

IT'S NEVER TOO LATE TO START EXERCISING

School has started, the football season is underway, and the cooler temperatures of fall are approaching — we hope! What better time than now to think about the importance of staying physically active as an older adult.

According to the Centers for Disease Control, “Adults 65 and older need a mix of aerobic, muscle-strengthening, and balance activities each week to keep their bodies strong. Regular physical activity can help you live independently, have a better quality of life, and prevent or manage chronic disease.” And the best news of all is that it’s never too late to start being physically active. Brewster Place offers a variety of classes and expert instructors to teach and motivate you.

Wellness Specialist Julie Schmanke has over 35 years experience teaching seniors and always encourages residents to keep moving. Other teachers include Brewster Place PTA Heather Holthaus and community partners Mae Lovell who teaches Tai Chi and our friends from Topeka Yoga. ■



Wellness Specialist
Julie Schmanke

CDC Recommendations for Seniors | Weekly Physical Activity

- At least 150 minutes (for example, 30 minutes a day, 5 days a week) of moderate-intensity aerobic activity.
- At least two days of activities that strengthen muscles
- Activities to improve balance and flexibility

Benefits of Each Exercise Class at Brewster Place				
Class Offerings	Aerobic	Balance	Strength	Flexibility
Balance and Breathing		✓	✓	
Low Impact Aerobics	✓	✓	✓	
Senior Circuit	✓	✓	✓	
Sit ‘n Bee Fit	✓	✓	✓	
Fall Prevention Tai Chi		✓		✓
Chair Yoga		✓	✓	✓
Mat Yoga			✓	✓
Weight Training/Theraband		✓	✓	
Shallow Circuit	✓	✓	✓	✓
B Chi		✓	✓	✓
Talk and Tread	✓		✓	✓

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.



EVERYONE HAS A STORY TO TELL

FRED AND DORIS HETRICK

BY DIANA REED, RESIDENT

Many people dream of living their lives caring for others. Some see themselves flying planes through the air to deliver blood, a life-saving organ, or a family member to a distant hospital to visit a loved one. Others imagine themselves living in a community where they share their ideas with others. They go where and when help is needed right away — some are teachers, some are mechanics, others carry precious cargo. These are the kinds dreams some people dream.

This is the great and precious life story of Fred and Doris Hetrick. The Hetricks have recently moved to Brewster Place. They are our neighbors and this is their story.

Doris and Fred grew up in the Ottawa and Pamona communities for most of their childhoods. Fred was in the FAA and got a mechanics license after graduation. Doris went to business school after graduation. Soon, they were married and have been married for 73 years. They focused their interests in aviation and areas of flying so they might help others. They both learned to fly and were advisors for the Paul Revere Air Events.

The Hetricks started an aviation business at Billard Airport, and they ran a shop there. This began their life's dream to work in aviation, serving and helping others, and also working in Christian assistance to others.

Fred began a series of activities all related to aviation, providing services to several local businesses. He provided mechanical work for The Air Explorers for over 50 years. He flew a helicopter to ballgames for WIBW for years, and he was active and in demand for several businesses because of his stellar work.

Fred always wished to live by a shared airstrip and have his own hangar for his plane. He found what they called, "The Sunset Strip" at 45th and Pauline Road. It emerged with several empty lots, some interested residents, and an airstrip.

Doris said, "The people were so friendly, we had so much fun together. We had neighbors in all directions, north and south. We all had dinners. We were the first to move there, with our own airplane."

Doris flew by herself. "I was able to get my training," she said. She was pleased to see how her jobs unfolded. She commented, "I flew for parts, and we were in Pilots for Christ for 30 years. We transported people who were sick." With a kind smile, she continued, "We were helping people."

Fred and Doris transported family to see patients in communities away from their homes. "This was known as mercy flights in the Pony Express Field," Doris said.

Doris continued, "We drove groups of people from place to place for missionary team supply and brought missionaries when they came home for their furlough, or transported them to speaking engagements. We helped missionaries learn how to prepare for their trips to a new country. We occasionally flew Pilots for Christ and for mercy flights."

Fred did maintenance on planes for Pilots for Christ and worked for 50 years for Air Explorers for students ages 14-21. He taught the students how to maintain planes.

Doris and Fred have three children; Janis, Lloyd and Keith, six grandchildren, 13 great grandchildren and three great, great grandchildren.

Regarding their tenure at Brewster Place, Doris said, "It's real homey here. We're enjoying it here."

You may see a small red wind sock on the patio of their home on the east side of Redwood, and a small black airplane on the rail of their patio.

Welcome Doris and Fred! We are grateful for your amazing kind lives. ■



STRONGER TOGETHER SUPPORT GROUP

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. This support group is open to those seeking a safe place to discuss the struggles they face due to their disease, illness, and/or ailment. The group meets the first Thursday of each month.

The time will allow participants to:

- Touch base with support members and the social worker to share any concerns, new ideas, and experiences from your personal journey
- Form bonds with support members who are also navigating health struggles
- Gain further education regarding topics in different areas of life affected by chronic illness and find ways to overcome these challenges
- Have access to a safe place to express yourself and learn from other support members ■



FACILITATOR

Alyssa Granado
Quality of Life Specialist
785-274-3395

Next meeting:
Thursday, September 7
1:00 pm
Main Street Chapel

RESIDENT COUNCIL NEWS

The Resident Council Nominating Committee for the position of 2nd Vice President for 2024 are:

- Glenn Wehking
- Eddie Fowler
- Cheryle Menges
- Marilyn Brock

The nominees for 2nd Vice President are:

- Maurice Cashman
- Ray Lippe
- Jim Wilson

Resident Council Meeting

Thursday, September 14

10:00 am | Cultural Arts Center

All residents are welcome and encouraged to attend. Hear from Brewster Place management staff and Resident Council committee chairs. ■

THANK YOU!

Thank you so much to all of our generous donors that made the **Brewster Employee School Supply Giveaway** possible. Thanks to your generous donations we were able to help 100 students of Brewster employees fill supplies on their school lists! We had hundreds of items donated including 290 erasers, 180 pens, 117 notebooks and so much more.

This giveaway would not have been possible without the generosity of the Brewster community, and we are so thankful for every donation, big or small, that made this event possible for our staff. ■



CREATIVE ARTS

WITH SAMANTHA BANKS
CREATIVE ARTS COORDINATOR



SAM IN THE STUDIO

Mondays | 9:00—11:00 am

Tuesdays | 9:00—11:00 am; 1:00—3:00 pm

Klinge Activity Center (KAC)

(except 9/4 and 9/18)

Mondays and Fridays | 1:00—3:00 pm

The Evergreens Art Studio (EV AS)

(9/4, 9/18, 9/22)

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 or all of the above!

STITCHIN' TIME

Thursdays, September 7 and 21

6:00 pm | Main Street Pavilion

Local knitting and crocheting extraordinaire Susan Ford is here to work with Brewster's yarn enthusiasts! Join us in the evenings listed above to stitch the night away. Even if you are new to knitting or crocheting, come join in the fun! Or, bring any handheld craft to work on. Feel free to pick up supplies from either art studio (or bring your own).

ART FEATURE: SELF-TAUGHT ARTISTS STARTING LATE IN LIFE

Friday, September 8 | 2:00 pm

Main Street Chapel

In this series of videos, learn about artists who began their artistic career later in life. Some names may be familiar like Grandma Moses, but you will also be introduced to artists like Clementine Hunter and Bill Traylor.

MAKE THANK YOU CARDS

Thursday, September 14

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

Registration required by calling Sam at

785-274-3317

Join members of the Gratitude Crew to see how a few simple doodles can turn into a lovely thank you note. All supplies provided and no experience necessary. Come and go as you please in this two-hour window.

AIR PLANT TERRARIUMS

Thursday, September 28 | 10:00 am

The Evergreens Art Studio

Registration required by calling Sam at

785-274-3317

Using an air plant, some pebbles, and a trinket, you can create your own tiny plant world to hang in your home. Sam will have all the supplies to choose from in the studio and give you the basics of how to assemble your terrarium. ■



CANINES FOR THE COMMUNITY 5K RUN/FAMILY/DOG WALK Fundraiser for First Congregational Outreach Programs

Saturday, September 16 | 9:00 am—12:00 pm

First Congregational Parking Lot

Brewster Place is proud to be a Title Sponsor of this event.

LONGTIME HOLIDAY TRADITION RETURNS

BREWSTER PLACE ANNUAL HOLIDAY CHARITY BAZAAR



A Topeka tradition...

**Brewster Place Annual
Holiday Charity Bazaar**

Friday, November 3

9:00 am—3:00 pm

Cultural Arts Center

Open to the public!

Proceeds benefit
community service
projects.

If you have any
questions about how
you can help,
please contact
Sam Banks,
Creative Arts
Coordinator,
at 785-274-3317.

There aren't many traditions that last the life of an organization, but at Brewster Place, the **Annual Holiday Charity Bazaar** has a history and following like no other. Of course, the COVID pandemic put a damper on events like the Bazaar for a couple of years, but 2023 is different and this much-loved holiday event is back!

All year long under the leadership of Creative Arts Coordinator Sam Banks and with the support of the Service Activities Committee, residents work to make items to sell at the Bazaar with proceeds benefiting local community service projects. There is still so much to be done before November 3, so we invite you to any or all of these work sessions to help complete projects.

BREWSTER BAZAAR WAYS TO HELP!

CRAFT 'N CHAT

Thursday, September 7 | 2:30 pm | Klinge Activity Center

With the Bazaar open to the public in just a few short months, we would like to invite you to come craft with us. Everything we make will be used as inventory for the Bazaar. Sam will have a project to work on, or bring your own project. You can also just come for the chat. We'd love to see you!

TEA TOWEL TUESDAYS

Tuesdays | 10:00 am | Klinge Activity Center

Join a group for fellowship and embroidery to help make tea towels for the upcoming Holiday Craft Bazaar. If you are an embroiderer, or want to learn, come join us on Tuesday mornings in the Klinge Activity Center. All supplies provided.

CREATE ORNAMENTS

Wednesdays in September (except September 13)

1:30 pm | Klinge Activity Center

Small, pretty items sell well at the Bazaar, and we need your help making them! For the month of September, we will make ornaments on Wednesdays to sell at the Bazaar. We're planning on having a few small trees to display our beautiful ornaments. All supplies provided, and no experience necessary.

BAZAAR MEETING

Tuesday, September 26 | 10:00 am (During Tea Towel Tuesday)

Stay up-to-date and find out information about the upcoming Brewster Craft Bazaar. This is an informal, short meeting where you can sign up for specific ways to help before, during, and after the Bazaar. ■

SAFETY REMINDERS

BY TRAVIS BUSWELL, DIRECTOR OF SECURITY
785-274-3370

The following are timely reminders about being safe while driving and walking. Reminding ourselves not only keeps us safe, but those on the Brewster Place campus and in our community as well.

DRIVING

- Stay alert and eliminate distractions, particularly in parking lots and areas where pedestrians are likely to be.
- Avoid distractions like texting, talking on the phone, applying makeup, eating and drinking, or entering addresses into your GPS while driving.
- Stop for pedestrians in the streets regardless of whether a crosswalk is present, giving them ample time to cross.
- When driving, avoid passing any stopped vehicle or bus as there may be a road hazard or pedestrian present that you cannot see.
- Watch your speed!
- The posted speed limit on Brewster grounds is 12 MPH.

WALKING

- Stay alert and eliminate distractions while walking.
- Don't cross the road in front of or between parked vehicles.
- Look left, right, and left again before crossing any road to ensure it is clear before crossing. Once you have begun crossing the street, keep looking for oncoming traffic until you have entirely crossed.
- Whenever possible, walk on sidewalks and footpaths.

As always, if you see something that you believe is unsafe or of concern, please contact Security at 785-274-5000. If you need emergent assistance, please press your pendant or dial 911. ■

FUTURE EVENTS

Tour of Kay McFarland Japanese Garden and Trip to the Library

Wednesday, October 4 | 9:30am

Shuttle (pick up in Evergreen Lobby)

The Brewster Garden Committee has organized a trip to visit **Kay McFarland Japanese Garden** at the Topeka Zoo. We will tour the beautiful garden and see how things are developing. After we will need a cool drink and lunch, so we will head to the Library Café. They have a wonderful exhibit in the Sabatini Gallery called ***Dopika A Land Acknowledgement***. This exhibit explores art and culture of the Indigenous people and artists who made and continue to make Topeka and Shawnee County their home. Lunch is Dutch treat. Please call Jamie at **785-274-3398** to make a reservation as space is limited.

New Theatre and Restaurant

Wednesday, November 8 | 10:00 am

Shuttle pick up in Evergreen Lobby

Trip is SOLD OUT. Wait list is available.

The Theatre will kick off the new season with ***Always a Bridesmaid*** starring the beautiful Morgan Fairchild. It is a show about four dateless teenagers who promised to be there for each other — for better or worse. Now, over 30 years later, that promise is put to the test in a series of high-strung, ill-fated and riotous weddings as this quirky quarter looks for love again and again and again. This show about love and enduring friendship will provide an afternoon of laughter. Tickets are \$36 and includes lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited. ■



KU OSHER LIFELING LEARNING SERIES

2023 FALL SESSIONS AT BREWSTER PLACE

In 2007 Brewster Place became a “Pioneer Partner” with the University of Kansas Osher Lifelong Learning Institute. For the past 17 years this partnership has provided classes on topics ranging from theology, history, culture, music, science and technology, and health and well-being. Brewster Place residents and BrewsterConnect members can attend these on-campus classes for free. The general public is also welcome to attend by registering online at: jayhawkglobal.ku.edu/osher-home.

2023 FALL CLASS SCHEDULE

Presidential Debates:

Why We Watch and Why They Matter

Tuesday, October 17, 24 and 31

1:00—3:00 pm

Cultural Arts Center

After a 16-year gap between 1960 and 1976, general election presidential debates have occurred in every election cycle. This course explores the history of presidential debates— both their high and low points—and looks ahead to the 2024 primary and possible general election debate seasons. We’ll discuss why we watch them and why they matter.

Instructor: Diana Carlin, Ph.D., is professor emerita of communication at Saint Louis University and a retired professor of communication studies at KU. Carlin has written several articles and co-authored a book on gender and politics. She also taught courses on women as political leaders, the rhetoric of women’s rights, and communication and gender.

A Family, Freud, and Friendliness:

The Menninger Clinic in Topeka

Fridays, November 17; December 1 and 8

1:00—3:00 pm

Cultural Arts Center

Beginning in a Topeka farmhouse, the Menninger Clinic became a psychiatric hospital that treated patients and trained clinicians from across the globe. We’ll review the clinic’s founding family who directed it for 75 years, until its move to Houston. We’ll also examine how patients were treated and what the clinic contributed to Topeka and vice versa.

Instructor: Karl Menninger retired from a legal career in federal and state government, mostly dealing with issues concerning persons with disabilities. He teaches courses on disabilities and the law and the insanity defense at the University of Missouri—Kansas City School of Law. ■

The Osher Lifelong Learning Institute at the University of Kansas is able to provide university-quality programming throughout the nation because of the strong commitment of their partners. Brewster Place has been a proud partner of The KU Osher Lifelong Learning Institute since 2007.

SUITE SPOT *AND* SWEET DEALS AT THE REDWOOD

Check out The Redwood Renovation at Brewster Place with over-the-top amenities and reasonable rates! Did you know that five of the 23 apartments in the Redwood have entrance fees of less than \$105K and monthly fees under \$1,850?

These sweet suites have quartz counter tops, luxury vinyl tile flooring, washers and dryers in every apartment, and the monthly fee includes maintenance free living, utilities, Internet, cable, phone, WiFi, security, housekeeping, and more! The first floor Club level is completely renovated to include an exhibition kitchen, a spacious dining room, three state-of-the-art creative studios, and a game room. And if you want a suite spot at the top,

there are only three remaining Penthouse apartment homes available.

The Redwood at Brewster Place has a suite spot and a sweet deal for you for a limited time! Residents in Independent Living who make a *new* referral to an apartment home in the Redwood's renovated first, fifth, or sixth floors will *both* receive one month's free rent once the referral moves in.



Rendering of The Redwood's renovated dining room.

That's right! Both you and your referral will receive this exciting, limited time offer, so grab your address book and phone and start calling friends today!

For more information contact Chris Gallagher, Director of Sales & Marketing, at 785-374-3351. ■

FINDING YOUR PURPOSE AND EXPLORING YOUR PASSION



Above: Cheryl Menges celebrated her birthday with other residents and friends at the August Birthday Party. Cheryl loves to go on trips, attend classes and programs and enjoy her friendships at Brewster Place.



Above: Bruce Bower is an expert wood turner. He was working on a little bowl for the Brewster Bazaar. Bruce is one of the many residents who donated equipment for our spacious woodshop. We are so very grateful for their gifts.



Kaye Jordan-Cain tapped into her creative side by participating in the Step-by-Step Sunflower Painting Workshop in August. The best part about art and other creative endeavors is that you are never too old (or too young) to begin. Give it a try!



OFF CAMPUS — A few highlights!

TED ENSLEY GARDEN, LUNCH AND DRIVE

Wednesday, September 6 | 9:30 am | Shuttle (pick up from EV lobby only)

The Brewster Garden Committee has organized a trip to visit Ted Ensley's Garden at Lake Shawnee. We will go for a walk through the beautiful garden and see how things are developing. After we will need a cool drink and lunch. We will go to the SHACK for the best cheeseburgers in Topeka (so they say). Then we will go for a drive and check things out. Lunch is Dutch treat. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

DINNER AT CRACKER BARREL

Thursday, September 7 | 4:45 pm | Shuttle (pick up from EV lobby only)

Please join Becky, our new Resident Services' team member, for a down home meal at Cracker Barrel. Dinner is Dutch treat. Please call Jamie at 785-274-3398 for reservations.

TOUR OF THE IMMACULATA CHURCH AND DAY IN ST. MARY'S

Wednesday, September 20 | 8:45 am | Shuttle (pick up from EV lobby only)

We will start with a guided tour the Immaculate Church in St Mary's that is part of the Society of St. Pius X. The Church cost more than \$42 million to build and was consecrated in May 2023. This beautiful church seats 1,500 people and stands 12 stories tall while sitting high on a hill. Those attending are required to cover their knees and shoulders so NO tank tops or shorts. After we will have a box lunch in town and do some shopping. Tour cost is a recommended \$5 goodwill donation payable by participant. Brewster will bill \$13 for transportation and \$13 for lunch. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

KANSAS CITY HISTORIC FOUNTAINS TOUR

Wednesday, September 27 | 8:30 am | Shuttle (pick up from EV lobby only)

Kansas City celebrates the 50th Anniversary of the City of Fountains Foundation. They have trained volunteer tour guides to give one- and one-half hour bus tours of the many beautiful fountains and sculptures in Kansas City this summer. The tour will start at Kauffman Gardens. With more than 200 fountains in the metro area, passengers are sure to see some of their favorites. Tour guides have inside information about Kansas City's iconic fountains that will be informative and educational to participants. Tours are \$20 for adults. We will then go to a delicious lunch at Grand Street Café. Lunch is Dutch treat. Transportation is \$13 on the Brewster Bus. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

TOPEKA CIVIC THEATRE

Thursday, September 28 | 6:00 pm | Shuttle pick up in Evergreen Lobby

TCT kicks off this season with *9 to 5 The Musical*, with music and lyrics by Dolly Parton and book by Patricia Resnick, is based on the seminal 1980 hit movie. Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic. Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While Hart remains "otherwise engaged," the women give their workplace a dream makeover, taking control of the company that had always kept them down. Hey, a girl can scheme, can't she? Tickets are \$35. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

ON CAMPUS — A few highlights!

MOVIE AND POPCORN: GONE WITH THE WIND—PART 1 AND 2 **Tuesdays, September 5 and 12 | 1:00 pm | Cultural Arts Center**

Gone with the Wind is a 1939 American epic historical romance film adapted from the 1936 novel by Margaret Mitchell. It is a story about a Southern belle and a roguish profiteer during the Civil War and Reconstruction periods. *Gone with the Wind* was immensely popular when first released. It became the highest-earning film made up to that point, and held the record for over a quarter of a century since the re-release in the 20th century it has become ingrained in popular culture. We will break the movie into two parts since it lasts over 3 hours.

NEWS & VIEWS WITH KEVIN MCFARLAND **Thursday, September 7 | 10:30 am | Main Street Pavilion**

Please welcome back Kevin McFarland to discuss the latest news happening around the world. Cookies and coffee will be provided.

CHAT AND GET PHAT: BAKED POTATO BAR **Thursday, September 7 | 11:30 am | Cultural Arts Center**

It's Fall Y'all. What a great time for a baked potato bar. The cost is \$5 and you can use your Brewster meal account. See you there.

MCEACHRON ELEMENTARY SCHOOL SQUARE DANCERS **Tuesday, September 12 | 2:30 pm | Cultural Arts Center**

We are excited to welcome these young dancers to our campus. Come cheer them on!

GENEALOGY RESIDENT STUDY GROUP **Tuesday, September 16 and 20 | 10:00 am | Evergreens Community Room**

Do you have an interest in learning about your family's ancestors? Or studying the history of your family? Join a group of residents who share this similar interest. Call Larry Moreland at 785-608-8517 if you have any questions or just stop by to see what is happening.

TOPEKA ZOO MONARCH BUTTERFLY TRAINING **Tuesday, September 19 | 9:00 am | Main Street Chapel**

A representative from the Topeka Zoo will come and train us on how to tag Monarch butterflies on our campus in the pollinator garden. Please contact Bruce and Glenda Bower for more information.

SARA TUCKER PRESENTS **Tuesday, September 19 | 2:00 pm | Main Street Chapel**

Sara is going to help us understand history and how things have changed. She is a former professor at Washburn University and has studied history all of her life. She is a brilliant presenter of this information.

JOHN AND DEBBIE PACKARD'S PIANO TRIBUTE **Thursday, September 21 | 1:00 pm | Cultural Arts Center**

In honor of World Alzheimer's Day September 21, the Packard's will give a piano concert. On this day, the world concentrates its efforts on creating awareness of Alzheimer's disease. The disease is among the most prevalent forms of dementia; a set of disorders that disrupt mental function. World Alzheimer's Day is the perfect opportunity for us to raise awareness.

KODIAK ISLAND EXPERIENCE **Tuesday, September 26 | 1:00 pm | Cultural Arts Center**

Bud and Cherie Charter will share their personal experiences of their life in Kodiak Island, Alaska. They lived on a property that was accessible only by boat or sea plan with no phone or internet connection. They will share their stories of trips to town to get supplies.