

IT'S THE MOST NOSTALGIC TIME OF THE YEAR

BY JANIS SWANSON, EDITOR

he Christmas classic, "I'll Be Home for Christmas," was written by lyricist Kim Gannon and composer Walter Kent and recorded in 1943 by Bing

I'll be home for Christmas You can plan on me Please have snow and mistletoe And presents by the tree



Christmas Eve will find me Where the love light gleams I'll be home for Christmas If only in my dreams

Crosby. The song was originally written to honor soldiers overseas who longed to be home at Christmas time. The song has since been recorded by some of the best singers of later generations including Johnny Mathis, Elvis Presley, Josh Groban and Michael Bublé.

I don't know about you, but this time of year makes me nostalgic as I remember my childhood Christmases. For the Swanson family, that meant an almost yearly trip to Longmont, Colorado, my mom's hometown, to stay with my grandparents, Meme and Papa. We would get up early, load up the car, and make the long drive (for many years at 55 mph) for this much anticipated trip.

Christmas in Colorado meant a huge gathering at Meme and Papa's on Christmas Eve with aunts, uncles and cousins of all generations. We would share a meal that included Swedish meatballs, potato sausage, lingonberries, rice pudding and lots of coffee and Swedish cookies. After the meal I remember eagerly watching the ladies wash and

dry the dishes because once they were finished, we could finally open gifts.

Our tradition was to draw names and purchase a gift for that person. Opening gifts was always a joyous and somewhat raucous event. Let's just say some family members were good gift givers and some were questionable! To make it even more special, there were years when a very thin Santa Claus would arrive. We could hear him approaching as he would shake authentic sleigh bells. I now proudly keep those bells safely at my home to pass on to the next generation. They are a treasure! The year my cousins and I found Santa's clothes in the basement closet confirmed our suspicions about Santa. We kept our 'find' a secret for many years!

Later in the evening, after everyone went home, we would stay in our church clothes and wait to go to First Lutheran Church in Longmont for the 11:00 pm Christmas Eve service. When I was really young, Papa served as the head usher and Meme played the organ (complete with a rearview mirror on the organ so she could see the congregation). Once they retired

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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.

BREWSTER BOARD APPOINTS NEW CEO

A MESSAGE FROM MARY BLUBAUGH, PRESIDENT AND CEO

ello! I would like to introduce myself to you. My name is **Mary Blubaugh**, and I am the new President and CEO of Brewster Place. Some of you may recognize my name as I was on the Brewster Board of Directors before accepting the CEO position.

I am a Registered Nurse and have a master's in nursing administration. My last job I served as the Executive Administrator of the Kansas State Board of Nursing, which I held for 18 years. I also have experience in many different areas of nursing.

My husband Tom and I live in Topeka and are the parents of two sons and we have six grandchildren. Our grandchildren live in Silver Lake and Auburn. We are lucky to have them close and enjoy attending their sports and school activities. I have several hobbies which include quilting, knitting, and gardening. I am a Shawnee County Master Gardener and enjoy working with fellow gardeners in the demonstration gardens we have around Topeka.

I am honored to be your President and CEO. Please stop by my office at The Evergreens (and soon Redwood) and introduce yourself. My door is always open. ■

HOME OF THE MONTH

orget about the corner office, it's retirement time and now it is all about the corner balcony. Cottonwood Villa 105 has a



large wraparound porch, that offers both campus and neighborhood views. It's a great location

for watching the leaves change; the staff clearing the snow; and the beautiful plantings that can be seen in the Grand Home neighborhood to the south.

With an open design, this 1,850 square foot villa has a kitchen that spills out into the living area, with additional countertop space for preparing, serving, and sharing time with friends and family. The stainless steel appliances and marbled quartz design countertops cap off the centerpiece of this beautiful apartment home. This two-bedroom, two-bath with walk-in closets al-

so has a den with built-in shelving. Big windows in every living space offer great natural light. The large side by side washer and dryer are located near the linen closet and bedrooms.

Parking is a short elevator ride down to the underbuilding parking level where you will also find a cozy work out station and on-site storage units. Cottonwood Villa 105 is one of 13 units in the yellow building on the west side of campus and includes two lovely common areas inside and additional outdoor living spaces for socializing.

You'll want to round that corner, from the office to maintenance free living at Brewster Place. 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 785-274-3351. See the link below to take a virtual tour of this beautiful apartment home. ■

https://brewsterliving.org/home-finder/



REFLECTING ON WHAT MATTERS MOST

BY CHAPLAIN JULIE FREEMAN

December is a busy time of year, a time of preparation. We're preparing our hearts and homes for the winter season and the holidays to come. We're putting up lights, getting out our sweaters and baking bread, cookies and other treats to share. Our faith traditions call us to a time of reflection on what matters most, Love, Light and Community. As we prepare to celebrate, let us remember the warmth in our hearts this holiday season and carry it with us all year long. Merry Christmas! Happy Hanukkah! Joyous Kwanza!

Sunday Supper Club on December 3 4:00 pm | Brewster Bean

Do you look at what's happening around you and wonder..." Where do I belong?" You're not alone. Bring your dinner and join us for Sunday Supper Club — the place for fellowship, fun and curious conversations. We'll have a different theme each month reflecting current events, culture, art or faith traditions.

Devotions and Donuts Sunday mornings at 9:30 am Evergreens Brewster Bean

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

Advent Bible Study
Tuesdays in December
10:00 am | Main Street Chapel
Join Chaplain Julie as we prepare for
Christmas.

Open Chapel Hour Wednesdays in December 11:00 am | Main Street Chapel

Come for a time of meditation, reflection, prayer, or Communion. Stay as long as you like. Everyone is welcome.

Christmas Stories and Songs Wednesday, December 6 2:30 pm | Main Street Chapel

Learn the stories behind our favorite Christmas songs and sing along.

Unbound Gratitude Group Monday, December 18 2:00 pm | Main Street Chapel Finding life again after loss throu

Finding life again after loss through gratitude with Chaplain Julie.

Memorial Service Wednesday, December 20 3:00 pm | Main Street Chapel

Annual remembrance service for those we've lost this year.

The Longest Night Thursday, December 21 6:00 pm | Main Street Chapel

A service of hope for those lonely or hurting this holiday season. Come light a candle on the longest night of the year and know that you're not alone. ■

Brewster 🔘 foundation

The Brewster Foundation accepts gifts of private funds to preserve the long-term health of Brewster and its endowment.

FUND CHOICES

- Unrestricted Fund
- Benevolent Care Fund
- Chaplaincy Fund
- Employee Assistance and Support Fund

To learn more about ways to give, please contact Melissa Reynolds, Chief Financial Officer, at 785-274-3381. ■







EVERYONE HAS A STORY TO TELL

JOANNE HARRISON BY DIANA REED, RESIDENT

Residents of Brewster Place are fortunate to enjoy special decorations displayed in windows and on tables brought by other residents throughout the calendar year. Celebrating the Christmas holidays provide a special twist. We often see beautiful ornaments and special decorations that are meaningful and dress up hallways and open spaces. Joanne Harrison, who is a resident at The Evergreens, has brought a wealth of fantastic Christmas adornments to our halls.

Joanne tells us how special her remarkable Christmas artifacts are to her and now to all of us.

"Christmas ornaments were more beautiful than anywhere at my Aunt Ida's and my German grandmother's house," she said. "Their amazing trees sparkled with German Inge Glass; each ornament a silvery blown luster with white crystal, into shapes and molds of special German glass, individually painted with feathers or ribbons or tiny winter scarves. They sparkled and glistened. From those trees, I just loved Christmas."

"At my own home, my father built a train table with a Lionel train. It had a red and green skirt with fur to hold our beautiful tree. Later, when I grew up, I had categories of ornaments from places I had traveled: France, England, Germany, Russia, Egypt and, of course, the United States. This tree was the whole world on a Christmas tree," Joanne exclaimed.

Joanne looked for a creche that was similar to the fabulous living creche she enjoyed watching in New York at Radio City Music Hall. Finally, she found the perfect creche! It had three wisemen on three big camels. She said, "I even found the palm trees and the beautiful star! I was so overwhelmed when I found the creche, I had to get that very nativity!"

Aside from her 'whole world Christmas tree,' Joanne has various interesting trees and ornaments: under the sea ornaments, cowboy and western ornaments, toys and nursery rhyme ornaments, an Ebenezer Scrooge Christmas set, a red and green tree, a silver and green tree, the entire Christmas Carole Story, the Story of the Dancing Couple and the Story of Tiny Tim.

Joanne Harrison loves Christmas! She said, "It's such a happy, nostalgic time, growing up. It brings out all the sweetness of people."

We are so grateful to enjoy Joanne's Christmas trees, ornaments and creche and to share in her love of the holiday season. Thank you Joanne! ■

Please note:

Throughout this issue are photos of different ornaments that Joanne has donated. They are all unique, colorful and quite beautiful. Come see all of our decorations for yourself.

WITH SAMANTHA BANKS CREATIVE ARTS COORDINATOR

QUILTERS MEET 'N GREET

Thursday, December 7
3:00 pm | Klinge Activity Center

Are you a quilter who wants to meet other quilters at Brewster? Join us for a time to get to know one another and learn about the possibilities for future projects for quilters once we have the new studio. Light refreshments provided.

ART FEATURE: TEAPOTS

Friday, December 15 | 2:00 pm | Main Street ChapelDecember 15th is International Tea Day, and what better way to celebrate than by drinking tea and learning about handcrafted tea pots? Join us for a series of videos that talk about the history of tea and the process of making tea pots.

PAINTED WOOD SLICE ORNAMENTS

Thursday, December 21

1:00 pm | The Evergreens Art Studio

Learn how to paint an adorable snowman on a wood slice ornament that you can enjoy all winter. No experience necessary. Sam will walk you through all the steps. Registration is required by calling Sam at 785-274-3317 to reserve your spot in The Evergreens Art Studio.

CHRISTMAS CARDS

Wednesdays, December 13 and 20 1:30 pm | Klinge Activity Center

With the holiday season upon us, let's celebrate our friends at the Brewster Health Center. On Wednesdays 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.

GRATITUDE COLLAGE MURAL MAKING

Tues-Wed-Thursday, December 26—28 1:00 pm | Klinge Activity Center

Join us in making a collage to show the attitude of gratitude we have here at the Brewster community. We will be creating a "thank you" mural made up of all the kind words shared by staff members and residents alike throughout the past year. The mural will then hang on the gallery wall outside the Cultural Arts Center.

SAM IN THE STUDIO

Mondays and Fridays (except December 22 and 25)

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

Tuesdays

9:00—11:00 am 1:00—3:00 pm Klinge Activity Center

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!

The Friendship Painting

Come friends, come dance with me, On the canvas of this day. Grab your brushes and your paints, For this grand day of play. With strokes of blue we'll paint the sky. A dab of yellow and there's our sun, To shine sunlight till our day is done. Bold streaks of red and violet Are splashed across the evening sky. And now the dusk gives way to stars, To sprinkle stardust from the sky. Let's frame it all with friendship, In hues of orange and green. So good Brewster friends, Come lift your brushes high, Let's raise a toast, To all our friends At Brewster Place on 29th.

Written by Brewster resident,
Joyce Hazelton, November 2023 ■

BREWSTER HEALTH CENTER RECEIVES AWARD



Brewster Health Center has been recognized by U.S. News & World Report as a Best Nursing Home for 2023-2024, receiving its "High Performing" rating in Short-Term Rehabilitation and Long-Term Care. Brewster Health Center is part of the elite 19% of Skilled Nursing Facilities to earn this rating. Congratulations to Brewster Health Center staff for achieving this rating. ■

FROM BREWSTER SERVICE COMMITTEE

Prewster Community, you have outdone yourselves in your demonstration of generosity.

Again we want to thank everyone who helped make the 2023 Brewster Holiday Craft Bazaar such a success. If you volunteered your time, made merchandise, baked a treat, purchased items, and/or entered the raffle or bid on an auction, your contribution is appreciated. We made \$8,525 in gross sales. The proceeds will go to support different projects on campus, such as buying gifts for residents in Assisted Living and the Brewster Health Center, large print books for the Brewster libraries, school supplies for staff children, and spe-

cialty music programming, just to name a few.

Additionally, thank you to everyone who contributed to the **Employee Gift Fund**. Your kindness to our dedicated and talented staff is appreciated. If you would like, you are welcome to thank the staff in person (while enjoying cookies and coffee) when HR hands out the envelopes to employees on December 4. You could come at either 10:00 am or 2:00 pm.

What amazing feats we can accomplish when we work together. We are thankful to be part of the Brewster Community.

FUTURE EVENTS

New Theatre and Restaurant

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

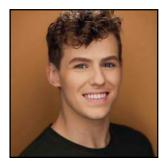
The Theatre will kick off the new year with Catch Me If You Can starring Jim O 'heir from Parks & Recreation. He will lead the charge in this edge of your seat comedy murder mystery. Tickets are \$36 and include lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

Topeka Civic Theatre

Thursday, February 8 | 6:00 pm | Shuttle pick up in Evergreen Lobby only

TCT presents Drinking Habits. It includes accusations, mistaken identities, and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, but Paul and Sally, reporters and former fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down. Tickets are \$35. Please call Jamie at 785-274-3398 as space is limited. ■

SINGER NOAH LINDQUIST TO PERFORM



The Brewster Service Fund presents Noah Linquist. He is fresh off Royal Caribbean's 'Serenade of the Seas' where he has been performing as a lead singer for the past nine months. Before that, Noah spent time as a singer/actor in Kansas City. Noah is a graduate of Kansas State University and Topeka West High School. He will depart in a couple of weeks for Miami to rehearse a new show for his gig as featured singer on RC's 'Odyssey of the Seas'. Noah is the proud grandson of Marge and Tom Murphy who were residents at Brewster Place. ■

...Continued from page 1

from these duties, Meme and Papa would join us in the same pew — right hand side, half way back — year after year after year.

After the service we would head back to Meme and Papa's house and get ready for bed. I remember always being so excited for the next morning to open presents. As I grew older, I wondered how in the world did my parents get all of our Santa gifts in the car without us noticing. I think the trunks were bigger back then! In the afternoon of Christmas day, my aunt, uncle and cousins would come over and we'd have yet another Christmas — three Christmases each year, how lucky we were!

Being nostalgic for times gone by can be happy and sad, but it also serves an important purpose. Did you know that nostalgia is particularly prominent during the holidays and it can have a significant effect on people — both good and bad. Dr. Krystine Batcho, PhD is a nostalgia expert and has research that has found that people who are prone to nostalgia excel at maintaining personal relationships and choose healthy ways of coping with the troubles. She said, "Nostalgia is this odd, bittersweet blend of good emotion and bad emotion."

Furthermore, Dr. Batcho said, "This bittersweet nostalgia helps us feel connected, both around the holidays and at other times. And, it can be a salve to those suffering through hard times."

She added, "It seems to help people maintain a constant sense of who they are.

You might refer to that as sense of self or understanding of one's identity. And that is no small thing. From the time you are born, and as you go through life, there are so many changes, there are too many to even mention." (https://www.today.com/health/pining-christmas-past-why-we-feel-holiday-nostalgia-1c9382233)

I often tell my friends and coworkers that I feel like I had a charmed childhood. I was very lucky to be born into my family where love, compassion, support, faith and traditions were (and still are) important. I also realize not everyone has good memories to draw on during this season. What can be joyful for some may be so very hard for others.

It comforts me to know that feeling nostalgic — and at times getting lost in the memories — can be healing and is an important part of our lives. Without it, what is our reference for today? Nostalgia connects us to our past and forms our present. It can also lay the groundwork for the future as we share our stories with family and friends — it connects us to each other — and isn't that the point?

As we walk through this holiday season together, may we all see the joy and good and happy in our lives — both now and what has gone before. Let's talk to each other and most importantly, listen to each other as we share our stories during this nostalgic time of year. Thank you for indulging me as I shared my memories. Peace be with you all!



Part of the joy of holiday shopping is being with your friends and neighbors. This annual event allows residents to shop "right here at home" for holiday gifts while enjoying the festive atmosphere and companionship. We have lots of great vendors. Join us!

BUY LOCAL SUPPORT LOCAL VENDORS, ARTISTS AND CRAFTERS

- Brewster Elves Shoppe
- Wanda Meyer Craft Painting
- Lynette Glotzbach Purses
- Susan Hsia Scrubbers
- Naomi Cashman Artwork
- David Banks Leather Goods
- Wuanita Shoemaker Quilts
- KNI Plant Shoppe
- Denise's Tasty Treats
- Laurie's Yummy Bread and Rolls
- Martha's Munchies
- Barbara Deeter with Avon
- Cheryl Hogan with Tupperware
- Wanda Metzger with Mary Kay
- Robyn Conley Book Doctor
- Rhonda Burns Quilts
- Wendy Flowers Crafts
- Cheryl Burkhead Local Honey

IT TAKES ALL OF US TO KEEP OUR COMMUNITY GROWING







Left: Human Resources staff members Josie Janssen and Sarah Stapleton also helped at the Holiday Bazaar. The event could not have happened without everyone's hard work and support. And thanks to all of our shoppers toO. The Bazaar was a great success!

Top left: Beverly
Truman accompanied Marty Edwards
at the Veterans Day
Celebration. Marty
sang God Bless
America and it was
indeed very special.
Thank you Beverly
and Marty!
Right: Pat Gideon,

Jackie Buchanan and Wanda Meyer volunteered many hours making sure the Brewster Holiday Bazaar was a success.





OFF CAMPUS — A few highlights!

TOPEKA SYMPHONY ORCHESTRA Saturday, December 2 | 6:45 pm | Shuttle (pick up from EV lobby only)

Let us put you in the holiday mood at our traditional holiday concert where you not only get to sit back and listen to all the seasonal favorites, but also join the crowd in our annual carol sing-along. There's not much better than lifting your voice up with others to celebrate this most wonderful time of the year. 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.

TOPEKA BIBLE CHURCH AND WINTER WONDERLAND LIGHT DISPLAYS Friday, December 8 | 5:00 pm | Shuttle (pick up from EV lobby only)

We will load the Brewster Bus for an exciting night of holiday lights. Our first stop is Topeka Bible Church Christmas Light show. They feature thousands of dazzling lights synchronized to live performances of Christmas music by artists you can see through the windows of their building. Next, we will drive through Winter Wonderland at Lake Shawnee. Please bring a donation of \$2 for TARC. Please call Jamie at 785-274-3398 to make a reservation as space is limited.

CHURCH OF THE RESURRECTION CHRISTMAS PROGRAM Saturday, December 9 | 10:00 am | Shuttle (pick up from EV lobby only)

Join us in seeing a Kansas City holiday tradition as we celebrate Christmas at Resurrection! We will start with lunch at J. Alexanders. 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. Afterwards, we will make a quick stop at Talbots. Lunch is Dutch treat. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

WASHBURN UNIVERSITY HOLIDAY VESPERS Sunday, December 10 | 3:00 pm | Shuttle (pick up from EV lobby only)

Washburn University will host the annual Holiday Vespers in White Concert Hall on a Sunday afternoon where musicians perform traditional songs and melodies. Vespers Concert features the Washburn choir, percussion ensemble, string orchestra, Jazz band, wind ensemble and symphony orchestra. Call Jamie at 785-274-3398 to sign up. The event is free.

HOLIDAY VISIT TO UNION STATION AND PLAZA

Wednesday, December 13 | 12:30 pm | Shuttle pick up in Evergreen Lobby We will kick off our day with a trip to Holiday Reflections at Union Station. This is a walk thru Winter Wanderland that upweils a breathtaking holiday village that will immerse you in the enchanting world

Wonderland that unveils a breathtaking holiday village that will immerse you in the enchanting world of the season. The magic unfolds within our magnificent Grand Plaza, where you'll be greeted by towering lights, adorned trees, forest creatures, and colossal mirrored ornaments. We will then go grab an early dinner at Andre's Confiserie Suisse for dinner (included). Lastly it is time to sit back and enjoy the Plaza lights. Tickets and dinner cost \$35. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

ANNUAL CRACKER BARREL TRIP WITH HOLIDAY LIGHTS Wednesday, December 27 | 4:00 pm | Shuttle pick up in Evergreen Lobby

It's the most wonderful time of the year to eat at Cracker Barrel and then go out to see the lights. Dinner is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

ON CAMPUS — A few highlights!

KU OSHER LIFELONG LEARNING A FAMILY, FREUD AND FRIENDLINESS: THE MENNINGER CLINIC Fridays, 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.

KANSAS YOUTH CHOIR

Saturday, December 2 | 1:00 pm | Main Street Chapel

Stop by and hear the beautiful voices of this youth choir.

MERRY MARKET

Wednesday, December 6 | 10:00 am | Cultural Arts Center

MINDFUL MEDITATION PRACTICE

Monday, December 11 | 10:30 am | Main Street Chapel

Join 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.

SARA TUCKER PRESENTS

Tuesday, December 12 | 2:00 pm | Cultural Arts Center

Sara is going to help us learn how Christmas has changed through the ages. She is a former professor at Washburn University and has studied history all of her life. She is a brilliant presenter of this information.

COREFIRST HOLIDAY CONCERT

Tuesday, December 12 | 6:30 pm | Cultural Arts Center

CoreFirst Bank and Trust is treating us to beautiful holiday concert and delicious cookies. Bethany Ayers, Alisha Bolz, Adam Groves and Josh Yoho will be the featured musicians. They will be accompanied by Nancy Goodall.

BREWSTER HOLIDAY CONCERT

Thursday, December 14 | 2:00 pm | Cultural Arts Center

The Brewster Choir has been practicing and preparing for their annual holiday performance. We will also have a sing-along to celebrate.

NOAH LINDQUIST SINGS AND DANCES Wednesday, December 26 | 2:00 pm | Cultural Arts Center

The Brewster Service Fund presents Noah Linquist. He is fresh off Royal Caribbean's 'Serenade of the Seas' where he has been performing as a lead singer for the past nine months. Before that, Noah spent time as a singer/actor in Kansas City. Noah is a graduate of Kansas State University and Topeka West High School. He will depart in a couple of weeks for Miami to rehearse a new show for his gig as featured singer on RC's 'Odyssey of the Seas'. Noah is the proud grandson of Marge and Tom Murphy who were residents at Brewster Place.