



Women's History Month has its origins as a national celebration in 1981 when Congress authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

(womenshistorymonth.gov)

To honor this month, we are offering two excellent programs.

 **The Brewster Diversity and Inclusion Group Presents**
Arab Muslin Women Living in Western Societies
with Dr. Bassima Schbley
Friday, March 25 | 10:00 am
Brewster Events Cultural Arts Center

Since 2013 Dr. Schbley has served as an Associate Professor of Social Work at Washburn University having served as Assistant Professor at Washburn from 2003-2013. Much of her scholarship focus is on research regarding culture and belief systems of Muslim Middle Eastern women living in the United States. In addition she has focused on teaching, research, and publication, along with national and international presentations on oppression of Muslim women, PTSD in Middle Eastern children, spirituality, Islam, and providing clinical services to Middle Eastern cultures.

 **Kansas Humanities Book Talk**
Women Around the World
Like Water for Chocolate by Laura Esquivel
Thursday, March 31 | 2:00 pm
The Evergreens Brewster Bean

The series **Women Around the World** introduces readers to the voices of women novelists from Latin America, Africa, and Ireland, a European nation with a colonial past. The worlds these writers evoke are remarkably diverse, from the gritty South Africa of Nadine Gordimer to the magical terrain of Laura Esquivel's Mexico. They put us on intimate terms with some realities unfamiliar to Americans: revolution, polygamy, the crimes of dictatorship. At the same time, readers will identify with universal themes that shape the lives of women everywhere: love, growing up, the joys and disappointments of marriage, and the struggle for respect and identity.

Our first book is *Like Water for Chocolate* by Laura Esquivel. Obedient daughter Tita rebels when tradition and a tyrannical mother conspire to keep her from true love in this enchanting story of romance, recipes, and magic.

Book Discussion Leaders: Miranda Ericsson.

In April we will read *None to Accompany Me* by Nadine Gordimer. We will finish in May with *So Long a Letter* by Mariama Bâ.

Please call Jamie at 274-3398 to borrow copies of these books. ■

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.

BREWSTER ART CAMP RETURNS!

MONDAY, MARCH 28

BLEEDING TISSUE SILK SCARVES

We're bringing back this popular art project, but this time with a twist in collaboration with Chaplain Caroline. Purple is the traditional color of Lent — it represents the sorrow of Christ's suffering on the cross and the solemnity of repentance. Light rose is another color we might associate with spring — the blush of dawn — beginning of a new day. We'll use these two colors to tissue-dye a simple silk scarf you can wear or use as a meaningful prayer/meditation piece in observance of the Lenten season. Beautiful! Call Kris for a reserved seat — limit 14.



TUESDAY, MARCH 29

SPRING BIRD NEST

Think like a birdie! We'll use soft wire, yarn, ribbons and fabric scraps to weave together a whimsical bird nest. Every nest turns out to be a little work of textile art. Fill it with candy or eggs for your home, or make one to give as a springtime gift. Channel your inner bird-brain — maybe that's why it's one of Kris's favorite crafts.

WEDNESDAY, MARCH 30

POPPIES A LA O'KEEFE

Big, beautiful blooms that explode off the edge of the paper, that's the signature style of artist Georgia O'Keefe. Join us to paint a brilliant poppy that we'll combine into one big paper "quilt" to display at Brewster. No painting experience necessary.

THURSDAY, MARCH 31

SURPRISE!

We aren't going to tell you what this project will be— in fact, we don't KNOW what this project will be! Live on the edge and join our new Creative Arts Coordinator (and Kris) for an afternoon for fun. Get your artsy-craftsy on.

FRIDAY, APRIL 1

COLOR DRUNK

After this long winter, we need COLOR! Come to the Hot Doggity Lunch that Jamie is planning at 11:30 am at the Brewster Events Center, and while you're there, stop by and make your mark on our big abstract collaborative mural. Pinks, yellows, blues, greens — all the colors of spring! ■

AFTERNOON MOVIE

Who was the Real Beatrix Potter?

Friday, March 11 | 1:00 pm

Main Street Chapel

Who doesn't love Peter Rabbit? You're invited to watch a charming documentary about British writer/illustrator Beatrix Potter. After the movie please stay for a very proper cup of tea and a treat in the Main Street Pavilion while we create a little stack of Easter cards you can send to your friends. Call Kris Saia at 274-3317 to reserve your spot. ■



This month we finally get to say goodbye to winter! Though it is often said that March “comes in like a lion,” this month transitions to the sweeter time of spring. Warmer weather is around the corner, waiting to usher in this next phase of

FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

INNER TRANSFORMATION

Growing up, I would always try to watch the large maple tree by my house, trying to pinpoint the day when its branches transitioned from bare to budding to filled with leaves. Despite my efforts every year, it would always catch me by surprise, as if I had only blinked and the greenery had erupted before me.

This transition into spring is a good metaphor for our inner lives. As we work on ourselves, if we focus and put in the effort, the changes may not be noticeable day by day, but one day we will look around and suddenly see the fruits of our labor.

This year, March also marks the beginning of the Lenten season, a time of preparation for the wonders of Easter and our celebration of the Resurrection. Lent is a time for inner transformation, a time for each one of us to pay attention to how we connect with the Holy in our lives and how we can become closer to the community around us. Let us all take this month to focus on what truly matters in our lives and perhaps we will begin our own transformation as we do. ■

the year. Transitions are interesting times, periods when we are not easily one thing or the other, as we slowly become something new until the moment we realize that the change is complete.

ASH WEDNESDAY

Wednesday, March 2

3:00 pm | Main Street Chapel

Chaplain Caroline will lead the service which includes the imposition of ashes. She will also be available to impose ashes throughout the day. Please contact her at 785-274-3349 by March 1 if you are unable to attend and would like her to impose ashes. ■

LENTEN BIBLE STUDY

Thursdays During Lent

Beginning Thursday, March 3

1:00 pm | Main Street Chapel

Join Chaplain Caroline for a six-week Bible Study. We will be exploring important themes of our faith as we embark on our Lenten journey. ■

COMMUNION AND TIME OF PRAYER AND REFLECTION

Mondays During Lent

Beginning Monday, March 7

1:00—2:00 pm | Main Street Chapel

You are invited to drop by the Chapel each Monday during Lent for Communion and private reflection on the meaning of Lent. Chaplain Caroline will be available to provide Communion and/or a blessing as we navigate this holy time of year. ■

Man's best friend is going to love this apartment in The Evergreens. There are only a handful of units in The Evergreens that can offer a fenced in area for Fido to enjoy



a little sunshine and fresh air — this is one of them!

The Evergreens 127 faces north and is located close to covered parking and has easy access to the elevator and storage. The warm oak color of a beautiful built-in wall cabinet offers a homey

feel and an incredible amount of storage and shelf space for those precious pieces of family keepsakes to be displayed.

The kitchen is lovely with custom-built cabinets that are the same rich oak as the built-in and seamlessly draws the kitchen and living room together for a tailored look. Prospective residents will get to choose paint colors and flooring to complete an updated look and make this apartment a home.

For tours and information contact Chris Gallagher at 785-274-3351 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! ■

MEDICATION SAFETY PROGRAM

Thursday, March 17

10:00 am | Main Street Chapel

Please join nursing student Kate McLellan for this important program about Medication Safety. Kate has prepared a PowerPoint and will be happy to answer your questions as well. ■

WON'T YOU BE MY NEIGHBOR INTEREST AND PLANNING SESSION

Thursday, March 24

10:00 am

**The Evergreens
Community Room**

Moving is hectic, hard and draining, but the load can be lightened a little, when a friendly neighbor welcomes you to the block, and offers their guidance and advice.

The new **Won't You Be My Neighbor** program kicks off at Brewster Place this spring. Residents who would like to be one of the first to shake hands (or fist bump) new arrivals to campus are invited to sign up for this fun assignment.

All new residents receive an orientation from Sales and Marketing and a welcome from the Resident Services Team, but there is nothing like having current residents sharing tips and offering insight about living at Brewster Place. Resident Ellen Brown from The Evergreens will coordinate the program to insure that every resident who moves in has a go-to person in their building or block to ask questions and learn the ropes.

If you have any questions call Chris Gallagher at 785-274-3351. ■

EVERYONE HAS A STORY TO TELL



JULIE REEVES

BY DIANA REED, RESIDENT

Julie Reeves smiles all the time. Her eyes sparkle, her hands clap and you never want to forget the words she says.

“I was born by the Mississippi River and I have Mississippi River water in my veins,” she says with a giggle. “Would you like a cookie?” she asks, passing the floral plate. “These are my favorite cookies. Tea?” she asks, handing a matching tea cup across the tea pot. “I had a great granddaughter here Saturday, and she brought this delicious tea. Do you like it? Oh good!” She’s smiling again and I think, can I come back here tomorrow?

Julie is a beautiful 99 year old, with a clear complexion, an adorable haircut and a beautifully matching soft pink sweater, pants, jacket and a silk scarf. “I’ve lived here at Brewster almost 21 years,” she says between sips of tea.

“There’s always a tipping point,” she confides. “My husband had died, my house had five bedrooms, and then the lawn boy retired. I thought that’s the tipping point. It’s time for me to move to Brewster Place. We had an amazing life and had made the decision while my husband, Brooks, suffered with cancer. Here there are friends, activities, and I never looked back.”

“Brooks and I had a wonderful life together. He was the head of law at Santa Fe and dressed for the office every day. We have three amazing sons. When I moved to Brewster they told me, ‘we won’t leave you alone.’ One of them or their family was here

at least every day while I was moving. It was faultless. I am very lucky,” she said.

“Brooks and I chose Brewster Place because of the levels of care. I’m so grateful that I had a healthy life and that my brain still works from way back when,” she said.

Julie shared the gifts she had from her positive childhood. “Mother fixed a basket each Thanksgiving with other mothers from the school PTA for people who didn’t have food. Occasionally someone would come to our door for food. Mother would fix a plate. They would sit under a tree or on a chair. This was the Depression when lots of people were trying to find work. In those days, you didn’t waste a thing. In Swedish, it was called ‘schlect to schlect’, cousin to cousin. My father’s undershirts became washcloths. And as I grew I found that history is the best detective story you will find.”

When Julie was in college at Augustana College in Rock Island, Illinois, she became interested in radio and in writing for radio stations. This was in 1944, war-time, when women had opportunities to help with the war effort. Julie began speaking on the radio and having her own radio shows. “I joined the American Association of University Women (AAUW),” she said.

Julie and Brooks moved to Omaha, Nebraska and then on to Lincoln, Nebraska and finally to Topeka. In Topeka, Julie worked for WREN radio. She started the shows Mobile Meals, Symphony League,

Continued on page 7...



WITH CHELSEY WESSEL
COMMUNITY ENGAGEMENT SPECIALIST

SHOUT OUT TO WASHBURN U

A big shout out goes to Washburn University’s Bods Care Team for helping Brewster staff and residents with the Redwood transition moves that are preparing the way for the Redwood update in the coming months.

GIRLS SCOUT TROOP #4386

Thank you to Girl Scout Troop #4386 for helping us make Valentines for our friends at Meals on Wheels. Their help was much appreciated as we all “shared the love” last month.

BREWSTERCONNECT

The BrewsterConnect program continues to grow! If you have friends or family who are interested in joining this monthly membership program at Brewster Place, have them call Chelsy Wessel at 785-274-3394 to lock in the current membership price. ■



TAKE A BREWSTER SELFIE!

With a quote about why you love Brewster!

► Text it to Chelsy at 785-817-8564

*“Brewster is so fun! I smile everyday.”
-Chelsy Wessel*

TECH SUPPORT HOUR

As mentioned in last month’s Brewster News, Brewster is partnering with Washburn University Student Computing Association (WUSCA). The students in this association are studying computer science and therefore have the passion and knowledge to help others with computer trouble.

Beginning March 18, Washburn students will be available to assist residents experiencing technology trouble. WUSCA will have **Tech Support Hour** the 3rd Friday of every other month from 2:00-3:00 pm in the Redwood Founders Room.

If you have a portable device such as a phone, tablet, or laptop that is causing you trouble, head down to the Founders Room on March 18 to meet with our student volunteers from Washburn.

If you have questions please contact Taylor Cooper at 785-274-3348 or Chelsy Wessel at 785-274-3394. ■

PLEASE NOTE MEADOWLARK HILLS HOME HEALTH

Meadowlark Hills Home Health at Brewster has an office in The Evergreens. They provide certified home health services and are not connected to the neighborhood called Meadowlark at Brewster Health Center.

COMPASSION FATIGUE

Our world is not only fast-paced and complicated, the last couple of years have required all of us to use our sense of compassion and care for others in ways we never

Compassion Fatigue
with Carolyn Szafran, CSW
Friday, March 11
2:00 pm
Cultural Arts Center

did before. Whether as caregivers, family members, friends or neighbors, we have all had to care for each other while processing the loss of independence, freedom to

see our loved ones, and spending more time alone with those closest to us. No one is immune from compassion fatigue.

Residents and staff are invited to a one-hour program about compassion fatigue presented by Carolyn Szafran. In 1974, Carolyn Szafran obtained a Bachelor of Fine Arts Degree with a minor degree in secondary education from Washburn University. In 1977, she received a Masters of Science from Kansas State University with an emphasis in special education. She earned her Masters of Social Work degree from Kansas University in 1987 specializing in school social work. Carolyn is a licensed specialist clinical social worker and her years of clinical practice have focused on helping women, children and families recover from family violence.

Carolyn began teaching as an adjunct teacher at Washburn University in August 1996 and became a full time Instructor/Field Coordinator in the Social Work Department in August 1999. Today, as a Certified Clinical Trauma Professional, she uses her clinical experience to help educate and support trauma therapists in acknowledging and addressing secondary stress conditions and self-care as it pertains to professional ethical standards. Carolyn maintains a private practice in Topeka and is on the Advisory Committee of the Behavioral Sciences Regulatory Board. ■

RESIDENT HANDBOOK AND DIRECTORIES

Updated Resident Handbooks and Resident Directories will be handed out by the end of March.

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and Let's Meet Julie — a show she hosted for 25 years.

This amazing woman began to give programs to the AAUW, the library, and then at Christmas, Julie performed, "Sarah, the Inn Keepers Wife," in costume. Some of her favorite programs were about President Lincoln.

Julie never forgot her love of history and searching through references to make sure her programs were accurate. She was pursued by many friends and organizations for years to present her wonderful programs.

Julie's love of life literally shines through every word she speaks, every move she makes. She enjoys exercise classes at Brewster Place — on land, in the water and online. She adheres to a strict diet. She continues learning now in the same joyful, outgoing way she learned as a child. Every experience she has today is new as she approaches her 99th birthday.

"More tea," she asks, with a gracious smile. As I prepare to leave, I think I'd like to visit this special woman often.

Julie says, "I think of my life as a series of lives. I've had a great time. I take every day as a gift."

Julie Reeves IS a gift to all of us. ■

VÄLKOMMEN



TILL LINDSBORG

We invite you to join Jamie Fritz, Activities Coordinator, for a spring-time trip to Little Sweden USA — Lindsborg, Kansas. The City of Lindsborg was settled in the spring of 1869 by a group of Swedish immigrants from the Värmland province of Sweden led by Pastor Olof Olsson. They envisioned a community rich in culture, learning, religion, business and farming. These values remain strong today as evidenced by a city that is rich in the performing and visual arts; home to Smoky Valley School District and Bethany College; Baptist, Catholic, Covenant, Lutheran and Methodist churches

Day Out in Lindsborg
Wednesday, March 30
7:45 am | Shuttle
Cost is \$30 for tours and lunch.
Transportation is \$13.
Please call Jamie at 274-3398
to reserve your spot.

thrive; a place where retail, industry and business thrives; and agricultural continues to play an important role in the community. (lindsborgcity.org)

Your day in Lindsborg will begin with a guided tour of the world famous Birger Sandzen Memorial Gallery on the campus of Bethany College. After our tour we will enjoy a lovely Swedish plated lunch at Crown and Rye. In

the afternoon we will tour the Hemslojd-Dala Horse Factory and the McPherson County Old Mill Museum. Our final stop will be Scott's Hometown Foods the authentic Swedish grocery store. ■

WE'VE HAD A LOT TO CELEBRATE!



Susan Holm introduced the poets at the Black History Month program in February. Many thanks to Susan and her husband, David Wexler, for planning many of the programs to celebrate Black History Month.



Julie Reeves, Donna Robinson and Jeane Johnson were all in attendance at Social when we celebrated National Margarita Day. Every Monday afternoon residents enjoy Social with their friends and many stay for a delicious meal from The Market on Main Street.



Lynne and Marjorie Van Buren also attended Social to enjoy a cool beverage, nice snack and great conversation with friends. Lynne and Marjorie participate in many activities and classes and are always kind and caring toward others.

ON CAMPUS — A few highlights!

STRONGER TOGETHER SUPPORT GROUP

Thursday, March 3 | 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 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 at 785-274-3348 for more information.

BEVERLY ROBARDS PIANO CONCERT

Thursday, March 3 | 3:00 pm | Redwood Lounge

Kick off the month of March with an Irish themed piano concert with the talented Beverly Robards.

CAREGIVERS SUPPORT GROUP

Tuesday, March 8 | 10:00 am | Chapel

The purpose of Caregiver Support Group is to provide an open environment for the exchange of thoughts, feelings, and information pertaining to the care of a loved on. Participants gain perspective, encouragement, and stress management tools that come from hearing others talk about their experiences. While attending a group is not the solution for all, it can be a vital part of maintaining the health and well-being of both a caregiver and their loved one. Groups provide vital education about managing care that reduces stress for all involved. Caregiver Support Group meets on the second Tuesday of every month at 10:00 a.m. in the Main Street Chapel. This month we will meet on March 8. Please call Taylor Cooper at 785-274-3348 if you have any questions.

KU OSHER LIFELONG LEARNING: FOLKLORE OF KANSAS

Tuesdays, March 8, 15 and 22 | 1:00 pm | Chapel

Kansas 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 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 emeritus 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. Please call Jamie at 785-274-3398 to register.

KU OSHER LIFELONG LEARNING: THE GENERALS WIVES

Tuesdays, March 29; April 5 and 12 | 1:00 pm | Chapel

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 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 Communication 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. Please call Jamie at 785-274-3398 to register. There is no cost to Brewster residents and connect members.

KANSAS HUMANITIES BOOK TALK SERIES: WOMEN AROUND THE WORLD

Thursday, March 31 | 1:00 pm | The Evergreens Community Room

See article the front page of this issue.

PLEASE NOTE PICKLEBALL GROUPS

If you plan to play Pickleball and need the Cultural Arts Center lights turned on, please contact Security at 785-274-5000. Thank you!

OFF CAMPUS — A few highlights!

FUN DAY OUT

Wednesday, March 2 | 10:00 am | Shuttle

Come enjoy the day with Jamie. We will begin the day with a trip to the Casino with a most delicious lunch. surely we will leave winners. Then we will head to check out the stores at St. Mary's getting in the mood for warmer days. Lunch, Gambling and Shopping are Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

GREAT OVERLAND STATION FOR DINO DAYS

Wednesday, March 9 | 12:30 pm | Shuttle

Topeka Dino Days is a four-month-long celebration featuring incredible dinosaur-themed exhibitions, activities, and events at various locations throughout Topeka. We will start our journey in Downtown Topeka at **Topeka Dino Days Base Camp**. We will then proceed to Great Overland Station. The Station is featuring SUE the T. rex Experience from the Chicago Field Museum. We will then to stop for an afternoon milkshake to refuel ourselves. The tickets and milkshake cost \$13.50. Please call Jamie at 785-274-3398 for reservations.

TOPEKA FESTIVAL SINGERS

Monday, March 7 | 6:30 pm | Shuttle

The Singers theme will be Feel the Spirit for this concert. It is sure to be an uplifting concert of beautiful voices. If interested in tickets, please call 785-274-9009. For transportation, please call Jamie at 785-274-3398.

TOPEKA CIVIC THEATRE

Thursday, March 10 | 6:00 pm | Shuttle

TCT presents *Kinky Boots*. In this award winning show, Charlie Price has reluctantly inherited his father's shoe factory, which is on the verge of bankruptcy. Trying to live up to his father's legacy and save his family business, Charlie finds inspiration in the form of Lola. A fabulous entertainer in need of some sturdy stilettos, Lola turns out to be the one person who can help Charlie become the man that he is meant to be. As they work to turn the factory around, this unlikely pair finds that they have more in common than they ever dreamed possible... and discover that, when you change your mind about someone, you can change your whole world. Tickets are \$32. Please call Jamie at 785-274-3398 for tickets and reservations on the bus.

NEW DINNER THEATRE

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. The tickets cost \$34 and include lunch. Transportation is \$13. Space is limited. Please call Jamie at 785-274-3398 to reserve your ticket.

DAY OUT IN LINDSBORG

Wednesday, March 30 | 7:45 am | Shuttle

Spend a wonderful spring day in Lindsborg. We will begin with a guided tour of the world famous Birger Sandzen Memorial Gallery. Then we will enjoy a lovely Swedish plated lunch at Crown and Rye. We will fill our afternoon with a tour of the Hemslojd Dala Horse Factory and the McPherson County Old Mill Museum. Our final stop will be Scott's Hometown Foods the authentic Swedish grocery store. Cost is \$30 for tours and lunch. Transportation is \$13. Please call Jamie at 785-274-3398 to reserve your spot.