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Our 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.

Five Dimensions of Wellness | Five to Thrive

By Jenny Lamb, MSW, LCSW | Director of Community Wellness

As we begin another year, many of us will hear the expression, “New Year, New You,” and millions of Americans will be voicing their resolutions, many of which will have to do with health and wellness intentions. ***But what is wellness and what does it mean to be well?***

According to the University of California Davis Center for Student Health, “Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth.”

This year I invite you to think beyond the “New Year, New You” sentiment and take the opportunity to get to know the “you” that you already are. It is through this understanding of self that you foster growth and develop the processes of change leading to the accomplishment of your wellness goals. The good news is you don’t need a new you; the “you” you are, is already capable of achieving great and wonderful things no matter your station or season of life.

Before one can determine a wellness destination, one needs to have a good understanding of the starting point and desired direction. This requires defining and assessing within each distinct and interconnected dimension of wellness. At Brewster Place we focus on the five dimensions of intellectual, emotional, physical, social and spiritual wellness. As you read through the characteristics of each dimension, think about rating your current level of wellness in that dimension on a scale from 1 to 10 with 10 being “very well.” Think about the barriers you experience in your wellness pursuits, what would help to bump up your rating by one or two points, and what strengths do you already possess to help you get there?

Five to Thrive



Continued on page 2...



INTELLECTUAL

Focus on your mind.

Intellectual wellness involves the ability to expand and use knowledge. This includes learning new things, clarity of thoughts, being alert, using expressive language that allows you to make your needs known and to be understood, awareness of the goings on around you and concentration allowing you to focus on those things that matter most to you.



EMOTIONAL

Focus on your emotions and mood.

Emotional wellness involves the ability to experience and regulate varied emotions and moods. This includes being able to manage stress, finding joy, being mindful in the moment, believing in your wholeheartedness and worthiness, experiencing and identifying a wide range of emotions, and responding to these emotions in healthy ways.



PHYSICAL

Focus on your physical body.

Physical wellness involves the ability to move and take action. This includes things like movement and mobility, regularly exercising, pain management, ability to navigate your environment and surrounding terrain, and nutrition.



SOCIAL

Focus on relationships.

Social wellness involves the ability to engage with others in healthy ways. This includes experiencing connectedness, friendships, allowing for vulnerability and the accompanying support from others, and engagement with those around you.



SPIRITUAL

Focus on values and beliefs.

Spiritual wellness involves the ability to experience spiritual connection, identify purpose and find meaning. This includes things like having faith, experiencing transcendence, living intentionally, practicing gratitude, finding meaning in the day to day, and remaining hopeful.

Determine where you stand and where you want to go. What would a ranking of 10 in each dimension look like for you? There is no one standard approach; we all thrive in our own ways right where we are. If you aren't sure where to start or would like a complementary wellness assessment and tips for developing wellness goals, we invite Brewster Place residents and BrewsterConnect members to call the Wellness Team at 785-274-3395 to set up an appointment with a wellness representative. ■

Intergenerational Programs | Bringing the Generations Together

CYBER SENIORS Coming this Spring!

As part of our wellness initiative and because of the wonderful benefits to the young and not-so-young, we are planning more intergenerational programs for 2018. This spring, in partnership with Washburn University, we are planning **Cyber Seniors Project** which will pair a Washburn University student with a Brewster Place resident for a cyber learning experience.

We live in a technological world and many times it's difficult to stay up with the many ways to communicate with family and friends via the

Internet as well as learning other skills and knowledge by being connected online. The **Cyber Seniors Project** will be a fun and informative way to bump up your cyber skills! We will need 20 resident volunteers for this project.

If you are interested, please call Janis Swanson, Director of Resident Services and Community Relations, at 274-3389. Janis and Jennifer Pacoianu from Washburn will coordinate this Project. ■

Update Your Emergency Medical Information

Medical emergencies can happen anytime. When they do happen, the File of Life (a red magnetic folder that is applied to your refrigerator or other easily accessible place) allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

File of Life Clinics
Every Sunday in January
2:00—4:00 pm
Home Health Office
Redwood South

Brewster Place Home Health will hold a **File of Life Clinic** every Sunday in January from 2:00-4:00 pm. Residents

are invited to attend and update your emergency medical information in the event a nurse or first responder is called and needs to access this information quickly. You will receive a **File of Life Folder** to keep this information together and accessible. This information should be reviewed and updated every six months, or anytime there is a change in your health status.

Information will include the following:

- Code Status
- Emergency Contacts
- Primary Care Physician
- Medications
- Medical Conditions
- Hospital Preference

You will also receive a green or red sticker to put on your pendant so that Home Health nurses and Emergency Responders immediately know your code status. **Please plan to attend one of these very important sessions.** ■

A Big Thank You!

The **Brewster Service Fund Committee** would like to extend a big “thank you” to **Lillie DaMetz** who has served as Treasurer since 2010. Lillie has spent countless hours working the Bazaar and Trash & Treasure Sales as well as keeping the books and serving on the committee. At their meeting in December, the Brewster Service Fund Committee presented Lillie a bouquet of flowers. They also presented **Joline Kovarik** flowers for all of her efforts as the staff liaison to the Brewster Service Fund. Thank you Lillie and Joline! Job well done! ■

New Medicare Cards Are Coming

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare number that is unique to you, instead of your Social Security number. This will help to protect your identity. (Sample below)

MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	HOSPITAL (PART A)
Coverage starts/Cobertura empieza	03-01-2016
	MEDICAL (PART B)

Things to know about your new Medicare card:

- You don't need to take any action to get your new Medicare card.
- The new card won't change your Medicare coverage or benefits.
- Medicare will never ask you to give personal or private information to get your new Medicare number and card.
- There is no charge for your new card.
- Your doctors and other healthcare providers may need to see your new card so they can update their information. Please take this new card to all doctor appointments once you receive it.

If you or a loved one lives in the Brewster Health Center, Assisted Living, or uses Brewster Home Health service, please make an appointment with the nursing staff or social workers to provide them with a copy of the new card. ■

From the Chaplain

We Are Heirs to the Kingdom of God

by Chaplain Roger Jackson, M. Div.



As we begin the new year, I'd like to share a story I have shared before, but I believe it is worth repeating:

"A farmhand worked for a married couple for several years. As time went on and the couple grew older and older, they couldn't do as much they had in the past. The farm began to look a little shabby. The paint on the barn was peeling. The fences had holes, and slats were loose. The gravel road had potholes. Shingles on the farmhouse were beaten, weathered, and in need of replacing. But as the farmhand made his way to milk the cows each day, he thought, "What is that to me? It's not my farm."

Then, one day the farmer and his wife asked him to come for dinner. They told him how much he meant to them. They told him that they had no children to inherit the farm, so they wanted to give it to him when they died.

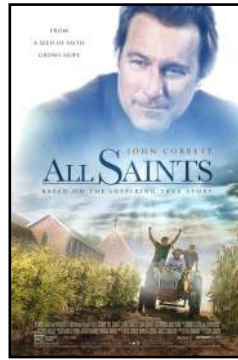
The next day, the farmhand walked to the nursing barn, and he noticed the paint on the barn. In a few days he'd painted the barn and fixed the fence, and in the next few weeks he installed a new roof on the farmhouse and laid new gravel on the road."

Why would he do that? What made the difference in his attitude? He was now an heir. And as a son, he began to treat the old farm differently than he ever had before.

So it is with us. We are heirs to the Kingdom of God. **Romans 8:17** says, **"...if children, then heirs—heirs of God and joint heirs with Christ..."** And because we are heirs, we have the great joy of knowing that whatever we do it is because of the fabulous gift of salvation our God has given us.

My hope for you and me in 2018 is to repair, fix up, and mend our lives like we are heirs of the Kingdom of God. Let us take more time to read and study the Scriptures, expand our prayer lives, and worship our God...like we are heirs of the Kingdom. ■

MOVIE AND DISCUSSION



All Saints

Monday, January 22

2:00 pm | Chapel

Facilitated by Chaplain Roger

intermission
refreshments
discussion afterwards

All Saints is based on the inspiring true story of salesman-turned-pastor Michael Spurlock (John Corbett) and the tiny church he was ordered to shut down until a group of Burmese refugees joined the congregation. Together, they risked everything to plant seeds for a future that might just save them all.

Come and join us for this inspirational movie! ■

Gray Matters Educational Series to Begin in January

Beginning Wednesday, January 10, a 10-week educational series call Gray Matters will begin. The focus of this series is to help individuals who are having struggles with memory loss to understand the causes, the changes they may be experiencing and steps they can take to help themselves. Group topics will include:

- Strategies for coping with loss of memory
- Challenges to independence
- Changes in family relationships
- Community resources
- Emotions associated with symptoms
- Medications

If you are interested in this group or would like more information, please call **Debbie Holroyd, Wellness Case Manager, at 274-3348. ■**

2018 Volunteer Board Members

As we begin a new year, it's important to note the members of the community who serve as volunteer board members. These individuals give of their time and talent to help us work toward our mission. The 2018 board members are:

Brewster Board of Directors

- Chuck Engel, Chair
- Darin Stephens, Chair Elect
- Chris Lear, Treasurer
- Glenda Bower, Secretary
- Becky Dickinson, Immediate Past Chair
- Glenda DuBoise
- Dean Ferrell
- Leah Gabler-Marshall
- Terry Harbert
- Paul Hoferer
- JD Lakhani
- Brenda Patzel
- Todd Pettygrove
- Dan Richardson
- Kathy Richardson
- Gary Robbins
- Tobias Schlingensiepen

Ex-Officio, Non-voting Members

- David Beck, Brewster President & CEO
- Bill Harlow, Brewster Place Resident Council President
- Ann Uhl, Brewster Place Resident Council VP

Brewster at Home Board of Managers

- Max Prosser, Chair
- Dr. Mike Engelken
- Ron Evans
- Edith Guffey
- Maria Wilson

Brewster Foundation Board of Trustees

- Robert Maxwell, Chair
- Christel Marquardt
- Betty Fenton
- John Salisbury
- Barry Bray
- Ed Soule
- Bob Parman
- Jack Dicus
- Stacy Smith
- Eldon Danenhauer

KU Osher Lifelong Learning *Coming This Spring!*



Women and the Civil War: The Hidden History

Wednesdays, March 21 and 28 and
Wednesday, April 4
2:00—4:00 pm | Chapel

Instructors

Aaron Barnhart and Diane Eickhoff

Please call Jamie
at 274-3398 to
register for one
or both of these
classes.

Abraham Lincoln Revealed

Wednesdays, April 18 and 25 and
Wednesday, May 2
2:00—4:00 pm | Chapel

Instructor

Marvin Burris

At the Movies!

Thursdays at 2:00 pm | BPTV 1960

January 4

"Going in Style" (2017 comedy)

January 11

"Dunkirk" (2017 war/military)

January 18

"Little Boy" (2015 family drama)

January 25

"Jersey Boys" (2014 contemporary musical)



Attention Pet Owners!

Pet licenses, rabies shots, and insurance notices will be sent to pet owners in January 2018. If you have current documents, please see Maxine in the Redwood Information Center.

The campus is changing. As work is continuing on the parking garage, and plans are made to build our wonderful new Cultural Arts Center, the work of the Brewster Foundation is to raise funds to reach our goals for the ***New Opportunities for a Thriving Community NOW! Campaign.***

There are many different ways that people have decided to give to this campaign, and each one of them has an impact on our success. Many Brewster staff are giving through payroll deduction, making a contribution each payday. Cumulatively, that amount will total around \$100,000. This is a great amount from staff who are coming together to make a difference for Brewster's future.

A wonderful way to leave a lasting legacy gift is through a **Named Gift**. In this campaign we have many Named Gift opportunities. Often, when we think of a named gift, we may imagine that it takes three or four million dollars to have a named gift. While we would love to have a gift of that size, our project has many opportunities for named gifts beginning at \$15,000. Named Gifts can be completed over a three year period pledge, if the donor desires. All Named Gifts must be approved through the Brewster Board, and there are certain criteria in place to assure the gift is right for all. Many residents have long and wonderful histories with Brewster and a Named Gift is a wonderful way to solidify that relationship for

years to come.

It is a great feeling when we are able to help a donor realize how a gift can be structured to meet the specific needs of their family. For some larger named gifts, the combination of a current gift and estate gift are the best way to

**New Construction
Named Gift Opportunities**

- Spa/Salon
- Dining Patio
- Swimming Pool Area
- Auditorium
- Stage
- Culinary Arts Center
- Dining Room
- Lounge
- Dining Patio
- Various drives/roadways
- Evergreens Fitness Area
- Evergreens Game Room
- Evergreens Business Center/ Classroom
- Evergreens Parlor
- Evergreens Welcome Center

**Other Campus Named Gift
Opportunities**

- Redwood Main Lounge
- Brewster Park
- Brewster Health Center
- Brewster Health Center Courtyard
- Assisted Living Courtyard
- Main Street Patio/Fountain
- Main Street Pavilion
- Main Street Market
- Main Street Chapel
- Rehab Area of Brewster Health Center

Some of these areas are new construction, but it also possible to have a named gift in an existing area.

Another exciting opportunity for a named gift is with an Endowed Fund. Endowed Funds are used to fund programming, scholarships, or a particular project. It could also be funds for a specific type of training or programming dollars for a musician or series of events. With an Endowed Fund, the principle is kept and each year, only the interest is spent. The project or program can last indefinitely. The list of opportunities is endless and we are available to discuss the possibilities.

Naming opportunities are lasting tributes to a family, a person, a cause, or a group. Each situation is different and the naming can be structured to fit your specific needs. Please call the Brewster Foundation at 274-3327 to speak with someone about your interest in finding a named gift that will work for you and your desired outcome. It is easier than you think to leave a lasting legacy. ■

**For more information
about the
Brewster Foundation
please contact:**

**Jeremy R. Hall, Director
785-274-3327
Gaylene Dibbern,
Development Associate
785-274-3328**

Foundation Forum

Operation of the Combat Air Museum

Thursday, January 4 | 10:00 am

The Evergreens Community Room

The Combat Air Museum, a volunteer-run, not-for-profit, educational organization, is now in its 41st year of operation in Topeka. Fittingly, they now have 41 aircraft on display, in addition to a historic collection of aircraft engines, exhibits, dioramas, and a small art gallery. The presentation will cover the current operation of the museum and its members' activities to keep the doors open, and to assure that the museum can continue to prosper and grow.

Join us for this interesting presentation about the hidden gem we have right here in Topeka. If there is enough interest, we will plan a trip to the Combat Air Museum in the Spring. ■

Writing & Reminiscing Group

Monday, January 22

1:00 pm | Redwood Founders Room

You are invited to join facilitators Jennifer Pacioianu, Jenny Lamb and Jamie Fritz for this monthly group that explores writing in various forms. New members are always welcome!

January's Prompt: Write a short story or essay using only one-syllable words. This might sound kind of ridiculous, but there's method to the madness. Using only one-syllable words forces you to choose clear, strong words and rid your writing of overly pretentious and flowery description. Many of us like to de-clutter our homes after the holidays. Let's do the same with our writing. ■

CG6 CardioGym Clinics with Julie Schmanke

If you have visited the Winchell Wellness Center or The Evergreens Wellness Center lately, you might have noticed a new piece of fitness equipment. Recently Brewster purchased two CG6 CardioGyms — one for each wellness center. The CG6 CardioGym is an exciting piece of equipment that allows users to target all muscle groups — all on one machine. The CG6 CardioGym is great for all fitness levels and offers a wide variety of exercise choices to keep users from being bored. Users can pedal on the recumbent bike, push, pull, and even row with this machine. The computerized screen is user-friendly and guides users through their workout.



As with anything new, it will take some time to learn how to properly use the CG6 CardioGym. Luckily we have Julie Schmanke, Wellness Specialist, to teach us how to safely use the CardioGym. You are invited to attend a **CardioGym Clinic** or you can contact Julie at 274-3313 to set up a personal instruction time. For your own safety, please

do not use this machine without instruction from Julie. ■

CG6 CardioGym Clinics with Julie Schmanke | A Great Fitness Workout!

Thursday, January 4
2:15 pm
Winchell Wellness Center

Thursday, January 11
2:15 pm
The Evergreens Wellness Center



On the Road with Brewster!



WEST RIDGE
MALL

On January 9 and 30, Brewster is pleased to partner with Stormont Vail Health and West Ridge Mall by participating in their Healthy Steps program. Healthy Steps is a year-round walking fitness program held at West Ridge Mall. The program encourages walking for the health of it as well as providing wellness programs throughout the year.

We invite you to join Brewster’s Wellness Specialist Julie Schmanke who will lead a low impact, high energy class on Tuesday, January 9 and a more gentle class on Tuesday, January 30. Julie has over 30 years of experience teaching exercise to seniors and teaches a wide variety of classes at Brewster Place each week. Whether it’s Low Impact Aerobics, Balance and Breathing or Weight Training, Julie combines music and choreography to make each class fun and energetic while leaving students feeling challenged and ready for more. ■

Take Healthy Steps to Make 2018 Your Best ■ Join Julie at West Ridge Mall!

Tuesday, January 9 | 9:00—10:00 am

Low Impact Aerobics

with Julie Schmanke, Brewster Wellness Specialist

Free blood pressure checks, prizes, snacks, goodies and more!

Tuesday, January 30 | 9:00—10:00 am

Exercise the Mind and Body

Sit and Bee Fit Exercise

with Julie Schmanke, Brewster Wellness Specialist

Brain Health and Memory

with Dana Soetaert, Clinical Research Specialist
Stormont Vail Health

Santa, Singing and Socializing

We had a great holiday season!



Above: Alicia Salisbury with Santa at the Resident Holiday Celebration. **Above right:** Glenda Sleeper enjoyed fellowship at Social during the holidays. **Right:** Luana Niemackl and Chuck Sodergren sang along at one of the many music programs.

Birthdays

Ruby Trahoon	1
Bill Thornton	1
Betty Geiser	3
Clifford Hurst	3
Alice Hurst	7
Doris Greene	10
Esther May	11
Dave Fritz	12
Georgiana Morrill	12
Anne Hula	13
Mary Lou Kiene	14
Phil Farmer	15
Murial Smith	15
Maggie Killinger	16
Kent Stubbings	16
Connie Buergin	17
Carlee Wilson	17
Theresa Cain	20
Charlotte Marriott	20
George Marschall	20
Janet Paduh	20
Anderson Chandler	21
David Smith	22
Elsie Becker	23
Shirley Day	24
James Stanton	25
Bill Douthett	30
Margery Purcell	30

Anniversaries

Robert and Doris Payne	1/16/1954
Max and Lillie DaMetz	1/24/1943
John and Barbara Thiele	1/24/1949
Bill and Ruth Larson	1/25/1957
Warren and Freida Schriner	1/29/1955

New Residents

Ronn and Sylvia Boyd	EV 103
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Resident Transfers

Janet Bair-Rost	BHC
Dorothy Bennett	BHC
George Paris	BHC
Jane Stephens	Birchwood 2

Staff Anniversaries

Brewster staff members who are celebrating their employment anniversaries in January!

Department	Location	Years
<u>Community Relations</u>		
Nancy Park	SH	3
<u>Dining Services</u>		
Margaret Buergin	BHC	10
<u>Environmental Services</u>		
Sue Foster	Campus	1
LaVonna Bassler	Campus	1
Jennifer Harris	RW	2
<u>Health Services</u>		
Suzanne Vorhies	BHC	7
Shae Mason	BHC	10
Brett Breitreutz	BHC	1
Michelle Johnson	BHC	3
Xavier Burns	BHC	1
Corinne Tregellas	BHC	1
Y'Quesha Alexander	BHC	2
Treykia Pollard	BHC	2
Diane Schmitz	BHC	2
Lisa Lohmeyer	AL	18
Monique Wingo	AL	11
<u>Rehab</u>		
Amanda McBride	Rehab	1
Whitney Carrier	Rehab	6
<u>Security/Transportation</u>		
Neale Sutton	Campus	3
<u>Therapy</u>		
Nicole Tempelmeyer	BHC	2

In Memoriam

Mrs. Marilouise Smith	11/28/2017
Mrs. Lola Parkerson	12/04/2017
Mr. Nolan McKenzie	12/06/2017
Mr. Maurice Minihan	12/06/2017
Mrs. Beverly Johnson	12/06/2017
Mrs. Betty Gilbert	12/07/2017
Mrs. Elizabeth Kiene	12/17/2017
Mrs. Leota White-Cowell	12/18/2017
Mrs. Ann Conley	12/25/2017
Mrs. Audrey Singleton	12/25/2017



AUDIO-READER
The University of Kansas

Now on Brewster TV
Tune to channel 1961

january | on-campus events

The Crown Mini Series | Wednesdays, January 3, 10, 17, 31 and Thursday, January 25 | 1:00 pm | Chapel

Netflix has released the much awaited Season 2 of The Crown. The Crown has been called the greatest period drama of our time. This series explores the six decade long reign of Queen Elizabeth II over England and the delicious family drama that ensues. The Crown is the costliest series produced by Netflix. Season 2 promises to tell the story of an empire in ruins with a marriage in tatters, while a Queen fights for survival. If you missed Season 1, please join us as you will catch up.

Brewster Luncheon | Monday, January 8 | 11:30 am | The Evergreens Community Room

You are invited to a luncheon celebrating 2018. We will begin with a serenade from the beautiful voices of Pure Joy. Then enjoy a yummy Quiche lunch. Afterwards Celsie Sneden will be our featured speaker. Celsie is a licensed Home Organizer and will share her knowledge about Spring Cleaning. The luncheon cost is \$7.50. Please call Jamie at 274-3398 for reservations. Space is limited.

Let's Celebrate! (formerly called Birthday Party) | Tuesday, January 9 | 2:00 pm | Klinge Activity Center

It's a new year and time for a new tradition! In year's past we have celebrated birthdays on the second Tuesday of the month. Beginning this year we will now celebrate both birthdays and anniversaries. Please join as we wish our friends with January birthdays and/or anniversaries our best. Cake and ice cream will be served and all are welcome!

Bridge | Tuesday, January 9 and 23 | 7:00 pm | Redwood Lounge

This group is for seasoned bridge players. If interested please call Doris Davidson at 286-1432 or Christel Marquardt at 274-5509.

Healthwise 55 Luncheon | Tuesday, January 16 | 11:30 am | Klinge Activity Center

Our featured speaker will be Roxy Johanning, APRN, Cotton O'Neil Heart Center. She will explain common heart rhythm conditions and a new procedure called Watchman. This procedure is offering relief for some. The lunch will cost will be \$7. Reservations are required by Friday, January 12. Please call Jamie at 274-3398 for reservations.

Rummikub at The Evergreens | Tuesday, January 16 | 6:00 pm | The Evergreens Community Room

Start 2018 by joining an evening Rummikub group at Evergreens. It will be fun and good for your mind! Jamie can teach anyone how to play.

National Hat Day | Friday, January 19 | All Day!

Embrace 2018 and wear a hat to celebrate. Bring out the old bonnet, wear a ball cap to support your favorite team or don a hat to keep warm. The best hat will win a prize at social.

Team Trivia for Fun! | Friday, January 19 | 1:30 pm | Klinge Activity Center

Join us for a fun filled Friday. We will enjoy playing some games and testing our knowledge. Our topic will be all things January! Bring a friend for more fun.

Movie and Discussion: All Saints | Monday, January 22 | 2:00 pm | Chapel

See page 4 of this issue.

Kansas Humanities Book Talk (rescheduled from December) | Tuesday, January 23 | 2:00 pm | EV CR

We will continue our book series on This Shared Earth. The Book will be Zeioun by Dave Eggers. The book is about typical American family raising children in New Orleans before and after Hurricane Katrina. The discussion leader is Trish Reeves.

Retirement Celebration for Joline Kovarik | Tuesday, January 30 | 3:00 pm | Klinge Activity Center

Please join us to celebrate and honor Joline's 22+ career at Brewster Place. We will take a walk down memory lane, enjoy some treats and share our fond farewells.

january | off-campus events

Lunch Out at Paisano's | Thursday, January 4 | 10:45 am | Lobbies

Let's kickoff 2018 with an Italian feast at Paisano's. Lunch is half price with purchase of a drink if we order before 11:30 am. Lunch is a Dutch treat. Please call Jamie for reservations at 274-3398.

Scenic Drive and Pie at Dover Café | Thursday, January 11 | 1:00 pm | Lobbies

Sit back and enjoy a drive to the Dover Cafe. We will stop and have pie and coffee. Pie is a Dutch treat. Please call Jamie for reservations at 274-3398.

Topeka Symphony Orchestra | Saturday, January 13 | 6:45 pm | Lobbies

Topeka Symphony continues their season with a performance titled the Romantic Revolution. Composer Johannes Brahms struggled mightily to write his first symphony, living in the shadow cast by the legacy of Beethoven. Brahms finally triumphed, after ten years and countless attempts, and within a year of its first performance his First Symphony was hailed as "Beethoven's Tenth Symphony." We perform this triumph of the Romantic Era, along with a triumph of the modern musical world, Korngold's beautifully romantic Violin Concerto featuring the spectacular Elena Urioste. Tickets should be purchased in advance by calling TSO at 232.2032. Please call Jamie for reservations at 274-3398.

Dinner with Dayna at McFarland's | Monday, January 15 | 5:00 pm | Lobbies

Start off 2018 with dinner out with Dayna. She will take you to McFarland's for some yummy home cooked food. Please call Jamie at 274-3398 for reservations. Dinner is Dutch treat.

Tour of Kauffman Center for the Performing Arts in Kansas City | Thursday, January 18 | 9:00 am | Lobbies

The Kauffman Center is a major center for music, opera, and theater, designed by Moshe Safdie. It opened in 2011 and has been honored as one of the World's 15 Most Beautiful Concert Halls. The guided tour will take visitors through the Center presenting a historic overview of its development and highlighting its architectural accomplishments. The tour cost is \$10 and requires seven people to attend. Then we will enjoy a truly gourmet lunch at the award winning Webster House offers sumptuous seasonal menus, gracious service and a beautiful setting. Lunch costs from \$15 to \$25. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations. Transportation is \$13.

New Theatre in Kansas City | Wednesday, January 24 | 10:00 am | Lobbies

Start the year off with the award winning comedy Funny Money. Henry's life is boring until he finds a briefcase that contains 1.5 million dollars in cash! Certain that the funds are crime-related, Henry decides to take the money and run. Mistaken identities, greedy friends, bodies in the river and murderers on the loose make this international hit "fiendishly funny... if ever a farce could make someone die laughing, this is it. Tickets are \$33 and includes lunch. Transportation is \$13. Please call Jamie for reservations at 274-3398.

Volunteer at Ronald McDonald House | Monday, January 29 | 1:00 pm | Lobbies

Let's start the New Year by helping others. We will travel to the Ronald McDonald House and make dinner for the families staying there. Jamie will do the heavy lifting. Please call Jamie for reservations at 274-3398.



Brewster On The Move!

We Invite Residents to Join Us!

You are invited to join Matt Burns and Claudia Larkin for an update on our campus construction!

Campus Construction Update

Wednesday, January 10

10:00 am | KAC

(Redwood lower level)