelly!

JEROME THE GNOME

Monday, February 28 1:30 pm

The Evergreens Art Studio

Join resident crafty person extraordinaire Donna Low to make an easy springtime gnome. We'll provide everything you need, and you'll use a hot glue gun to put this sock guy together — darn cute. Space is limited, so call today to save your spot — 274-3317. ■



"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake.

Even though I walk through the darkest valley, I fear no evil; for You are with me..."

(Psalm 23:1-4a NRSV)

any of us are familiar with this psalm. It is frequently recited at funerals and during other times of grief and loss. Throughout the last two years, this psalm has been on my mind quite a bit, for it is not applicable only when we are mourning but also when we feel discouraged and alone.

Since the beginning of this pandemic, we have been forced to deal with circumstances that have left us unsettled and worried. There has been time after time when our hope that the tide had turned for good, that the waves would cease, has been dashed. This unsteady rise and fall, this inability to predict with certainty what the future will look like has left us all tired.

We are worried, we are tired, and we are longing for the end of this pandemic. It is in times like these that I think back to the grace of Psalm 23. In it, the psalmist makes no empty promises that life will be easy or that we will always see the light at

the end of the tunnel. Instead, we are reassured that even in the darkest of places, the heaviest of times, we will never – can never – be truly alone.

In our current time, so many of us are soul-weary. After two long years, we are exhausted. We feel depleted and empty. This is the time when the cool waters of God are most needed, when we seek out God's promise to restore our souls.

This community has been a soul-restoring home for many as numerous people have worked incredibly hard to make this a safe and supportive place. It is in the love and care I see every day, from residents and staff alike, that I experience the promise of Psalm 23.

We may be in a dark valley now, but as long as we can hold onto our support for one another and continue to care for each other and for ourselves, we will emerge once more. God bless.



Meets the 1st Thursday
of every month
1:00 pm
Redwood Founders Room

This group will provide residents with a place to talk about their struggles with chronic conditions. Residents will gain insight and comfort hearing from other's experiences and sharing their own. This 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 call Taylor Cooper, LMSW, Resident Engagement Specialist at 274-3348 for more information. This month's featured apartment is located in The Evergreens and offers a great outdoor living space. The Evergreens 135 has an oversized patio facing east, which means this is the perfect time for Brewster to renovate it. We'll get it ready in time for lazy summer morn-

ings of coffee drinking and enjoying the morning light.



This two bedroom two bath apartment is nearly 1,200 square feet and still has a large soak bathtub. Brewster Place is willing to remove the tub as part of the renovation to this unit, but if you still like a good ole' Saturday night bath, you can keep it.

This apartment needs a total refresh, so get ready to make it your own. Brewster covers the costs for the standard updating and you get to choose new cabinets, counter tops, carpet and

cove lighting as well as ceiling fans and paint colors.

Residents on the east side of The Evergreens, where this apartment is located, have covered parking just steps away. The Evergreens apartments also have convenient storage on the ground floor of the building. The storage units are 5.5 by 12 feet with an electric outlet in each unit.

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! ■

RESIDENT COUNCIL EXPLAINED

Purpose of Resident Council:

To provide an orderly manner of communication with each other and with the management about matters of common interest, welfare and concern, and to act upon matters appropriate to and consistent with the regulations of Brewster Place.

as a Brewster Place resident, you are a member of the Resident Council. The Executive Council elects officers and chairpersons of standing committees on an annual basis. All residents are invited to attend and take an active part in council discussions.

Resident Council meets six times per year at 10:00 am on the second Thursday of the month, unless otherwise scheduled by special notice. Meetings are held in the Cultural Arts Center at the Brewster Events Center during the months of January,

March, May, July, September, and November, and are always announced in advance in the monthly activities calendar.

A copy of the entire minutes of each council meeting is located in each library. You can also request a copy of the council minutes; an edited version is published in the *Brewster News*.

If you are interested in learning more about Resident Council, please reach out to Glenn Wehking, Resident Council President, at 785-266-3617. ■



EVERYONE HAS A STORY TO TELL

REV. CAROLINE VAUTRINOT, M.DIV.

BY DIANA REED, RESIDENT

f you see a young woman with a dark brown pony tail walking with determination down a hallway at Brewster Place, you may have just encountered our Chaplain, Caroline Greenwood Thomas Vautrinot. She may be on her way to lead a Vespers service or to visit an ailing resident, who has requested prayer or communion. Chaplain Caroline may also be helping other staff members pour coffee or offer cookies at a community event. There is so much to know about Chaplain Caroline, beginning with her family and childhood near the beautiful rocky beaches in Maine.

Caroline has a beautiful, soft smile. "I always feel that I am home when I'm at the ocean," she says. Her far away eyes take her to the rocky coast of Maine, close to where she grew up. "I hear the sound of the waves," she says, "I find the pools of water between the big rocks where the creatures get trapped — snails, sand dollars and sea shells. I always leave things where they are, but it is fun to play there."

Caroline shared her love of the water with her large family. "I'm the youngest of four kids," she says. "I'm a twin with a brother. There is another brother two years older than us and a sister four years older than that. We all played together when we were young. We were all really close and are very close even now."

She continued, "Growing up was a lot of fun. We loved to sing. We sang songs from the Disney movies. On Christmas day my mom had us sing Happy Birthday to Jesus."

"My family is big on family history," she says, "especially on my mom's side. My great-great grandfather invented ear muffs."

Chaplain Caroline gently pulls out her very own set of original ear muffs from her jacket pocket. They look like our modern ear muffs but stripped down. She carefully opens them and puts them on. They look like they would work!

"There is a state holiday in December to honor Chester Greenwood, in Farmington, Maine. Each child in our family got their own pair of original ear muffs the year they were sixteen."

On a personal note, Caroline says, "I'm a baker. I bake chocolate cake and chocolate chip cookies. I also love writing fantasy stories. I have enjoyed writing since I was young."

Chaplain Caroline was ordained by the United Church of Christ and is serving her first ministry position at Brewster Place. She attended Norwich University in Vermont. Norwich is a military college, so students wear military uniforms. One half of the students go into the military. Caroline graduated from seminary at Boston University in 2017. While at school, she met and married Kyle Vautrinot, an Army intelligence officer who is attached to a company at Fort Riley. They live in Junction City with their fluffy, loud Maine Coon cat, whose name is Bayonet. Currently Kyle is serving in Europe, and hopes to be back on United States soil in a few short months.

Chaplain Caroline is an amazing addition to the Brewster family. She is serious and committed to her position as Chaplain. She also has a welcoming side which makes her easy to talk to and reflects a joyful light.

We are grateful you are here! ■



WITH CHELSEY WESSEL
COMMUNITY ENGAGEMENT SPECIALIST

VALENTINES WITH GIRL SCOUTS

Saturday, February 12 10:00 am Join these young gals to help make Valentine's for

Redwood Lounge Meals on Wheels.

MEADOWS ELEMENTARY SCHOOL

Meadows Elementary School was very thankful for the hats and scarves! They arrived just in time before the snow hit! Huge thank you to our crafty residents for your hard work!

MEALS ON WHEELS OF EASTERN KANSAS

Big thank you in advance for all of your help with the Valentine's Day cards for Meals on Wheels! They all are so appreciative and thankful for these sweet cards!

PAULINE CENTRAL PRIMARY PEN PALS

Pauline Pen Pals are loving the mail they are receiving from our residents! The third graders are so excited to read their next letters and respond!

SHEPHERD'S CENTER OF TOPEKA

Brewster will be speaking at the Shepherd's Center of Topeka on February 4! We really enjoy this partnership with Shepherd's Center! We are so thankful we get to share all the wonderful things happening at Brewster!

TECH SUPPORT HOUR

Brewster is partnering with Washburn University Computing Association (WUSCA) to present our very own *Tech Support Hour*! More details to come. If you have any questions please contact Taylor Cooper at 785-274-3348 or Chelsy Wessel at 785-274-3394. ■

PLEASE NOTE

TRASH & TREASURE SALE DONATIONS

At this time donations for Trash & Treasure Sales <u>are</u> <u>not</u> being accepted.

GARDEN CLUB

Next Meeting
Tuesday, March 8
2:00 pm | EV CR

DIVERSITY AND INCLUSION GROUP

Next Meeting
Wednesday, March 9
3:00 pm | Chapel ■



OPEN
MONDAY-FRIDAY
7:00 am—11:00 am



facebook.com/brewsterplace.org

SENIOR SLEEP PROBLEMS

SUBMITTED BY SERENA KENT, LMSW, DIRECTOR OF RESIDENT SERVICES

Borrowed from: Ambala, Mary, et al. "2 Ways to Solve Senior Sleep Problems for Better Rest." DailyCaring, 22 July 2021, https://dailycaring.com/solve-senior-sleep-problems-for-better-rest-and-well-being/.

o you have trouble sleeping? Did you know you are not alone as sleep patterns change with age, causing many of us to have a harder time falling asleep and staying asleep. This article borrowed from dailycaring.com offers some great insight into senior sleep problems.



COMMON REASONS FOR SLEEP PROBLEMS

- Discomfort from medical conditions
- Medication side effects
- Needing to urinate more frequently
- Irregular sleep/wake schedule
- Daytime napping



WAYS TO IMPROVE COMMON SLEEP PROBLEMS AND IMPROVE WELLBEING

CONSULT WITH YOUR DOCTOR

- Write down your sleep schedule for about a week so you can clearly describe your schedule to your doctor.
- Ask if pain from medical conditions or medication side effects could be causing problems with sleep. Find out if increasing / decreasing doses, changing the drug, or changing medication timing could improve your sleep.
- Ask if a light pain reliever (like acetaminophen) before bed or a safer sleep aid (like melatonin) would be safe and helpful.

O EXPERIMENT WITH LIFESTYLE CHANGES

Beverages

- Limit caffeine consumption, even during the day.
- Limit liquids several hours before bedtime. Try to drink more water earlier in the day.
- Always try to use the bathroom before going to bed.
- If you get up frequently because you're concerned about having an accident, perhaps wearing disposable underwear at night for peace of mind or "just in case."

Routine

- Keep a regular daily schedule. Waking up and going to sleep at the same time every day helps signal your body that it's time for bed.
- Limit the length and frequency of daytime naps, especially in the afternoon.
- Try a wind-down period starting an hour before bed. Play calming music, or focus on a mellow activity.

Comfort

- Make sure your mattress is comfortable and supportive.
- Adjust blankets and keep the room at a moderate temperature so you won't get too hot or too cold.
- Use different body positions and support pillows to decrease pain or discomfort.



Brewster
has been a proud
partner of the
KU Lifelong
Learning Institute
since 2007.

Please call
Jamie at 274-3398
to register.
Brewster
residents and
BrewsterConnect
members attend
for free.

ansas is rich in folklore, arising from the many ethnic groups who have settled here. This course will consider the abundant legends and tales of Kansas, the rich tradition of folk art in the state, the unique folksongs that originated here, and

FOLKLORE OF KANSAS

Tuesdays, March 8, 15 and 22 1:00 pm | Chapel our distinctive customs, traditions, and superstitions, among other things. This course will be taught by a true cowboy, Jim Hoy. Jim Hoy, a native of the Flint Hills near Cassoday ("Cow Capital of Kansas"), is director emeri-

tus of the Center for Great Plains Studies at Emporia State University. He is the author of "Flint Hills Cowboys: Tales from the Tallgrass Prairie" and "My Flint Hills: Observations and Reminiscences from America's Last Tallgrass Prairie.

This course explores the biographies of several first ladies, including Martha Washington, Julia Dent Grant, and Mamie Doud Eisenhower. We'll discuss how they enacted the role of first lady and examine how the role of first lady has

THE GENERALS WIVES

Tuesdays, March 29; April 5 and 12 1:00 pm | Chapel evolved over the years emphasizing how each first lady put her own mark on the position. This course will be taught by Diana Carlin and is not to be missed. Diana Carlin, Ph.D., is Professor Emerita of Com-

munication at Saint Louis University and a retired professor of Communication Studies at KU. Dr. Carlin has written several articles and co-authored a book on gender and politics. She also taught courses on women as political leaders, the rhetoric of women's rights, and communication and gender. ■

WINTER MOTIVATION — EXERCISE AND ART



Above: Lila Rice participated in an exercise class at Brewster Health Center. Classes are held on each neighborhood and taught by Restorative Aide Elaine Smith. Residents do as much as they can to stay active each day! Right: Ethlyn Irwin stays active by participating in one of Wellness Specialist Julie Schmanke's classes.





Above: Joyce Funk attended a Valentine Card Making Workshop. Each year residents create hundreds of cards that are given to Meals on Wheels clients. Creative Arts Coordinator Kris Saia makes this project happen. What a great way to stay motivated while serving others!

ON CAMPUS — A few highlights!

TEAM USA CAMPUS PARADE

Friday, February 4 | 2:30 pm | Campus Wide

Calling on everyone to wear their Team USA colors to kick off the 2022 Winter Olympics. Weather permitting staff will parade around campus to officially start the Olympics. You can watch from balcony! Go Team USA!

NEW CARD OR GAME GROUPS

Tuesday, February 8 | 1:00 pm | Brewster Bean

Calling all Evergreens residents and neighbors who want to have fun playing games like Rummikub, Pitch or Canasta. Let's gather and see what everyone is interested in. Please call Jamie if you cannot attend at 274-3398.

BLACK HISTORY MONTH

See article on front page for details.

CELEBRATE TWOSDAY WITH HOT CHOCOLATE BAR

Tuesday, February 22 | 2:22 pm | Brewster Bean and Redwood Lounge

The 22nd day of the 2nd month (February) of the year 2022 will fall on a Tuesday, thus creating a robust "Twosday! So we must celebrate this coincidental calendar date with a Hot Chocolate Bar. Stop by the Brewster Bean or Redwood Lounge at 2:22 pm to celebrate this day.

MARTY EDWARDS SING-ALONG

Saturday, February 26 | 6:00 pm | Redwood Lounge

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

FUTURE EVENTS

NEW THEATRE AND RESTAURANT

Wednesday, March 23 | 10:15 am | Shuttle

New Theatre presents Morgan Fairchild starring in the comedy **Don't Dress for Dinner**. In this show Bernard is planning a romantic weekend with his chic mistress in his charming country farmhouse on Martha's Vineyard, while his wife, Jacqueline, is away. He has arranged for a Cordon Bleu cook to prepare gourmet delights, and has invited his best friend, Robert, along too to provide the alibi. It's foolproof; what could possibly go wrong? Well, suppose Robert turns up not realizing quite why he has been invited. Suppose Robert and Jacqueline are secret lovers, and consequently determined that Jacqueline will NOT leave for the weekend. Suppose the cook has to pretend to be the mistress and the mistress is unable to cook. Suppose everyone's alibi gets confused with everyone else's. An evening of hilarious confusion ensues as Bernard and Robert improvise at breakneck speed. Tickets are \$34 and include lunch. Transportation is \$13. Space is limited. Please call Jamie at 274-3398 to reserve your ticket.

OFF CAMPUS — A few highlights!

DRIVE AROUND TOPEKA

Wednesday, February 2 | 12:30 pm | Shuttle

Come enjoy a leisurely drive around Topeka. We will stop and get an afternoon snack that is sure to delight. Please call Jamie at 274-3398 for reservations.

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, who 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.

ON STAGE LIVE — THALEA STRING QUARTET

Thursday, February 10 | 6:30 pm | Shuttle

On Stage Live will begin their season with the Thalea String Quartet. The quartet brings their signature vibrancy and emotional commitment to dynamic performances that reflect the past, present, and the future of the string quartet repertoire while celebrating diverse musical traditions from around the world. The Thalea String Quartet is the Doctoral Fellowship String Quartet at the University of Maryland. The quartet has also held fellowship positions at the University of Texas at Austin and the San Francisco Conservatory. They served as Associated Artists at the Queen Elisabeth Music Chapel in Waterloo, Belgium for the 2019-20 season and were the 2019-20 Ernst Stiefel Quartet-in-Residence at the Caramoor Center for Music and the Arts. Members are Christopher Whitley (violin) who is originally from Toronto, Ontario, Canada; Kumiko Sakamoto (violin) from Medicine Hat, Alberta, Canada; Lauren Spaulding (viola) from San Antonio, Texas, and Titilayo Ayangade (cello) from Cincinnati, Ohio. Christopher performs on the 1700 "Taft" Stradivari, generously on loan by the Canada Council for the Arts Musical Instrument Bank. Tickets are \$25 and can be purchased on the OSL website. Please call Jamie for transportation reservations at 274-3398.

TOPEKA SYMPHONY ORCHESTRA

Saturday, February 12 | 6:45 pm | Shuttle

TSO will feature the grand duet *Pas de Deux* — a love story in ballet form — and this concert will present the epic love story of Ravel's *Daphnis and Chloe*. Gorgeous and lush, this orchestral masterpiece tells an impressionistic story. They will also present American composer Amy Beach's courtly and elegant *Bal Masque* for the first time in Topeka. They will also feature soloist David Briggs is one of the preeminent organists of our time, playing his own organ concerto on the magnificent organ in White Concert Hall. 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.

DAY OUT IN DOVER AND TRIP TO VOLLAND STORE

Wednesday, February 23 | 10:00 am | Shuttle

The Dover Café has remodeled. Let's go check it out and grab an early lunch. We will then head to the Volland Store to see their current art installation by Deanna Dikeman called Leaving and Waving. Deanna Dikeman: Leaving and Waving: A gesture, repeated 90 times shares a "story about family, aging, and the sorrow of saying goodbye." For 27 years Deanna Dikeman photographed her parents waving goodbye during visits to their suburban Sioux City, lowa home. Across the nearly three-decade arc we witness the seasons' turn, additions to the family, as well as losses. A through-line in the moments, played out 90 times, is the humanity felt from a simple gesture. All 90 departures are shown inside the gallery, while six are reproduced at a large scale and shown around Volland. Much has been written and said about Deanna Dikeman's Leaving and Waving. Articles in The New Yorker and Brooklyn Rail (to name just two) and podcast interviews, Analog Talk and Boldly Stated (two of several), give insight on Dikeman's path to photography and the series. Dikeman has received much acclaim for the series, showing at Cortona on the Move festival in Cortona, Italy and the Bibliothèque nationale de France, François Mitterrand Library, Paris in 2021. Lunch is Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 to reserve your seat.