

## WORLD MENTAL HEALTH DAY | OCTOBER 10

**W**orld Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues. Every year since 2013, the **World Health Organization (WHO)** has organized a global campaign for World Mental Health Day. The **World Federation for Mental Health (WFMH)** announced the theme for World Mental Health Day 2022, which is **'Make mental health for all a global priority.'** (un.org)

Our mission at Brewster Place is *to provide all of our residents opportunities for an optimal quality of life.* We know and understand that aging comes with many challenges — physical, mental, emotional and spiritual. These challenges can be overwhelming and hard to cope with alone. The pandemic coupled with changes at Brewster Place added to the normal stressors of the day. We want you to know, you are not alone, and we hope you will reach out to those who can provide support and assistance.

In addition, our **Diversity and Inclusion Group** has organized a four-week session to help us practice mindfulness to ease the burden of our daily stressors. You are invited to attend **"An Introduction to Mindfulness"** with Joy Bishop, LCSW. Joy will teach us helpful ways to practice mindfulness in our everyday life to learn to live life with ease during hard times. The opportunity to reconnect through World Mental Health Day will provide us with an opportunity to re-kindle our efforts to protect mental health.



### AN INTRODUCTION TO MINDFULNESS WITH JOY BISHOP, LCSW

**Mondays,  
October 10, 17, 24 and 31  
2:00 pm  
Main Street Chapel**

No reservation necessary.  
If you have questions, please contact Taylor Cooper, Director of Resident Services at 785-274-3348.

If you are struggling or just need someone to visit with, please contact **Taylor Cooper, LMSW, Director of Resident Services, at 785-274-3348.** In addition, **Rev. Caroline Vautrinot, Chaplain,** is available as well by contacting her at **785-274-3349.** Conversations are confidential.

*The mission of the Diversity and Inclusion Group at Brewster Place is to create an environment that reflects the diversity of Topeka/Shawnee County, respecting the racial, ethnic, economic, religious, and cultural diversity of those who live and work here and within the local community. ■*

### 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.

# THE EVERGREENS COFFEE BEAN FRIENDS

BY DIANA REED, RESIDENT



The Brewster Bean at The Evergreens is an amazing place! Situated inside the north door, just adjacent to the welcome dpeesk, it plays host to **Coffee & Chat** every day from 9:00 am to “whenever.” All are welcome to enjoy coffee, tea, cocoa and lots of conversation. Men and women from all over campus come to talk, laugh and discuss. Often, there is laughter, sometimes political discussions, but always a dozen or more Brewster folks come together for fellowship and a cuppa. Residents find new friends including BrewsterConnect members who also attend. Usually one can find pastry, donuts, or sweet rolls of some type. Occasionally, a member of the group will come and contribute a pan of cookies or brownies, banana bread or scones. But most importantly, there is always fellowship and meeting friends. ***Just ask Lou Arnold...keep reading below!***

**Lou Arnold** is a resident at The Evergreens and comes to Coffee & Chat almost every day. This sweet and pretty lady is always dressed in a beautiful smile. Lou’s name is actually Louida, taken from both of her grandmothers. She is beloved by the group and always finds a chair and coffee whenever she comes.



Lou said she grew up on a farm in Burlington, Kansas and she had brothers who were 10, 6, 4 and 2 years older than her. She was the only girl in the family and she was a daddy’s girl.

Lou tells that she grew up in the Great Depression and it was hard. Her mother soaked and put up sheets at the windows and doors to keep the dust out. She had to change the sheets three or four times a day.

Lou commented that they were poor but they didn’t know it; everybody was poor. “My mother baked bread,” said Lou. She continued, “Breakfast was a large meal. Mother made pancakes, wheat puffed from the threshing machine, eggs and bacon. By the time the men came in from working the cattle and doing chores, they had already worked four or five hours. Then, the boys had to clean up and go to school. Mom made cinnamon rolls, bread and apples for the boys to take to school.”

Lou said that it was a mile to school. “They made a sled and pulled me to school in that sled,” she commented. Continuing, she said, “Or we’d skate. We had skate keys when we went to the one-room school house.”

“My dad grew potatoes and turnips,” Lou said. “He took the vegetables in sacks to the post office for people to take if they needed food. Those sacks were useful in those hard times,” she said.

Lou Arnold is one of the well-loved members of The Evergreens Brewster Bean Coffee & Chat group. No matter where you live on campus, or if you are a BrewsterConnect member, please join us anytime Monday—Saturday at 9:00 am. You are always welcome and we’d love to get to know you! ■



## FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

### BEAUTY OF CHANGE

This is an invigorating time of year. The air is crisp and the leaves are soon to burst into the colors of autumn, painting our surroundings with beautiful shades of red and orange. Harvest celebrations are occurring everywhere and we start to look forward to the cold months of winter, feeling our transition into this unique time of year. Whether we are looking forward to children in costume or fresh apple cider and pumpkin donuts, there is an air of anticipation this month.

What are you most looking forward to doing? In this time of seasonal change, we may find ourselves shifting alongside the trees. As the natural world transitions to ac-

cept the colder months ahead, our lives also change.

Take a moment to think about all the transitions in your life that have happened so far this year. Perhaps you have learned a new skill or picked up a new hobby? Maybe you have met some of the new friends who have entered our community. With these new faces comes fresh life for us all.

Transitions of life can enhance our very being, ensuring that our lives never remain stagnant for too long. Look ahead to the coming transitions of your life. What changes do you wish to make? This month, let the beauty of autumn lift your spirits, reminding us all of the beauty of change. ■

### BLESSING OF THE ANIMALS

Tuesday, October 4

3:00 pm | Redwood Veranda

Bring your furry friends (or a photo!) to a special service of blessing for our animal companions. Chaplain Caroline will lead a short service followed by individual blessings for all the animals who bring comfort and meaning to our lives as part of a celebration of World Animal Day. All animals must be kept on a leash or in a carrier. Feel free to bring a picture or other representation as well! ■

### CLERGY APPRECIATION MONTH

October is Clergy Appreciation Month and we want to give a “shout out” and “thank you” to Chaplain Caroline for all of her work at Brewster Place. Whether planning services, Bible studies or visiting those in need, Chaplain Caroline does a wonderful job of making folks feel welcome and valued. Thank you, Chaplain Caroline! ■



### CEO SEARCH COMMITTEE

OCTOBER UPDATE

- Deadline for accepting applications was September 30.
- During October the Search Committee will review applications and create a short list to be interviewed.
- The Search Committee will recommend 3-5 finalists for interviews with the Brewster Board of Directors.



## CREATIVE ARTS

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

Sam is looking for volunteers to help make **tea towels for the Merry Market**. Always a fan favorite, we're hoping that the tea towels this year will bring in a lot of funds for the Brewster Service Fund during the Merry Market. Supplies are in the Klinge Activity Center Crafting Corner, but you can also call Sam at 785-274-3317 for more information and supplies.

### PAINT WITH SAM

Tuesdays | 1:00—3:00 pm

Redwood Klinge Activity Center

In this self-directed class, Sam is available to offer help with any painting project. Come with an idea or look through reference books to find inspiration. All supplies provided, or bring your own!

### ART FUNDamentals: UNUSUAL MATERIALS

Wednesdays

10:30 am | The Evergreens Art Studio

1:30 pm | The Evergreens Art Studio

Each Wednesday we'll explore what we can create with non-traditional materials. This class is great for any level of artist, including complete beginners! You can jump in anytime and you don't have to attend every class. This is all about trying something new!

### CRAFT 'N CHAT

Thursdays | 2:30 pm

Klinge Activity Center

Bring your own personal projects OR work together on projects throughout October and November to sell at the Merry Market to benefit the Brewster Service Fund. The Service Fund provides funding for things like the libraries at Brewster and the Employee Gift Fund.

- October 6 — Rustic Pine Centerpieces
- October 13 — Gnome Pine Cone Ornaments
- October 20 — Join Sam at Art Camp
- October 27 — Tea Towels

### MOVIE WITH SAM

*Frida Kahlo*

Friday, October 14 | 1:30 pm

Main Street Chapel

As Hispanic Heritage month comes to a close, we will learn about the life of Mexican artist Frida Kahlo through a series of videos.

### ART CAMP

October 18—20

1:30 pm | Klinge Activity Center

Pumpkins and Halloween and leaves, oh my! Fall is in the air and so are the crafts. Join Sam to make some autumn-inspired projects. Please call 785-274-3317 to reserve a place! Art camp will take the place of normally scheduled classes.

- Tuesday: Leaf bowls
- Wednesday: Pumpkin Painting
- Thursday: Step-by-Step Painting

### SAM IN THE STUDIO

Would you like help with a project? Want to learn more about a specific type of artwork? Just want to chat? Sam in the Studio is the time for any and all of the above!

**Mondays and Tuesdays**

9:00—11:00 am

Klinge Activity Center

**Mondays and Fridays**

1:00—3:00 pm

The Evergreens Art Studio ■



## **KU OSHER LIFELONG LEARNING SERIES**

### **GHOSTS IN THE WHITE HOUSE: THE MEN AND WOMEN BEHIND THE PRESIDENT’S WORDS**

**Tuesdays, October 11, 18 and 25  
1:00 pm | Cultural Arts Center**

This course examines the changes in White House speechwriting, from the earliest ghostwriters to contemporary presidential speechwriters. We’ll examine speechwriting drafts from Truman, Kennedy, Carter, and George H. W. Bush as well as speech files from Lady Bird Johnson and Barbara Bush.

**Instructor** — Diana Carlin

### **THANKSGIVING AND INDIGENOUS FOODS: A CELEBRATION**

**Tuesdays, November 1, 8 and 15  
1:00 pm | Cultural Arts Center**

In 1492, the “discovery” of the Americas made for the incredible and continuing exchange of foods between the Eastern and Western hemispheres. From the first legendary Thanksgiving, when Indigenous people shared harvest with Pilgrims, we have celebrated with American foods. Join us for a history and a tasting of the rich larder of the New World.

**Instructor** — Thomas Fox Averill

Please call Jamie Fritz, Activities Coordinator, at 785-274-3398 to register for Osher classes at Brewster Place. ■



## **SOMETHING NEW AT THE POOL**

**W**e have added an exercise class to your swimming pool schedule. Wellness Coordinator Julie Schmanke has developed a new class called **Shallow Circuit** which is offered on Mondays and Wednesdays. This class (as the name implies) is done in the shallow end of the pool with a variety of toys. It is recommended for beginners and intermediate skill level and will be easy to modify. If you are not a swimmer, don’t worry because you won’t be putting your face in the water as this class offers an easy comfort level being in the water.



**Shallow Circuit**  
**Mondays at 11:50 am**  
**Wednesdays at 1:20 pm**  
BEC Aquatic Center

If you have any questions, please call Julie Schmanke, Wellness Coordinator, at 785-274-3313. ■

## **PEGGY OF THE FLINT HILLS AUTOBIOGRAPHY**

If you are interested in obtaining a copy of the autobiography of Peggy of the Flint Hills, Susan Holm is ordering five copies and will make them available to those who call her at 785-267-5576. ■

## **GRATITUDE CREW SHOUT OUT BOXES**

**I**f you’d like to give a staff member a special “shout out,” we have slips of paper and boxes to submit your “shout out” located at Redwood, The Evergreens and Brewster Health Center. Staff love to hear from residents! Thank you! ■



## COMMUNITY ENGAGEMENT

BY CHELSEY WESSEL, COMMUNITY ENGAGEMENT SPECIALIST



### HARVESTERS COMMUNITY FOOD DRIVE

**H**arvesters barrels are coming back to Brewster Place. From October 5—31 we will be collecting food for this great organization. So clean out your cupboards and donate!

Last spring, we collected a total of 436 pounds of food! Let's aim to get a total of 450 pounds of food!

You can find barrels at The Evergreens Lobby, Redwood Lobby and in the Main Street Pavilion or if you would like to make a monetary donation, please contact Chelsy Wessel at 785-274-3394!

Thank you all in advance!

#### Most Needed Items Include:

- Canned vegetables (low sodium)
- Canned fruits in 100% juice
- Dried fruit (no added sugar preferred)
- Canned chicken, tuna, salmon (packed in water)
- Brown rice
- Whole grain pasta
- Dried beans or canned low sodium beans
- Peanut, almond, or sun butter
- Canned soup (chicken, tomato or vegetable)
- Cereal – hot and cold (whole grain, low sugar preferred)
- Household products



### MEALS ON WHEELS HOLIDAY GIFT BAGS

**H**elp Meals on Wheels fill holiday gift bags for their clients that will be distributed at Christmas! A tradition will continue again this year by providing each home delivered client a holiday gift bag. In some cases, this will be the only gift they receive during the holiday season.

Meals on Wheels will be filling approximately 1,200 bags this year and your help is needed! MOW is asking for any size donation that you can contribute.

Items needed include: men's socks, hats, gloves, scarves, candy canes, hot chocolate packets, pens or pencils, a deck of cards, small book of crossword puzzles, small book of sudoku puzzles, notepads, tissues, chap stick, travel size: lotion, body soap, conditioner or shampoo.

Monetary donations will also be accepted to purchase fresh fruit.

### INTERGENERATIONAL OPPORTUNITIES

**Washburn University** — The Washburn University Gerontology Class is interviewing multiple residents. There are a couple of spots left if you are interested. Please contact Chelsy Wessel at 785-274-3394.

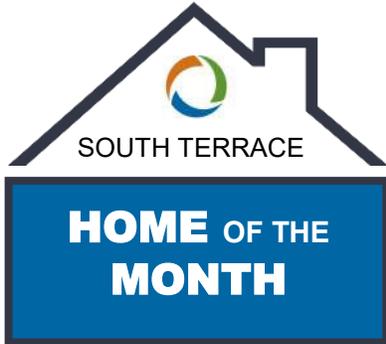
### VOLUNTEER OPPORTUNITIES

There are opportunities and needs on campus and within our community to volunteer. Please contact Bruce Bower, Volunteer Committee Chair, at 785-274-5529. ■

# DOUBLE YOUR PLEASURE, DOUBLE YOUR FUN

## SOUTH TERRACE 12 AND 27

**D**ouble your pleasure with your choice of two lovely one-bedroom apartments in South Terrace now available for occupancy. While each apartment is unique, they still share the same amenities, convenience and affordability. Be sure to let your friends know what a **PLEASURE** it is to live at Brewster Place and what **FUN** they'll experience as Brewster residents.



So do you remember the lyrics to the Doublemint Gum jingle? While the jingle is a **FUN** way to announce the availability of these two one-bedroom apartments at South Terrace, we want the **PLEASURE** of hearing you sing the jingle! The first person to correctly sing the Doublemint Gum jingle will receive their very own box of Doublemint Gum! Leave a voicemail message on the Marketing cell phone at 785-817-8564 with

your name and your rendition of the Doublemint jingle!

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



**COVID BOOSTER and  
FLU SHOT CLINIC**

**Monday, October 10  
10:00 am—12:30 pm  
Cultural Arts Center**

## DO YOU PLAY POOL?

**B**rewster resident Bill Ramser is wondering if there are any other pool players living at Brewster Place or even BrewsterConnect members? He has been practicing for an hour or so a couple days a week and thought he'd run into to some other pool players. So far, he hasn't found any.

We know there have to be other pool players on campus and if so, are you interested in gathering one afternoon a week and maybe revive some of what has been lost in the last 40, 50 or 60 years without playing.

How does the song go? *"I'm not as good as I once was, But I once was better than I ever was."* Can you relate to that? If you are interested in playing pool, please contact Bill Ramser at 785-224-5791 or email him at [bramser@aol.com](mailto:bramser@aol.com). ■

## JEFF KREADY HOLIDAY CONCERT AT TPAC

CoreFirst Bank & Trust presents The Kready Holiday Spectacular on Friday, December 23 at 6:30 pm. Tickets on sale now through Tickermaster (with promo code "Santa") and at the TPAC box office. Tickets will go fast, so get your tickets now! ■

# BREWSTER AWARDED BEST OF TOPEKA IN THREE SENIOR LIVING CATEGORIES

The Best of the Best program polls the local community to select the best businesses and organizations in the area. Through nominations and voting, they choose in more than 150 categories in Beauty & Health, Clothing, Dining, Entertainment & Leisure, Home, Home Ser-



VICES & Finance, Kids & Education, Media, People & Places, Services, Shopping, Spirits, Sports, Top Employer and Vehicles Dealers & Services.

Brewster was awarded winner in three categories: Assisted Senior Living, Retirement Community/55+ Community and Senior Living Community. Director of Sales and Marketing Chris Gallagher and residents Dave and Roseana Sterbenz were on hand at the award ceremony on September 15 to accept on behalf of Brewster.

Thank you to everyone including residents, staff, board members, family members and volunteers who make Brewster the best senior living community in Topeka. Awards don't define who we are, but it's wonderful to be recognized by the local community. ■

## BEAUTIFUL FACES AND PLACES AT BREWSTER



**Molly Wieland** enjoyed being outside at the recent food truck picnic celebrating National Assisted Living Week. Molly is always out and about on campus and she looks so spiffy in her floral hat!



A **beautiful monarch butterfly** at the pollinator garden that was planted and maintained by residents. The garden was host to hundreds of butterflies, bees and other insects. What a wonderful project and we thank everyone who made it happen!



Transportation driver and all around wonderful fella **Dan Brooks with his granddaughter** at the Staff Family Fun Day held in September. It was a wonderful event hosted by Brewster's Human Resources Team. It's always great to get together in a relaxed atmosphere with fellow staff.



# OFF CAMPUS — A few highlights!

## **TOPEKA SYMPHONY ORCHESTRA**

**Saturday, October 1 | 6:45 pm | Shuttle (pick up from RW and EV)**

Kick off the 2022-2023 season of the Symphony as they are Falling in Love this season. It will start with Beethoven's Ninth Symphony, the Ode to Joy, is an ecstatic tribute to the great loves surrounding us, both on earth and in Heaven. Family love, the love found in the brotherhood of man, and a loving Father above us are celebrated in the beautiful and emotional text of this symphony which has become an anthem used around the world in commemorations, anniversaries, and remembrances. We are thrilled to bring the UMKC choral program and the Topeka Festival Singers to perform with us in this monumental work. Call 785-232-2032 for tickets but call 785-274-3398 for a ride on Brewster bus.

## **NATIONAL AGRICULTURAL CENTER AND HALL OF FAME**

**Wednesday, October 5 | 9:00 am | Shuttle (pick up from RW and EV)**

The National Agricultural Center and Hall of Fame is a museum and educational facility in Bonner Springs, Kansas. Its purpose is to educate society on the historical and present value of American agriculture and to honor leadership in Agri-Business and Academia by providing education, information, experience and recognition. Through hands-on experiences as well as their traditional collection of artifacts, we will gain a deeper understanding of the role played by agriculture in all our lives. Picnic lunch and guided tour cost \$25. Transportation is \$13. If interested, please call Jamie at 785-274-3398.

## **TOPEKA CIVIC THEATRE**

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

Topeka Civic Theatre will kick off their season with the hilarious comedy Grumpy Old Men. This is the story of two rival, crotchety characters that feud over the affections of a new beautiful neighbor across the street. If you are interested in ticket, please call Jamie at 785-274-3398. Tickets are \$33.

## **TOPEKA FESTIVAL SINGERS**

**Monday, October 10 | 6:30 pm | Shuttle (pick up from RW and EV)**

The Topeka Festival Singers kick off their 2022-2023 Season of Hope with a concert titled Hope Beyond Fear. Tickets may be purchased at door or by calling 785-274-9009. Individual tickets are \$15. Please call Jamie at 274-3398 for transportation. We must have five resident riders to schedule transportation.

## **TRACE JOHN BROWN, QUANTRILL AND THE UNDERGROUND RAILROAD**

**Wednesday, October 12 | 9:00 am | Shuttle (pick up from RW and EV)**

Join us as we tour Douglas County's Bleeding Kansas and Civil War sites and hear narratives surrounding William Quantrill, John Brown, and the Underground Railroad. Jim Peters, military historian, will join us on the Brewster bus to highlight critical sites along the route taken by Quantrill and his raiders. Guided tour is \$10, Transportation is \$13 and lunch is TBD. Please call Jamie at 785-274-3398 to make reservation.

## **UNION STATION EXHIBIT: DISCOVER MAYA**

**Wednesday, October 26 | 9:00 am | Shuttle (pick up from RW and EV)**

We will travel to Union Station and explore the last exhibit about the Maya people. They had a sophisticated civilization that was buried in the heart of the rainforest in Guatemala, Mexico, Belize and Honduras. We will explore the awe-inspiring Maya architecture and astonishing cultural accomplishments in the immersive exhibition spaces, decipher hieroglyphs, learn about the intricate Maya calendar and learn how this remarkably sophisticated civilization could build such complex cities in the jungle and why these cities were abandon. Tour cost \$13. Transportation cost \$13. Lunch is Dutch treat. Please call Jamie at 785-274-3398 to sign up.

# ON CAMPUS — A few highlights!

## **CLASSIC COUNTRY MUSIC BAND | BRENDA AND MIKE** **Thursday, October 6 | 6:00 pm | Cultural Arts Center**

Come and enjoy the classic country music sounds of this lovely couple.

## **SPRINKLE BABY SHOWER**

### **Monday, October 10 | 4:00 pm | Main Street Pavilion**

Our best gal (Julie Schmanke) is going to become a Grandma in November. To help her get ready some residents requested that we have a sprinkle baby shower. So, we are calling on residents to offer sage advice, sweet words of encourage or a small gift (under \$5) to support Julie in this new and much awaited endeavor in her life. But most importantly we request your presence.

## **CHAT AND GET FAT LUNCHEON**

### **Thursday, October 13 | 11:30 am | Cultural Arts Center**

At the October Chat and Get Fat Luncheon we will celebrate National Fluffernutter Day! National Fluffernutter Day brings about a yummy and extraordinary combination. We will be offering a peanut butter and marshmallow creme sandwich with a handful of chips and some lemonade. And National Fluffernutter Day is a stick-to-your-ribs-chin-fingers-nose kind of day! Celebrate zealously, then take a bath. This is a free lunch for all residents to come and enjoy.

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## **FUTURE EVENTS**

### **BREWSTER CHOIR PRACTICE**

#### **Tuesday, November 8 | 3:00 pm | Main Street Chapel**

The Brewster Choir will start practicing in November for a holiday event in December! 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.

### **New Theatre | Wednesday, November 9 | 10:00 am | Shuttle**

Kick off the 2022-2023 season of New Theatre and Restaurant with **Hank Williams Lost Highway**. You'll enjoy this show because: By the time Hank Williams turned twenty-five, he was a superstar. Four years later, the music world would lose this extraordinary talent at a very young age. Within those four years, Hank revolutionized the music industry (winner of a Pulitzer Prize and the Grammy Lifetime Achievement Award). The joy, the humor and the music of this amazing talent is brilliantly captured in LOST HIGHWAY. Cost is \$35 for lunch and ticket. Transportation is \$13. Please call Jamie at 785-274-3398 to make reservation as space is limited.

## **UPCOMING NEW THEATRE SHOWS**

- **Come Blow Your Horn** | Wednesday, January 4, 2023
- **Condo-Monium** | Wednesday, February 22, 2023
- **Million Dollar Quartet** | Wednesday, April 26, 2023
- **Dream Girls** | Wednesday, August 23, 2023