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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.

7 Over 70 | Brewster's Biggest Influencers

by Claudia Larkin, Vice President and Chief Operating Officer

Brewster Place is home to some 400 wonderful residents, who contribute to our community every day sharing their time, talent and treasure.

This year, we thought it would be fun to see who you, our residents, believe are the residents who have had the biggest impact on Brewster Place. Some ideas you might consider

as you think about your resident nominations:



- It might be a resident who contributes countless hours to the Brewster volunteer network.
- Perhaps it's a resident who is always available to his or her neighbors with input or a helping hand.
- There are residents who are full of good ideas and provide input on new projects and activities for Brewster Place.
- We have residents who go out of their way to make sure new residents feel welcome.

Included inside this newsletter is your **Resident Nomination Form**. We ask that you complete the nomination form utilizing the seven categories listed:

- 1. Volunteer Star
- 2. Brewster Visioneer
- 3. Good Neighbor
- 4. Wellness Rock Star
- 5. Resident Ambassador
- 6. Brewster Cheerleader
- 7. Nature's Advocate

Completed nomination forms can be returned to Maxine Thuston, Administrative Assistant and Volunteer Coordinator, Main Office. Nominations are open through June 30, 2017.

Cast your vote today for Brewster's most impressive 7 over 70! This fall, we'll publish the results and showcase the impact of those residents receiving the most nominations. ■



Words from Wellness

June Is Home Fall Prevention Month

by Eileen McGivern, RN, BSN

Vice President Wellness and Community Initiatives

Falls in older adults are the leading cause of hospitalizations. In 2002, The Centers for Disease Control (CDC) reported more than 12,800 people over 65 died and 1.6 million were treated for falls in emergency departments. The good news is that the majority of falls are preventable! Prevention is the key to avoiding falls.

Three things you can do to prevent falls:

1. Be vigilant about home hazards.
2. Maintain your mobility through specialized exercise programs for seniors that focus on functional fitness.
3. Partner with your physician and develop a fall prevention/fall recovery plan.

The CDC offers a **home hazard checklist** which focuses on specific aspects in the high risk fall areas of your home: **floors, stairs/steps, kitchens and bathrooms**. If you would like a copy of this checklist, you may pick one up in the Main Office.

A few tips from the checklist include:

- Remove throw rugs
- Pick up objects off the floor and stairs
- Coil or tape electrical cords next to the wall
- Proper and consistent lighting

Maintaining your mobility and functional fitness is imperative to prevent falls. Balance is a fitness skill that can be worked on and improved. **Yoga, Tai-Chi** and **walking** all provide opportunities to increase balance. **Weight training** is an excellent way to keep strength, which is vital in changing from a sitting to standing position utilizing leg and core muscles. Brewster Place offers an array of classes to assist you with functional fitness.

Lastly, partner with your physician to prevent falls. Ask for a **PT/OT evaluation** and let the Brewster Therapy Team and their expertise keep you upright and safe. They have a wealth of resources including referrals for assistive devices. Discuss any side effects of medication you are taking that may cause you to experience dizziness or light-headedness. Make known issues with your feet that may prevent you from having safe mobility and traction. See your eye doctor for vision issues that may affect your ability to see and move safely.

Falls are preventable in many situations. We at Brewster are here to keep you safe and healthy! ■

Mother and Daughter (or friend) Yoga Class

Gentle Yoga
Saturday, June 10
10:00 am | WWC
Class is limited to 24,
so please call Cara
at 274-5050 to
reserve your spot!
This class is free!

Don't forget to sign up for this special yoga class. In this **Gentle Yoga** class taught by Kelly Sundbye, students will use chairs, props and mats to focus on breath work, gentle poses, aromatherapy and visualizations that energize and calms. This is a great opportunity to share a healthy activity with a family member or friend that promotes health and wellbeing. Following the class we will enjoy light refreshments. ■

Tune-Up Tuesday!

Tuesday, June 27

11:00 am—12:00 pm | BE WC
Brewster's Therapy Team is hosting another Tune-Up Tuesday event where you can have your canes, walkers, wheelchairs and scooters evaluated and fixed if needed. Our therapists are experts at knowing the correct height and size for assistive devices. Let them help you stay safe! ■

Take Time to Relax

by Jenny Lamb, MSW, LCSW
Director of Community Wellness



progressive relaxation

guided imagery

biofeedback

self-hypnosis

deep breathing

Many of us have experienced times of worry or stress that impacts our ways of thinking or how we feel physically. According to the National Institute of Mental Health, “stress is how the brain and body respond to any demand,” and everyone experiences stress from time to time. Triggers for stress can include school, work, major life changes, health concerns, or trauma. Chronic stress, be it from routine, sudden or traumatic triggers, can have a negative impact on health in all dimensions including physical, mental and emotional.

One way to help manage stress is to engage in skilled relaxation techniques. The National Institutes of Health National Center for Complementary and Integrative Health reports, “Relaxation techniques include a number of practices such as *progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises*. The goal is similar in all: to produce the body’s natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being.” Many of these skilled techniques can be done in just a few minutes and when practiced regularly can yield good results with decreased stress and enhancement in daily functioning.

Progressive relaxation, the practice of tensing muscle groups and then relaxing them, can be done in a chair or lying down, but be careful lying down, sometimes the process can relax you right to sleep. Be sure to find a space you won’t be disturbed and sit or lie comfortably. Take off your shoes, close your eyes and take a few deep breaths to begin. You will then start tensing a particular muscle group for five to seven seconds. To help keep focus on the muscle, you can imagine the muscle being tightened or “lit up.” After the tension, relax the muscle all the way until you can imagine the muscle no longer being “lit” and as if the muscle is hanging off the bone the way a coat hangs on a hanger. Hold that relaxed feeling for 10 to 15 seconds. If you find your mind is wandering, gently bring it back to focusing on the tensing and relaxing of your muscles.

Start by tensing the muscles of your **feet** (curling your toes downward) and work up the body in order: **calf muscles** (pull your toes toward you), **the entire leg** (squeezing your thigh muscles together or pushing your feet firmly to the floor while staying seated), **buttocks, stomach, hands** (clenching a fist or spreading fingers wide), **arms** (bending arms at the elbow and drawing fists to the shoulders), **shoulders** (pulling your shoulders up to your ears, and **face** (open your jaw as wide as you can while clenching eyes shut). You can do one side of the body at a time or both sides at the same time.

It is important to do progressive relaxation regularly to maximize the benefits. Sometimes it is helpful to be guided through the process. If you want more information on skilled relaxation techniques, have questions, would like a handout or help accessing guided progressive relaxation electronically, contact Jenny Lamb, Director of Community Wellness at 274-3395. ■



Brewster is once again a proud sponsor of the Mulvane Art Fair. As a **Gold Level Sponsor** we are supporting the **Patron’s Breakfast** held on Saturday morning to open the Fair.

The **Mulvane Art Fair** is a juried art fair that features 80 artists using a variety of media from across the state, region and country. The event also features live music, beer garden, and exciting food options. Proceeds from the Mulvane Art Fair support the programs and mission of the Mulvane Art Museum. **If you would like to attend, Brewster is providing a bus on Saturday, June 3 leaving at 10:00 am from Brewster Place.** Please call Jamie at 274-3398 if you would like to go. ■

From the Chaplain | The Power of Well-Chosen Words

by Chaplain Roger Jackson, M. Div.



“pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

Proverbs 16:24

“Sticks and stones may break my bones, but words will never hurt me.” I am sure you have heard this phrase or have said it yourself. But, this familiar statement is not true. Words do have the power to hurt us. In fact, words are really a two-edged sword; they can destroy or empower. Words are a powerful force and the powerful effects of negative words cannot be underestimated. Once the words come out of our mouths, we cannot take them back.

Solomon wrote, “Pleasant words are a honeycomb, sweet to the soul and healing to the bones” (Proverbs 16:24). What a wonderful way to describe our conversation. Charles Stanley wrote, “Our words can be medicine to a weary soul, healing to a bruised spirit. Kind words, spoken in due season, are God’s bridges of love.”

If you’ve been on the receiving end of gracious comments, you know the power of well-chosen words. Paul describes such speech as “full of grace, seasoned with salt” (Colossians 4:6). Our remarks should be flavored with gentleness and loving-kindness, key ingredients of grace-filled speech.

The love of Christ can bound into the hearts of others through our words when you speak to others the way you want spoken to. If you speak words of cheer and praise, you will be amazed how the atmosphere will change around you. Remember the “golden rule?” — “Do unto others as you would have them do unto you.” Maybe we would all do better if we applied this rule to our speech.

Let us ask God to make us aware of the needs of others. When we are absorbed in our own problems or activities, encouraging words rarely grace our conversations. We should be more focused on encouraging others than complaining and tearing others down. We ought to remember Paul’s words to the Church of Ephesus. “Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them” (Ephesians 4:29). May your words be God’s instrument of love. ■

MOVIE AND DISCUSSION



War Room
Monday, June 19
2:00 pm | Chapel

intermission
refreshments
discussion

Tony and Elizabeth Jordan have it all — great jobs, a beautiful daughter, and their dream house. But appearances can be deceiving. Their lives take an unexpected turn when Elizabeth meets her newest client, Miss Clara, and is challenged to establish a “war room” and a battle plan of prayer for her family. Join Chaplain Roger for this inspirational and thought-provoking movie.

For more information about
Brewster Place or *BrewsterConnect*
please contact our
Marketing Office at 785-274-3350.
Or visit us online at
www.BrewsterLiving.org

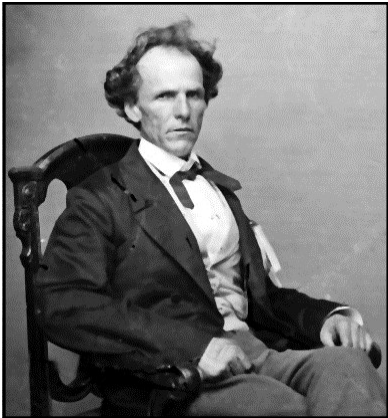


facebook.com/brewsterplace.org

The Underground Railroad in Northeast Kansas

Wednesdays, June 7, 14 and 21

2:00—4:00 pm | Chapel



During the mid-19th century, the Underground Railroad was a critical network of routes and safe houses that provided escaped slaves a pathway from plantations in the South to freedom in the North or Canada. In this course, we will closely examine the important role Northeast Kansas played in the Underground Railroad. We'll meet the heroic men and women who risked their lives to aid those desperate fugitives whose only

road to freedom ran through Kansas. We'll also meet those brave refugees, hear their stories, and "visit" the local routes and safe houses that were critical to their perilous journeys to freedom.

Instructor

Jim Peters, J.D., is Director of the Osher Lifelong Learning Institute at KU, and author of *Arlington National Cemetery: Shrine to America's Heroes*.

To Register:

Brewster Place residents, Brewster-Connect members and Live Well at Home by Brewster members attend for free. Please call Jamie at 274-3398 for reservations.

For those coming from off-campus, please call 785-864-5823 for registration and fee information. ■

Coming in July!

Hollywood vs. the Civil War

Wednesdays, July 12, 19 and 26

2:00—4:00 pm | Chapel

*lifelong learners
thrive, bloom and
flourish!*

Caregivers Support Group

encourage. lift. support.

caregiving can be rewarding, but also life changing Being a caregiver may take you by surprise. You might start by doing simple tasks. Soon, you are spending a lot of time caring for another. Or, caregiving can come about quickly. However you began caregiving, your life has changed. The change can last a few weeks, or several years.

Caregiving has many rewards, but also shifting roles and emotions. You might feel troubled or frustrated. You may also feel alone or angry because others don't understand. These feelings are natural, and common.

your situation is unique. but you are not alone. Each caregiving situation is unique. You will have changing needs, feelings, trials and rewards. Your experience will also change over time. Yet, one thing is for sure. All caregivers will need to find balance. With balance in your life, you will be better able to keep providing care.

Brewster offers a Caregiver Support Group the third Monday of each month. The next gathering will be Monday, June 19 at 10:30 am in the Chapel. Join us!

For more information please contact:

Tim McManus at 274-3310

Or email him at TimM@BrewsterPlace.org

We invite you to join the Brewster Foundation and over 150 non-profit organizations from Topeka and Shawnee County for a day of giving at



Fairlawn Plaza. Hosted by The Topeka Community Foundation, Topeka Gives provides an opportunity for people to meet and greet

with many non-profits. It is a great time to learn about a number of wonderful projects and organizations that are working to provide a wide range of services to our area.

The Brewster Foundation is proud to be a part of this. We will spend the day meeting new people and getting reacquainted with others. Often our conversations have revolved around people saying, "I did not know Brewster was a non-profit." This is a common conversation starter and a great way to begin discussing all of services, programs and life plan options we provide.

Benevolent Care, Employee Assistance and Support, a Chaplaincy fund, special projects, and major building projects are just a few of the things that the Brewster Foundation helps Brewster Place accomplish. Over 75 employees are giving to the Brewster Foundation through payroll deduction which is something we can all take pride in. These generous employees don't only work and spend a great deal of time at Brewster Place, but they also feel our mission is important and they wish to financially support our organization.

I do get a little excited when I start talking about the good that Brewster provides and the phenomenal staff we have that provide those services. I truly love the Topeka Gives event. At no other time am I able to get a full day to brag to the community about Brewster Place — the gem of Topeka. This day is a fantastic opportunity for me to be able to discuss how wonderful both our staff and residents are at Brewster.

If you would like to attend Topeka Gives on Tuesday, June 6, a bus will leave from Brewster Place at 10:00 am to head to Fairlawn Plaza. I hope you are able to join us to learn more about non-profit organizations in the Topeka area. Please remember that all donations given at Topeka Gives will receive a pro-rated matching contribution from the Topeka Community Foundation making your gift dollars stretch even more! ■

The Foundation Forum

KSNT Meteorologist Matt Miller

Thursday, June 1 | 10:00 am | BE CR

The June Foundation Forum will feature KSNT weatherman, Matt Miller. Matt will discuss the



total eclipse of the sun that will happen later this summer. Matt is the Chief Meteorologist at KSNT. He is passionate about this topic and always loves to talk about the weather. Matt enjoys the challenges that forecasting in the Midwest

provides. He has three children and is very active in the community with their many activities. Please join us for this informative presentation on the upcoming eclipse. ■

News & Views

with Kevin McFarland

Tuesday, June 13

10:15 am | Chandler Sun Porch

Join Kevin for a look at the events of the day or yesterday! Kevin engages us in discussion about the past, present and future with regard to current events locally, nationally and internationally. Come for coffee and treats too! ■



Renaming and Renewing

Tree Species Take Center Stage as
New Building Names are Unveiled

As you walk the grounds of our beautiful Brewster campus, you might have noticed a reoccurring theme — many of our campus buildings are named after trees!

There are the tree apartments — Oak, Maple and Cedar. Then there are the Aspen Cottages and the North and South Aspen Terrace Apartments. We can't forget that we're also home to the Birchwood Cottages. And finally, this year, we'll add the new Cottonwood Villas at Brewster Place.

With that in mind, Brewster Place residents got together with staff to brainstorm the renaming of the **Main Building** and **Brewster East**. Creative ideas flew until the group found consensus and agreed upon the following new names:

- Main Building will be renamed **"The Redwood"** — tall, strong, and enduring— as it was the first building to appear on campus.
- Brewster East will be renamed **"The Evergreens"** because of its vibrancy and vitality.

Events to christen our buildings with their new names are scheduled for **Monday, July 10**. We will start at 10:00 with the christening of The Redwood at the main entrance and move to the west entrance of The Evergreens, with the christening at approximately 10:20.

Renaming our Brewster buildings is necessary for another important reason — directing people on campus. With the renaming ceremony will also come new maps and directional signage that help visitors navigate our sprawling campus. Mark your calendars for this special event! ■

At the Movies!

Thursdays at 2:00 pm
BPTV 1960

June 1

"The Magnificent Seven" (2016 remake western)

June 8

"Lion" (2016 drama based on real life)

June 15

"Jackie" (2016 drama based on real life)

June 22

"La La Land" (2016 romantic musical)

June 29

"Bridget Jones's Baby" (2016 romantic comedy)



FURNITURE



Friday, June 23

9:00 am—3:00 pm

Klinge Activity Center

Our storerooms are full, so we are having a Furniture Sale before the next Trash & Treasure Sale which is in August.

This Sale is for residents and staff and is not open to the public. All proceeds benefit the Brewster Service Fund. ■

Please Note:

Starting July 1, 2017, menu prices in the Greenleaf Restaurant, Brewster East Dining Room and The Market will be rising slightly due to substantial cost increases in the price of fresh produce. These increasing costs are the result of unpredictable weather conditions in the growing areas. The last increase in Brewster menu pricing was done in 2015.

If you have questions about the changes, please call Kelly Chavez at 274-3365. Thank you! ■

The 31st Annual Sunflower Music Festival | June 9—17



The Sunflower Music Festival was organized in the spring of 1987. Each year, participating musicians come from national and international symphonies and musical institutions. The Blanche Bryden Institute was developed by the Festival musicians for the advanced study of chamber music. Both high school and college musicians, ages 14-26, come together for a week of learning and performance coached by these Sunflower Orchestra musicians.

The Sunflower Music Festival is sponsored by leading area businesses, generous private donors and philanthropic foundations. As part of our commitment to support the arts in our community, **Brewster has been a proud sponsor of the Festival for many years.** ■

Concert Schedule

Chamber Orchestra
Friday, June 9

Jazz Concert
Monday, June 12

Blanche Bryden Collegiate Institute
Thursday, June 15

Chamber Ensembles
Saturday, June 10

Chamber Ensembles
Tuesday, June 13

Chamber Ensembles
Friday, June 16

Amernet String Quartet
Sunday, June 11

Chamber Orchestra
Wednesday, June 14

Chamber Orchestra
Saturday, June 17

Reservations
Please call Jamie at 274-3398. All concerts are free. The bus will leave campus at 6:30 pm for each concert.

Aging Out Loud Is What We Do!

Below: Ken Peery was selected to be Grand Marshal at our Age Out Loud Older Americans Month Parade in May. Keeping a sense of humor as we age is vital to our wellbeing. Ken has a wonderful sense of humor and joy!



Above: Betty Meyer and Mary Hoffman participated in a Flower Arranging Class taught by David Porterfield owner of Porterfield's Flowers and Gifts. For a small fee residents and friends were taught how to make a beautiful spring arrangement that they could take home and enjoy. Challenging ourselves to learn new things is aging out loud! Thank you, David!

Below: Gary McGinness definitely ages out loud as he and his wife, Judy, are skydivers. Gary and Judy enjoy adventure and trying new things with a sense of wonder and fun. Look at that smile!



Birthdays

Erna Nichol	1
Janet Bair-Rost	3
Mary Hoffman	4
M.L. Davis	7
Ted Bernard	8
Dorothy Beverly	8
Betty Gilbert	9
Marcene Grimes	9
Dan Cain	10
Jack Renander	10
Myrtle Ahlstrom	11
Leona Brinkmeyer	11
Emil Kutka	11
Hazel Cramer	12
Jerry Hinton	12
Winnie Kingman	13
Pete Metzger	14
Rolland Trahoon	14
Freida Schriener	14
Dottie Harder	14
Jerry Reed	14
Freida Schriener	14
Louise Smith	15
Celia Eddy	16
Clyde Burton	17
Dorothy Prager	19
Shirley Kossoy	20
Janet Strukel	21
Ray Beers	23
Dottie Richard	23
Bob Sparling	23
Molly Wieland	24
Myrna Wegner	25
Betty Penney	27
Phyllis Stroud	27
Lois Fensler	28

Anniversaries

Benny and Wanda Meyer	6/02/1957
Paul and Beverly Hammond	6/05/1960
John and Lonna Reinecke	6/06/1965
Merle and Marie Welch	6/06/1958
Ken and Doris Peery	6/07/1953
Tom and Phyllis McMahon	6/10/1950
Eugene and Waunita Shoemaker	6/14/2014
Rolland and Ruby Trahoon	6/16/1949
Clifford and Alice Hurst	6/20/1952
John and Dorothy Funk	6/24/1950
Harold and Anna Hula	6/24/1951
Adrian and Mary Allen	6/27/1953

Transfers

Bill and Rosemary Harlow	BE
Bud and Charlotte Burris	AL
Jane Ryan	BHC

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Cara Puglisi	SH	2
John Long	MB	6
<u>Dining Services</u>		
Joane Williams	BHC	6
Barbara Renner	GL (MB)	1
<u>Environmental Services</u>		
Jerry Hutley	Campus	14
Ron Burgen	BHC	2
Richard Wilson	BHC	8
Dorothy Arnold	BS	37
Bertha Cavens	Campus	4
<u>Health Services</u>		
Jessica Lozana	4	BHC
Valerie Rishel	1	BHC
Ashlea Cross	2	BHC
Lissa Mehmel	9	BHC
Kasandria Shepard	2	BHC
Kelsie Parrett	1	BHC
Tonisha Hunter	1	BHC
Larael Jones	2	BHC
Tonya Corwin	2	AL
Diana Guyton	4	HH
<u>Human Resources</u>		
Dayna Babler	1	BE
<u>Rehab</u>		
Deb Rennie	11	Rehab
Maria Prater	5	Rehab
Ciera Newell	1	Rehab
Brandi Rishel	1	Rehab
<u>Security/Transportation</u>		
Misty Scheele	1	Campus
Arthur Wiseman	6	Campus
Sharon Palmeroni	2	MB
Jasmine Emerick	1	Campus
<u>Therapy</u>		
Jebel Odgers	2	BHC
Dorene Dodson	5	BHC
Autumn Brading	2	BHC
Rochelle Pyle	2	BHC
Heather Holthaus	3	BHC
Pamela Robinett-Ebert	1	BHC

In Memoriam

Mrs. Nickie Stein	5/04/2017
Mrs. Virginia Anderson	5/08/2017
Miss Helen Weston	5/19/17
Mr. Timothy Edwards	5/23/17

june | on-campus events

Foundation Forum | Thursday, June 1 | 10:00 am BE CR

Meteorologist Matt Miller will be here to talk about the upcoming total solar eclipse as well as all things weather.

Washburn University Violin Concert | Thursday, June 1 | 1:00 pm ML

Let's kick off June with music. Please come enjoy beautiful violin music provided by talented Washburn University students. The sweet sound will be music to your ears.

Helping Hands Humane Society Visit | Thursday, June 1 | 2:00 pm MB Veranda

HHHS is bringing a few furry friends to visit and be loved by our Brewster residents. Volunteers are available to help us meet these sweet furry friends. Please join us on the front patio and say hello.

Floats with Friends | Monday, June 5 | 2:00 pm BE Parlor

Come chat with Brewster friends while enjoying an ice cream float. It will be nice to catch up with all our friends.

KU Osher Lifelong Learning Institute: The Underground Railroad in Northeast Kansas

Wednesdays, June 7, 14 and 21 | 2:00—4:00 pm Chapel

Please see details on page 5 of this issue.

Friday Flash Brain Train | Friday, June 9 | 1:30 pm KAC

The topic will be Around the World. Come join Valerie and Jamie for a fun-filled afternoon!

Mother/Daughter (or granddaughter, friend, etc) Yoga | Saturday, June 10 | 10:00 am WWC

Please see details on page 5 of this issue.

Topeka Model Railroaders Display | Saturday and Sunday, June 10 and 11 | KAC

Topeka Model Railroaders is a group of model railroad hobbyists that come together to support a local HO scale modular club layout. They will set up a large display of trains, buildings and other interesting items along the route. The engineers will be available to chat about the wonders of driving these exceptional small models. Be sure to come check it out.

Bridge | Tuesdays, June 13 and 27 | 7:00 pm ML

If interested please call Doris Davidson at 286-1432 or Christel Marquardt at 274-5509

Sunflower Music Festival String Quartet at Brewster Place | Wednesday, June 14 | 1:00 pm ML

Come and enjoy the beautiful music of Panther String Quartet from Miami, Florida. The quartet's members are Alexander Alvarado, violin; Francesca Rossi, violin; Michelle Sanchez, viola; and Sada Adam, cello. Their coaches are members of Amernet String Quartet. This quartet will travel to Brewster Place to share their abilities. Please come and enjoy.

Variety Music with Jay and Tammy | Monday, June 19 | 6:30 pm ML

Jay and Tammy are talented professional musicians on the guitar, bass and vocals. Their repertoire includes music from Swing, The Big Band Era and lots of other types. They have recorded several records and received many awards. This concert is sponsored by the Brewster Service Fund. Be sure to come and enjoy.

Healthwise 55 Luncheon | Tuesday, June 21 | 11:30 am KAC

Our topic will be new treatments and therapies that are available to help stay active as we get older. We will hear from Dr. Ryan Tomlins, Cotton O'Neil Orthopedics and Sports Medicine. Lunch is \$5. Reservations are required. To guarantee your space, please make your reservation by Friday, June 16. Please call Jamie at 274-3398 for reservations.

Friday Flash Brain Train | Friday, June 23 | 1:30 pm Chapel

We will begin celebrating 4th of July. Valerie will bring a special guest and he will provide some patriotic music. Be sure to come.



Independence Day *Eve* Celebration
All American Meal (\$10.10 each)
Monday, July 3
11:30 am | BE DR
Entertainment by the
Astonishing World of Curtis Sneden
Please call Jamie at 274-3398 for reservations.
Seating is limited to 70.



june | off-campus events

Mulvane Art Fair | Saturday, June 3 | 10:00 am Lobbies

The Mulvane Art Fair is a juried art fair that features 80 artists using a variety of media from across the state, region and country. This year's art fair will feature artists from 14 different states. Proceeds from the Mulvane Art Fair support the programs and mission of the Mulvane Art Museum. Tickets are \$10. Please call Jamie at 274-3398 for reservations.

Topeka Community Foundation "Topeka Gives" | Tuesday, June 6 | 10:00 am Lobbies

Topeka Gives 2017 is a one-day event, celebrating charitable giving. The Topeka Community Foundation is providing \$83,250 in "match" money for contributions made to support 130+ different nonprofit organizations in the community. The Brewster Foundation has participated in this event each year and is excited to see you again this year. We will go out for a Dutch treat lunch. Please call Jamie at 274-3398 for reservations.

Powell Gardens Tour and Lunch in KC | Thursday, June 8 | 8:00 am Lobbies

Powell Gardens is a unique Kansas City garden that offers much to explore and discover. We will tour their Heartland Harvest Garden. This Garden is largest edible landscape in America—where every tree, shrub, flower and groundcover is part of the story of where our food comes from. Tickets are \$20 and lunch is Dutch treat. Transportation will be \$13. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre | Thursday, June 8 | 6:00 pm Lobbies

TCT presents "Morbid Curiosity" a new comedy with spirit. It is the tale of a real estate agent, Benny Dempsey, trying to convert a large Victorian mansion into a haunted attraction for ghost hunters that flock to Salem in search of a macabre experience. Unfortunately, the only ghost residing inside Beckford Manor is of a lonely librarian named Wilbur Nash and he wants nothing to do with the plan. This funny and sweet story is an uncommon romantic comedy in the vein of Harvey. The theatre will offer dinner from a food truck for \$10. Tickets are \$33. Please call Jamie at 274-3398 for reservations.

Sunflower Music Festival | Friday, June 9—Saturday, June 17 | 6:30 pm Lobbies

Please see details on the back page of this issue.

Nell Hill's in KC | Thursday, June 15 | 9:00 am Lobbies

Come welcome the summer season at Nell Hill's in Kansas City. This is a wonderful decorating store offering lots of home décor ideal. Then we will have a fabulous lunch at Trezo Mare serving wonderful Italian fare. Transportation cost is \$13. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

Topeka Farmer's Market | Saturday, June 17 | 8:00 am Lobbies

Let's go check out the Downtown Topeka Farmers Market. There are sure to be lots of home grown vegetables and homemade bake goods. YUMMY!!!! Please call Jamie at 274-3398 for reservations.

Topeka and Shawnee County Public Library and Lunch | Monday, June 19 | 11:15 am Lobbies

Let's go to the library for lunch at the café; then we can explore the library or enjoy a button craft. In the button craft we will make an adorable button tree and you will go home with some great ideas for all those extra buttons. Space is limited to seven crafters. Please call Jamie at 274-3398 for reservations.

Volunteer at Ronald McDonald House | Monday, June 26 | 1:00 pm Lobbies

Join us in making dinner for families staying at the Ronald McDonald House. Jamie will do the heavy lifting. Please call Jamie at 274-3398 for reservations.

New Theatre Restaurant in KC | Wednesday, June 28 | 10:00 am Lobbies

The show is the "Dixie Swim Club" starring Morgan Fairchild. It is the story of five southern women, whose friendships began many years ago on their college swim team, who set aside a long weekend every August to recharge those relationships. It is a hilarious and touching comedy about friendships that last forever. Tickets are \$33 and transportation is \$13. Please call Jamie at 274-3398 for reservations.

Lunch at Dover Café | Thursday, June 29 | 10:45 am Lobbies

Let's go see what is happening at the Dover Café and check out West Topeka. We will save room for their award winning PIES. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations.