



OUR TIME IS ANYTHING BUT ORDINARY

BY REV. CAROLINE VAUTRINOT, M.DIV., CHAPLAIN

Time is a funny thing. We have found all sorts of ways to categorize and order it, yet we still find it can slip away from us when we are not paying attention. What we do with our time is important, whether we spend it with friends and family, pursuing our hobbies, or even learning something new, each moment shapes us and informs who we are.



We all have had the experience of five minutes that felt like an hour or an hour that felt like no time at all. Our excitement – or lack thereof – can act as magic that propels us through. So what makes time fly for you?

For me, the answer is a good book, the kind of story that draws you in until it is the only thing that exists and the real world flies by outside the pages. Stories have that power, they can grip us and teach us

and even enable us to order our time.

In looking at the year, most religions follow a pattern of storytelling. Certain days are celebrated as markers for important moments within the faith. Christianity has days like Christmas and Easter, when we follow Christ's own story from beginning to end and draw meaning from that passage of time.

We are now outside of that particular time of the year, in the period outside of Advent, Lent, or Easter when the church seems to take a collective breath and loosen its grasp on the time passing by. This phase of the year is often referred to as 'Ordinary Time,' yet this is a misnomer.

There is nothing 'ordinary' about this time of the church year, when we get to dive into the stories and parables of Christ. These are the stories that electrify our year and propel us forward until the time spent seems like nothing at all.

This month of June, we should all take moments out of our day to relish the time that we have. Whether it is flying by or crawling, each moment is a precious gift. Take moments to reflect on the time you have spent and, perhaps, share a story with a friend. ■

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.

COMMUNITY HEALTH SERVICES AT BREWSTER

▶ RESPIRE SERVICES AT ASSISTED LIVING

Being a caregiver for a spouse or parent can be very rewarding. Providing care when your loved one needs you most is a core value for many people. On the flip side, being a caregiver is also very stressful and can lead to feeling overwhelmed, tired, becoming easily frustrated or angry, losing touch with friends and family and experiencing an increase in physical problems.

Even the most resilient among us need a break now and then. Even though it's hard to imagine leaving your loved one in the care of others, taking a break for yourself is the best thing you can do. After all, you cannot provide good care if you neglect caring for yourself.

With that in mind, did you know Brewster Place Assisted Living provides respite care? Whether you are sick or injured, or you are caring for someone and you need a break, you or your loved one may qualify for respite care.

Respite care at Assisted Living is \$200 per day and includes:

- Studio apartment
- Includes hospital bed and recliner
- TV and phone
- 24-hour assistance
- Meals
- Activities and more!

▶ BREWSTER PLACE COMMUNITY NURSING

Living at Brewster Place means having services and amenities available to you when you need them. One benefit includes the Community Nursing Department and the services they provide to help you maintain your health and independence. The Community Nursing office is located on the first floor of Assisted Living. We have listed the services and fees provided by Community Nursing for your convenience.

COMMUNITY NURSING SERVICES AND FEES

Office Visit	\$5 per visit
<i>(dressing change, labs, injections)</i>	
Apartment Nurse Visit	\$10 per 10 minutes
<i>(dressing changes, vital signs, injections, TED Hose, additional medication delivery)</i>	
Wound Kit	\$10 per kit
Emergency Call Assessment (non-injury) ...	FREE
Emergency Call Triage (AMR)	\$60
Nurse Visit — One Time Daily	\$400 per month
Medication Box Set Up — Weekly	\$200 per month
Medication Delivery	
One Time Daily	\$310 per month
Two Times Daily	\$620 per month
Three Times Daily	\$930 per month
Four Times Daily	\$1,240 per month

For more information about how to qualify for Respite Care at Assisted Living or information about Community Nursing Services, please contact:

▶ **Michael Joens, RN, Director of Community Health Services at 785-274-3385. ■**

EVERYONE HAS A STORY TO TELL

LARRY AND DORIS MORELAND
BY DIANA REED, RESIDENT



Larry and Doris Moreland are new residents of Brewster Place. They live at the Birchwood Cottages on the west side of campus. The Morelands are quietly finding activities that interest them and are fitting in well with the pulse of this easy-going lifestyle.

Larry sat down to talk about his background and how Brewster seems a positive fit for his and Doris' future.

"We're from Junction City," he said, "I'm one of five children. Mom and Dad had a grocery store they started in 1938." Larry has a brother and sister who still live in Junction City and a brother who lives in Topeka. One sister lives in Seattle.

Larry and Doris recently celebrated their 50th wedding anniversary. They have two sons, Todd and Kyle. Todd and his wife Kate live in Los Angeles with three year old son Sam. Kyle and his wife Sarah live in Topeka and have two daughters, Emmy, age nine and Mellie, age five. Doris retired from Shawnee Heights USD 450 following 21 years in the accounting department.

Larry said, "Growing up, I was acquainted with the Chief of Police and a state trooper in Junction City. They were important to the community. I enjoy 'people watching' and I have compassion for people in trouble, so a law enforcement career seemed attractive to me."

Following high school Larry decided to go to Kansas State University where he earned a bachelor's degree in psychology in 1976. In November 1976 Larry began police training with the Topeka Police Department. He chose Topeka because it was larger than Junction City.

Larry described his police career as an evolution — police officer and training officer for six years; corporal in the crime scene unit for six years; detective and detective sergeant in the crimes against persons unit, and lieutenant in the Services Division and as Director of Training. Larry retired from the Topeka Police Department in 2002.

In 2003, Larry started a second career with the State of Kansas. First with the Kansas State Gaming Agency (overseeing tribal casinos) and in 2007, he moved to the Kansas Racing & Gaming Commission to help establish the four newly created state-owned casinos. Larry put his police background to work serving as a state gaming agent, regional security manager, and as Director of Security and Licensing. He retired in 2020 after 17 years with the state.

Around 2017 Larry and Doris began looking for retirement communities and when the time was right, they chose Brewster Place.

"Everybody was very nice — it's been wonderful here," Larry commented. He continued, "to a person, everyone is so welcoming. Doris and I go to exercise classes, we attend yoga and we enjoy the KU Osher lectures."

Other interests include genealogy and Larry hopes that a genealogy group can get started at Brewster Place.

"We are so thankful to be at Brewster Place. Everybody has made us feel like we are part of the community," Larry said.

Welcome to Brewster Place! We are so glad you chose our community — which is now your community too! ■

SCAM EDUCATION KANSAS LEGAL SERVICES

Friday, June 23

11:00 am | Cultural Arts Center

Did you miss last month's scam education presentation? Or, are you interested in learning more about how you can protect yourself and your loved one's from falling victim to phone and internet scams? Join us as we welcome representatives from **Kansas Legal Services** who will present the program this month.

The presentation includes information about the variety of ways to identify, prevent, and report phone/internet scams. Using the common thread of "**undue influence**," the presentation aims to point out ways that scammers utilize *undue influence* to perpetrate their crimes and how credit collectors use *undue influence* to circumvent the rights of debtors, who are often seniors.

Participants will be able to identify red flags, common scam techniques, and prevention/reporting strategies. Participants will also gain knowledge about their rights under the Fair Debt Collection Practices Act. ■

BREWSTER FRIENDS MEMORIAL SERVICE

Wednesday, June 14

3:00 pm | Main Street Chapel

Please join Chaplain Caroline for a time of remembrance for all of our friends and neighbors we have lost this year. ■

HUMANITIES KANSAS BOOK GIVEAWAY

W*ild Words* celebrates the innate relationship Kansans have with the prairie. Beginning in June 2023, Humanities Kansas will offer free copies of this original poetry and wildflowers chapbook for cultural organizations to distribute within their communities.

The chapbook features 11 poems inspired by Kansas native plants and wildflowers with original illustrations by Melissa Dehner, followed by questions to engage readers in humanities-themed conversations.

If you are interested in a free Copy, please let Taylor Cooper know by calling her at 785- 274-3348 or emailing her at taylorc@brewsterplace.org

NEWS AND VIEWS WITH KEVIN MCFARLAND

Wednesday, June 28

10:30 am | Main Street Pavilion

Come for coffee and a chat with Kevin McFarland of **LeadingAge Kansas**. Kevin has worked at LeadingAge Kansas for nearly 38 years. LeadingAge Kansas members are non-profit aging service providers (similar to Brewster Place) across the state. The association represents members' interest at the State Legislature, provides education and training programs for member employees, insurance, and group purchasing programs. Kevin and his wife Cinnie have two grown children, Scott and Allan. We welcome Kevin back to Brewster Place for this always-interesting conversation. ■

VACATION BIBLE SCHOOL

DESIGNED FOR RESIDENTS — AND KIDS TOO!

Thursday, June 8

10:00 am | Cultural Arts Center



Come for a whale of a time! Join Chaplain Caroline and Creative Arts Coordinator Sam Banks for our first-ever Vacation Bible School right here at Brewster. We will dive into the story of *'Jonah and the Whale'*, make a fishy craft with Sam, and enjoy singing old favorites. This VBS is designed for all our residents to enjoy, though grandkids and great-grandkids are welcome too! Please contact Chaplain Caroline at 785-274-3349 for more information. ■

HEALTHY LIVING FOR YOUR BRAIN AND BODY

A virtual education program presented by the Alzheimer's Association in collaboration with Brewster Place



Thursday, June 8

2:00 pm

Cultural Arts Center

Certain lifestyle choices may help you keep your brain and body healthy as you age. For centuries, we've known that the health of the brain and body are connected, but now, science is able to provide insights into how to make lifestyle choices that will benefit you the most. Join us in person to learn about:

- Research in the areas of diet and nutrition, exercise, cognitive activity and social engagement
- Using hands-on tools to help you incorporate these recommendations into a plan for healthy aging ■

FAMILY MOVIE NIGHT

SPONSORED BY THE GRATITUDE CREW

The mission of the **Gratitude Crew** is to *create a culture of service, connectedness and gratitude*. As part of creating connectedness we invite residents and their grandkids or great-grandkids to join staff and their kids and grandkids for this fun family movie night. The evening is free! Please join us!

Thursday, June 15

Cultural Arts Center

- 5:30 pm — Walking Tacos and Drinks

- 6:00 pm — Movie

Cheaper by the Dozen
(popcorn will be served) ■

ART TALK!

Monday, June 19

2:00 pm | Main Street Chapel

Join Chaplain Caroline for a discussion of symbolism in religious art. We will be looking at paintings from the Early Protestant Reformation period in Germany and discussing the meanings hidden within. ■



facebook.com/brewsterplace.org

BREWSTER ART SEARCH

Brewster is working with an art consultant company who is creating a package of art for the remodel of Redwood. While most of the pieces will come from their group, we are hoping to include artwork from our residents to give Redwood the feeling of home.

If you would like your artwork (whether created by you or collected over the years) to be considered by the art consultant company for selection, please contact Creative Arts Coordinator Sam Banks at 785-274-3317 or email samantha.banks@brewsterliving.org by Friday, June 9. ■



CREATIVE ARTS

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

STITCHIN' TIME

Thursdays, June 1 and 15 | 6:00 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).

TEA TOWEL TUESDAYS

Tuesdays, June 6, 13 and 27 | 10:00 am

Klinge Activity Center

With the Bazaar coming up in November, we want to start making one of our best sellers, the embroidered tea towel. If you are an embroiderer, or want to learn, come join us on Tuesday mornings in the Klinge Activity Center. All supplies provided.

STEP-BY-STEP PAINTING

Thursday, June 8

1:30 pm | The Evergreens Art Studio

Sam will walk you through a step-by-step acrylic painting of fireworks in the night sky. Perfect to hang in your home to enjoy before the 4th of July. ****Please call Sam (785-274-3317) to reserve your spot because space is limited!****

MOVIE WITH SAM: SAND ART

Friday, June 9 | 2:00 pm | Main Street Chapel

From Tibetan Monks to the streets of New York, artists of all types use sand in creative ways to make magnificent works of art. Sam has curated a selection of videos that explores these beautiful, yet temporary, artworks.

BAZAAR UPDATE MEETING

Tuesday, June 27 | 10:00 am (during Tea Towel Tuesday)

Klinge Activity Center

Come bring your ideas, samples, and get the latest news about the upcoming holiday Bazaar. It's on a Tuesday, so we'll also be working on Tea Towels.

CRAFT 'N CHAT

Thursday, June 1

2:30 pm | Klinge Activity Center

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.

SAM IN THE STUDIO

Mondays and Tuesdays

9:00—11:00 am

Klinge Activity Center

Mondays and Fridays

(except June 9)

1:00—3:00 pm

The Evergreens Art 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! Please note: Sam will be out of town June 15—26, so she will not be in the studio on those days.

OPEN PAINT

Tuesdays, June 6, 13 and 27

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! ■



KU OSHER LIFELING LEARNING SERIES

2023 SUMMER SESSIONS AT BREWSTER PLACE

What Makes a Great Speech “Great”?

Tuesdays, June 20, 27 and July 11
1:00—3:00 pm
Cultural Arts Center

“Fourscore and seven years ago...” “We have nothing to fear but fear itself.” “I have a dream.” These familiar speeches were given at critical times in history. We’ll study the elements of a great speech, review some of history’s greatest speeches, learn their back stories and listen to or watch those that are recorded.

Taught by Diana Carlin

Eleanor Roosevelt:

Her Private Struggles and Public Triumphs
Tuesdays, July 18, 25 and August 1
1:00—3:00 pm
Cultural Arts Center

Eleanor Roosevelt overcame an affluent but-unhappy childhood when both parents and a brother died before she was ten. Sent to school in London, she returned to marry Franklin Roosevelt, a marriage that combined a complicated personal life with an extraordinarily successful political role as FDR’s surrogate, First Lady, civil rights activist, and international diplomat.

Taught by Jim Peters ■

FUTURE TRAVEL EXCURSIONS

New Theatre and Restaurant Presents Dreamgirls

Wednesday, August 23 | 10:00 am
Shuttle pick up in Evergreen Lobby only

Your soul will sing with this dazzling roller-coaster ride through 1960s show business. With unforgettable, spine-tingling vocals that send audiences wild. Dreamgirls will explore the ambition, hope, friendship and betrayal though gospel, R&B, smooth pop, disco and more, while all set in the glamorous and competitive world of entertainment industry.

- **Tickets are \$38 and includes lunch.**
- **Transportation is \$13.**

Please call Jamie at 785-274-3398 to make reservation as space is limited.

Trip to St. Louis

September 12—14, 2023
Cost: Approximately \$600

Highlights Include:

- Warm Springs Ranch in Boonville, Missouri
- Missouri Botanical Garden with Chihuly Day Exhibit
- Tour of Cathedral Basilica of Saint Louis
- Stop at St. Louis Art Museum
- Tram Ride on the Katy Trail
- Some Meals Included

Please call Jamie at 785-274-3398 to find out more or make your reservations! ■

HOME OF THE MONTH



BIRCHWOOD 3

RARE GEM

Bright and spacious cottage located in the heart of Brewster Place!

Buzz words or phrases are frequently used to draw one's attention to a property. It can also have the opposite effect, *"If it sounds too good to be true, it probably is."* Am I right?

The **exception** to this rule is the **Birchwood 3 Cottage at Brewster Place**. Believe you me, this cottage is **move in ready!** Buzz words that best describe this exceptional cottage include:

- Location, location, location
- Recently upgraded
- Hardwood floors
- Custom window coverings
- Chef's kitchen with stainless steel appliances
- Built-in storage shelves in basement
- Enclosed courtyard

But wait, there's more! With close to 2,000 square feet of living space and storage galore, this cottage is available and ready for its new residents. Call Chris Gallagher with Sales & Marketing at 785-274-3351 today for your no obligation tour. You won't regret it!

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

RESIDENTS ARE THE HEART AND SOUL OF BREWSTER PLACE



Above: Donna Scoggin attended a reception at Brewster Health Center honoring nurses for National Nurses Week in May. Donna was a nurse for many years and brought along her treasured cap and photo. Thank you to all of our nurses!



Above: Ernie Douglas was walking outside his South Terrace apartment. If you didn't know already, Ernie and his wife Norma are HUGE KSU fans!



Above: Cynthia Montague attended the Flower Collage Workshop in May. Residents were encouraged to create collages that represent their creative spirit. Creative arts is an important part of wellness and we strive to provide many programs to support this aspect of our lives.

BrewsterLiving.org



OFF CAMPUS — A few highlights!

ALL THINGS KU

Wednesday, June 7 | 9:00 am | Shuttle (pick up from EV lobby only)

Jim Modig has graciously offered to share his time and to tour us around the University of Kansas. He was the University Architect at KU for 41 years. He was closely involved with 168 significant construction or renovation projects on the Lawrence and Edwards campuses worth \$1.5 billion, including 40 projects worth \$737 million since the 2014 conclusion of the latest Campus Master Plan. We will finish our tour with a visit to the newly constructed Jayhawk Welcome Center. Afterwards, the bus will drop us at downtown Lawrence to shop and have lunch for two hours. Transportation cost is \$13 and lunch is Dutch treat. Please call Jamie at 785-274-3398 to make reservation as space is limited.

TOPEKA CIVIC THEATRE: BLITHE SPIRIT

Thursday, June 8 | 6:00 pm | Shuttle (pick up from EV lobby only)

This show is sure to get you laughing while experiencing haunted hijinks. The smash comedy hit of the London and Broadway stages, this much-revived classic from the playwright of *Private Lives* offers up fussy, cantankerous novelist Charles Condomine, re-married but haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting “happy medium,” one Madame Arcati. As the (worldly and un-) personalities clash, Charles’ current wife, Ruth, is accidentally killed, “passes over,” joins Elvira, and the two “blithe spirits” haunt hapless Charles into perpetuity. Ticket cost is \$34 and this is NOT a dinner show. Please call Jamie at 785-274-3398 to purchase a ticket as space is limited.

LAWRENCE TREE TREASURES

Wednesday, June 14 | 9:00 am | Shuttle (pick up from EV lobby only)

Please join Jon Standing for a narrated driving tour through Lawrence to learn about beautiful trees in their community. He will emphasize the biology, history and value of these beautiful Kansas trees. Tour cost is \$10. Transportation cost is \$13 and lunch is Dutch treat. Please call Jamie at 785-274-3398 to make reservation as space is limited.

DRIVE, LUNCH AND VOLLAND STORE

Wednesday, June 21 | 10:00 am | Shuttle (pick up from EV lobby only)

It’s the longest day of the year and we must take a long drive to celebrate. Let’s drive and see the summer developing in the Flint Hills. Stop for lunch in Alma for Sloppy Joes, fixin’s and a good old piece of pie. Then we will go to see the latest exhibit at the Volland Store. Volland is pleased to share photographs from two bodies of artist Philip Heying’s work in the exhibit *Country | Citizens*. Together they present a vision of what a possible future might be; one where we learn from the landscape and the people that inhabited it for thousands of years without destroying it. Heying’s photographs offer the sort of contemplative effect and quiet beauty that comes from complete devotion to his subject. The works display a wide range of settings, conditions, and scale, deepening our connection to the landscape. Lunch cost is \$10. Transportation cost is \$13. Please call Jamie at 785-274-3398 to make reservation as space is limited.

SUNFLOWER MUSIC FESTIVAL

**Friday, June 16; Wednesday, June 21; Saturday, June 24
6:30 pm | Shuttle (pick up from EV lobby only)**

The 2023 Sunflower Music Festival has become a summer tradition in our area. This year the Festival celebrates the canon of western art music from the classical to the contemporary. Brewster is excited to provide a bus to the Full Orchestra Nights. Please call Jamie at 785-274-3398 to make reservation as space is limited.

ON CAMPUS — A few highlights!

MODEL RAILROADERS DISPLAY

Saturday and Sunday, June 3 and 4 | 10:00 am—4:00 pm | Cultural Arts Center

Model railroads are a fascinating hobby that involves the construction and operation of miniature replicas of real-world railway systems. Whether you're interested in the history, technical aspects, or the creative side of model railroading, there's a lot to come and explore with this group. Be sure to stop by.

SARA TUCKER PRESENTS: THE GOLDEN AGE OF ROME

Tuesday, June 13 | 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 about the Golden Age of Rome. The Golden Age of Rome refers to a period of unprecedented prosperity, stability, and cultural achievement in ancient Rome. Be sure to come by to learn more.

KU OSHER LIFELONG LEARNING SERIES

WHAT MAKES A GREAT SPEECH "GREAT"??

Tuesdays, June 20, 27; July 11 | 1:00 pm | Cultural Arts Center

"Fourscore and seven years ago..." "We have nothing to fear but fear itself." "I have a dream." These familiar speeches were given at critical times in history. We'll study the elements of a great speech, review some of history's greatest speeches, learn their back stories and listen to or watch those that are recorded. Instructor: Diana Carlin

RED, WHITE AND BREWSTER

Wednesday, June 28 | 2:00 pm | Cultural Arts Center

Kickoff your holiday week with Red, White and Brewster. We will have choirs and other performances to honor the sacrifices made by the founding generation and celebrate the principles and values that the United States was founded upon. We will finish the event with a good old fashion ice cream social in the parking garage.

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 Wednesday, June 28 in the afternoon. We will practice on Tuesdays 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.

RECYCLE NEWSPAPERS

Currently we are collecting newspapers separately from other paper. There are collection baskets in **Redwood** trash closets (floors 2, 3 and 4) and in the basement near the elevators; in **Cottonwood Villas** in the trash and recycling closet; in the **North and South Terraces** in the community rooms, **Maple and Cedar** in the laundry rooms; in **The Evergreens** on the ground floor trash closet near the Brewster Bean and the second floor near the west elevator.