

## SHARED PURPOSE WITH A SPIRIT OF GIVING

**T**he Brewster Place Annual Holiday Craft Bazaar has been a tradition for close to 60 years. It is hard to believe that it has been four years since the last “open to the public” Bazaar, but due to COVID and precautions taken the last three years, the Bazaar has been absent. Suffice it say, this year we are excited to welcome Brewster Place residents, family members, staff, friends of Brewster and the public to this year’s one-day event.

Under the direction of Creative Arts Coordinator Sam Banks, residents have worked all year long to make items. They have participated in a variety of workshops, Tea Towel Tuesdays, knitting and quilting groups, and some have worked on items at home. Times have changed, but the Brewster Place Bazaar will still ring in the holiday season with handcrafted items and lots of charm.

Proceeds of this year’s Bazaar will support Brewster Service Committee projects. The many hours spent throughout the year — in community and fellowship — truly is a labor of love and purpose. The benefits of working toward a shared goal are endless.

**Brewster Place Annual Holiday Craft**

# BAZAAR



**Friday, November 3**  
**9:00 am — 3:00 pm**  
Brewster Place  
Cultural Arts Center

**Quilt Drawing | Bake Sale | Silent Auction**

- Hand-embroidered tea towels
- Knitted and crocheted items
- Charming gifts for babies and kids
- Wonderful quilts, throws and runners
- Handmade kitchen and home goods
- Holiday accents
- Hand-painted crafts, ornaments

*Proceeds support Brewster Service Committee projects.*

*~Cash, Checks and Credit Cards Accepted~*

### **Resident Volunteer Opportunity!** **BAZAAR PREP DAYS**

**Wednesday, November 1**  
**1:00—3:00 pm**  
Cultural Arts Center

**Thursday, November 2**  
**9:00 am—3:00 pm**  
Cultural Arts Center

Join us in prepping the Cultural Arts Center for our Holiday Craft Bazaar! There is no obligation to work the entire session. It will be a come-and-go affair. We will set out our merchandise and do some light decorating. If you are interested, give Sam Banks a call at 785-274-3317 to let her know you are coming. ■

#### **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.



# GRATITUDE CHALLENGE

BY CHAPLAIN JULIE FREEMAN

The leaves are falling and the air is getting crisp. The holiday season is right around the corner. I can almost smell the turkey and pies in the oven. But we don't have to wait for the big day to be thankful.

Gratitude transforms every day into Thanksgiving. When we intentionally seek out those things we are grateful for, we increase our capacity for empathy and compassion. Choosing to be grateful helps us to appreciate the little things in our lives that we might otherwise overlook. Learning to be grateful shifts our perspective about the world around us.

We focus on the positive rather than dwelling on the negative. Being grateful doesn't mean that we deny that bad things happen. Practicing gratitude or reflecting on what we're grateful for helps us deal with life's stressful, chaotic moments. People who are grateful tend to sleep better, have lower stress levels, exercise more often, and eat healthier.

Join me this month in a Gratitude Challenge — share gratitude with other people. Tell them how much you appreciate their services, care, friendship, etc. Show your family how grateful you are to have them in your life, let them know how they make your life better just by being a part of it. ■

### Unbound Gratitude Group

Monday, November 20

2:00 pm Chapel

Finding life again after loss through gratitude with Chaplain Julie

### Devotions and Donuts

Sunday mornings at 9:30 am

Evergreens Brewster Bean

Join us for coffee, donuts and a short devotion with Chaplain Julie

## FUTURE EVENTS

### Church of Resurrection Christmas Program

Saturday, December 9 | 10:00 am | Shuttle pick up in Evergreen Lobby

Join us in seeing a Kansas City holiday tradition as we celebrate Christmas at Resurrection! We will start with lunch. Then head to the church. The first act will celebrate your favorite Christmas movies by bringing them to life with more than 300 actors, singers, dancers and instrumentalists in an evening of music and drama. The second act will relive the biblical story of the birth of the Christ child in a new and very dramatic way. Afterward we will make a quick stop at Talbots. Lunch is Dutch treat. Transportation costs \$13. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

### New Theatre and Restaurant

Wednesday, January 17 | 9:45 am | Shuttle pick up in Evergreen Lobby only

The Theatre will kick off the new year with Catch Me If You Can starring Jim O'heir from Parks & Recreation. He will lead the charge in this edge of your seat comedy murder mystery. When Daniel Corbin's new bride disappears at a chic mountain resort, he fears the worst. However, after a priest turns up with a beautiful stranger claiming to be the missing woman, Daniel discovers that the worst is yet to come. Tensions rise as an overworked local detective tries to sort fact from fiction. Tickets are \$36 and include lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited. ■

# BREWSTER NURSE USES CPR TO SAVE LIVES



Jessica Jones, Brewster’s Meadowlark Neighborhood Nurse Manager, was recently invited to speak at the **2023 Trauma and Critical Care Symposium hosted by Stormont Vail**. Jessica spoke about two instances in which she used CPR to save lives in the community.

In December 2020, at the peak of COVID, Jessica was shopping at Five Below for a Christmas gift for her daughter. While Jessica was shopping, she heard a commotion and went to see what was happening.

As she approached, she saw that the woman was not breathing. Onlookers thought she was having a seizure however, Jessica recognized that the woman was having a heart attack. She immediately turned the woman on her back and began giving CPR. Jessica did the chest compressions while another shopper began breaths. Onlookers were concerned about the possibility of Jessica and the other CPR performer being exposed to COVID. Jessica said, *“We knew God was going to keep us safe because we were helping another human being.”*

Witnesses were interviewed, including the EMT responder. When asked what the EMT remembered when responding to the call, he reflected “I remember walking in and seeing beautiful, incredible CPR happening. Everything was clean and just per-

fect.” He said that in the moment, everyone knew what had to be done and worked together to get it done.

The survivor of the incident also appeared on stage with Jessica and was able to meet some of the people who responded to the scene. She expressed gratitude to them and how grateful she was to be alive today.

As the importance of CPR certification in the general public was emphasized, the survivor added, “Just because I died, doesn’t mean I don’t want to live.” She was very grateful for the CPR Jessica performed to bring her back to life.

As the conversation continued, the moderator mentioned that this was not the first time Jessica had used CPR to save a life.

In 2017, Jessica graduated from nursing school but had not taken her state boards yet. Jessica and her husband decided it was a good time to put in a swimming pool at their home. The family was gathered at Jessica’s home to celebrate her graduation and the new pool. She went back in the house to change into her swim suit when she heard a commotion outside around the pool.

She looked out the window and heard her mother-in-law yelling, “she’s not breathing!” The rest of the family thought

*Continued on page 4...*

## RED CARPET SERVICES CONGRATS ON 50 YEARS!



The Topeka & Shawnee County Public Library, one of the best libraries in the nation, improves the lives of hundreds of seniors in Shawnee County every week. Through Red Carpet Services, they bring seniors their favorite books, movies and music, to their homes or senior living community. Brewster Place has been a community location for Red Carpet for many years and we so appreciate the service they provide our residents.

Red Carpet staff are personal librarians and know their customers by name and reading preferences. They also provide excellent book, movie and music recommendations. They deliver daily on a rotating two week schedule to places where residents are unable to come physically into the library, including:

- Independent and assisted facilities
- Medical and nursing home facilities
- Senior meal sites
- Senior centers
- Senior apartment complexes
- Private residences for the homebound

Librarians prep for delivery by selecting books, movies, music, games and activities for customers, based on demand and personal requests. Customers can call 785-580-4400 any-time during library hours to make delivery requests. Shelves are set up in common areas of residential communities for ease of browsing. It's truly a scenario of a "pop-up library" for senior citizens, who can choose materials, talk with librarians about reading preferences and make reference requests. ■

...Continued from page 3


that her daughter had gone with Jessica back in the house to change. But, she hadn't.

Her daughter had slipped on the pool ladder and was found on the bottom of the pool, purple, unresponsive and no pulse. Jessica immediately started praying and doing CPR on her daughter. She was able to recover a heartbeat before AMR arrived on the scene. Jessica said in the moment she couldn't emotionally process what had happened.

At the hospital, the doctor asked if "Mom" was the one who had completed the CPR. Jessica said she was. The doctor told her, "You did a great job! There was no water left in her lungs!"

It was in that moment that the magnitude of what had happened to her and her daughter overwhelmed her, and she fell to her knees in tears, thanking God that her baby was still alive.

Statistics show that CPR being performed on the spot significantly increases the survival rate in cases like this. Even if the ambulance is able to arrive in 3-4 minutes, that is 3-4 minutes some cases may not have to spare. Jessica was recognized and applauded for the lives she has saved. ■

<b>REMINDER</b>	
	The speed limit at Brewster Place is 12 mph.



# CREATIVE ARTS

WITH SAMANTHA BANKS  
CREATIVE ARTS COORDINATOR

## ART FEATURE: MECHANICAL ART

Friday, November 10 | 2:00 pm

Main Street Chapel

From sculptures made from typewriter parts to interactive pieces that change with viewer movement, there is a whole host of exciting mechanical art. Find out all about this type of art during the Art Feature with Sam. Light refreshments provided.

## CRAFT 'N CHAT

Thursday, November 16

2:30 pm | Klinge Activity Center

Whether you are into crafting, chatting, or both, come join in the fun. Sam will have some projects to choose from or bring your own project to work on in a different space. See you then!

## STEP-BY-STEP HOLIDAY PAINTING

Thursday, November 30

10:00 am | The Evergreens Art Studio

Registration required by calling Sam at 785-274-3317

Christmas is right around the corner, and Sam has a painting to put you and your home décor in the holiday spirit. She will walk you through every step of the way to help you make a painting you will enjoy. Please note the morning start time.

Registration is required! Call Sam at 785-274-3317 to reserve a space.

## CHRISTMAS CARDS

Wednesdays in November

1:30 pm

Klinge Activity Center

With the holiday season upon us, let's celebrate our friends at the Brewster Health Center. On Wednesdays starting November 8, we will make Christmas cards for the residents and staff at the BHC. All supplies provided and Sam will have ideas to get you started.

## STITCHIN' TIME

Thursdays, November 2 & 16

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).

## SAM IN THE STUDIO

Mondays

9:00—11:00 am

Tuesdays

9:00—11:00 am

1:00—3:00 pm

Klinge Activity Center

Mondays and Fridays

(except November 3 and 10)

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!

November is here which means it's time to decorate for Christmas! Mark your calendars for November 28, starting at 10 am! We will meet in the Klinge Activity Center and then divide and conquer the Christmas decorations throughout campus. We will break for a pizza lunch and continue into the afternoon. We will take decorations down the week of December 26. ■

## ELECTION DAY

Tuesday, November 7  
Polls open 7:00 am—7:00 pm  
Cultural Arts Center

### PLEASE NOTE:

Even though we did not have a Primary Election in August; we do have a General Election on November 7. Elections held in odd numbered years are local elections for city offices, school boards, etc.

This year school board members are on the ballot. The Primary Election is set up so that you only vote for the person in your area of the district. But, the General Election allows you to vote for ALL districts and positions. The terms are staggered so not every school board member will be elected this year.

### Topeka USD 501 School Board Competitive Races

- District 1 Position 4
- District 1 Position 7—Member-at-large

### Unopposed Races

- District 2 Position 5
- District 3 Position 6

Candidates were interviewed by the Topeka Capital-Journal with information about each candidate posted at [cjonline.com](http://cjonline.com). ■

## BREWSTER NEWS EMAIL GROUP

If you currently receive the Brewster News via the postal mail, we apologize for the late delivery each month. Mail delivery is out of our control. The fastest way to receive the Brewster News is via email and/or our website ([BrewsterLiving.org](http://BrewsterLiving.org))

If you would like to be added to the email group, please contact Janis Swanson, Editor, at [Janis.Swanson@BrewsterLiving.org](mailto:Janis.Swanson@BrewsterLiving.org). ■



The Brewster Place Diversity and Inclusion Group has provided wonderful programs to lift up and celebrate different cultures and their history. The month of November is Native American History Month and you are invited to attend a couple of meaningful programs. The group is pleased to have Chaplain Julie Freeman as the staff liaison. She has a strong interest in exploring and promoting diversity on the Brewster Place campus.

### Native American Drummers

Tuesday, November 21  
6:30 pm | Cultural Arts Center

A local group of Native American drummers (including resident Bruce Bower) will perform followed by a short talk by Bruce and Glenda Bower about their connections to area Native American activities.

### History of Native American Groups in Shawnee County with Lisa LaRue Day and time to be determined

Please watch your weekly bulletin and BPTV 1960 for the details of this program. Lisa LaRue did a wonderful program in October on basketweaving and we look forward to hearing from her again. ■

## PLEASE NOTE

The Gardens and Grounds Committee will not meet in November and December. If you have questions about this committee, please contact Lonna Reinecke. ■

## KU OSHER LIFELING LEARNING SERIES

**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 hos-



pital 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. ■

## MARJORIE VAN BUREN FEATURED IN TOPEKA NEWSPAPER

**C**ongratulations to Brewster Place resident Marjorie Van Buren who was recently featured in the Topeka Capital-Journal for her third and latest book, a mystery entitled, "**The Coroner Had No Comment.**"

Did you know Topeka had a counterculture community in the 1970s? Marjorie learned about the community through work she did at the time for the government regarding ecology and health.

One of the most enjoyable parts of writing the book, she said, was "Thinking back to those days and trying to recreate the feel of the 1970s in Topeka, because Topeka's version of the 1970s was quite different than the big, flashy things you read about in other places."

To purchase the book, visit Amazon.com and search for M.J. Van Buren, Marjorie's pen name. ■

## MINDFUL MEDITATION PRACTICE

**Monday, November 13**

**10:30 am**

**Main Street Chapel**



**J**oin us for a group guided mediation: The "Light as a Feather" which uses object guided imagery to scan the body for heavy emotions that are stuck and help to move them out and replace with a lighter positive emotion. Lead by a guest speaker, Monica Fowler for Joy Bishop. Monica's background is working in elder care and psychiatric facility cultivated her passion for helping others. She graduated from The Institute of Healing Arts in Lindon, UT in 2019 as an Integrated Process Technique Facilitator. ■



**THE FIVES  
AT REDWOOD**

**HOME OF  
THE MONTH**

**H**ere's a hot question: Do you have a burning desire to live in a newly renovated 1,078 square foot, one-bedroom apartment home with a full kitchen, stainless steel appliances, quartz countertops, and en suite laundry? If so, ignite that fire in your belly and blaze a trail to The Fives at Redwood.

There are four **Fire** floorplans offered so availability is limited! Affordable entrance fees as low as \$156,891.00 and a monthly fee of \$2,747.00 for single occupancy includes all utilities, Wi-Fi, cable, housekeeping, maintenance, security, and much more. Like a moth to a flame, you will be drawn to this well-appointed apartment home with an abundance of natural light and gorgeous tree top views.

The surefire way to reserve your new home is to contact Chris Gallagher, Director of Sales & Marketing, at 785-374-3351. Remember, you can help choose your future neighbors and receive a bonus. Residents in independent living who make a *new* referral to Brewster will receive one month's free rent once the friend moves in.

*Note: Sales & Marketing approves this glowing endorsement, however, it is not liable for setting one's hair or heart on fire!*

## **PENCILS, DOGS, DONUTS, MONSTERS AND LOTS OF FUN!**



**JR Campbell** has collected pencils from all over the world for many years. His collection reached the thousands and he has now donated part of his collection to others. What a colorful man and collection.



**Marcia Groth** is a dog lover and has her own furry friend, but on this day she enjoyed petting therapy dog, Charlie, as part of Dogs and Donuts. Judy Knoll and Charlie visit Brewster Place a couple of times a month. In October our Human Resources Team invited Judy and Charlie to trek across campus delivering donuts and a lot of love to residents and staff.



**Linda Douglass** attended the Monster Bash in October and is pictured with her grandbaby. The event was sponsored by the Gratitude Crew and allowed residents, staff and their kids and grandkids to enjoy fellowship (and lots of candy) with each other.





# OFF CAMPUS — A few highlights!

## **DAY OUT IN SENECA, LUNCH AND DRIVE**

**Wednesday, November 1 | 8:30 am | Shuttle (pick up from EV lobby only)**

We will load the Brewster Bus for an exciting day in Seneca. Our first stop will be St. Mary's Catholic Church. This parish was established in 1859. **St. Mary's Church is still a treasure that amazes the traveler who happens upon it. Because of its historical, cultural, artistic, and religious significance, St. Mary's Church was listed on the Kansas Register of Historic Places in 1977 and on the National Register of Historic Places in 1980.** We will then shop the sweet streets of Seneca and eat lunch at the local Mexican restaurant. Then we will make a quick stop at the Pony Express Museum which is the first home station west of St. Joseph, Missouri. Lunch is Dutch treat. Transportation is \$13. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

## **DINNER OUT AT BLIND TIGER AND WASHBURN UNIVERSITY OBSERVATORY**

**Thursday, November 2 | 4:30 pm | Shuttle (pick up from EV lobby only)**

Come enjoy dinner at a local Topeka hotspot with friends and then come gaze at the stars through Topeka's largest refracting telescope at the Crane Observatory on Washburn's Campus (weather permitting). There are elevators available to get to the telescope. Please call Becky at 785-274-3393 as space is limited.

## **TOPEKA SYMPHONY ORCHESTRA**

**Saturday, November 4 | 6:45 pm | Shuttle (pick up from EV lobby only)**

Explore the heavens with TSO for a night of ethereal otherworldliness and majestic vistas in music that takes us to the unknown beyond. We begin with the world premiere of the orchestral version of Ingrid Stölzel's beautiful *Musica Ignota*, followed by our always-exciting Young Artist Audition Winner. On the second half of our concert, we will accompany our performance of *The Planets* with astrophotos taken by our own Conductor Kyle Wiley Pickett. For tickets, please call 785-232-2032 to purchase. Please call Jamie at 785-274-3398 to make a transportation reservation as space is limited.

## **NEW THEATRE IN KANSAS CITY — SOLD OUT—WAIT LIST AVAILABLE**

**Wednesday, November 8 | 9:45 am | Shuttle (pick up from EV lobby only)**

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.

## **HISTORIC TOUR OF TOPEKA WITH LARRY BEAM**

**Wednesday, November 15 | 1:00 pm | Shuttle pick up in Evergreen Lobby**

Larry Beam is both a resident of Brewster Place and a native Topekan that enjoys history. He is willing to share with us all he has learned about where Topeka started and how it was involved in the underground railroad. We will then stop for ice cream. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

## **TOPEKA CIVIC THEATRE**

**Thursday, November 30 | 6:00 pm | Shuttle pick up in Evergreen Lobby**

TCT kicks off this season holiday season with the classic *It's a Wonderful Life*. Tickets are \$35. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

# ON CAMPUS — A few highlights!

## MONDAY NIGHT SOCIAL HIGHLIGHTS

**Mondays | 4:00 pm | Main Street Pavilion**

- November 6 — Both Jamie and Julie will be here to kick off your week
- November 13 — Jeff Kready will stop by to sing a little ditty
- November 20 — Monday Night Football for the Chiefs
- November 27 — Guest bartender

## MINDFUL MEDITATION PRACTICE

**Monday, November 13 | 10:30 am | Main Street Chapel**

Join us for a group guided meditation: The “Light as a Feather” which uses object guided imagery to scan the body for heavy emotions that are stuck and help to move them out and replace with a lighter positive emotion. Lead by a guest speaker, Monica Fowler for Joy Bishop. Monica’s background is working in elder care and psychiatric facility cultivated her passion for helping others. She graduated from The Institute of Healing Arts in Lindon, UT in 2019 as an Integrated Process Technique Facilitator.

## KU OSHER LIFELONG LEARNING

### A FAMILY, FREUD AND FRIENDLINESS: THE MENNINGER CLINIC

**Fridays, November 17, December 1 and 8 | 1:00 pm | Cultural Arts Center**

A Family, Freud, and Friendliness: The Menninger Clinic in Topeka 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. Presented by Dr Karl Menninger. Please call Becky at 785-274-3393 to register.

## BINGO

**Tuesday, November 14 (instead of Friday, November 17)**

**1:00 pm | Main Street Pavilion**

To accommodate those who want to attend the Osher class, BINGO has move to Tuesday this week.

## SIMPLE LINE DANCING/SWING DANCE

**Tuesday, November 14 | 6:30 pm | Cultural Arts Center**

Come learn a simple line dance or two that you can do from the comfort of your chair or simply standing behind your chair. We promise nothing complicated or strenuous. Then stay and watch or participate in swing dancing.

## KANSAS CITY CHIEFS MONDAY NIGHT FOOTBALL WATCH PARTY

**Monday, November 20 | 6:45 pm | Cultural Arts Center**

Come watch the KC Chiefs take on the Philadelphia Eagles. Please bring your favorite snacks to share. Drinks will be provided. Staff are encouraged to join us.

## KAW VALLEY BANK AT BREWSTER PLACE

**T**he Kaw Valley Bank at Brewster Place is located at Main Street (lower level of Redwood South).

The bank has limited hours:

### HOURS

**Tuesdays**  
9:00—11:00 am

**Thursdays**  
11:00 am—3:00 pm