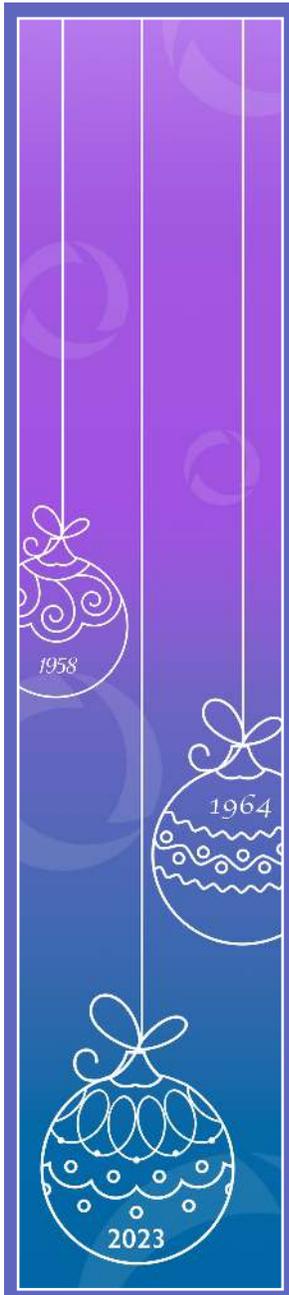




CHALLENGE, COMFORT, COMPANIONSHIP

BY JANIS SWANSON, EDITOR



The holiday season has arrived once again. This is a time for preparation, reflection, and hope. For many, the season is a time of joy and anticipation as we look forward to the presence family, friends and, most especially, the children in our lives. As the years pass, however, the holidays can also be a reminder of the losses in our lives — family, friends, pets, traditions, and independence. And yet, each year we decorate, bake, buy presents, listen to Christmas music, watch holiday movies, and plan for those special days ahead with hope and thanksgiving.

In the December 1964 Brewster News, the front page article, written by our first Executive Director Nathan Barr, was entitled, **“Challenge, Comfort, Companionship.”** Those three words seem incredibly descriptive of our lives today. In his article, Mr. Barr outlined the progress of the first year of occupancy at Brewster Place. It’s hard to believe that the Main Building (now Redwood) had 146 apartments including the Garden Annex (now Assisted Living). In 1964 occupancy was 60% and Brewster Place employed 34 full-and part-time staff. Just imagine the challenges faced by the founders and first leaders of Brewster Place. They certainly were met with frustrations, roadblocks, conflict and uncertainty. But thankfully, they persevered because they knew their vision of building a community for Topeka’s seniors was worth it.

Shakespeare’s quote in *The Tempest*, **“What’s past is prologue,”** is indeed true for Brewster. From the beginning, we have been blessed with servant-leaders — staff, residents and lay leaders alike — who have worked tirelessly to fulfill our mission. As we reflect on the past two years especially, it’s hard not to focus on the immense challenges we faced as a community — a pandemic, building projects, and leadership changes. Board members, staff, residents, family members, volunteers and friends had to face those challenges with grit and determination. Was it easy? No. Were there times when we wanted to give up? Yes. Thankfully, as a community with a shared mission, we have learned that even the greatest challenges cannot diminish this commu-

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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.

MINDFULNESS CLASSES SET TO CONTINUE

If you enjoyed Joy Bishop's mindfulness classes this past month, you are in luck. Joy will be in the Main Street Chapel the second Monday of every month at 2:00 pm for mindfulness class.

Mindfulness allows us to be fully present and aware of how we are feeling without becoming overly reactive or overwhelmed by everything going on in life. Mindfulness practices support our mental, emotional, and physical health and are offered in a wide variety of ways. Mindfulness is available to us in every moment, whether it is taking the time to breathe deeply or slowing down instead of rushing to get to the next place day to day.

Whether you have attended mindfulness class before or want to see what it is all about, we would love to see you on **Monday, December 12** when Joy returns. Please contact Taylor Cooper at 785-274-3348 if you have any questions. ■

The Stronger Together Support Group provides residents with a place to talk about their struggles with chronic conditions. Residents will gain insight and comfort hearing from other's experiences and sharing their own. It is open to



those seeking a safe place to discuss the struggles they face due to their disease, illness, and/or ailment. Join us on **Thursday, December 1 at 1:00 pm in the Redwood Founders Room** for our special guest.

Raven Milam, MS, ATR will be joining us from Valeo Behavioral Health. Raven will be introducing expressive art therapy in hopes of providing a creative outlet to deal with stress. If you are interested in learning more about expressive art therapy, or are looking for a supportive environment here at Brewster, please join us! If you have any questions please contact Taylor Cooper at 785-274-3348. ■

REDWOOD SKY-BREAKING CEREMONY

Friday, December 2

10:00 am

Redwood Veranda

(Redwood Lounge in case of inclement weather)

You are cordially invited to the Redwood Sky-Breaking Ceremony to kick-off the Redwood renovation project. State and Shawnee County elected officials, Topeka community leaders, Board Members, design and construction partners, residents and staff are invited to attend.

This \$14 million dollar addition and renovation project includes six Penthouse Suites on a newly constructed 6th floor as well as the redesign and renovation of 17 apartment homes at Redwood, the flagship building at Brewster Place. ■



CEO SEARCH COMMITTEE

DECEMBER UPDATE

- Three finalists were interviewed by the Brewster Board of Directors and Brewster management staff in November.
- Brewster Board met on November 30 to choose Brewster's next CEO.
- Stay tuned for an announcement regarding the selection. ■



FROM the CHAPLAIN

REV. CAROLINE VAUTRINOT, M.DIV

PREPARATIONS

December is a month of preparation and waiting. We are waiting for the start of the New Year and we are preparing our homes and closets for the oncoming coldest months of the year. What are you waiting for as we enter into this last month of the calendar?

For many of us, we are waiting with anticipation for Christmas Day and the celebration of Christ coming into the world once more. We are officially in the season of Advent, a time of spiritual preparation as Christians all around the world reflect on the meaning of Christ and the glories of God shown to us.

For many centuries, those in the church have used this time of advent – of ‘coming’ or ‘arrival’ – to prepare themselves to welcome Christ. Even today we do this! We decorate our homes, we prepare special meals, and we mark the weeks of Advent

with the four Sundays of Hope, Love, Joy, and Peace.

What will you be doing to prepare for Christmas this year? This is always a busy time, filled to bursting with family, friends, and preparations, yet it is this busyness that necessitates we take moments of quiet.

In the midst of your hurry this month, take moments of quiet reflection. Think about the important things in your life and give thanks for them. Reflect on the meaning of this Christmas season and the wonders that arose from the small child, born in a manger. Remember that wondrous things can come from even the most unlikely of places.

Remember these things as you celebrate this month, and may God bring you a happy holiday season and a very Merry Christmas! ■

OPEN COMMUNION HOUR

Mondays, December 5, 12 and 19

1:00 pm | Main Street Chapel

Come for a time of individual reflection, prayer and Holy Communion as we prepare for the birth of Christ. Come by any time between 1:00—2:00 pm and stay as long as you would like. All are welcome! ■

BREWSTER PLACE MEMORIAL SERVICE

Thursday, December 22

3:00 pm | Main Street Chapel

Join Chaplain Caroline for a time of remembrance of the friends and neighbors we have lost. All are welcome. ■

ADVENT BIBLE STUDY

Tuesdays, December 6, 13 and 20

1:00 pm | Main Street Chapel

Come join Chaplain Caroline for an Advent Bible Study each Tuesday of the Advent season. This is a great addition to the Advent season as we prepare for the birth of Christ. All are welcome! ■

CHRISTMAS DAY SERVICE

Sunday, December 25

2:30 pm | Main Street Chapel

This year Christmas falls on a Sunday! Come celebrate the birth of Christ with the Brewster Place community of faith. All are welcome. ■



CREATIVE ARTS

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

CREATE MEMORIAL CARDINALS

Thursday, December 1
1:00 pm
Klinge Activity Center

Join Sam to help make cardinals for our memorial tree of our friends we have lost this past year. Please come and help with this very special and meaningful project.

MERRY MARKET

Tuesday, December 6
10:00 am—2:00 pm
Redwood Lounge and Founders Room

Get your Christmas shopping done at the Merry Market. We'll have dozens of handmade items, including quilts, aprons, soaps, hot chocolate mixes, baked goods, and more! All proceeds go to the Brewster Service Fund to benefit projects at Brewster and in the community.

CRAFT 'N CHAT

Thursdays, December 1 and 8 | 2:00 pm
Klinge Activity Center

Time to get crafty and chatty! With the holidays coming up, Sam has a couple of projects for gift ideas (or to gift to yourself). You are also welcome to bring your own projects. We'll serve light refreshments to bring some warmth to the start of this chilly season. Call Sam at 785-274-3317 to let her know you plan on attending.

- December 1 — "Printing" on canvas tote bags
- December 8 — Scarf dyeing

PAINT WITH SAM

Tuesdays | 1:00—3:00 pm
Klinge Activity Center Studio

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!

MOVIE WITH SAM

Wayne Thiebaud, American Pop Art
Friday, December 16 | 1:30 pm
Main Street Chapel

A personal favorite of Sam's, Wayne Thiebaud was an artist who painted colorful and nostalgic images of bakery displays, candy treats, and more iconic images. Thiebaud who lived to be over 100 years old, created dozens of artworks, and continues to be an inspiration to emerging artists.

ART FUNDamentals: OIL PASTELS

Wednesdays
10:30 am | The Evergreens Art Studio
1:30 pm | The Evergreens Art Studio

The richly pigmented works oil pastels create make them a dream to play with. Come explore this type of art with instruction every step of the way. 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!

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

EVERYONE HAS A STORY TO TELL

JAN STOTTS | BY DIANA REED, RESIDENT

Jan Stotts is an interesting, intelligent woman who has a lot to share. She lives with her husband Dave in South Terrace, among the trees, birds, and friends in the north-west area of Brewster Place.



Jan was born and raised in southeast Kansas — Wichita, El Dorado and Madison. She graduated from Douglas High School and received her college degree from Wichita State University. Jan also has a master’s degree from Kansas University. She has a son and she and Dave share several grandchildren and great grandchildren.

Jan and Dave had a “hobby farm” close to Mayetta for about 20 years. They had a miniature horse, goats and a miniature goat named Little Bit who thought he was a dog. Jan also had a large flower garden — sounds fun!

Jan says, “Even a hobby farm is work, so we moved to an apartment in Topeka and then to Brewster Place two years ago with Romeo, our rescue pincher.”

Even a retired anthropology and English as a second language teacher has wishes in the back of her mind. Jan saw a flyer at the library for writing a mystery novel. The result is **The Orchard Garden**, Jan’s novel, which can be found at the Redwood Library on the lower level of Redwood.

Jan started a writing club at Brewster Place for, “anyone who enjoys writing — writing for writings sake.” The group has between seven to eight members who meet at the Chandler Sun Porch in Redwood. They meet on the first and third Tuesday of the month at 9:30 am. Jan invites anyone who enjoys writing; poetry, fiction, whatever you like, to join the group. Every third Tuesday, members may bring their writings to read and share with the group. On Tuesday, December 6 the focus will be “Holiday Foods” — fudge, green bean casserole, or your favorite turkey?

Jan is a lovely woman who loves her hobby which she shares with love. Jan said, “Everybody writes some. It’s a great way to share.” ■

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nity that began as the dream of Roy and Frances Engler in the late 1950s. What a message of hope that is for us!

As this year ends and a new year approaches, we can look forward with hope to the naming of our next CEO, the excitement of the Redwood renovation which will be well underway, and most importantly, we will continue to provide compassionate care, enriching programs, and state-of-the-art services that are second to none.

Will the future be without challenges? Absolutely not. But let us always remember those who have gone before us and those who lead us now. They have led by example and continue to inspire us to stay connected and committed to this community we love. If past is indeed prologue, we have so much to look forward to — together.

We wish you a blessed Christmas as you gather with friends and family. May we all lean on the companionship we share to bring comfort to each other as we remember the past and look forward to the future. Happy holidays one and all! ■

RESIDENTS RECEIVE PHILANTHROPIC LEADERSHIP AWARD

New Brewster Place residents, Ford and Catherine Ross, were the recent recipients of the **Philanthropic Leadership Award** during a celebratory philanthropy luncheon hosted by the **Topeka Association of Fund-raising Professionals**. The event was held at the Topeka Country Club on November 3.

Ford and Catherine were recognized for serving on boards for Topeka Civic Theatre, Stormont Vail Health, the Kansas Children's Discovery Center, and Meals on Wheels. Ford and Catherine moved to Brewster Place on September 1 and reside in the Birchwood Cottages. Thank you Ford and Catherine for all you do for our community and making Topeka a better place to live! ■

FROM THE ARCHIVES

Did you know that we have three complete sets of Brewster News archives going back to the first edition from June 1964? Reading about our rich history, the people who came before us, and the dreams they had is inspiring.

The following was said by The Rev. Ned Burr McKenney, a retired Congregational Church minister, at the dedication of Brewster Place on May 16, 1964:

"Two qualities — faith and imagination — keep a person or an institution young at heart. Those qualities are what it took to create Brewster Place."

If you love history and would like to read more about Brewster Place, contact Janis Swanson at 785-274-3389. She can point you in the right direction to access the archives. ■



PLEASE NOTE

DECEMBER SHOPPING

- The **grocery shopper** will be shopping on **Wednesday and Thursday, December 14 and 15**. Residents need to have their shopping lists turned in by 10:00 am on Wednesday morning.
- Our **shopping trips** that week will be to Walmart on Wednesday, December 14 and Dillon's on Friday, December 16.
- The **grocery shopper** will be shopping on **Wednesday and Thursday, December 21 and 22**. Residents need to have their shopping lists turned in by 10:00 am on Wednesday morning.
- We will be going to Dillons on Wednesday, December 21. This will be the only shopping trip of the week.
- The following week, we will be back on a regular schedule with Aldi's on Wednesday, December 28 and Dillon's on Friday, December 30.

CATIE WEB

If you would like to sign up for CATIE WEB to stay up-to-date about the latest happenings at Brewster Place, please contact Taylor Cooper, Director of Resident Services, at 785-274-3348. Taylor will schedule a time for your CATIE installation. ■





KU OSHER LIFELONG LEARNING SERIES

JANUARY AND FEBRUARY CLASS SCHEDULE

THREE SHIP DISASTERS OF THE 20TH CENTURY: THE TITANIC, THE LUSITANIA AND THE ANDRE DORIA

Tuesdays, January 10, 17 and 24
 1:00—3:00 pm
 Cultural Arts Center

Ocean liners were the primary mode of intercontinental travel for over a century, from the mid-19th century until they began to be supplanted by airliners in the 1950s. The busiest route for liners was on the North Atlantic with ships travelling between Europe and North America. Advances in design and technology eventually resulted in steamship companies proclaiming their ships to be “unsinkable,” a claim proved false by the sinking of these three ships. We’ll learn more about these ships and the hubris underlying these claims.

Paul Post is a native Kansan, currently residing in Topeka. He received a bachelor's in history from Kansas State University in 1971 and a law degree from the University of Kansas Law School in 1974. Now retired from the practice of law, he has been a member of the Topeka Landmarks Commission since 2014 and was commission vice chair in 2018.

AN OCEAN OF GRASS: PRAIRIE WRITING, PAST AND PRESENT

Tuesdays, February 7, 14 and 21
 1:00—3:00 pm
 Cultural Arts Center

The Tallgrass Prairie has been sustaining, mystifying, plowed almost to disappearance, saved in small acreages, recreated, and much revered. Kansas writers have, since their first contact with what Kenneth Wiggins Porter called “an ocean of grass to the stirrups,” tried to describe and celebrate the prairie landscape. Join Tom Averill on a walking and reading tour through the grasslands and through history, from indigenous writing to contemporary appreciations.

Thomas Fox Averill is professor emeritus at Washburn University where he taught Kansas literature, folklore and film for more than 40 years. He is the author of three story collections and five novels, almost all of them set in Kansas. His most recent book is *Found Documents from the Life of Nell Johnson Doerr: A Novel*.

Brewster Place residents and BrewsterConnect members attend for free. Please call Jamie Fritz at 785-274-3398 to register. ■



Thank you to everyone who submitted “shout outs” for staff. It means so much to hear from you, the residents and family members we serve. You can submit “shout outs” by writing on the slip of paper by the Shout Out Boxes in Redwood, The Evergreens and Brewster Health Center. You may also email us at GratitudeCrew@brewsterplace.org. ■

HOMES OF THE MONTH | THE FIVES AT REDWOOD



The beautiful view outside is the same, but everything about the inside of the fifth floor at Redwood is changing! The Fives at Redwood are being transformed from 23 apartments to 13 redesigned apartment homes with full kitchens and en-suite laundry! The new apartment homes will be ready for occupancy in a matter of months. So, choose your apartment today for a spring 2024 move-in date!

The apartments have been renamed to reflect the elements of nature.

RAIN

- Two units available
- 713 square feet
- One bedroom/one bath

STONE

- Two corner units available
- 844 square feet
- One bedroom/one bath

SERENITY

- Three units available
- 1,083 square feet
- Two bedroom/two bath

EARTH

- One unit available
- 713 square feet
- One bedroom/one bath

WIND

- One unit available
- 1,052 square feet
- One bedroom/1.5 bath

FIRE

- Four units available
- 1,078 square feet
- One bedroom/one bath

Contact Chris Gallagher with Sales and Marketing at 785-274-3351 for information.

Residents who make a referral will receive one month's free rent once the friend moves in! ■

EVERYONE HAS A PART TO PLAY!



Mary McNabb participates in all kinds of activities and programs. Here she was working on an art project. Mary is also the first one to say, "What can I do to help?" Thank you, Mary!



Kay Stephens and Ann Uhl handed out programs at the Veterans Day Celebration in November. Kay was instrumental in planning the event and Ann is always available to lend a helping hand. Thank you, Kay and Ann!



Marty Edwards sang God Bless America at the Veterans Day Celebration. Marty has a beautiful voice and shares her talent monthly by hosting a sing-along at Redwood. Thank you, Marty!



OFF CAMPUS — A few highlights!

TOPEKA SYMPHONY ORCHESTRA

Saturday, December 3 | 6:45 pm | Shuttle (pick up from RW and EV)

Enjoy the 2022-2023 season of the Symphony as they are Falling in Love at Christmas. Whether it's being with your loved ones at home for the holidays, or taking your special someone for a walk in a winter wonderland, the Christmas season is brimming with love. They will be playing everyone's favorite holiday tunes that capture the spirit of love and romance of Christmastime. Call 785-232-2032 for tickets. Call Jamie at 785-274-3398 for a ride on Brewster bus.

TOPEKA CIVIC THEATRE

Thursday, December 8 | 6:00 pm | Shuttle (pick up from RW and EV)

TCT presents Miracle on 34th Street about one little girl's belief in Santa. Tickets are \$32. Please call Jamie at 785-274-3398 to make reservation as space is limited.

CHURCH OF THE RESURRECTION CHRISTMAS CONCERT AND LIGHTS

Saturday, December 10 | 11:45 am | Shuttle (pick up from RW and EV)

Join us in seeing a Kansas City holiday tradition, back after a two year hiatus, as we celebrate Christmas at Resurrection! The first act will celebrate your favorite Christmas movies by bringing them to life with more than 300 actors, singers, dancers and instrumentalists in an evening of music and drama. The second act will relive the biblical story of the birth of the Christ child in a new and very dramatic way. Afterwards we will make a quick stop at Talbots and off to dinner at the Cheesecake Factory. We will finish the day with a look at holiday lights. No lunch is provided. Dinner is Dutch treat. Transportation cost is \$13. Call Jamie at 785-274-3398 to sign up.

WASHBURN UNIVERSITY HOLIDAY VESPERS

Sunday, December 11 | 3:00 pm | Shuttle (pick up from RW and EV)

Washburn University will host the annual Holiday Vespers in White Concert Hall on a Sunday afternoon where musicians perform traditional songs and melodies. The Vespers concert features the Washburn choir, percussion ensemble, string orchestra, Jazz band, wind ensemble and symphony orchestra. Call Jamie at 785-274-3398 to sign up. The event is free.

DINNER OUT AT CRACKER BARREL AND HOLIDAY LIGHTS

Wednesday, December 14 | 4:00 pm | Shuttle (pick up from RW and EV)

Please join us for a yummy dinner at Cracker Barrel and then we will go to on a drive around Topeka and finish by going through Winter Wonderland for TARC. Dinner is Dutch treat. The cost is \$1 per person for donations to TARC. Please call Jamie at 785-274-3398 to make reservations.

TOPEKA FESTIVAL SINGERS

Monday, December 19 | 6:30 pm | Shuttle (pick up from RW and EV)

The Topeka Festival Singers continue their season of hope with a concert titled **Hope and Anticipation: A Holiday Concert**. Please call Jamie at 785-274-3398 to make transportation reservations.

THE KREADY HOLIDAY SPECTACULAR

Friday, December 23 | 5:30 pm | Shuttle (pick up from RW and EV)

The Topeka Performing Arts Center invites you to come celebrate the season at a holiday concert for the whole family! With 17 Broadway shows between them, Jeff Kready and Nikki Renée Daniels promise to thrill you with vocal stylings that are direct from New York City, but have hometown heart. Santa has put together a special group of musicians from the Topeka Symphony Orchestra and Shawnee Choral Society. Tickets can be purchased by calling TPAC at 785-234-2787. If you need help with tickets call Jamie. We will NOT stay for the VIP experience. Please reserve transportation by calling Jamie at 785-274-3398.

ON CAMPUS — A few highlights!

MERRY MARKET

Tuesday, December 6 | 10:00 am—2:00 pm | Redwood Lounge

Be sure and stop by the Redwood Lounge for our annual shopping day! We will have many yummy, beautiful and fun things being sold by vendors like Avon, Mary Kay, KNI poinsettias and others. The Brewster Bazaar will be featured in the Founders Room with wonderfully creative things. Come early to see everything.

COREFIRST BANK & TRUST HOLIDAY PROGRAM

Tuesday, December 6 | 6:30 pm | Cultural Arts Center

Tis' the Season for outstanding musical shows. The CoreFirst musical show stars Jonathan Andrews, Jayna McFarland, Greg Myer, and Ashley Young accompanied by Nancy Goodall.

TOPEKA BIG BAND HOLIDAY CONCERT

Tuesday, December 13 | 5:30 pm | Cultural Arts Center

Come and enjoy the sounds of the season. The band promises not to blow us out of the room.

BREWSTER CHOIR AND GRACE MORRISON PERFORMANCE

Thursday, December 15 | 2:00 pm | Cultural Arts Center

The sounds of the holiday season will fill the Cultural Arts Center with the beautiful voices of the Brewster Holiday Choir. This choir includes residents, staff, and home school students under the direction of Dorothy Iliff. The second act will be beautiful holiday songs sung by Grace Morrison.

MARTY EDWARDS SING-ALONG

Saturday, December 17 | 2:00 pm | Redwood Lounge

Back by popular demand, Marty and her family will give a wonderful concert of holiday favorites. It is not to be missed this season.

MOVIE: TICKET TO PARADISE

Wednesday, December 28 | 1:00 pm | Cultural Arts Center

Come and enjoy the movie Ticket to Paradise starring George Clooney and Julia Roberts. They play two divorced parents who can't stand each other. They must head to Bali after their daughter, Lily, announces her plans to marry a local islander she just met while on holiday. They decide to put aside their differences and work together to stop the wedding. If you love a romantic comedy, please come and watch.

CHAT AND GET FAT YEAR END CELEBRATION

Thursday, December 29 | 2:00 pm | Cultural Arts Center

You are all invited to come and enjoy a delicious cup of hot chocolate and some fun games.

FUTURE EVENTS

New Theatre and Restaurant

Wednesday, January 4 | 10:00 am | Come Blow Your Horn

This show is about family and all the crazy, hilarious and wonderful things that happen when parents and their adult children get together. It's 1961, the era of The Twist and swinging bachelor pads. Alan Baker, a 30-ish single guy with time, money and women to spare, welcomes his innocent and naïve baby brother Buddy into his den of iniquity while their horrified parents can only watch and overeat.

Wednesday, February 22 | 10:00 am | Condo-Monium

This show is a good, old-fashioned farce that is brand new to America from London. It is starring Barry Williams for the Brady Bunch. Cost is \$35 for lunch and ticket. Transportation is \$13. Please call Jamie at 785-274-3398 to make reservation as space is limited.