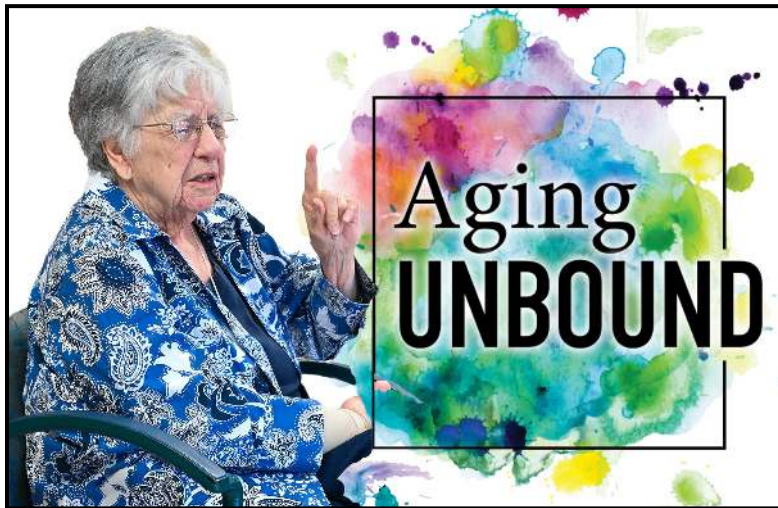




OLDER AMERICANS MONTH — AGING UNBOUND

BY JANIS SWANSON, EDITOR

Every May, the Administration for Community Living leads the nation's observance of **Older Americans Month (OAM)**. The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.



Resident Bobbie Smelter speaking to staff about her career in nursing at the Culture Attributes Session at Brewster Health Center.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans

Month.” (borrowed from acl.gov/oam)

Aging Unbound is such an uplifting theme and could very well be used to describe life at Brewster Place — not only during Older Americans Month in May — but every day of the year. Our collective experiences as residents, staff and volunteers at Brewster Place make us a vibrant community. Each of us with our unique skills, backgrounds and abilities combine to make us who we are as a community, one that strives to break through the boundaries and stereotypes of aging so that we can all live our best lives.

Spiritual, physical, social, intellectual, and emotional wellness are priorities at Brewster Place. Our programs, community spaces, and health and wellness services reflect this fact. More importantly, however, are the relationships which are created while pursuing our goals. A frontline staff member recently said, *“It’s the stories — when residents tell you stories about their lives — that’s what pulls you in and then you are hooked. You care about them more and more.”* As we share our stories with each other, we become connected, no matter our age, background or beliefs.

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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.



FROM the CHAPLAIN | REV. CAROLINE VAUTRINOT, M.DIV **SPIRIT OF GOD AND POWER OF UNITY**

This is a vibrant month. The new growth of spring is still blooming and there is energy in the air as the breeze whips up blossoms from trees and bushes all around us. That wind seems omnipresent this time of year, tossing around our hair, clothes, and anything else light enough to be stirred up. The vibrancy of that movement ushers us forward into our days, ever ready to interact and play.

We know the wind is here when we see branches move or feel it against our skin, something felt but never viewed. This natural phenomenon is like the divine moving in the world. We don't see it, but we can feel it around us. These winds can remind us of the presence of God – ever with us, yet seen only in the effects that they create.

Wind has a special meaning to many of us. The ancient languages in which the Bible was first composed used the same word for 'wind' and 'spirit' – a reminder,

perhaps, of the divine in our midst. At the end of this month, Christians will be celebrating Pentecost. On this day, we remember the moment when the Spirit of God rushed in and ushered in a new era of God's work in this world.

Pentecost is remembered as the launching point for the church of Christ in the early days after the Resurrection, when people from all over heard the disciples tell of Jesus in their own languages. It was a day of unity, when differences of language and nationality were made into a sign of welcome. No matter who you are or where you come from, you are welcome in this community.

In this month of May, as we feel the wind blowing against our skin and see it rustle through the trees and grass, let us all remember the power of unity and let the vibrancy of spring stir us forward into life well lived together. ■

JULIE REEVES RECEIVES COMMENDATION

Recently, Brewster Place resident Julie Reeves was invited to speak at Topeka USD 501's Equity Council about her insights on progress and change over her decades as a volunteer and philanthropist in Topeka. The Topeka Capital-Journal featured Julie in their April 3 issue.

While speaking to educators, Julie recounted her memories of the Brown v. Board of Education decision and its impact on our society. She emphasized that teachers need to keep teaching students about the importance of voting because decisions like Brown v. Board of Education were made possible by educated voters.

The Equity Council presented Julie with a plaque of commendation. Superintendent Tiffany Anderson said, "Your 100 years has shaped not only a lot of Topeka, but a lot of the experiences we all are benefiting from today, so thank you for your incredible life of service."

Anyone who knows Julie, understands that her energy, positivity, and zest for learning is remarkable. She is without a doubt the best of us and we can all learn from her example. Thank you, Julie, for your service others and for being a shining light at Brewster Place! ■



EVERYONE HAS A STORY TO TELL

JAN MAUCK BY DIANA REED, RESIDENT

Jan Mauck invited me into her lovely Birchwood Cottage home. The walls are adorned with interesting art. Along pretty floors, adorable hand carved scenes and small people line up together in a precious throng of happy elfin folk. These small wooden ones are the remarkable talent of Jan's husband, Doug, who she's been married to for 64 years.

"We lived in Potwin for about 30 years," Jan says. "It was one of the oldest houses built in 1886 and we were the second family to live there. Of course, I didn't want to move, but I slipped and fell on some leaves and broke my back and Doug insisted that we move to Brewster Place. Here, I have had a great experience. People have welcomed us, they have greeted us and we have found a family here."

Jan had an interesting and positive upbringing. She was born in Winfield, Kansas during World War II. She said, "My father was an expert in communicating in codes and secret intelligence. He was stationed in Trinidad." She learned to be flexible growing up and mentioned, "For three years, Mom and I moved to a farm in Arkansas. Then we moved to Kirksville, Missouri and then to Topeka with Dad in 1950."

At that time, Topeka had a fairly large airport called Billard. Jan said, "Dad was the control tower operator for flights in and out of Topeka. I met Doug going to Washburn University and we got married

and had two daughters." Jan received her master's degree from Kansas University in curriculum development and a PhD from Kansas State University in adult education where she developed the GED program for Army veterans. She taught American history and American government and went to work at the VA.

"One of the things that I love most about our life is that we traveled the world," Jan said. Her eyes seemed to glow remembering the places she had been. "I taught 400 students in China for two semesters. There were six classes in one year. All the students knew English. Doug ran the equipment and the slides. We had the best time."

Other countries the Maucks visited include Germany, Greece, Vietnam, Australia, Iceland, France and Spain. Jan and Doug enjoy their two daughters, two sons-in-law, four granddaughters, and three grandsons-in-law. They all get together often at the Mauck's home and enjoy their family times.

Jan says that she enjoys living at Brewster Place. She commented, "It's easy to get acquainted, it's easy to laugh. I love my book group and having coffee with new friends."

Jan and Doug Mauck are lovely people who are wonderful additions to the Brewster family. ■

MAY IS SPEECH THERAPY MONTH

WHAT IS SPEECH THERAPY?

Speech and language pathologists also called speech therapists, work with patients on a broad range of physical and cognitive communication disorders. These include issues with articulation, voice, stuttering, word finding, language, memory/concentration, and swallowing. These disorders have a variety of causes, such as autism, stroke, brain injury, hearing loss, developmental delay, a cleft palate, and psychological issues, among others.

Speech and language pathologists are typically part of a rehabilitation team that can include physical therapists, occupational therapists, audiologists, and psychologists. They are employed in a variety of settings including private practice, Physician offices, hospitals, schools, rehabilitation centers, and long-term and residential healthcare facilities.

BENEFITS OF SPEECH THERAPY?

The ability to express one's self is paramount. Additionally, being able to swallow efficiently and safely is important to good hydration/nutrition. The following list provides possible benefits of speech therapy:

- Improvement in the ability to understand and express thoughts, ideas and feelings
- Intelligible speech so that others understood you
- Increased ability to problem-solve in an independent environment
- Improved swallowing function and safety
- Improved vocal quality
- Fluent speech
- Increased independence

MEET THE SPEECH THERAPY TEAM



My name is **Julie Layton**. I am a farmer's daughter from Grinnell, Kansas. I have worked as a speech language pathologist at Brewster Place since 2018. I initially became interested in the career because I wanted to help deaf individuals speak. Once I began taking courses at Kansas State University, I realized the many facets of the field and quickly fell in love with the aging populations. Brewster Place is a perfect fit for me as it isn't just a job, it is a family. I live in Maple Hill with my husband Billy. We have three children Tyler (age 25), Madeline (age 24), and Ellena (age 21). I love cooking/baking, creating tablescares, arranging flowers, singing, planning vacations and helping my husband create beautiful portraits (he takes the pictures and I create the poses and arrange the settings). Previous jobs have included St. Francis Hospital in Topeka (two years) and Community Healthcare Systems Onaga (20 years). I have always loved being able to work with the elders and assist them with being able to communicate better or swallow more safely. However, within the last 10 years of my career I have become increasingly passionate about being able to help them maintain their independence in the home and delay the need for a higher level of care if possible. I am very pleased to be a part of this process at Brewster.

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SPEECH THERAPY MONTH CONT...

My name is Kristiana Roberts. I've been a speech and language pathologist at Brewster since May 2022. I grew up in Topeka and attended Kansas University for both college and graduate school. In between college and graduate school I moved to Washington D.C. and worked in politics for a year. Although I loved the experience, it helped solidify my decision to return to Kansas and get my master's degree in speech pathology. I now live in Lawrence with my husband and our four month old baby boy, Winston. We have two dogs, a Chihuahua and Doberman, named Milo and Otis and a cat named Elle. In my free time, I love being outdoors whether that be walking, gardening or eating outside on Massachusetts St. I choose to be a speech and language pathologist because of my love for neuroscience and my desire to help others. I am particularly interested in swallowing disorders and cognitive rehabilitation post stroke. The best part of my job is helping individuals through the rehabilitation process and watching them regain their sense of self.



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

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A positive community culture is vital and Vice President of Healthcare Services Cindy Tanner has worked to create opportunities at her Friday morning Culture Attributes Sessions for Brewster Health Center staff. These sessions allow staff to hear from coworkers and residents about their experiences — to hear their stories — to learn and be inspired. Recently, longtime resident **Bobbie Smelter** spoke to the group about her career as a nurse. Listening to Bobbie was enlightening to our younger generation of nurses. So much has changed with science, technology and a more respectful and empowering attitude toward women in the workforce. Bobbie's stories gave a new perspective — a wider view. And with perspective — seeing the big picture — comes learning and a new sense of purpose and respect for what has gone before.

Cindy stated, *“When I first started the Culture Attributes Sessions, I wanted to mirror Brewster's Gratitude Crew in*

*strengthening our culture that builds one another up by encouraging each other and to become what are called **multipliers** — **leaders who bring the most out of their team's abilities to inspire and push them to do their best.** The team at Brewster Place is such a resilient group of people, as are our residents. When I visit with residents in Assisted Living, I notice how they are all there for each other no matter the journey. Bobbie Smelter is always advocating for her friends, whether to encourage them, verbalize their strengths, or invite them to the activities going on. She tells me how wonderful it is living at Brewster Place, but she is not afraid to tell me when, “we need to do better.” Bobbie and her friends truly enjoy simple aspects of life. I wanted my staff to hear about her resilience. Bobbie in particular reminds me that being an advocate is a choice — a choice to make a difference in the lives of others in some way, everyday, no matter our age.” ■*



CREATIVE ARTS

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

BAZAAR INVENTORY BRAINSTORMING

Wednesday, May 10 | 10:00 am or 3:00 pm

Klinge Activity Center

Calling all crafters! Sam wants to collaborate with you in an informal discussion on what we could make for our Fall Brewster Bazaar. This year the Bazaar will re-open to the public, and we want your input about our wares. There are two different times, so come to whichever works best for you.

STITCHIN' TIME

Thursday, May 11 | 6:30 pm | Main Street Pavilion

Local knitting and crocheting extraordinaire Susan Ford wants to meet Brewster's yarn enthusiasts! Join us in the evening at the Main Street Pavilion and stitch the night away with us. Even if you are new to knitting or crocheting, come join in the fun! Supplies provided (or bring your own).

COLLAGE FLOWER ART

Thursday, May 18 | 1:30 pm

The Evergreens Art Studio

Collage art is one of my favorite types of art, and I would love to share it with you! Come to this workshop to learn how to craft your own still life of flowers with paper and other materials. ****Please call Sam (785-274-3317) to reserve your spot because space is limited!****

MOVIE WITH SAM: *BECORNS*

Friday, May 19 | 2:00 pm | Main Street Chapel

While many enjoy watching little critters roam around, artist David Bird takes it a step further. With his background in character design, Bird created "Becorns", which are figurines made out of acorns, twigs, and other natural materials. He then stages photographs of these whimsical characters in nature as they "interact" with birds, squirrels, and bugs.

QUILT OF THE MONTH

The quilt show over the winter was such a big success, it's time to show more of your quilting talent! If you have a quilt you would like to showcase for a month in the Dorothy Trueblood Resident Art Gallery at Redwood, please call Sam (785-274-3317) for more information and criteria.

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 May 19)**

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

Looking to meet other creative people? Have a project you want to work on in a change of scenery? Just want to enjoy some conversation with a creative bunch? Join us in this crafty and chatty hour.

Thursdays, May 4 and 25

2:30 pm

Klinge Activity Center ■

BREWSTER COMMUNITY RESOURCE MEETINGS

You are invited to join Taylor Cooper, Director of Resident Services, who will be holding Community Resource Meetings around campus the week of May 15. Please see the day and time your building will be convening. The meetings will give residents the opportunity to better understand what supportive services are available to them at Brewster Place. A variety of information will be provided including community nursing services, private duty companion care, therapy services, and information on Brewster's continuum of care. If you have any questions please call Taylor at (785) 274-3348.

Monday, May 15

Redwood Residents

10:00 am | Main Street Pavilion

The Evergreens Residents

11:00 am | Evergreens Community Room

Tuesday, May 16

Cottonwood Villas and Grand Homes Residents

11:00 am | Villas First Floor Lobby

South and North Terrace; Aspen Residents

1:00 pm | South Terrace Lounge

Thursday, May 18

Oak Residents

10:00 am | Oak Lounge

Maple Residents

10:30 am | Maple Lounge

Cedar Residents

11:00 am | Cedar Lounge ■

SCAM EDUCATION

The Public Protection division at the Kansas Attorney General's Office will be in the Cultural Arts Center on Friday, May 26 at 11:00 am to provide education on elder fraud/scams. Alfonzo Prescott (investigator) and Sue Crouse (administration) are slated to provide information regarding the various scams that they see most often in their line of work. If you have any questions please reach out to Taylor Cooper at (785) 274-3348. ■

LEAGUE OF WOMEN VOTERS

The League of Women Voters holds Tuesday Topics meetings the first Tuesday of each month. Meetings are usually held at the Topeka and Shawnee County Public Library, but due to summer programming needs, the Library needs to hold the June meeting at another site.

The League of Women Voters (LWV) will meet in the Main Street Chapel at 12:00 pm on June 6. The topic of the meeting will be Sex Trafficking. The public is always welcome. We hope you will join us. ■

REMINDER



The speed limit at Brewster Place is 12 mph.



facebook.com/brewsterplace.org

HOME OF THE MONTH



DELUXE CEDAR 203

The lifestyle trending right now for its dietary benefits is Mediterranean, but we're not talking nutrition here. **No siree Bob!**

We are talking about an oasis that is the beautiful and spacious 2,100 square foot Deluxe Cedar 203! Enjoy indoor and outdoor living space in the large living area with tall ceilings and an oversized balcony. Prepare healthy meals in the gorgeous kitchen with stainless steel appliances and granite countertops. Delight in the open primary bedroom with its second private balcony, beautiful columns, closets galore, plus a full size washer, dryer and utility sink.

And there's more! This apartment has double the storage space and two covered

parking spots. In addition, the location of Cedar 203 on the Brewster Place campus is perfect. Nestled between the Birchwood Cottages and the Grand Homes with lots of shade trees and sidewalks for exercise, you just can't beat this location. In addition, you are close the amenities of Main Street that include The Market, the Winchell Wellness Center, Kaw Valley Bank, Chapel and Main Street Salon. Don't let this opportunity pass you by!

Residents in Independent Living who make a new referral to Brewster will receive one month's free rent once the friend moves in! Contact Chris Gallagher with Sales and Marketing at 274-3351. ■

THE JOYS OF BEING PART OF OUR COMMUNITY



Above: Stew Karrer is normally a very jolly guy, but you can tell that he takes his bridge game very seriously. Every Monday afternoon the Brewster Bean is packed with groups playing bridge as well as other games. Stew is a gem and doesn't know a stranger!



Above: Jeanene Hoover loves dogs. She recently enjoyed another visit from therapy dog Charlie and her owner Judy Knoll from Prairieland Visiting Pets.



Above: New residents Roberta and Lawrence Foth attended the April birthday and anniversary celebration at the Cultural Arts Center. This monthly tradition is a great chance to visit with friends and neighbors and meet new friends too! We are happy to have the Foths join the Brewster community!

OFF CAMPUS — A few highlights!

SIP AND SIGHTSEEING AT JULIE SCHMANKE'S APARTMENT

Thursday, May 4 | 1:30 or 2:30 pm | Shuttle (pick up from EV lobby only)

Julie Schmanke has graciously invited us to see her beautiful downtown apartment and tour the top of the Townsite Tower. This is a once in a lifetime tour that includes afternoon delights. Brewster will shuttle people to the apartment at either 1:30 pm or 2:30 pm due to popular demand. Call Jamie at 785-274-3398 to reserve either a 1:30 pm or 2:30 pm tour. This trip is free.

TOPEKA SYMPHONY ORCHESTRA

Saturday, May 6 | 6:30 pm | Shuttle (pick up from EV lobby only)

Topeka Symphony Orchestra 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. Please call Jamie at 785-274-3398 for a ride on the Brewster shuttle.

LAKE PERRY DRIVE

Wednesday, May 10 | 1:00 pm | Shuttle (pick up from EV lobby only)

Let's take an afternoon drive and enjoy the bounty of spring. We will go to Lake Perry and see everything in bloom and then 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.

WORLD WAR I MUSEUM AND MEMORIAL TOUR

Wednesday, May 17 | 8:30 am | Shuttle (pick up from EV lobby only)

The National World War I Museum and Memorial is America's museum dedicated to remembering, interpreting and understanding the Great War and its enduring impact on the global community. Learn the essentials about World War I and understand the key events and impacts of the war. Please call Jamie at 785-274-3398 to make reservations as space is limited. Museum admission is \$12 and transportation is \$13 and lunch is Dutch treat.

JOHN DEERE TRACTOR COLLECTION AND OTTAWA TOUR

Wednesday, May 24 | 8:30 am | Shuttle (pick up from EV lobby only)

Don and Jackie Buchanan have graciously arranged for us to view her brother's antique John Deere Tractor collection. He has been collecting and restoring tractors for many years and has an outstanding collection. His farm is outside of Ottawa. We will have lunch in Ottawa at a BBQ restaurant and then take a bus tour of the town and stop to see the Train Depot. Tours and lunch are \$25 and transportation is \$13. Please call Jamie at 785-274-3398 to make reservations as space is limited.

AMELIA EARHART HANGAR MUSEUM AND FUN

Wednesday, May 31 | 8:30 am | Shuttle (pick up from EV lobby only)

Let's go check out the new state of the art Amelia Earhart Museum in her home town of Atchison, Kansas. This museum is the first to blend STEM and historical storytelling to celebrate Earhart's world-renowned legacy as a trailblazing aviator and innovator. The museum has been uniquely designed to reflect Amelia's fearless spirit and celebrate her legacy of innovation. After the museum we will take on another adventure depending on the group and the weather. Tours are \$20, transportation is \$13 and lunch is Dutch treat. Please call Jamie at 785-274-3398 to make reservations as space is limited.

ON CAMPUS — A few highlights!

MOVIE DAY IN THE CULTURAL ARTS CENTER

Tuesday, May 2 | 1:00 pm | Cultural Arts Center

Are you ready to laugh? Leanna Morgan has been doing comedy for over 22 years. Her show *I'm Every Woman* is an excellent stand-up special that showcases Morgan's versatile ability as a comedian who has lived a full life. Her humor is relatable and engaging, and her nuances are near perfect. The show is well-paced, and it never feels stretched or monotonous.

CIVIC MUSIC CLUB

Tuesday, May 9 | 7:00 pm | Cultural Arts Center

The Civic Music Club invites our Brewster residents to come listen to their annual music performance. The performance includes several pianist playing different solos. Our own Marty Edward will be featured and will sing a solo.

AUTHOR KAREN BARRON BOOK TALK

Tuesday, May 16 | 1:00 pm | Main Street Chapel

K.L. (aka Karen) Barron, daughter of Cliff and Mary Lou Heckathorn and daughter-in-law of Jim and Alice Barron, and English Department faculty at Washburn University, will be talking about her novel *Thirst*. Best-selling author Aimee Liu writes, "Thirst will haunt you. Set in a space so remote and uniquely fascinating that every page brings new cultural revelations, this novel introduces Western readers to Niger's Tuareg people with deep compassion. K.L. Barron has created a multicultural cast of unforgettable characters whose personal quirks and vulnerabilities lead to both joyous and tragic consequences, but the most powerful character is the desert itself. As beautiful and ruthless as a god, the Sahel shapes survival into a form of worship." Barron writes, "I was drawn to tell this story because of my personal experience of living in the desert village of Tchintabaraden, Niger among the nomads for a couple of years and wanted to set a story there because of the high contrast, dominating landscape and to shine a light on and capture some of the nomads' endangered traditional culture on the page before it disappears much as the Native Americans' did."

SARA TUCKER PRESENTS

Tuesday, May 23 | 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. She will give an interest talk sharing her expertise.

CALLING ALL BREWSTER SINGERS!

It is that time again. Dorothy Iliff has generously agreed to direct the Brewster Choir for the Red, White and Brewster Program. The event is Thursday, June 29 in the afternoon. We will practice on Tuesdays starting Tuesday, May 16 at 3:15 pm. We NEED singers. Call Jamie at 785-274-3398 if you are interested.

CALLING ALL MAHJONG PLAYERS

We have a new resident interested in restarting the Mahjong Group. Call Jamie at 785-274-3398 if you are interested.