

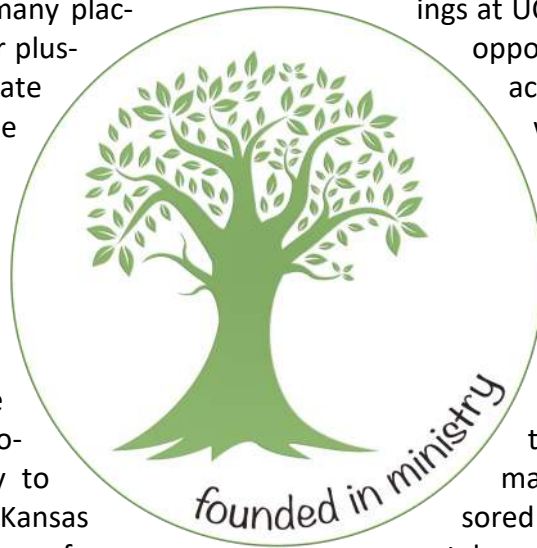


SHARED MINISTRY AND SENSE OF PURPOSE

BY TIM WETZEL, CEO

There are three words that describe my first month at Brewster Place — **happy, learning and ministry**. I can describe those three words as follows: I am so **happy** to be back in the Midwest where I grew up. While I have visited and lived many places, and they all have their pluses and minuses, I appreciate how the people of the Midwest are so down to earth. I suspect that comes from the Midwest farming roots. I appreciate the kindness and helpfulness that is particularly evident in the Midwest. As an added bonus for me, I am happy to have some family in the Kansas City area. We have had some fun recently watching and celebrating the successes of our local sports teams!

They say it takes six months to a year to settle into a new job. When you start a new job it feels a little bit like you are drinking from a fire hose. Currently, I am spending a lot of time observing, asking lots of questions, and listening to **learn** from the residents and staff who know Brewster Place so well. I am impressed with the tenure and passion of staff. A tenured staff has a lot of institutional knowledge which helps to make things run smoothly. Passion is infectious and it is a joy to work with those who are passionate about their work.



Brewster Place was started by four Topeka Congregational Churches which are part of the United Church of Christ denomination. I grew up in the United Church of Christ with both my father and uncle serving at UCC ministers. I have had the opportunity to go through a Diaconal lay **ministry** program with the Council of Health and Human Service Ministries of the United Church of Christ. The purpose of the Diaconal ministry program is to help lay people better understand the purpose in ministry of the various health and human service ministries sponsored by the UCC and the covenantal relationship between the church and its health and human service ministries. I am delighted to have the opportunity to serve my church with the health and human service ministry at Brewster Place.

Many nonprofit health and human service ministries have drifted away from their church roots and become secular nonprofits. It is good to see that Brewster Place has maintained its sense of purpose in ministry and relationship with the Church. I appreciate the fact that 25% of Brewster Place's Board of Directors are members of the local UCC churches. ■

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.



FROM the **CHAPLAIN** | REV. CAROLINE VAUTRINOT, M.DIV APRIL SHOWERS BRING MAY FLOWERS

I grew up hearing this proverb every year as winter began to melt. In the state of Maine, April can be an incredibly wet month, with the ferocious winter storms turning into downpours as the world wakens up to spring. Growing up with the expectation of frequent rain, just as the weather begins to warm, gave me an appreciation for the incredible cleansing that water can provide.

There is something healing about standing in a rain shower on a warm day, watching the Earth be cleansed and knowing that that same water is feeding the blooms of spring. The springtime air, just after a rainstorm, teems with life. Not only does the Earth release that invigorating scent of

freshness and earthiness, but there is always a sense of renewal and rebirth in the air.

That, of course, is the best part about spring rain. After all, who doesn't like the thought of new life and of revitalization? For Christians, it is incredibly apt that this is when we celebrate the Resurrection of Christ. We see echoes of that miracle in the smaller, more mundane moments of spring revival as plants and animals come out of their hibernations and reengage with the world once more.

So as we celebrate this important moment, let us remember to pause after the next rainstorm and rejoice in the incredible gift of new life all around us. ■

HOLY WEEK SERVICES



Palm Sunday
Sunday, April 2
1:00 pm | Brewster Health Center
2:30 pm | Main Street Chapel



Maundy Thursday
Thursday, April 6
10:00 am | Brewster Health Center
3:00 pm | Main Street Chapel



Easter Sunday
Sunday, April 9
1:00 pm | Brewster Health Center
2:30 pm | Main Street Chapel

PLEASE NOTE:

There will be no Catholic Mass in April.

BREWSTER BLESSING BOX LOCATED AT THE EVERGREENS

In the March Brewster News information was given about collecting donations for those in need via the volunteer organization **Blessing Boxes for Topeka**.



Your donations matter! Sara Tucker collects Brewster's donations and places them in the Blessing Box at the Unitarian Universalist Fellowship. Your recent donations

filled the box! Thank you!

Food and hygiene products are always needed. Thank you for your donations! ■

Bonnie Lindsley is known for her quilts. In fact, she was the seamstress of a beautiful quilt that was displayed at the recent Brewster Quilt Show.

"I made my first quilt when I was five years old," said Bonnie. She continued, "I was always cutting stuff up. My dad wired a little box to the treadle of a sewing machine so my legs would reach the treadle. I made a quilt out of flour sacks. Then I started making doll clothes."



EVERYONE HAS A STORY TO TELL

BONNIE LINDSLEY
BY DIANA REED, RESIDENT

Bonnie remembers her childhood with joy. She said, "We grew up in the 1920s. My mother and others made quilts and all the little girls would play under the quilts. We grabbed all the little pieces of fabric that fell as well as sticks and made stick dolls." Bonnie continued, "We would get to playing and we laughed

at the mothers what was written on their bloomers made from flour sacks. We read these flour sacks, 'Fair Very Mills' and 'Clyde's Best.' My whole life I made my quilts from my heart remembering the fun I had as a child learning."

Bonnie was born in Blue Rapids, Kansas in Marshall county. "My dad worked for Henderson Grocers," she remembers. "Mr. Henderson gave me a little bucket and I got to go up and down the aisles and picked up the floors. I could keep whatever I found."

Quilting and sewing weren't the only pastimes of Bonnie's childhood. "I didn't have any brothers, so I was my dad's boy. He taught me to harness a team of horses. I was in a saddle club and I taught my horse to square dance. There were two Palominos who had long silky manes. They knew they were beautiful. My horse knew he was handsome. Those horses really showed off. We had very beautiful clothes for a horse show. My partner was a young man. At the show, my horse really showed off. He reared his head back and bit my hip and tore my pants. From then on, I had to wear jeans."

Today, Bonnie is busy making a quilt of the fifty United States. Each state is memorialized with its own beautiful quilted square done in its own colors and quilting pattern. It has taken Bonnie two years to complete most of the lovely squares. She has six more squares to finish this quilt.

She said, "I've got so many things I want to do and I'm now 97. I want to teach a quilting class. I want to arrange my quilts. I want to start a class where they make a quilt a month."

Bonnie has also sewn many Raggedy Ann and Andy dolls (over 200), Teddy Bears, doll clothes, sweatshirts, a church window out of fabric, table runners, children's quilts, and personal clothing. She has made well over 368 quilts, has given away many quilts, and is very generous with the items she has made.

Also living at Brewster Place is Bonnie's sister, Lois McDaniel. Bonnie has three daughters, Cheryl who lives in Los Cruces, New Mexico; Diane who lives in Georgetown, Texas; and Alex Dale from Dallas, Texas.

"I have lived a beautiful life," said Bonnie. We agree! Bonnie is a kind, generous, and openhearted lady. Her life has been full of giving. ■

APRIL IS OCCUPATIONAL THERAPY MONTH

HELPING YOU TO IMPROVE SKILLS FOR DAILY LIVING

OCCUPATIONAL THERAPY DEFINED

Occupational therapy is a service provided by an Occupational Therapist (OT) and/or an Occupational Therapy Assistant (OTA) to evaluate and treat injured, ill, or disabled patients through the therapeutic use of everyday activities. Occupational therapy focuses on helping develop, improve, as well as maintain the skills needed for daily living.

BENEFITS OF OT

Occupational therapy can provide strategies that can help you maintain your independence and living life to the fullest. If you need safety modifications, or any education for fall prevention, OT is just what you need.

Occupational therapy can assist with maintaining your independence with your activities for daily living such as developing a morning routine (dressing, grooming, and toileting etc.), incontinence management, leisure activities, maintaining strength, and any other tasks that are meaningful to you.

If you have questions or think you would benefit from OT services please feel free to contact **Brooke Kelly, Director of Therapy services at 785-274-3338.**

LET US INTRODUCE OURSELVES

My name is **Jessica Young**. I'm an Occupational Therapist and I absolutely love my job! I have been at Brewster Place since June 2022 and have enjoyed meeting all the residents within this tightknit community.



I live in Topeka with my husband Michael, and my three energetic sons, Max (age 9), Mason (age 7), and Miles (age 4). We also have a sweet dog, named Bear, three cats, and seven chickens. I enjoy traveling, running, and spending time with my family. My boys love to play soccer, so you can typically find my family out on the soccer fields. If we're home, you will also find us outside playing, grilling, or enjoying ourselves around the bonfire.

What I love most about being an OT is being a part of the journey in helping people rehabilitate and watching them progress to their prior level of function. I enjoy sharing my knowledge and skillset with clients to assist them in returning to prior occupations or activities that OCCUPY their time. I especially enjoy working with individuals with Parkinson's disease, individuals who are fearful of falling, or individuals dealing with shoulder pain as I have taken many educational classes with this area.

My name is **Alyssa McCain** and I am an Occupational Therapist Assistant. In my free time, I enjoy spending time



with my husband Mark and our two dogs, Athena and Zeus. My husband and I have been married for nine years, and two years ago we built our dream home. Besides our dogs, I enjoy coaching sports, being outdoors, and being together with friends and family.

I have been an Occupational Therapy Assistant at Brewster Place for four years. Prior to becoming an OTA, I was a CNA in another facility, as well as at a doctor's office. My passion has always been healthcare. I enjoy being able to assist individuals to regain their independence and participate in every day and meaningful activities. I am thankful to be a part of Team Brewster!

My name is **Autumn Froese** I am an Occupational Therapy Assistant and I've been at Brewster for seven years. The elders at Brewster hold a special place in my heart and make coming to work enjoyable and always puts a smile on my face.



I love helping the elders on rehab become more independent and show them what they didn't realize they could do prior, which constantly inspires me.

When I'm not at work, I enjoy spending time with my husband, five month old son, and two Boxer dogs — whether it's at home playing indoors and outdoors, going on walks and jogs, or traveling. My husband and I also enjoy renting out and managing our Airbnb and our event venue in town on the side for others to enjoy.

My name is **Emily Evenson** and I am an Occupational Therapy Assistant! I am a Topeka native, and I have been working at Brewster for a year and a half.



I love spending my free time outside going on walks with my husband and our dog, reading, and working out at the gym! We bought a house earlier this

year, so we have been spending a lot of our free time getting it ready to move in. My husband and I also are expecting our first child. We are due in August!

My favorite part about working with elders is spending time getting to personally know each other, hearing the amazing stories and past experiences, and sharing my love for occupational therapy!

Hi, I am **Trey Shandy**, Occupational Therapist. I grew up in Liberal, Kansas prior to moving to Topeka and attending Shawnee Heights High School. I graduated from Washburn



University with a bachelor's degree in Exercise Physiology. I then attended Rockhurst University and graduated with a master's degree in Occupational Therapy. I enjoy spending time with my family (my wife, Dorie, and children Reece and Robert), being outdoors hiking, running, and participating in archery.

There are many reasons why I enjoy being an Occupational Therapist and working with elders. It is fulfilling to collaborate with elders to develop a plan of care that works on their goals and finding creative and helpful ways to help them achieve those goals. Although much work is involved with the occupational therapy process, I like to have fun with elders and get to know who they are as a person. I also like to learn from elders by hearing their life experiences and receiving their advice. I look forward to meeting and working with more of elders at Brewster Place. ■

RETIREMENT RECEPTION FOR PAM EBERT

**Wednesday, April 5
2:00—4:00 pm
The Evergreens
Community Room**

Physical Therapist Pam Robinett-Ebert is retiring! Pam has been part of the Brewster Therapy Team for almost seven years, providing expert physical therapy services to many residents and friends. We appreciate Pam's service and hope you will join us to wish her well in her retirement. ■



CREATIVE ARTS

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

SAM IN THE STUDIO

Did you miss a class you wanted to attend? Would you like help with a project? 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

(except April 14)

1:00—3:00 pm | The Evergreens Art Studio

OPEN PAINT

Tuesdays | 1:00—3:00 pm

Klinge Activity Center Studio

Join with other painters in this self-directed class. Bring your idea or look through the library of reference pictures. Sam is available to help you through the painting process. All supplies provided, or bring your own!

CRAFT 'N CHAT

Craft 'n Chat will look a little different this month! Check out these specialty workshops we have planned for our chatty and crafty hour.

Thursday, April 6 | 2:30 pm

Main Street Pavilion

Kim Jenkins is bringing her real life bunny in for us to sketch. All supplies provided. Even if you think you can't draw, I encourage you to try it out.

Thursday, April 20 | 2:30 pm

Klinge Activity Center

Jesse Gerber from IT will talk about the 3D printing process and share his own artwork he has made with this printing process.

STEP-BY-STEP TULIP PAINTING

Thursday, April 13 | 1:00 pm

The Evergreens Art Studio

While we only get to admire real tulips briefly, painting them on a canvas means we can enjoy them year round. Join Sam for an easy step-by-step tutorial on how to paint a pair of tulips. ****Please call 274-3317 to make a reservation because space is limited.****

MOVIE WITH SAM *GEORGIA O'KEEFFE*

Friday, April 14 | 2:00 pm

Main Street Chapel

This month we'll learn about the life and art of artist Georgia O'Keeffe, one of the first modernist painters in America. Her abstracted forms of nature were revolutionary in her time. These videos will showcase a tour of the Georgia O'Keeffe Museum, a brief biography of her life, and a feature about what O'Keeffe might have eaten in a day.

COMMUNITY MURAL RECEPTION

Thursday, April 27 | 2:00 pm

Brewster Events Center Art Gallery

Spring is here and we are grateful! To celebrate the thankfulness we have for the warmer, brighter days, join us for a reception in the Brewster Event Center. You can look through all the pieces that create the garden mural. We will also have an interactive portion where you can write what you are thankful for, and it will be incorporated into the artwork. ■

COFFEE WITH AMERICAN LEGION

Tuesday, April 4

11:00 am—1:00 pm

The Evergreens Community Room

If you are a veteran or just wanting to stop by and chat with folks from the American Legion, they will be in The Evergreens Community Room at this time. Coffee and tea will be provided. They are eager to get to know the residents at Brewster Place! If you have any questions please reach out to Taylor Cooper at 785-274-3348. ■

AT EASE: MINDFULNESS CLASS

WITH JOY BISHOP, LSCSW

Monday, April 10

2:00—3:00 pm | Main Street Chapel

Join Joy Bishop on the second Monday of every month. Joy will teach us helpful ways to practice mindfulness in our everyday life. No reservation necessary. If you have any questions please contact Taylor at (785) 274-3348. ■

SHOPPING TRIPS REMINDER

Please call Transportation 24 hours in advance at 785-274-3320 if you would like to go grocery shopping on Wednesdays and/or Fridays. It is helpful if they know in advance how many passengers to prepare for. ■

SEVERE WEATHER “GO BAG”

As mentioned in the severe weather meetings held in March, it’s a great idea to have a “Go Bag” prepared in case you need to evacuate your home in an emergency. Suggested items for your “Go Bag” include:

- Two bottles of water
- Snacks (rotate out every couple of months)
- Three days of medicine (rotate out every couple of months)
- Phone charger
- Masks
- Hand sanitizer
- Small flashlight
- Whistle ■

PET VISITS

Monday, April 3

1:30 pm

Brewster Health Center

Monday, April 17

1:30 pm

Cultural Arts Center

PrairieLand Visiting Animals Association is a fun and friendly group of folks from the heartland who are interested in promoting the human/animal bond.

The group provides registered pet therapy teams to nursing homes, retirement homes, hospitals, schools and other facilities that can benefit from interactions with a therapy animal. They encourage evaluation and registration of animals to ensure that they are welcome at every facility. Our members belong to: **Pet Partners and Alliance of Therapy Dogs.**

Brewster Place has partnered with a team from PrairieLand Visiting Animals Association. They have a partnership with Stormont Vail and KU St Francis already, and we are looking to bring them to Brewster a couple of times per month — once in Independent Living and once at the Brewster Health Center. ■

HOME OF THE MONTH



Fall in love with your very own Penthouse view in a Redwood spacious two-bedroom, two-bath suite offering a vast view of Topeka's skyline and beyond!

Six luxury apartments range from just over 1,400 square feet to more than 1,750 square feet of well-appointed living space, including full kitchens, en-suite laundry, and large balconies to enjoy life from six stories high.

The completion date for these apartment homes is less than a year away. To review renderings, floor plans and pricing call Chris Gallagher in Sales and Marketing at 785-274-3351. In addition, there are five more floor plans to choose from located on the first and fifth floors. Large one-bedroom apartment homes are still available.

Remember, you can help choose your future neighbors and receive a bonus! Residents who make a new referral to Brewster will receive one month's free rent once the friend moves in! ■

WE WELCOME SPRING, NEW RESIDENTS, AND FAMILY



Left: Ann Uhl participated in the Spring Art Camp in March. Creative Arts Coordinator Sam Banks taught four days of art including using tissue paper to make creative designs on silk scarves.

Bottom Right: Doris and Larry Moreland are new residents who live at the Birchwood Cottages. Doris also participated in Art Camp. The photo below was taken at the March Birthday Party in the Cultural Arts Center.

Right: Resident Jo Ann Kemp and her daughter Terri Bond (who is a BrewsterConnect member) attended the March Birthday Party. We have so many family connections at Brewster Place. A legacy indeed!



BrewsterLiving.org



OFF CAMPUS — A few highlights!

TOPEKA SYMPHONY ORCHESTRA

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

TSO will be featuring love triangles in this concert. The marriage of composer Robert Schumann and pianist Clara Schumann was filled with musical innovation and intellectual engagement, but it was also marked by tragedy. The arrival of young rising star Johannes Brahms brought joy to their household, and the deep bond that developed between Clara and Johannes has long been the subject of question and conjecture. The Topeka Symphony will present a unique evening of symphonic, chamber, and solo works by both Schumanns and Brahms, while actors illuminate the human story behind these towering figures of western music. Call 785-232-2032 for tickets. Call Jamie at 785-274-3398 for a ride on the Brewster shuttle.

LIBRARY, LUNCH AND SPRING DRIVE

Wednesday, April 5 | 10:00 am | Shuttle (pick up from RW and EV)

Spring is blooming. Join us on an exciting day that will begin with a stop at Topeka and Shawnee County Public Library to see the current art exhibit Shades of Greatness. This stunning traveling art exhibit from the Negro Leagues Baseball Museum in Kansas City that features works created by artists inspired by Negro Leagues Baseball history. We will then go to Aunt Netter's for lunch and yummy dessert. We might eat dessert first. We will then stop at Lake Shawnee to see the tulips (fingers crossed). Please call Jamie at 785-274-3398 to make reservations as space is limited.

LAKE PERRY DRIVE

Wednesday, April 19 | 1:00 pm | Shuttle (pick up from RW and EV)

Let's take an afternoon drive and enjoy the bounty of spring. We will go to Lake Perry and see everything in bloom. We will stop for ice cream on the way home. It is sure to delight the soul. Please call Jamie at 785-274-3398 to make reservations as space is limited.

NEW THEATRE AND RESTAURANT

Wednesday, April 26 | 10:00 am | Shuttle (pick up from RW and EV)

Million Dollar Quartet is back by popular demand. All the excitement, all the energy, all the thrills of watching the birth of Rock 'n' Roll by four of its greatest innovators. Once the live band is on stage and kicks in, sitting still is nearly impossible. Rock icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins will take you back to Sun Recording Studios where they gathered for one unforgettable night. Cost is \$35 for lunch and ticket. Transportation is \$13. Please call Jamie at 785-274-3398 to make reservations as space is limited.

FUTURE EVENTS

BIG KANSAS ROAD TRIP

Thursday, May 4 | 7:30 am | Shuttle (pick up from RW and EV)

The Big Kansas Road Trip is designed to turn people on to exploring Kansas counties by doing it. The trip is featuring Jewell, Republic and Smith counties. This is a first for Brewster so we don't know what we will experience except for a fun day on the bus with the hopes of good food and lots of laughs. The transportation cost is \$13. Please call Jamie at 785-274-3398 to make reservations as space is limited.

TOPEKA SYMPHONY ORCHESTRA

Saturday, May 6 | 6:30 pm | Shuttle (pick up from RW and EV)

TSO will be presenting Rogers and Hammerstein's classic American musical Oklahoma! in conjunction with Topeka Civic Theatre. In this inventive concert performance of the full show, the music and story take center stage as the Topeka Symphony performs the rich orchestral score while actors and singers bring to life the words, songs, and history of one of Broadway's most beloved musicals about love and romance on the Great Plains. This will be amazing. Call 785-232-2032 for tickets. Call Jamie at 785-274-3398 for a ride on the Brewster shuttle.

ON CAMPUS — A few highlights!

COFFEE WITH AMERICAN LEGION

Tuesday, April 4 | 11:00 am—1:00 pm | The Evergreens Community Room

If you are a veteran or just wanting to stop by and chat with folks from the American Legion, they will be in The Evergreens Community Room at this time. Coffee and tea will be provided. They are eager to get to know the residents at Brewster Place! If you have any questions please reach out to Taylor Cooper at 785-274-3348.

BREWSTER GARDENER'S CONNECT MEETING: SHADE GARDENING

Friday, April 7 | 2:00 pm | Main Street Chapel

If you are a gardener or just enjoy learning about gardening, please join us as we hear from Master Gardener Linda Lakle who will speak on Shade Gardening.

AT EASE: MINDFULNESS CLASS WITH JOY BISHOP, LSCSW

Monday, April 10 | 2:00—3:00 pm | Main Street Chapel

Joy Bishop will teach us helpful ways to practice mindfulness in our everyday life. No reservation necessary. If you have any questions please contact Taylor at (785) 274-3348.

PET VISIT WITH PRAIRIELAND VISITING ANIMALS

Monday, April 17 | 1:30 pm | Cultural Arts Center

We are so happy to be partnering with Prairieland Visiting Animals. Join us to get some puppy love and experience some joy at the same time. You can't beat that!

MOVIE DAY IN THE CULTURAL ARTS CENTER: A MAN CALLED OTTO

Tuesday, April 18 | 1:00 pm | Cultural Arts Center

This is a remake of the fantastic original film adaptation of the novel "A Man Called Ove" by Fredrik Backman (2015 Swedish film "A Man Called Ove" directed by Hannes Holm). **Otto (Ove) is a grump who's given up on life following the loss of his wife and wants to end it all.** When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. The film does have a happy ending however it does include mentions of attempted suicide, so please proceed with that in mind.

SARA TUCKER PRESENTS: JAPAN AND CHINA: DIFFERENCES IN HISTORY

Tuesday, April 25 | 2:00 pm | Main Street Chapel

Sara Tucker former Washburn University professor and current Brewster resident has spent many hours studying countries and their complex history. This month she will help us understand the difference between the history of Japan and China.

LIBRARY REQUEST | PLEASE RETURN YOUR BOOKS!

We have two wonderful libraries at Brewster Place — one located on the lower level of Redwood and the other at The Evergreens. Our Library Committee works hard to provide a good selection of books. If you utilize this service, **please remember to return your books once you have completed reading.** There are currently several missing books that others would like to check out. Please be mindful of others and return your books. Thank you!