

## BUILDING A CULTURE OF GRATITUDE

### BREWSTER'S NEW GRATITUDE CREW

by Janis Swanson, Editor

There are many definitions for the word *gratitude*. Robert Emmons, perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components, which he describes in a Greater Good essay, "Why Gratitude Is Good."

"First," he writes, "it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received."

In the second part of gratitude, he explains, "we recognize that the sources of this goodness are outside of ourselves. We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives." (<https://greatergood.berkeley.edu/topic/gratitude>)

As a mission-driven, not-for-profit organization, Brewster operates with a set of six **Core Values**. The first of these states, "Those we serve are the reason we exist." Our second core value expresses that, "Our greatest asset is caring, competent and trustworthy staff." Together, these values define who we are as an organization — an organization that has a tradition and legacy that began almost 60 years ago. We can't help but be grateful for the wonderful community that others — board members, residents and staff — built for us today. And we can't help but be grateful for the dedicated staff that continues the work of compassionate care for our current residents.

Working at Brewster Place is incredibly rewarding, but it also can be full of challenges. The past couple of years have challenged every one of us with the stress of building projects, the uncertainty of the pandemic, and sudden organizational changes. Through it all, however, staff have worked through the challenges to keep this living, breathing community called Brewster Place

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

-William Arthur Ward

#### 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

## PAINT WITH SAM

Tuesdays, July 5, 19 and 26

1:00—3:00 pm | Redwood Klinge Activity Center

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.

## ART FUNDamentals: COLLAGE

Wednesdays, July 6 and 27

10:30 am | The Evergreens Art Studio

1:30 pm | The Evergreens Art Studio

Back to basics! This structured art class will teach you the fundamental techniques of a different media every month. 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!

## MAKE IT MONDAYS

Mondays, July 18 and 25

1:30 pm | The Evergreens Art Studio

Join Sam in The Evergreens Art Studio to talk and make all things fiber arts and small crafts. Whether you're a pro 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.

## STITCH 'N SIP

Tuesday, July 19

10:30 am | Redwood Lounge

Do you crochet, knit, embroider, or any other do stitchery? Come join Sam in the Redwood Lounge to gather and chat around any needlecraft.

## MOVIE WITH SAM

*The Monuments Men*

Friday, July 22 | 1:00 pm

Main Street Chapel

During World War II, the Nazis steal countless pieces of art and hide them away. Some over-the-hill art scholars, historians, architects and other experts form a unit to retrieve as many of the stolen masterpieces as possible. The mission becomes even more urgent when the team learns about Hitler's "Nero Decree," which orders destruction of the artworks if the Third Reich falls. Caught in a race against time, the men risk their lives to protect some of mankind's greatest achievements.

## POTTERY AT FIRE ME UP CERAMICS

Thursday, July 28

12:30 pm | Shuttle

Cost: \$30

In this two-hour class you will learn hand building technique in clay and create your own unique ceramic plate. You will choose a glaze in studio and Fire Me Up will handle the firing and glazing of your piece. Sam will deliver pieces back to Brewster Place when they are finished. **Call Sam at 274-3317 to reserve a spot because space is limited.**

**mini BREWSTER  
BAZAAR TOTAL**

**\$1,144.70**

Thank you to everyone who purchased items at our recent Bazaar! Proceeds go to the Brewster Service Fund and will help charitable organizations in our community. Also, a big "thank you" to all of our volunteers and artisans. ■



## FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

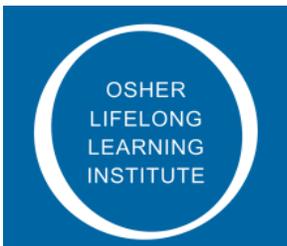
### REFLECTIONS

**N**ow thoroughly in the midst of the hot days of summer, we can take a moment to enjoy the warmth and big, cold glasses of iced drinks! July is always a busy month, with celebrations and get-togethers happening all over the country. In a time full of rejoicing and merriment, we might find ourselves reflecting on all the good in our lives.

This is particularly apt for the month of July, when we get to experience the “Full Buck Moon”, or the largest the moon will appear to us in the sky all year. I have always loved the implications of the moon within the larger symbolism of Creation. Most religions speak of God as the source of light, the way that the world is brightened and understanding dawns for each of us.

The light that we get from the sun is what enables life to exist on this planet, a perfect metaphor for God! Furthermore, the moon’s light is the reflection of the sun’s rays, a constant reminder that even the reflections we have on God’s power and sustaining presence in our lives is enough to light even the darkest night.

This month I invite you to step outside when the sun has set and all that lights the world is the silvery reflections of the moon. As we experience the largest vision of the moon we will get this year on July 13, reflect on God’s presence in your life, knowing that God’s light is always shining on the world and on you. ■



## KU OSHER LIFELONG LEARNING SERIES

### **John Brown: Ardent Abolitionist or Domestic Terrorist**

Tuesday, July 26; August 2 and 9

1:00—3:00 pm | Cultural Arts Center

**J**ohn 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 Osawatimie, incursion to free Missouri slaves, and the failed raid on Harper’s Ferry.

#### **Instructor**

**Jim Peters, J.D.**, is the director emeritus of the Osher Institute at KU. He is a graduate of Southern Illinois University at Carbondale and the New England School of Law. He teaches courses on John Brown, the Underground Railroad, Arlington National Cemetery, Harry Truman, Teddy Roosevelt, Eleanor Roosevelt, George Washington Carver, and Presidential Assassins, among others. ■

# PUTTIN' ON THE RITZ—CARLTON

REDWOOD 419—ONE BEDROOM CARLTON

Live in style at Brewster Place in this one bedroom Redwood Carlton apartment! Enjoy the lap of luxury in this comfortable 500 square foot residence with beautiful luxury vinyl tile flooring, tile backsplash in the kitchen, ceiling fans in the living *and* bedroom, soft indirect lighting, plus there's an extra closet.



Be ready to be pampered with your meals prepared and weekly laundry service to keep you, "Dressed up like a million dollar trouser, looking like Gary Cooper!" Fred Astaire, Judy Garland, Ella Fitzgerald all sang about it, now here's your chance to *Put On The Ritz* and have the lifestyle you deserve!

Contact Chris Gallagher with Sales and Marketing today at 785-274-3351. 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!

## 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.



### THANK YOU!

Thank you to everyone who donated items to Doorstep. Chelsy will deliver the donations the first week of July. ■

### BEST OF TOPEKA

Voting for Best of Topeka ended in June and now we await the results. Thank you for voting and be on the lookout for the winners!



**JULY SPECIAL**

**OPEN**  
**MONDAY-FRIDAY**  
**7:00 am—11:00 am**

**SHAKES AND SMOOTHIES**  
**Buy one, get one free!**

### REMINDER



The speed limit at Brewster Place is 12 mph.

## EVERYONE has a STORY to TELL

BETTY BULKLEY | BY DIANA REED, RESIDENT



**W**hen you walk through the halls at Brewster Place, you will see dozens of jigsaw puzzles. They are on tables in lounges and in corners of hallways — on almost every floor and in the nooks and crannies where residents pass through and live. People stop for 10 minutes or half an hour and work on a puzzle occasionally or every day. These puzzles might be 300 or a 1,000 pieces, bright and adorable or craggy and mountain-like — or just a few colors.

Brewster resident Betty Bulkley knows quite a bit about jigsaw puzzles. When she was a small girl, she well remembers her father making dozens and dozens of true jigsaw puzzles — out of wood, on a jigsaw, in the basement of her home.

“My father, J. Howard Compton, was the Assistant State Architect for the WPA (Works Progress Administration) before the second World War. He was a graduate of Kansas University,” she says. “We lived in Lawrence until I was six and then he was stationed in Salina. He redesigned people’s bedrooms or parts of homes for service men stationed at Schilling Air Force Base there.”

But, her memories of the puzzles were from her family’s time in Lawrence when she was a young girl.

“We lived in a house on 13th and Connecticut. I’ll never forget the house number was 1326 Connecticut. The house is still there. My dad had a sign in front that

said, ‘Jayhawk Jigsaw,’” Betty said.

Betty continued, “My dad made dozens of puzzles, maybe a hundred, but he didn’t sell them.” Betty smiled as she said, “He rented them. It helped our family.”

Betty’s face glowed as she told the story. “Dad went to the lumber store. He bought what plywood he needed. He had pictures; had a place he bought the pictures and glued them on to the 1/4 inch thin wood and cut them out. The puzzle shape was much more complex than puzzle pieces of today. He even made the boxes,” she said with a smile.” Betty said, “This was a real operation! Mother wasn’t fond of these puzzles because Dad was in the basement all the time.”

Betty said, “I had to put the pieces in the box, ‘straight up!’” She continued telling a wonderful part of a history story. “This was during The Great Depression and the puzzles were from 25 to 1,000 pieces. The pieces were interlocking. People rented them and brought them back and got another.”

“Jayhawk Jigsaw was popular by word of mouth. It was a lively business with a dad, helped by his little daughter,” Betty remembered.

As a resident of Brewster Place renewing the memories of long ago makes it fresh and new.

Where are the puzzles now? “My great granddaughter has a few. She is taking

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## BE ALERT FOR SCAMS

People can lose a lot of money to phone scams — sometimes their life savings. Scammers can be friendly or they might threaten or scare you. One thing they have in common is that they want to get your money or your personal information over the phone.

### Common Phone Scams

- The caller might say you were “selected” for an offer or that you’ve won a lottery, but you have to pay money to get the prize. This is a scam.
- Scammers might pretend to be law enforcement or a federal agency and might say you’ll be arrested or fined if you don’t pay a debt right away. The goal is to scare you into paying. Real law enforcement or federal agencies will not call and threaten you. Locally, there is a scam where someone poses as a Shawnee County Sheriff’s Detective and asks you to pay a fine over the phone for missing jury duty. This is a scam!
- Scammers might call asking you to confirm sensitive information like your Social Security number. Never give out personal information over the phone. ■



## NATIONAL HOT DOG DAY LUNCH

**Wednesday, July 20**  
**11:30 am | Cultural Arts Center**

There is a day for everything, but we cannot ignore National Hot Dog Day! Please join us for FREE hot dogs, chips and a lollipop! Don’t miss out! ■

## EFFECTIVE COMMUNICATION STRATEGIES

AN EDUCATION PROGRAM PRESENTED BY  
THE ALZHEIMER’S ASSOCIATION

**Thursday, July 7**  
**10:00—11:00 am | Cultural Arts Center**

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.

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. ■

## VOLUNTEER NEEDED

SECURITY, SAFETY, TRANSPORTATION  
COMMITTEE

Eddie Fowler, Chair of the Security, Safety, Transportation Committee, is in need of a volunteer representative to that Committee from Redwood. This is one of the more pivotal groups at Brewster, and your input and participation would be important and appreciated.

If you would like to volunteer and/or want further information, please call Eddie at 785-633-1226. Thank you! ■

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moving forward. And for that, we are indeed grateful. But is it enough to just say we are grateful in an article like this? We don't think so.

Recently several Brewster staff members (now called the **Gratitude Crew**) from all areas of campus met to brainstorm ways we can encourage staff and create a culture of gratitude at Brewster Place. How do we show our gratitude and appreciation to our fellow co-workers and teammates? Does showing gratitude mean different things to different people? What are the simple things we can do to express our gratitude to our staff — all levels of staff?

The mission of the Gratitude Crew is **to create a culture of service, connectedness and gratitude**. In June, **All Staff Meetings** were held to provide updates from Interim CEO Matt Burns, Human Resources Director Dayna Luksa and an introduction of the Gratitude Crew by Creative Services Specialist Janis Swanson.

Because gratitude is not a “one size fits all” experience, we decided to ask Brewster Place staff to give us their ideas by answering two important questions:

1. **How do you show/share your gratitude with others?**
2. **What are meaningful ways you have been shown gratitude?**

We received a lot of great answers, and now we want you, the residents of Brewster Place, to share your wisdom with us. A Gratitude Banner with these questions will be available beginning the week of July 5 at The Market on Main Street and then at Brewster Health Center for residents and others to share your answers. We will collect the information and use it as we move forward with our work to share our gratitude with each other. It is our hope that by **growing gratitude** we can strengthen the bonds with each other and continue to build a culture of gratitude that can enhance all of our lives. ■

## GRATITUDE CREW

- Christy Allen, Environmental Services Manager
- Taylor Cooper, Resident Engagement Specialist
- Heather Holthaus, Physical Therapy Assistant
- Abigael Jackson, Accounting Specialist
- Dayna Luksa, Director of Human Resources
- Shelby May, Infection Prevention and Wound Nurse
- Kaitlyn Peterson, Human Resources Recruitment
- Payton Reynolds, Dining Hospitality Manager
- Janis Swanson, Creative Services Specialist

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care of them now — most of them have worn out. I gave one to the Topeka Historical Society. It's in their Depression era section,” Betty said.

Betty is the widow of Roy Lyman Bulkley, mother of Tim, who passed away a year ago, and sister-in-law of Woody Bulkley who lives at Brewster Health Center. She has five grandchildren and three great-grandchildren and three great-great-grandchildren.

Betty said, “Helping with the jigsaw puzzles was a happy time for me.” ■



### **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**



**S**anta Fe, New Mexico is the oldest state capital in the United States. It also boasts the highest altitude of any state capital at 7,199 feet. In addition, Santa Fe is widely considered one of the world’s great art cities with its many art galleries and installations. (Wikipedia.org)

Whether you have traveled to Santa Fe before or not, we hope you will consider this exciting trip planned for October.

### TRIP DETAILS

**Date: October 30—November 4, 2022**

### COST

- **Approximately \$1,100 plus train fare (\$300 currently)**
- **Includes:** Four nights at hotel (double occupancy), breakfast, tours, cooking class, lunches on train and two dinners. Other meals are Dutch treat.

### RESERVATIONS

Please call Jamie at 785-274-3398 if you are interested. We must have 14 interested people to proceed with planning the trip. Please call by July 15 if interested.

### ITINERARY

#### Monday, October 31

Arrive, Relax and Explore at the Hilton Santa Fe Historic Plaza

#### Tuesday, November 1

Guided Walking Tour, Visit the Loretto Chapel and Explore the Historic Plaza

#### Wednesday, November 2

Visit New Mexico Museums and Evening Cooking Class

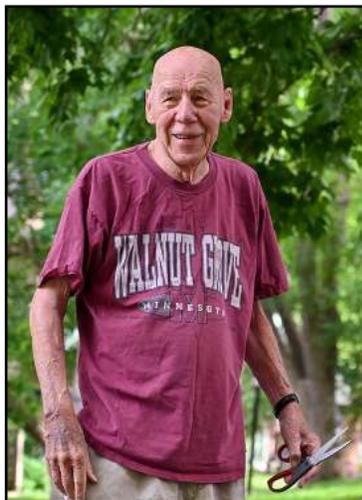
#### Thursday, November 3

Georgia O’Keefe Museum and Explore Canyon Road Art Studios

#### Friday, November 4

Return Home ■

## CHALLENGE YOURSELF TO GO OUTSIDE EACH DAY!



**Jim Litfin** and his wife Jan live at Maple. We caught Jim out pruning his garden (and offering haircuts) beside his patio. Jim and Jan can oftentimes be found sitting on the patio enjoying the fresh air!



**Marjorie Van Buren** lives at Maple with her husband Lynne. Marjorie participates in a lot of programs at Brewster Place and on this day, she was enjoying a walk by the Stone House. One of the best things about living at Brewster Place is our beautiful campus with lots of walking paths.



**Joan Temporo** lives at the Grand Homes with her husband Steve. Joan was recently working to weed her garden. She wasn’t too sure if she was winning the battle or not. Time spent outside in cooler temperatures is always a good thing.



# OFF CAMPUS — A few highlights!

## **MOVIE THEATRE OUTING WHERE THE CRAWDADS SING**

**Tuesday, July 26 | TBD | Shuttle (pick up from RW and EV)**

*Where the Crawdads Sing* is a newly released American mystery drama film, based on the novel of the same name by Delia Owens, directed by Olivia Newman. It is the story of a girl who raised herself in the marshes of the deep south becomes a suspect in the murder of a man she was once involved with. If interested in going to the movies, please call Jamie at 785-274-3398.

## **CHEAP AND CHEERFUL SHOPPING**

**Wednesday, July 27 | 10:00 am | Shuttle (pick up from RW and EV)**

We are going to have a day of bargain hunting with stop for lunch. We will find lots to check out. If interested, please call Jamie at 785-274-3398.

## **FUTURE OUTINGS**

### **TOPEKA CIVIC THEATRE**

**Thursday, August 11 | 6:00 pm | Shuttle (pick up from RW and EV)**

TCT presents their summer musical of Hello Dolly. This musical adaptation of Thornton Wilder's hit play *The Matchmaker* bursts with humor, romance, energetic dance, and some of the greatest songs in musical theatre history. The romantic and comic exploits of Dolly Gallagher-Levi, turn-of-the-century matchmaker and "woman who arranges things," are certain to thrill and entertain audiences again and again. Nonrefundable tickets are \$32. Dinner is not included. If interested, please call Jamie at 785-274-3398 as space is limited.

### **NEW THEATRE IN KANSAS CITY**

**Wednesday, August 31 | 10:00 am | Shuttle (pick up from RW and EV)**

The Theatre present Freaky Friday. The show is a new musical adaptation of the beloved novel and the hit Disney films is a heartfelt, comedic and unexpectedly emotional update on the American classic. When an overworked mother and her teenage daughter magically swap bodies, they have just one day to put things right again. By spending a day in each other's shoes, Katherine and Ellie come to appreciate one another's struggles, learn self-acceptance and realize the immeasurable love and mutual respect that bond a mother and daughter. Nonrefundable tickets include lunch are \$36 and transportation is \$13. If interested, please call Jamie at 785-274-3398 as space is limited.

# **ON CAMPUS — A few highlights!**

## **POETRY WITH TOM AVERILL**

**Wednesday, July 6 | 1:00 pm | Main Street Chapel**

Tom Averill is a Professor Emeritus of English at Washburn University of Topeka, where for 37 years he taught courses in Creative Writing and in Kansas Literature, Folklore and Film. He will give a program on Robert Burns who is widely regarded as the national poet of Scotland and is celebrated worldwide. Burns' style is marked by spontaneity, directness, and sincerity, and ranges from the tender intensity of some of his lyrics through the humor.

## **SARA TUCKER PRESENTS**

### **WOMEN'S WORK BEFORE MODERN TIMES PART 11**

**Thursday, July 12 | 1:00 pm | Main Street Chapel**

Join Brewster Place resident Sara Tucker to discuss Women's Work Before Modern Times Part II: Washing, Sewing, Ironing, Housecleaning, Cooking, Baking and More. Sara always provides an excellent humorist perceptive of history.

## **HEITHOFF FAMILY PIANO CONCERT**

**Thursday, July 14 | 2:00 pm | Redwood Lounge**

Come enjoy the lovely piano music of these two accomplished students of Marilyn Bahr. Gemma Heithoff age 15 has been awarded Superior and Superior Plus at many National competitions. She has just completed her 9<sup>th</sup> year in home school study and her 8<sup>th</sup> year of piano study.

## **OSHER: JOHN BROWN: ABOLITIONIST OR TERRORIST?**

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

This course is instructed by Jim Peters. He will show how 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 Osawatimie, incursion to free Missouri slaves, and the failed raid on Harper's Ferry. Please call Jamie at 785-274-3398 to register.