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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.

“Focusing” on Brewster Place

We all love a good story. Incredible stories about our lives and our loves — whether they are about our families, friends, work or creative passions — permeate our community. Sharing who we are as individuals and as a community is important and, if you live or work at Brewster Place, stories are many times shared via photographs. A photograph has the ability to convey emotion, mood, narrative, ideas and messages. A photograph can many times convey important messages that written words cannot.

In June you may have noticed many of our Brewster Place residents trekking through campus with roving professional photographer, Earl Richardson, and Chief Operating Officer Claudia Larkin. Their goal was to scour campus the for great photographic opportunities to help us celebrate this wonderful place called Brewster Place! Earl spent two days on campus shooting photos of residents, staff, and our lovely campus. Over 2,000 images were created and soon you will start seeing these images in new marketing materials that will help tell the Brewster story.

We want to thank our volunteer resident models, including Sally Henson, Marilyn Kidd, Benny and Wanda Meyer, Mary Lou Mitchell, Luana Niemackl, Dr. Bob Parman, Jerry Reed, Dean Rinner, Gene and Waunita Shoemaker, Ann Uhl, and Martha Williams. Our models braved the heat and several location changes to accommodate the need to get the best photos possible. Thanks, also, to the additional residents and staff who allowed us to photograph their activities. ■



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Getting to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Judge Christel Marquardt moved to Brewster Place on February 4, 2016. She was born in South Chicago and grew up in Crete, Illinois on a chicken farm with 1,000 hens in cages. Christel disliked chickens and would not gather or eat the eggs.



Christel Marquardt
2936 SW Brewster Court
274-5509

After graduating from high school at age 16, she got a job as a secretary. Two of her bosses arranged a scholarship for her. After two years in college, she taught in a Lutheran school for a year. She met her husband on a double date and after marrying, they moved to Chicago, where her husband received his master's degree in social work from the University of Chicago. After moves to Minnesota, then to St. Joseph, Missouri, Christel finished her degree in elementary education at Missouri Western College. After moving to Topeka, Christel took the test for Washburn Law School in February of 1971, and started law school that July. Studying in the bleachers at her sons' ball

games and keeping up with her family, her studies continued. She was Managing Editor of the Law Journal. Christel graduated in 1974 with the achievement of being eleventh in a class of 198.

After graduating law school, Christel was unable to find a job. She was told by several law firms that they would never hire a woman. The law firm of Cosgrove, Webb, and Oman "took a chance" and hired her. Later, she was the first woman president of the Kansas Bar Association from 1988-1999. Her law office told her that they would cut her salary in half because of time spent with her duties for the Kansas Bar Association. She changed to other law firms.

For two years, Christel and her son, Andrew, had the firm Marquardt and Associates. Governor Graves appointed Christel to Judge of Kansas Court of Appeals in 1995. She "loved that job!" She retired in 2103 and enjoys playing cards, reading, and playing golf. Christel's oldest son, Eric, passed away in 1981. Son, Philip, started his own Probitry Company, which is an IT contract staffing company. He and his family live in Overland Park. Her son, Andrew, started the company Advantage Tech in Leawood, Kansas, where he and his family live. Son, Joel, an architect, is Mayor of Roeland Park, Kansas. He is married to a former Tibetan Buddhist nun, whom he met in his travels. Christel has four granddaughters and three grandsons.

She likes her home, her balcony, and her view at Brewster Place. ■

Trash & Treasure Sale | New Date Set

The next **Trash and Treasure Sale** will be Friday and Saturday, September 30 and October 1. The original date for the Sale was in August, but we need more donations to have a successful sale. We would appreciate your donations as soon as possible so we can organize and prize the merchandise. If you need assistance bringing your items to the Klinge Activity Center, you may contact Kim Jenkins at 274-3399 to have your donations picked up. Proceeds from our annual Trash & Treasure Sales benefit the Brewster Service Fund which supports programming on the Brewster Place campus. If you have any questions, please call Joline Kovarik at 274-3317. ■



facebook.com/brewsterplace.org

Getting to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Martha Williams was born in Osborne, Kansas, the Geodetic Center of North America. After graduating from Osborne High School, she attended the University of Kansas. Martha graduated with a degree in personnel administration, and then came to Topeka where she met her husband. Martha stayed at home with her three small children until they were in school.



Martha Williams

900 SW 31st St., Apt. 124
Ph. 266-7531

Martha managed Mission Towers in East Topeka for a number of years. In 1964 she started working for Brewster Place as our first Director of Personnel. At first the front offices were not completed, so she worked in the basement of Church Sargent's Building downtown. The first employee's Christmas Party was that year. Her three year old son, Mark, enjoyed coming to it.

Martha met her second husband, Al Williams, Jr., in Topeka. They enjoyed traveling and made many trips to Europe. They also liked theatre performances in Topeka and going to Kansas City's Starlight Theatre.

Martha played bridge, belonged to PEO and DAR, and volunteered at CASA for a number of years. She volunteered at the VA and at their church, Countryside United Methodist. Martha was a Girl Scout Leader for 12 years, and worked as a liaison for Girl Scouts for 16 years. As liaison she kept supplies for Girl Scout Leaders because the Girl Scout office was so far away.

Martha's oldest son, Mark McFarland, lives in Lawrence. He works with New York Life Insurance Company. Son, Scott McFarland, and his wife, Leslie, are also in Lawrence. He is a sales representative for Spell Gene. He travels and sells cancer drugs. Daughter, Laurie McFarland Richards, is in Topeka. She assists a resident at Brewster Place. Youngest daughter, Kathleen Williams Heit, is also in Topeka. Martha has six grandchildren and three great-grandchildren.

Martha's husband wanted her to move to Brewster Place when he was gone. She and her cat, Samantha, moved here in March, 2016. Samantha has a heavy black coat, is gentle, and likes to curl up in a lap, on a tote bag, or on a cozy towel. ■



July 7 | "Joy"
(2015 drama)

July 14 | "Hello, My Name Is Doris"
(2016 comedy)

July 21 | "Marilyn Hotchkiss Ballroom Dancing and Charm School"
(2005 romantic comedy)

July 28 | "Eddie the Eagle"
(2016 sports biography)



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Monday—Friday
8:00—8:30 am

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Words from Wellness

By Eileen McGivern, BSN, RN
Vice President of Wellness and Community Initiatives

Wellness Goals — Mid-Year Check

It is unbelievable that we are halfway through the year! In January, we talked about setting small, attainable goals that could produce a big impact. It may be a good time to refocus and recommit to your wellness goals!

Mid-year goals could have greater impact and achievability due to the weather. Walking and exercising outside is good for the body and spirit. The mornings and evenings can be cooler and provide a change to breathe fresh air after a day inside with the air conditioner. Trips to the farmer's market and local produce stands are wonderful options to increase our fruit and vegetable consumption in order to achieve the recommended five servings per day. The local produce is nutrient dense, as nutrients are not lost in transport.

Finally, don't forget a chance to sit in the sun for a few minutes each day — with appropriate sun protection, of course! It takes just ten minutes per day to achieve absorption of Vitamin D. While you sit, you can ponder how the rest of your year will look with regard to your wellness goals. ■

Wellness Wednesday

“Kansas Homes: From Sod to Sear’s Kits”

with Sara Tucker

Wednesday, July 20

11:00 am | Main Lounge

She's back by popular demand! Sara Tucker, Live Well at Home by Brewster member and Kansas Humanities Book lecturer, will be here to speak about “Kansas Homes: From Sod to Sear’s Kits.”

Sara presented a talk a few months ago — “Mother Was a Lady but She Worked Like a Dog!” We received such positive feedback after her presentation, we have invited her again. Join us for this Wellness Wednesday to reminisce! ■

Support Groups

Providing Needed Support and Encouragement

A support group is a gathering of people who share a common concern or interest. A support



group usually focuses on a specific situation or condition such as Alzheimer's, Parkinson's or grief. A support group is not the same thing as group therapy sessions as these sessions are under the guidance of a trained mental

health provider. Support groups are many times led by a lay person who has experience or knowledge of the specific condition.

Members of support groups share their personal experiences and provide advice as well as emotional comfort and support. They help participants to feel less isolated while dealing with an illness or condition and help members with coping skills. Brewster Place offers several support groups to residents, family members and friends. Don't be afraid to reach out to others for understanding and support as you deal with stressful situations. ■

Alzheimer's Support Group

- ◆ Meets the second Saturday of each month
- ◆ 10:00 am | BHC FLR
- ◆ Facilitator: Valerie Jahnke

This group is for families and friends of those suffering with Alzheimer's and dementia-related issues.

Caregiver Support Group

- ◆ Meets the third Tuesday of each month
- ◆ 2:00 pm | MB FR
- ◆ Facilitator: Anne Flynn (274-3310)

This group is for family members and residents who are in a caregiver role.

Tremor/Parkinson Support Group

- ◆ Meets the fourth Wednesday of each month
- ◆ 2:00 pm | Monarch (Assisted Living)
- ◆ Facilitator: Dee Moore (274-3395)

Meditation Group

- ◆ Meets weekly on Fridays
- ◆ 3:00 pm | Cedar Lounge
- ◆ Facilitator: Anne Flynn (274-3310)

For more information, contact the facilitator of the group you are interested in attending. ■

From the Chaplain | Coping with Grief

by Chaplain Roger Jackson, M. Div.

Many of you may have experienced a loss recently. Perhaps you've lost a loved one, a friend, a pet, your driving privileges, or your home of 50 years. Whatever the loss, it is important to cope with it. Oftentimes, we try to deal with our loss alone because we don't want people to know we can't get over it and move on. Actually, it is impossible to just "get over it." But, you can begin the process of healing and learning how to cope.

Elisabeth Kubler-Ross identified the five stages of grief, especially associating the stages with death and dying. Working through the five stages can also be useful for other types of losses that we experience. The five stages are as follows:

1. Denial and Isolation
2. Anger
3. Bargaining
4. Depression
5. Acceptance

It is important to note that each person goes through the stages differently. It is not like walking up a flight of stairs, stage one, stage two,

and up to stage five. You may begin in the denial stage but then skip to the depression stage. Or you may begin in the anger stage, go to bargaining stage, then to denial stage, and back to the anger stage. Each stage is important, though, as you walk through the process of healing.

Also, if faith is important to you, it is important for you to surround yourself with people that understand and support your religious beliefs. God can give you the strength you need. Remember Paul's words from **Philippians 4:13**, "I can do all things through him who strengthens me."

You also may have lots of questions. You may even feel angry with God. You may feel abandoned and all alone. These feelings are normal, and they can help guide the grieving process.

In times of grief, I often reflect on the *Footprints in the Sand* poem (author unknown). "The times when you have seen only one set of footprints, it is then that I carried you!" When we are going through the grieving process, it is a time that we need Jesus to carry us through. ■



Winston, the Windsors and James Bond

Wednesdays, July 13, 20 and 27

2:00—4:00 pm | Chapel

Winston Churchill had such a penchant for espionage that he might have been the model for James Bond's secretive superior, "M." Churchill had a war to win on many fronts, and just how he did it remained largely secret for 70 years. At last, we can examine the tactics used by Churchill and his team to confound and defeat the enemy, whoever and wherever they were. We'll review the alleged treasonous actions of the Windsors, the secret British peace negotiations that started in 1942, and the British code-breaking operation. Finally, we'll watch a commando raid—first from the public point of view and then with inside information. Why James Bond? That's a secret.



Instructor

Jeremy Taylor is an Englishman now living in Lawrence. He lectures on Winston Churchill and has had a lifetime interest in Britain's war-time leader and prime minister. Jeremy is well known for his popular radio show on KLWN in Lawrence. ■

The Topeka Community Foundation held its fourth annual Topeka Gives on June 7 at Fair-lawn Plaza. The Brewster Foundation again participated in this exciting event. A total of 158 nonprofit organizations participated. It was a fun day of games, activities, and treats for those who attended. Some of our residents enjoyed time strolling through the mall and visiting with representatives from different nonprofits.

At Topeka Gives, donors are given the opportunity to give to the nonprofit or nonprofits of their choice. These gifts are then proportionally matched by the Topeka Community Foundation. This year, the Community Foundation had \$73,500 in “match money.” All gifts must be given the day

of Topeka Gives in order to qualify for matching funds.

This year, the total received for nonprofit organizations of Topeka and Shawnee County was \$496,288.92, which includes matched funds. This is a fantastic show of support for important causes and organizations in the Topeka area. We are pleased to announce that the Brewster Foundation received \$3519.72 in donations, which includes \$544.72 in matched dollars from the Topeka Community Foundation. Thank you to everyone who donated. The Brewster Foundation is grateful for the wonderful show of support from our residents and community! ■

Foundation Events

Foundation Forum

Changes at the Topeka Capital Journal

Thursday, July 7

10:00 am | BE CR

Please join us as we welcome Zach Ahrens, President and Publisher of the *Topeka Capital Journal* and CJ Media. Zach will share some of the exciting changes and new innovations taking place at our local newspaper.

Zach joined the *Topeka Capital Journal* staff in October, 2015. He is well known in the media industry and has served as a keynote speaker, nationwide trainer, and published contributor within the field during his 16 year career. His proudest entrepreneurial adventure was starting his own neighborhood newspaper, *The Sunset Times*, at the age of nine.

Zach is active in his church, serves on several local boards, and tries to be involved in the community, along with his family ■

Mark Your Calendars!

National Night Out

Saturday, August 6

5:00 pm | Circle Drive and MB Veranda

The Brewster security team and the Brewster Foundation are co-sponsoring National

Night Out. This is a yearly event

when neighborhoods join together to connect with their

neighbors and take a stance on crime. Events are coordinated through Safe Streets

and local law enforcement agencies. Join us for a delicious

hot dog picnic, visits by local law enforcement agencies, and socializing with friends

and neighbors! ■



POLICE • COMMUNITY PARTNERSHIPS

For more information about the Brewster Foundation please contact:

Jeremy R. Hall, Director | 785-274-3327

Gaylene Dibbern, Development Associate | 785-274-3328

Visit us on the web at BrewsterLiving.org/Foundation

Bed Bugs Are Hitch Hikers!

by Joe Ewert, Vice President of Health Services and Matt Burns, Director of Environmental Services

It wasn't that long ago when reports of bed bugs were heard of only in such places as homeless shelters, low-income rental houses, youth hostels, and cheap motels. Bed bugs were nearly eradicated in the 1950s and 1960s when the powerful pesticide known as DDT was common. DDT was banned in the 1970s when its harmful effects to humans and wildlife became widely accepted. In the late 1990s, reports of infestation in hotels and widespread outbreaks in cities like Miami, New York, and Los Angeles, became more frequent.

Bed bugs are no longer associated with untidy or unclean residences or establishments. Due to the highly mobile nature of society today, bed bugs can be found or picked up in nearly any environment. Some sources today indicate that bed bugs have impacted as many as 25% of all residences in some cities. Brewster Place has not had a problem with bed bugs, but there have been a very small number of isolated cases — six total among all residences, or fewer than 2%.

Common bed bugs (*Cimex lectularius*) are small, reddish brown, nocturnal insects about the size of an apple seed (1/4 inch). They feed on both animal and human blood, and generally cause itchy bites. The lifespan of a bed bug is about 10 months. Bed bugs spend the majority of their time hiding together in cracks and crevices where they will not be seen or disturbed.

Bed bugs are known to “hitch rides” in luggage, bedding, clothing, furniture, and delivery boxes, as well as on people. People can pick up bed bugs through public spaces, movie theatres, hotels, public transit, and even the homes of others. Guests can also bring these unwanted guests into a home, as can moving trucks, mail-order deliveries, and the like.

To protect yourself while away from your home traveling, look under bedding, in between bed springs and under mattresses, and other cracks and crevices. Active bed bugs can be seen with the naked eye, but rust colored stains, egg cases, and skins, are tell-tale signs that bed bugs have been there. When returning home from a trip, or when hosting company, look through clothing and assure it is free of hitch-hiking bed bugs.

Because bed bugs can find their way to campus in a number of ways, Brewster Place has implemented several new mechanisms to prevent the spread of bed bugs throughout campus or from residence to residence. Here are some things you need to know about how we handle bed bugs at Brewster Place:

- Bed bugs die when subjected to 115 degree temperatures for seven minutes. Brewster Place laundry facilities all reach over 160 degrees, which is hot enough to destroy any remnants of bed bugs and most other infectious organisms.
- Housekeepers now wear disposable footwear, which is disposed of after cleaning each unit.
- Housekeepers change vacuum bags after every apartment is cleaned to assure no potential bug can travel through staff from one unit to another.
- Brewster has retained the services of a dog trained to detect the presence of bed bugs, which put off a distinct odor easily detected by the trained dog. This dog sweeps Brewster Place common areas quarterly, along with any area that has been treated to assure the treatment was successful.

Bed bugs have made an incredible comeback in recent years, and organizations and public spaces are learning how to identify, prevent, and treat these critters. To learn more about bed bugs and how Brewster Place is protecting the campus from outbreaks, please consider coming to an informational briefing. Two briefings are planned to accommodate schedules: ■

Bed Bug Informational Briefing

Wednesday, July 6

2:30 pm | KAC

Friday, July 8

2:30 pm | BE CR

Find a New Sense of Purpose by Volunteering



"I like to volunteer because of the people I meet"
-Jan Seagraves

After retirement many people have a hard time finding a new sense of purpose. Our careers many times become our identity and, when we leave that career, our sense of identity and value can be lost. Did you know that becoming a volunteer can moderate that sense of loss and bring about a new sense of purpose, identity and value? Volunteering can also improve your health and wellbeing by lessening feelings of depression and increasing feelings of self-worth. By becoming a volunteer you will also make new friends, learn new skills and make a powerful difference in the lives of others. Brewster Place relies on its volunteers to fulfill our mission. Regardless of your age or situation, we invite you to consider these volunteer opportunities at Brewster Health Center. To learn more call Margaret King at 274-3312. ■

Volunteer Opportunities at Brewster Health Center

Events

Cook outs
Ice cream socials
Block party
Fall parade

Outings

Zoo trips (Topeka and KC)
History museum
Eisenhower museum
Casino
Sea Life in KC
Lake Shawnee picnic
Topeka parades
(Easter, St. Patrick's Day, Veterans Day)

Activities

Reminiscing
Crafts
Baking
Board games
BINGO
Trivia
Big crossword
Coloring

Work puzzles
Sing-a-longs
Card making

Other Opportunities

Receptionist (3-4 hours shifts)
Friendly visitor
Performing (singing, dance, music)

**We Are
Blessed to
Live In
Freedom!**



Jack Barron (left), Dick Nichol (above right) and Jack Renander (below right) all find inspiration, enjoyment and solace from creating new works of art in nature.

Birthdays

Lillie DaMetz	2
Mary Lowman	2
Alberta Cowles	4
Carl Roney	4
Barbara Larson	5
June Golden	6
Merlin Johnson	7
Polly Collins	9
Joyce Gartner	9
Mary Petrik	9
Mary Allen	10
Anna Cousins	14
Virginia Mansfield	15
Marilyn Hypse	16
Jim Banks	17
Alfred Morris	19
Lola Parkerson	19
June Cunningham	20
Laura Hill	20
Garland Roseberry	20
Dick Nichol	21
Daisy Douthett	22
Tom McMahon	22
Jean McKenzie	23
Betty Jo Morris	23
Betty Bulkley	24
Milton Jackson	24
Reeta Akins	25
Don Finson	26
Judy Cutright	27
Nolan McKenzie	31

Anniversaries

Al and Betty Jo Morris	7/2/1944
Richard and Shirley Fuller	7/4/1948
Lawrence and Tina Heide	7/4/1945
Jack and Gloria Barron	7/12/1948
David and Sue Smith	7/26/1952

New Residents

Bessie Kastl	MB 223
Mollie Wieland	BE 241
Carmen Maupin	MB 110

Transfers

Carolyn Adams	BHC
Garland and Nancy Roseberry	BHC
Woody Bulkley and Monna Trusdale	AL

Staff Anniversaries

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

Department	Location	Years
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Administration

Melissa Reynolds	BE	13
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Dining Services

Faith Jennings	MB	1
Anna Powell	BE	3

Environmental Services

Larry Maddux	Campus	8
Michael Brown	Campus	2
Jordan Downs-Bugg	Campus	2
Mary Stephens	MB	11

Health Services

Ashley Escobar	BHC	2
Sierra Morgison	BHC	2
Jonathan Snyder	BHC	2
Kendra Besenyi	BHC	3
Rosanna Bradford	BHC	1
Cassia Lester	BHC	1
Trisha Watkins	BHC	1
Bill Bation	BHC	4
Jaimie Casto	BHC	6
Barbara Kemble	BHC	13
Demetra Moore	AL	3

Rehab

Emily Schrock	BHC	1
Crystal Fosdick	BHC	3

Resident Services

Kenneth Schmanke	Campus	3
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Security/Transportation

Helen Paxson	Campus	1
Joanne Munoz	MB	1

Therapy

Carla Bryant	BHC	2
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In Memoriam

Mrs. Margaret "Peggy" Ackerman	5/28/16
Mrs. Jeanne Reynolds	5/31/16
Mr. Floyd Dibbern	6/06/16
Mr. Cliff Heckathorn	6/07/16
Mr. Lane Ruehlen	6/11/16
Mr. Max Baker	6/11/16
Mrs. Vivian Grant	6/22/16

july | on-campus events

Creative Birthday Cards with Jamie — Tuesday, July 5 — 1:00 pm MB FR

Join Jamie in making a creative birthday card. All supplies will be provided. Let your creative juices flow, or just copy the sample provided.

The Forum: Changes at the Topeka Capital Journal — Thursday, July 7 — 10:00 am BE CR

Meet with Zach Ahrens, President and Publisher of the *Topeka Capital Journal* and CJ Media. Zach will share some of the exciting changes and new innovations taking place at our local newspaper.

Let's Color— Thursday, July 7 — 1:00 pm MB FR

Coloring has been found to be very beneficial for stress relief, self-expression, and fine motor skills. Additionally, we have yummy treats and get to catch up with each other. Please join us!

Santa Fe Band — Tuesday, July 12 — 7:00 pm MB Veranda

It must be summertime if the Santa Fe Band comes to play! Get ready for a toe tapping, rousing good time. It is sure to be a fun nostalgic evening. Bring your lawn chairs if you want to sit on the west side of the parking lot. Chairs will be available on the veranda. Cool drinks and treats too!

KU Osher Lifelong Learning Institute: Winston, the Windsors and James Bond

Wednesdays, July 13, 20, and 27 — 2:00 pm Chapel

Please see article on page 5 of this issue.

Rumikub — Wednesday, July 13 — 7:00 pm ML

Come join us in a lively game of Rummikub. Jamie will be there to help you learn to play.

Resident Council Meeting — Thursday, July 14 — 10:00 am KAC

All residents are encouraged to attend the Resident Council Meeting. Brewster administrative staff as well as resident committee chairs share what's happening on campus. Your input is valuable and your questions and comments are welcome. If you have a new resident living near you, please invite them to come with you.

Healthwise 55 Luncheon — Tuesday, July 19 — 11:30 am KAC

Come hear about the history of Tai Chi, its benefits for balance, pain relief, and stress reduction. See and try a few of the forms. Mae Lovell, a Tai Chi instructor who studied in China under Dr. Paul Lam (who developed a program for the Arthritis Foundation) will share her expertise. Please call Jamie at 274-3398 for reservations.

Topeka Big Band — Tuesday, July 19 — 5:30 pm ML

Strike up the Band! While it is hot outside, come in to hear some great music. The band is sure to cool us down!

Wellness Wednesday — Wednesday, July 20 — 11:00 am ML

Please join Sara Tucker once again as she delights us with stories. This month her program is "Kansas Homes: From Sod to Sear's Kits."

iPhone and Ipad Class with Becky Hinton — Thursday, July 21 — 10:00 am ML

Becky is back! She will be here to answer questions and offer instructions on your iPads or iPhones. Please bring your Apple ID if you would like help to download a new app. She will bring a wealth of experience.

Dick Nichol Celebrates! — Thursday, July 21 — 2:15 pm ML

Join Dick for a fun-filled celebration of his 90th birthday! He has scheduled several people to perform and entertain us.

Kansas Humanities Book Talk—Thursday, July 21—3:00 pm BE CR

We will be discussing the novel, "*Brick Lane*" by Monica Ali. Tom Prasch will be facilitating the book discussion. Come prepared with any thoughts or questions you might have.

july | off-campus events

Walgreens and Dunkin Donuts — Tuesday, July 5 — 2:30 pm Lobbies

Let's go get supplies you may need at Walgreens. Then we will go to Dunkin Donuts for \$1.99 iced coffee (or whatever you prefer). Something fun to try in the summer heat. Please call Jamie at 274-3398 for reservations.

Swim Time and Dinner Out at Topeka Country Club — Wednesday, July 6 — 3:00 pm Lobbies

Let's try something new! We will go to Topeka Country Club and have a swimming/exercise class taught by our own Julie Schmanke. We will also spend some time floating around and chatting. And you can't beat a poolside dinner, so no change of clothes is necessary — just a cover-up. Towels are provided. The cost to swim is \$5.00. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Healthwise Senior Supper — Monday, July 11 — 4:15 pm Lobbies

Heart Valve Replacement is the topic this evening. We will learn more about the cutting-edge TAVR procedure now being performed at Stormont Vail Health Center. TAVR is less invasive and offers faster recovery times. Dinner is \$5.00. Please call Jamie at 274-3398 for reservations by July 6th.

Topeka Farmer's Market — Saturday, July 16 — 8:00 am Lobbies

Let's go check out the Downtown Topeka Farmer's Market. There is sure to be lots of home grown vegetables, home-made baked goods (YUMMY!) and craft booths. Please call Jamie at 274-3398 for reservations.

Ronald McDonald House Volunteer Opportunity — Monday, July 18 — 1:30 pm Lobbies

Join us in making dinner for the families staying at the Ronald McDonald House. We enjoy the fellowship of making a meal together. Jamie will do the heavy lifting and you can rest at any point. We will have a tasty dessert afterward. Please call Jamie at 274-3398 for transportation reservations.

Dinner Night Out at the Palette Restaurant — Thursday, July 21 — 5:00 pm Lobbies

This is a new restaurant in Topeka. It is a casual restaurant with delicious food. If trying a new restaurant is on your summer bucket list, this will be the perfect evening. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Brewster Website

Did you know you can access the **Brewster News, Monthly Calendar, Weekly Bulletin and Weekly Menus** on the Brewster website?

Just go to BrewsterLiving.org and click on the "Happenings" tab on the top menu.

You can also learn about all the services provided by Brewster, apply for employment and request information or a personal tour.

Visit us today at:

BrewsterLiving.org

Meet me at the Market!

One dollar off all variety of frozen soups to go

Buffet open Monday—Thursday and Saturday

8:00 am—10:30 am

Offer expires July 31, 2016

Mark your calendars!

Annual Brewster Place Block Party

Friday, September 16

Food, fun, music and friendship!