



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

The purpose of Alzheimer's and Brain Awareness Month is to raise awareness among the general public, as well as among policymakers, public authorities, industry representatives, scientists, and health professionals.

Awareness and recognition are key to increasing the recognition, diagnosis, understanding, and management of Alzheimer's disease and other dementias.

(alzheimersnewstoday.com)

EDUCATIONAL PROGRAMS

Brewster's Resident Services Team has partnered with two expert agencies to bring two excellent educational programs about Alzheimer's and brain health to you in June and July.

UNDERSTANDING ALZHEIMER'S DISEASE AND DEMENTIA

PRESENTED BY CINDY MILLER, LMSW,
CCN COMMUNITY NAVIGATOR,
KU ALZHEIMER'S DISEASE RESEARCH CENTER

Thursday, June 23
1:00 pm
Cultural Arts Center

- Normal aging vs. Alzheimer's disease
- Reasons for early diagnosis
- Wellness model of care
- Support/resources

Please call Taylor Cooper at 785-274-3348 for more information.

EFFECTIVE COMMUNICATION STRATEGIES

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

Thursday, July 7
10:00 am
Cultural Arts Center

Join us to learn about:

- How communication takes place when someone has Alzheimer's.
- How to decode the verbal and behavioral messages delivered by someone with dementia.
- Identifying strategies to help you connect and communicate at each stage of the disease.

Communicating is more than just talking and listening. It's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language.

This presentation is open to the community. If you are interested in attending, please call Taylor Cooper at 785-274-3348. ■

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 SAMANTHA BANKS, CREATIVE ARTS COORDINATOR | 785-274-3317

“POTHEAD” GNOME WORKSHOP

Thursday, June 2

1:30 pm | Klinge Activity Center (Redwood lower level)

This craft was so popular in the May Bazaar workshop, we are bringing it back for an encore! Come make your own adorable flower “pothead” gnome to sell in the Mini Bazaar on June 10. All supplies provided. No reservations needed.

ALCOHOL INK CLASS with NANCY JONES

Thursday, June 16

1:00 pm | The Evergreens Art Studio (Fee is \$30)

Call Sam at 785-274-3317 to reserve your spot for this Alcohol Ink Workshop! In this two-hour class, learn alcohol ink technique taught by artist Nancy Jones. Cost includes all supplies, and you will leave the class with two finished works of art.

MOVIE WITH SAM

Impressionism and Claude Monet’s Menu

Friday, June 17 | 1:30 pm

Main Street Chapel

In a series of short videos, learn how the Impressionist art movement began, as well as what one of its most famous artists, Claude Monet, ate in a day. You may be surprised at how it inspired his paintings!

mini BREWSTER BAZAAR

Friday, June 10

10:00 am—3:00 pm

Redwood Lounge

Open to residents, BrewsterConnect members and staff only.

Come one, come all for a Brewster Bazaar! We will have crafts of all kinds for sale. Whether you’re searching for something handmade to decorate your home or a gift for a loved one, you’re sure to find something for everyone at the Bazaar. If you have any questions, or would like to volunteer to help, contact Sam at 785-274-3317.

MAKE IT MONDAYS

1:30 pm

Penthouse Art Studio
(Redwood 6th floor)

Join Sam each Monday in the Penthouse Art Studio to talk and make all things fiber arts and small crafts. Whether you’re a pro seamstress or just beginning to get crafty, this time will be a great way to get creative together! If you love Pinterest, you’ll love this. No reservations necessary.

TUESDAYS PAINT WITH SAM

1:00—3:00 pm

Penthouse Art Studio
(Redwood 6th floor)

In this come-and-go open studio set up, come work on individual projects. There are multiple art books and resources to gather inspiration or come with your own idea! Sam will be available to provide tips and advice in this self-directed class.

WEDNESDAYS ART FUNDamentals: WATERCOLOR

10:30 am | Penthouse Art Studio

1:30 pm | Evergreens Art Studio

Back to basics! This structured art class will teach you the fundamental techniques of a different media every month. For June, Sam will walk you through the basics of watercolors. You do not have to attend every session, and you can start at any point. Give Sam a call at 785-274-3317 to save your space! ■



FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

ENJOY EACH MOMENT

Summer is almost here! Later this month we officially move into the summer season, ready for all that this new season brings. June is a month of sunshine and warmth, of excitement and joy. Children will be getting out of school for their summer breaks and gardens will be in full swing, the anticipation for the future growing with each day.

June is also the month for the most sunshine, with the longest day of the year occurring on June 21st this year! This is a good time to get outside and to experience the wonders of nature, feeling the warm breeze on your skin, smelling the fresh cut grass and the flowers all around.

Life so often feels like it is rushing by far too fast. By experiencing the quiet joys of the world around us, we can learn to sa-

vor each moment as it comes. Take a walk through our beautiful campus this month. Invite a friend to sit outside and chat. Watch the squirrels and birds as they frolic amongst the trees.

As the year seems to be going by fast, we should all remember to take moments to invest in each day. Enjoy the moments as they come, relish any new experience that comes your way. Even those things that have become habit can offer something new, if we only take the time to see them with fresh eyes.

Enjoy each moment, knowing that while time itself continues on, each second gives us the opportunity for joy and for peace. This month take advantage of one new thing, experience all that life can bring, and enjoy the days ahead. ■

BREWSTER MEMORIAL SERVICE

Wednesday, June 22

2:00 pm | Main Street Chapel

This month Chaplain Caroline will lead a Brewster Memorial Service for us all to remember the friends and neighbors we have lost this year. You are invited to this time of remembrance and reflection. ■

LIVESTREAM ASSISTANCE

Now that many religious services are being livestreamed, many places of worship have put these services online for viewing. If your place of worship offers this and you would like to learn how to access the livestream on your personal device, please reach out to Chaplain Caroline at 785-274-3349 for assistance. ■

BREWSTER CARE PACKAGES DELIVERED

We are excited to report that the Brewster care packages have arrived to the American troops in Poland! The soldiers were very excited to receive the thoughtful gifts and it did not take long for everything to be parceled out. A big thank you to everyone who donated! ■

This month's featured Home of the Month is the perfect home! It offers just the right amount of square footage for



your comfort; desirable outdoor living space, storage for off-season clothes or décor, parking, and, of course, services and

amenities including all utilities, every-other-week housekeeping, inside and outside maintenance, and so much more!

So, which Brewster property is the perfect home? This month Sales and Marketing is featuring **YOUR** Brewster home as the Home of the Month, along with every other unique and perfect Independent Living residence at Brewster Place!

Thank you to residents and staff who have referred friends and family to Brewster. We are happy to report as of May 16, the Independent Living Sales and Marketing census is **96.8%**. To learn how our fully refundable wait list can assist prospective residents find their perfect home during this time of limited availability, contact Chris Gallagher at 785-274-3351.

Joining the wait list automatically makes you a member of **BrewsterConnect**, (which means you enjoy all of the amenities of the Brewster campus while still living in your home).

And there's more! Brewster residents who refer a friend will receive one month's free rent once a referral moves in. Enjoy **your** Home of the Month, every day of the year at Brewster Place! ■

SEVERE WEATHER EMERGENCIES

REDWOOD and THE EVERGREENS

BY RON DEAN, SECURITY AND SAFETY MANAGER

Announcements will be made over the public address system in Redwood and The Evergreens when Shawnee County enters into a Tornado Warning and Brewster Place is in the path of the storm.

The Redwood shelter is in the basement of Redwood in the Trueblood Resident Art Gallery hallway. The Evergreens shelter is the Community Room on the ground level of The Evergreens. The overflow is the Wellness Center, which is in the same hallway.

When staff make an announcement there will be voice communication only, there is no alarm or siren. Your speaker can't be set to private, if so, you will not hear the announcement in your apartment.

If you are remaining weather aware by watching local news, a weather radio or your smart phone app, and I encourage you to do so, and you see that we are in a Tornado Warning; go to the shelter. You do not have to wait for an announcement. The elevators will work during a weather emergency. Keep in mind that they will be busy, so please be patient. ■



BPTV Channel 1960

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

Morning audio announcements occur Monday—Friday from 8:00—8:30 am



EVERYONE has a STORY to TELL

DR. BART RAMSEY, MD | BY DIANA REED, RESIDENT

You may see Bart Ramsey walking the halls or climbing the stairs at The Evergreens or Redwood, or enjoying the pleasant weather outdoors on the Brewster campus. He may be having a meal at any of the restaurants or casual eating places on campus. He can be seen exercising at Tai Chi or stretching almost any day at a class, or sitting talking to a friend in a quiet spot at a table at any number of get togethers. He is usually dressed to the nines, seldom without his walking stick and a smile. Wherever we see him, he is an admired fixture. Everyone knows him and loves him.

Ninety-six year old Dr. Bart Ramsey has recently moved from his Birchwood home to a lovely apartment in Redwood. His new digs are surprisingly elegant and large. He has an adequate kitchenette, a living room, TV room, office, bedroom and two baths. His apartment is decorated with lovely furnishings Bart brought with him: a beautiful chandelier in the breakfast room, gorgeous handmade pieces from all over the world, and lovely paintings. The home is just glorious.

Bart was born in Kansas City, the only child of a purchasing agent for Sinclair and a stay-at-home mother who was a figure skater and a skilled master gardener.

He met Harriette in high school and later met her again in a chance meeting at a Kansas City Philharmonic Orchestra concert. While attending school at Kansas University, he talked to Harriette every day to tell her what he'd done — he said, "She was so sweet." They married in 1950.

In 1947, Bart graduated medical school from KU and was in the medical fraternity. In 1955, he was drafted into the army and sent to Walter Reed Hospital to the pediatric department. "Those two years were wonderful training," he said. He then joined the Topeka Medi-

cal Center where he spent 25 years in practice. He went to the Topeka Pediatric Group for 14 years. There were six or seven men in this group which allowed for deep friendships and respect for one another. Dr. Ramsey retired in 1993 after serving 39 years in pediatric private practice.

Bart and lovely Harriette had four children, three daughters and a son. They also have five grandchildren and four great grandchildren. They looked back on their years with joy.

After his retirement Bart turned to helping children with their math at Shaner Elementary School. He enjoyed this volunteer job for four or five years.

Bart recalled a wonderful aunt and a maternal grandmother who were "so good" to him and these memories made him dig into genealogy. He looked into the genealogy of his paternal family.

Harriette and Bart took several trips after Bart's retirement. Some of these trips were to Italy, Greece, Spain, China, England and Scotland. Bart looks back on them with wistful joy. Unfortunately, Bart's Harriette developed some significant illness and passed away in 2016.

Now, Bart's life revolves around his family, friends, exercise and healthy eating. His recent move to Redwood fills his life with happiness. "I talk, sit to be fit, walk, climb the stairs. My friends and my faith are very important to me," he said. "I am a member of St. David's Episcopal Church where I help with communion. I am a Eucharistic minister there," he said. He is also active planning and participating in Grand Rounds.

At the age of 96, Dr. Bart Ramsey has a lot to look back on and a lot to live for today. "My life's been wonderful," he said. His kind smile says it all! ■



COMMUNITY ENGAGEMENT

WITH CHELSEY WESSEL | COMMUNITY ENGAGEMENT SPECIALIST

VOLUNTEER, RIGHT HERE

If you are interested in volunteering at Brewster Place or have a need for a volunteer on campus, please call Bruce Bower at 785-274-5529. Bruce is chair of the Volunteer Committee of Resident Council.

MEALS ON WHEELS DRIVER'S NEEDED

Meals on Wheels is in dire need of volunteers to deliver lunches in Shawnee County. Some routes take only 30 minutes. This one meal a day is sometimes their only meal. But it is even more than a meal, the delivery is also a safety check! If you are interested in delivering for Meals on Wheels contact Bruce Bower at 785-274-5529.

24 for LIFE!

24 for Life is part of the National Diabetes Prevention Program, in collaboration with American Diabetic Association and led by the Centers for Disease Control and Prevention (CDC).

24 for Life uses PreventT2 curriculum which is research based CDC approved and has proven to be an effective lifestyle change program to help prevent or delay type 2 Diabetes. The program can also lower your risk of having a heart attack or stroke, improve blood pressure, improve your overall health, and help you feel more energetic.

You will work with a trained lifestyle coach and have a support group to share goals and struggles. Some insurance plans will cover the cost for 24 for Life.

To learn more or find out how to register, please call Chelsy Wessel, Community Engagement Specialist, at 785-274-3394.



BEGINNING BASKETS

Doorstep offers many services to help our neighbors in need every day. *Impact Avenues* is a program through the City of Topeka that collaborates with over 35 partner agencies. They work together to address the needs of homeless students and their families in Shawnee County. The families attend a series of classes and once completed, are placed in a home. Doorstep puts together a *Beginning Basket* full of basic items for their new home.

Let's collect items to help Doorstep create multiple *Beginning Baskets* for families in need!

ITEMS NEEDED:

- Sets of measuring cups
- Sets of measuring spoons
- Hand can openers
- Spatulas, scratch pads
- Dish Soap
- Comet
- Kitchen towels
- Roll of Paper Towels
- Package of toilet paper (4 pack)
- Mixing bowls
- Pizza pan/cookie sheet
- Laundry soap
- Laundry baskets (basic round)
- Blankets
- Comforters
- Pillows
- Towels
- Dishes cups

Donations are accepted until July 1. Please send your donations to Chelsy Wessel at the Stonehouse or call her at 785-274-3394 with any questions. ■

BREWSTER WRITING CLUB

Residents at Brewster Place don't just rely on staff to organize things. Many residents begin their own groups or clubs with those who share the same interests. One such group is the Brewster Writing Club which was started by resident Jan Stotts. This group meets twice a month and is challenged to write in different genres. Recently the group was challenged to write poems or stories using only one syllable words. Enjoy this sampling of their work.

SPRING

BY JOYCE HAZELTON

Spring
Snow is gone
Rain is here.
Trees white, pink
and red, bloom.
Soft and sweet.

Nose runs
And sneeze.
Eyes itch.
Price of spring
But worth it.

DONE

BY MARJORIE
VAN BUREN

I love my life
I live with Lynn
I do not care
What's out or in

I wrote a book
It's not so much
It tells of bombs
And guns and such

It also tells
Of love—and, hey!
I don't know why
It went that way

I like this game
I find it fun
But now I think
This verse is done

ONE SYLLABLE WAR

BY JAN STOTTS

War is a bad dream.
It can tear down towns
dig mass graves,
starve both young and old,
break hearts and minds.
It is a fire blown by an
ill wind from the east.

Peace is a wish, a dream
to those who hide from bombs,
who board trains in tears
to leave their homes
and those they love as
they flee from fear to hope
and help in the west.

Can we help? Can we
shame those who have
no shame, beg those who
have no heart to hear
our pleas? Or must we fight
flames with more flames
'til the world is one huge fire
and all are burnt?

PIG TALES

BY CINDY STAFFORD

Frank the pig was born one night
In warm soft hay at moon's last light.
Small and round and warm and pink,
He grew quite large in just a wink.

On the farm he made good friends,
But they met with such sad ends.
The eggs were served with sides of toast.
The calf grew up to be a roast.

He would not share this sad fate,
Served up on a great big plate.
What to do, where to go,
Frank the pig did not know.

One fine day the time seemed right,
He left the farm at dead of night.
Frank the pig went on the lam,
He would not be a big smoked ham!

LIFE LESSONS

BY DICK FULLER

Sad is a place to visit, happiness a place to live.
Hunger a place to suffer, kindness a place to give.
Anger is a place to injure, love is a place to heal.
Doubt is a place of unrest, faith gives peace that's real.

Spite comes back to sting, forgiveness heals the wound.
Vexation when it's tamed, becomes the vine that's pruned.
Choose where you will dwell, wisely or as a fool.
Perhaps the place to rest in, is that old Golden Rule.

VISIT BREWSTER'S NEW POLLINATOR GARDEN

Residents Bruce and Glenda Bower, Julian and Sharon Efid, and groundskeeper Josh Saunders have been busy working on a very special garden. They invite you to come see the new pollinator garden in the raised flower bed located in the area between the Aspen cottages.



Did you know the Helianthus (willow leaved sunflower) can attract 38 species of caterpillars that use it as a host plant, and is also relied on by 89 species of pollen specialist bees? Monarch butterflies winter in Texas and/or Mexico and migrate in the summer to the northern United States. To reach the northern summer range typically takes them four generations which involves a lot of milkweeds! Eggs are only laid on milkweed plants which then becomes the sole food for Monarch caterpillars.

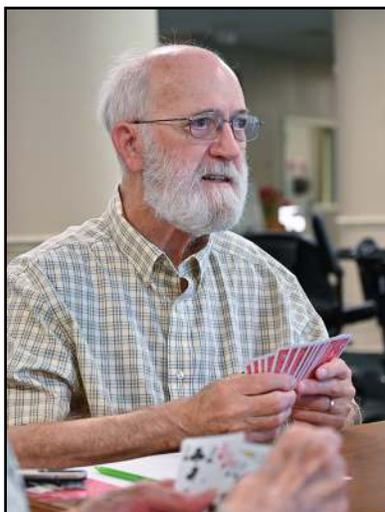
The number of Monarchs has decreased due to the decrease in milkweed plants. Kansas is one of 10 key states trying to help the situation. In addition to providing milkweed, it's important to offer a variety of plants with nectar for adult Monarchs in fall or spring migrations. (K-State Research and Extension: Monarch Butterfly Habitat Development in Kansas, June 2017.)

With this new garden, we hope to have lots of Monarch visitors to greet you when the garden matures. ■

JOIN THE FUN — PLAY CARDS, CREATE, PLANT!



Do you think **Alice Bowser** was at all nervous with Mona Lisa looking over her shoulder at the Needle Felting Workshop? We hope not. Residents are really enjoying classes taught by Sam Banks our new Creative Arts Coordinator.



Mike Schoenfeld is one of many card players who gather during the week at Redwood and The Evergreens. Players enjoy Bridge, Pitch, and any other card games that residents would like to play. Activities Coordinator Jamie Fritz has been a great cheerleader for these weekly get-togethers.



Lenore Marshall enjoyed planting flowers at the Brewster Health Center courtyard. Quality of Life Specialist Lisha Tetuan plans lots of creative and fun events for residents. The courtyard at BHC is beautiful. Go visit sometime! It's located in the center of BHC.



OFF CAMPUS — A few highlights!

TOUR ALICE EBERHART-WRIGHT'S FARM

Wednesday, June 1 | 9:30 am | Shuttle (pick up from RW and EV)

If you are looking for an interesting bus ride around West Topeka, this is for you. We will stop to explore Alice's home to view her beautiful artwork and learn about her farm. We always find something interesting to check out. If interested, please call Jamie at 785-274-3398.

SPRING RIDE IN TOPEKA WITH STOP AT WARD MEADE PARK

Wednesday, June 15 | 10:00 am | Shuttle (pick up from RW and EV)

Let's check out SPRING in Topeka with a special stop to explore the gardens at Ward Meade Park. We will find lots to check out on a beautiful morning. If interested, please call Jamie at 785-274-3398

TRAVELIN' TO CONCORDIA

Wednesday, June 22 | 7:15 am | Shuttle (pick up from RW and EV)

Join us as we explore many of the unique sites in Concordia. We'll visit the Cloud County Historical Museum which preserves and exhibits objects and documents of historical items. We will visit Camp Concordia, a prisoner of war camp for captured Germans, which was maintained a few miles north of Concordia during World War II. We'll stop the POW Museum and see the original guard house that has been restored. Concordia is the home of the national Orphan Train complex that preserved the stories and artifacts. The trip fee is \$60 includes transportation, museum admissions, guided tours, and lunch. If interested, please call Jamie at 785-274-3398.

TOUR TOPEKA HIGH SCHOOL

Wednesday, June 29 | 9:30 am | Shuttle (pick up from RW and EV)

This year marks Topeka High School's 150th anniversary and the 90th anniversary of its famous gothic-style structure, which is on the National Register of Historic Places, and was one of the first million-dollar high schools to be built west of the Mississippi. The iconic high school's 165-foot spire is inspired by Oxford University, and the library is modeled after Henry VII's Great Hall. In honor of the momentous anniversary, we are going to take a tour of the building. Afterwards those interested in grabbing lunch will be dropped off and others returned to campus. Lunch is Dutch treat for those that want to stop. If interested, please call Jamie at 785-274-3398.

PLEASE NOTE

HEARING ASSIST DEVICES

The 10 new hearing loop devices have arrived bringing our total of hearing assist devices in the Cultural Arts Center to 12. Please note that these devices only work in the front half of the room. You may request to use a device upon entering the Cultural Arts Center before programs.

RESIDENT COUNCIL BYLAWS

A copy of the Resident Council Bylaws will be printed and delivered to your home in the coming week. Please take time to read the bylaws and familiarize yourself with processes and procedures.

T-SHIRTS IN THE MARKET

Due to popular demand, we are now keeping a supply of Team Brewster t-shirts in The Market. Currently they are all short-sleeved and are \$10 each. Thanks to our Human Resources department for organizing this.

ON CAMPUS — A few highlights!

BREWSTER CHOIR PRACTICE

Tuesdays, June 7, 14 and 21 | 3:00 pm | Main Street Chapel

Calling all singers both staff and residents. This is a great way to have fun and meet friends. The choir will be directed by the outstanding director, Dorothy Iliff. Please call Jamie at 785-274-3398 to let her know if you'd like to join.

MEET AND GREET AUTHORS GLENNIE AND BARBARA

Tuesday, June 7 | 2:00 pm | Main Street Chapel

Glennie Buckley (Brewster resident) and Barbara Waterman-Peters have teamed up once again to create a third children's book, TING AND THE CATERBURY TALES (Dedicated to cat lovers everywhere with apologies to Geoffrey Chaucer). The book tells the story of ten cats that are on a journey together and pass the time regaling their cohorts in crime with true events in their lives. Ting, Barbara's cat, is the group leader. Barbara and Glennie collaborated on the writing and Barbara's watercolor illustrations bring the cats to life. Books will be available for sale. Buyers can use cash, check, or credit card.

SARA TUCKER PRESENTS: MAKING A HOME IN KANSAS — SOD HOUSE TO SEARS KIT HOUSE

Thursday, June 9 | 1:00 pm | Main Street Chapel

Join Brewster Place resident Sara Tucker to discuss making a home in Kansas from sod houses to sears kit house. Sara will share her humorous perspective on history of living quarters.

KU OSHER LIFELONG LEARNING SERIES

Please call Jamie at 785-274-3398 to register for the classes below.

WOMEN, the FORGOTTEN "MEN" in HISTORY

Tuesdays, June 14, 21 and 28 | 1:00 pm | Cultural Arts Center

This course looks at nine history-making women, three each session, whose achievements are not commonly known. Among them are a scientist, a Nobel Peace Laureate, a pioneering pilot, a suffragist, a presidential candidate, a women's and African American's rights activist, a British anthropologist, and a pioneering politician from the western U.S. **Instructor: Diana Carlin, Ph.D.**

COMING IN JULY...

JOHN BROWN: ARDENT ABOLITIONIST or DOMESTIC TERRORIST

Tuesdays, July 26; August 2 and 9 | 1:00 pm | Cultural Arts Center

John Brown opposed slavery and became the leading exponent of violence in the abolition movement. We'll examine his life and association with Bleeding Kansas, the sacking of Lawrence, the Pottawatomie massacre, the battles of Black Jack and Osawatomie, incursion to free Missouri slaves, and the failed raid on Harper's Ferry. **Instructor: Jim Peters, J.D.**