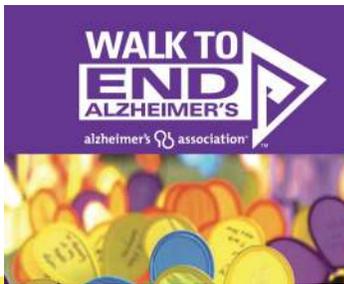




ALZHEIMER'S WEEK AT BREWSTER | SEPT 26—30

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research.

Brewster Place provides loving care and support for those with Alzheimer's and other dementias along all points on our continuum of care. Whether it's support of residents, their spouses and families in Independent Living or providing more extensive care in one of our dementia neighborhoods, our mission is the same: **providing all of our residents with opportunities for an optimal quality of life.** We are proud to support the Walk to End Alzheimer's.



TEAM BREWSTER ALZHEIMER'S FUNDRAISERS

Buy a Brewster Alzheimer's T-Shirt

Short and long-sleeved t-shirts with a special design will be sold with proceeds going to the **Northeast Kansas Alzheimer's Association.** Order forms are available at the Redwood Info Center, The Evergreens Info Center and Brewster Health Center. **Orders due by September 8.**

Wishing Wells

Wishing Wells will be at Redwood, The Evergreens and Brewster Health Center. Money raised will stay at Brewster Place to provide needed program materials for our dementia neighborhoods.

WHY RAISE FUNDS FOR ALZHEIMER'S?

- More than 6 million Americans are living with Alzheimer's
- One in three seniors dies with Alzheimer's or other dementia
- More than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias
- In 2022, Alzheimer's disease will cost the United States \$321 billion

ALZHEIMER'S WEEK AT BREWSTER PLACE

Monday, September 26

Wear yellow! Yellow is in support of those who are caring for or living with someone with Alzheimer's.

Tuesday, September 27

Wear purple! Purple supports those who have lost someone to the disease.

Brewster Campus Alzheimer's Walk and Refreshments

- 1:00 pm | Walk starts at Brewster Health Center

Wednesday, September 28

Wear blue! Blue supports those who have Alzheimer's.

- Movie: Grease | 2:00 pm | BPTV 1960

Thursday, September 29

Dress in your favorite 50s attire and watch the parade!

- 50s Themed Parade | 2:00 pm | Campus wide
- Sock Hop with DJ after the parade | Cultural Arts Center

Friday, September 30

Wear orange or your NEW Brewster t-shirt! Orange supports the vision of a world without Alzheimer's and other dementia. ■

WALK TO END ALZHEIMER'S
Saturday, Oct 1
9:15 am
Evergy Plaza

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.

PROBLEMS, WHAT PROBLEMS?

BY MATT BURNS, INTERIM CEO

I was speaking to a local financier a few days ago and he stated that he had some accounts of Brewster residents and that some had expressed concern with the “**problems**” at Brewster Place. I wanted to know, “**What problems?**”

That great philosopher Johnny Depp, in his character of Captain Jack Sparrow in the film *Pirates of the Caribbean* stated, “*The problem is not the problem, it’s your attitude towards the problem that is the problem.*”

Ironically, there is a bit of wisdom in that statement. As Director of Environmental Services for the past 11 years, I found that my daily job consisted of solving problems. Problems had a way of walking into my office when I arrived at 7:30 am and they would ring my phone in the night. It is constant. While overwhelming at times, I believe problems are not to be feared. Whatever the problem, they are something we can overcome as a community. In essence, problems present an opportunity for each of us to become someone’s hero.

I am reminded of a verse in **2 Corinthians** that states, “*We are destroying arguments and all arrogance raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ...*”

This is how I feel about problems. We can and should take them captive. We can tame them and subdue them until they become opportunities for growth — to make our campus more beautiful or to

make our lives a little more enjoyable.

Sure, I wish we didn’t have problems, but that is not reality anywhere in life. And what Captain Jack Sparrow stated is so true about things that have occurred at Brewster Place. Perhaps it was not the departure of staff members that caused our hurt, but our attitude toward those losses that increased our stress?

It’s my belief that we are successfully navigating through a difficult time. As issues have arisen, Brewster staff and residents have met those challenges head-on. So I would say again, “**What problems?**”

Please know by saying this I am not trying to be flippant or minimize your feelings or hide my head in the sand. I really want to know and need to know how you feel about past or current problems and your perspective.

If you do have a concern on your mind, or a problem with your living environment, please make it known to Brewster staff. We are here to solve your problems and address your concerns to the best of our ability so you can have the quality of life you desire at Brewster Place. I hope to see you around campus! ■



Depp, in his character of Captain Jack Sparrow in the film *Pirates of the Caribbean* stated, “*The problem is not the problem, it’s your attitude towards the problem that is the problem.*”



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



FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

NEW BEGINNINGS

This is a month full of possibilities! All around, we see schoolchildren back on the bus and starting classes. Soon pumpkins will be everywhere as we look forward to the fall and the time-honored traditions of the harvest season. The air will begin to grow colder in anticipation for the changing of the seasons, and we can begin to anticipate thick sweaters and hot cups of tea and cocoa.

It can be easy to feel invigorated by the change that September brings. There seems to be a new energy in the air as we all start to turn our minds to the holidays ahead. In a few weeks, the weather will begin the slow turn to autumn and the leaves may even start to turn by the end of the month! With all of the change about to occur, this month is truly a time for beginnings.

What new beginnings are coming up for you? Here at Brewster there are always fresh activities to try out or new friends to meet! Seize the chance to add something to your life this month, knowing that now is always the perfect time to try something different.

Sometimes it can be difficult to embrace a new thing, yet change can broaden our minds and enhance our lives beyond measure. Enjoy all the possibilities that this month will bring, knowing that this community will be here for you every step of the way. ■

BIBLE STUDY

EXPLORE THE GOSPEL OF JOHN

Tuesdays, August 23—October 4
1:00 pm | Main Street Chapel

Come join Chaplain Caroline for an exploration of the Gospel of John! This seven-week study will dig into the themes, history, and meaning of this thought-provoking gospel. All are welcome! ■



CEO SEARCH COMMITTEE

SEPTEMBER UPDATE

- The Brewster President & CEO position announcement was published nationwide on August 29.
- Applicants have until midnight on September 30, 2022 to submit their cover letter, resume and references to Brewster’s Human Resources department.
- During October, applications will be reviewed by the Search Committee resulting in a short list (as many as 10) to be selected for short interviews with the Committee.
- The Search Committee will recommend 3-5 finalists to the Brewster Board of Directors for final interviews.
- The Board hopes to make an offer of employment by December 1 with our new President & CEO beginning their work at Brewster in spring 2023. ■

REMINDER

SPEED
LIMIT
12

The speed limit at Brewster Place is 12 mph.



CREATIVE ARTS

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

PAINT WITH SAM

Tuesdays, September 6 and 20

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: ACRYLIC PAINT

Wednesdays, September 7, 14 and 21

10:30 am | The Evergreens Art Studio

1:30 pm | The Evergreens Art Studio

Each Wednesday we'll practice some different techniques in acrylic painting. 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!

MAKE IT MONDAYS

Mondays, September 12 and 26

1:30 pm | The Evergreens Art Studio

September 12 — Come make "kindness cards" with us to give to the Brewster Health Center. Our goal is to make 75 cards to give to the elders living there.

September 26 — Metal tooling is an art that has been around for centuries. Sam will walk you through basic tooling techniques!

CRAFT 'N CHAT

Thursdays, September 1 and 15

2:30 pm | Klinge Activity Center

Bring your projects and join us to chat about life while we work with our hands. We'll also be working together on projects to give back to the community.

DOT DAY CELEBRATION!

Thursday, September 8

1:30 pm | The Evergreens Art Studio

This day is all about celebrating the idea that everyone is creative. Based on the children's book *The Dot* by author Peter H. Reynolds, Dot Day looks at how we can make beautiful artwork when we all work together. Come and go at any point to make one small, simple artwork (or more if you want!). Sam will put all the art together to form a larger piece that will hang somewhere in Brewster!

MOVIE WITH SAM

Van Gogh Documentary

Friday, September 16 | 1:30 pm

Main Street Chapel

Come learn about the life of Vincent Van Gogh. This artist went from penniless and barely known in his lifetime to being one of the most iconic artists we know today.

PLASTIC BAG "YARN" DEMONSTRATION WITH SUSAN HSIA

Thursday, September 22

1:00 pm | The Evergreens Art Studio

Our very own Susan Hsia has quite the knack for needle arts and can even make yarn out of plastic bags! Come watch Susan give a demonstration on how to make your own ball of plastic bag "yarn." Bring your plastic collection (we all have one) and start your yarn with us that you can use to make your favorite pattern. ■

COFFEE WITH CINDY TANNER

INTERIM CHIEF OPERATING OFFICER FOR HEALTH SERVICES



Coffee Schedule

Wednesday, September 7

10:00 am

Brewster Health Center
Courtyard

Tuesday, September 13

10:00 am

Redwood Chandler Porch

Tuesday, September 20

10:00 am

Assisted Living
Monarch Dining Room

Thursday, September 22

10:00 am

Assisted Living
Frontier Dining Room

Tuesday, September 27

9:00 am

Brewster Bean
at The Evergreens

There's a 90s country song entitled *'Time Marches On'* recorded by Tracy Lawrence. I think the lyrics are appropriate for the recent Brewster Place journey — *'The only thing that stays the same is everything changes.'*

Many of you would agree, we are on a path of change! I am thankful to return to my Brewster family as a full-time team member yet again. During this fifth week of my return, I feel blessed to be back within your home. However, the pursuit of positive change is not done on an island. To be successful, change requires each of us. In fact, each of you knows where Brewster has been with leadership changes. I am here to assist each of you with identifying our course of action for the best change within your home.

It brings my heart joy to observe the commitment you have for that change. During the moments I stroll about campus — whether to the Brewster Health Center, the pool area, or visiting Assisted Living — I enjoy the opportunity to interact with all of you in the Brewster Place family.

I want to meet more of you and hope you will join me for coffee at one of the scheduled times to visit about my role and goals related to the Brewster Health Services team. I believe it is important for me to communicate my role and the subsequent goals related to clinical teams. More than anything, it is important for each of you to have the opportunity to communicate with me your thoughts and opinions, but also your joys, concerns and, of course, questions. With your help, I believe that while *'Everything Changes,'* Brewster Place will continue to prosper as your home! ■

NATIONAL ASSISTED LIVING WEEK | SEPT 11—17



The theme this year is *"Joyful Moments."* We hope to create some of those special moments between both residents and staff throughout the week. A full week of fun, games, a concert and a food truck are just some of the great things we have planned. This is a time of great celebration for our Assisted Living family. ■



COMMUNITY ENGAGEMENT

BY CHELSEY WESSEL
COMMUNITY ENGAGEMENT SPECIALIST

INTERGENERATIONAL OPPORTUNITIES

Washburn University — If you are interested in working with the Gerontology Class at Washburn University, please contact Chelsy Wessel at 785-274-3394. Students are looking to connect with 18 residents. Each student has a list of questions to ask you about your life. Your answers will provide students information to write an essay.

VOLUNTEER, RIGHT HERE

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

BOYS & GIRLS CLUB OF TOPEKA

Moving the art studio out of the Penthouse to the Klinge Activity Center resulted in organizing and paring down Brewster’s supplies. These supplies needed a new home and this generous donation was greatly appreciated by the Boys & Girls Club of Topeka. We want to thank Creative Arts Coordinator Sam Banks for spearheading this effort! ■

NEW POINT OF VIEW AT THE REDWOOD

There is a New Point of View at the Redwood! To learn more about the Penthouse apartments, and refashioned apartment homes, contact Sales and Marketing at 785-274-3351.

Sales and Marketing is inviting outside community members to share the exciting renovation news at Redwood. Be sure to welcome them to campus this month and let us know if you have a friend or family member who might be interested in calling Brewster Place home.

CATIE TECHNOLOGY

CATIE is software that residents and staff will be able to use to enhance communication, track community events, and stay informed with the latest announcements.

The CATIE Status Solutions team is working with our IT department and will be on campus September 7. If you are interested in learning more about CATIE, we invite you to join us on **Wednesday, September 7 at 2:00 pm in the Cultural Arts Center.**

If you have any questions, please call James Powell, IT Director, at 785-274-3333. ■

BREWSTER VETERANS HALL OF HONOR

Veterans Day will be here soon and now is your chance to order an Honor Tile for a loved one and have it placed on the Veterans Hall of Honor wall in time for this special day. If you or a loved one would like to be honored in this way, please contact Chelsy Wessel, Community Engagement Specialist, at 785-274-3394 for details. ■

DIVERSITY AND INCLUSION GROUP

FLOUR POWER WITH GENE CHAVEZ

Thursday, September 15

3:00 pm | Cultural Arts Center

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.

During the period of the Mexican Revolution, many immigrants made their way to Kansas to raise their families and work in the railroad, agricultural, industrial, and hospitality sectors of the state. A cultural offshoot of this new group of Mexican residents settling in the Midwest was the search for the perfect tortilla, a staple of Mexican cuisine.

Join us in welcoming **Gene Chávez** to Brewster to discuss the rich history of Mexican immigration to Kansas and the journey of the humble but important tortilla.

If you have any questions, please call Taylor Cooper, Director of Resident Services at 785-274-3348 or Chaplain Caroline Vautrinot, M.Div., at 785-274-3349. ■

OPERATION RED FILE

All Independent Living residents are encouraged to participate in **Operation Red File**, an initiative set forth by the Kansas Department for Aging and Disability Services (KDADS). Participants in Operation Red File receive a large, red, magnetic folder that can be placed on your refrigerator for instant access, where first responders will know to look for it.

Red File is designed to help seniors keep their critical health information accessible if needed in an emergency. Necessary health information may include but is not limited to do-not-resuscitate (DNR) orders, notarized living will, recent photograph of yourself, medical form with current information, and an up-to-date medication list.

If you do not have a Red File and wish to pick one up, please contact Taylor Cooper at (785) 274-3348. ■



**STRONGER
TOGETHER**
SUPPORT GROUP

Meets the first Thursday of every month.

Thursday, September 1

1:00 pm

Redwood Founders Room

The **Stronger Together Support Group** is a group that provides residents with a place to talk about their struggles with chronic conditions. Residents will gain insight and comfort hearing from others' experiences and sharing their own.

This support group is open to those seeking a safe place to discuss the struggles they face due to their disease, illness, and/or ailment. Participants will gain resources and hear from knowledgeable staff and community partners. Please call Taylor Cooper at 785-274-3348 for more information. ■

LOCATION, LOCATION, LOCATION

REDWOOD 214

One of the most desirable descriptors in real estate is also the perfect depiction of our **Home of the Month, Redwood 214!** Just steps from the second floor elevators, this two-bedroom, two-bath 1,040 square foot Catered Living apartment features one of our most sought-after floor plans.



Redwood 214 has three spacious rooms, with the bedrooms located to the left and right of the living room and dining area. There is convenient access to The Greenleaf Restaurant, arts studio, game area, salon, the Market Pavilion, Brewster Library, and Chapel. With the enclosed, temperature controlled skywalk, it's an easy walk to the swimming, pool, pickle ball court, woodworking shop, The Evergreens Grill, and Cultural Arts Center. Plus meals and laundry services are included! Located in the center of it all, this apartment is ready for you. Call today before it's gone!

Contact Chris Gallagher with Sales and Marketing 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! ■

BY GETTING INVOLVED YOU ENRICH YOUR LIFE!



Pat Gideon participated in Creative Arts Coordinator Sam Banks' Art Fundamentals class in August. Each month provides a new medium to try. In August students worked with charcoal. In September students can learn about acrylics. Try it!



Freida and Warren Schriener are longtime Brewster residents and live at Aspen. They enjoyed a banana split at the celebration in August. *And*, they looked spiffy in their hats!



Lois McDaniel lives at North Terrace and loves to sit on her front porch and read a good book. She also enjoys a wonderful view looking over the Aspen courtyard and pollinator garden.



OFF CAMPUS — A few highlights!

SCENIC DRIVE AND LUNCH

Wednesday, September 7 | 10:00 am | Shuttle (pick up from RW and EV)

If you are looking for an interesting bus ride and lunch out at Aunt Netters in Lecompton we hope you will join us! We always find something interesting to check out. If interested, please call Jamie at 785-274-3398.

MULVANE ART MUSEUM TOUR

Wednesday, September 14 | 12:30 pm | Shuttle (pick up from RW and EV)

The Mulvane Art Museum has hired a wonderful new education curator, Jonathan Matteson. He is going to update us on what is happening at the museum and the artlab. We will stop for ice cream afterwards at a new creamery in town. If interested, please call Jamie at 785-274-3398.

TRAVELIN' TO CONCORDIA

Wednesday, September 21 | 7:15 am | Shuttle (pick up from RW and EV)

This is our third time rescheduling this trip! 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 and includes transportation, museum admissions, guided tours, and lunch. If interested, please call Jamie at 785-274-3398.

TOUR OF HASKELL INDIAN NATIONS UNIVERSITY

Wednesday, September 28 | 9:00 am | Shuttle (pick up from RW and EV)

We will travel to Lawrence for a tour of Haskell Indian Nations University. Haskell a public tribal land-grant university. It was founded in 1884 as a residential boarding school for American Indian children. The school has developed into a university operated by the U.S. Bureau of Indian Affairs that offers both associate and baccalaureate degrees. The college was founded to serve members of federally recognized Native American tribes in the United States. It is the oldest continually operating federal school for American Indians. We will then go to lunch and do some exploring in Lawrence. Lunch is Dutch treat and transportation is \$13. If interested, please call Jamie at 785-274-3398.

FUTURE EVENTS

TOPEKA SYMPHONY ORCHESTRA

Saturday, October 1 | 6:45 pm | Shuttle

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. The Symphony is thrilled to bring the UMKC choral program and the Topeka Festival Singers to perform with them in this monumental work.

Call 785-232-2032 for tickets but call 785-274-3398 for a ride on Brewster Bus.

ON CAMPUS — A few highlights!

OHHHHH! THOSE VICTORIANS WITH JAN MAUCK **Thursday, September 8 | 1:00 pm | Main Street Chapel**

Join Brewster Place resident Jan Mauck and learn about the Victorian era. She will offer an entertaining view of everything Victorian.

24 FOR LIFE DIABETES PREVENTION PROGRAM **Friday, September 9 | 10:00 am | The Evergreens Community Room**

24 for Life is part of the National Diabetes Prevention Program, in collaboration with American Diabetes Association and led by the Centers for Disease Control and Prevention. This program is an evidence based program proven to prevent or delay Type 2 Diabetes. A trained lifestyle coach leads 24 1-hour group sessions. The program helps you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles. This lifestyle change program is not a fad diet or an exercise class and is not a quick fix — it is a program focused on long-term changes and lasting results. It is only 24 hours of your life that you will dedicate to learn new habits, gain new skills, and build confidence. For questions call Taylor Cooper at 785-274-3348.

ORPHAN TRAIN SURVIVOR: TELLING MY FATHER'S STORY **Thursday, September 15 | 10:00 am | Brewster Bean**

Jan Bolejack, Topeka resident, will share her father's experiences as a orphan in New York and his journey on the Orphan Train to the Midwest.

MOVIE: MRS. HARRIS GOES TO PARIS **Tuesday, September 20 | 1:00 pm | Cultural Arts Center**

Mrs. Harris is an English domestic servant who falls in love with a couture Dior dress. She decides she must buy one of her own. After she raises the funds to buy the dress, Mrs. Harris sets off on a journey to Paris that will change the course of her life. Paul Gallico's classic 1958 novel inspires the narrative. Come and enjoy the movie on the big screen in the Cultural Arts Center.

KRISTI BAKER PIANO CONCERT **Tuesday, September 27 | 2:00 pm | Cultural Arts Center**

Come and welcome back Kristi for another great piano concert. Enjoy the beautiful music she has been working on during Covid. It is sponsored by the Brewster Service Fund.

FUTURE EVENTS

KU OSHER LIFELONG LEARNING SERIES

GHOSTS IN THE WHITE HOUSE: THE MEN AND WOMEN BEHIND THE PRESIDENT'S WORDS

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

THANKSGIVING AND INDIGENOUS FOOD: A CELEBRATION

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

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.