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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.

Dispelling the Myths of Aging

by Jenny Lamb,
MSW, LSCSW,
Director of
Community Wellness

"Today, we're stuck with a notion of oldness that is so utterly at odds with reality, that it has become dangerous. It constrains what we can do as we age, which is deeply troubling, considering that the future of our older world will naturally hinge on the actions of the older people in it."

-The Longevity Economy, Joseph Coughlin

As living beings in the 21st century, we have multiple resources for receiving information. In fact there is so much information readily available we can easily become overstimulated and have a hard time distinguishing fact from fiction, including what it means to age in America and globally. In this article, using our Brewster Place **Five to Thrive** as our guide, we will look at some common myths of aging and find the facts.



INTELLECTUAL | Focus on the Mind

The ability to use and expand knowledge

Myth 1: Older People can't learn new things

In the absence of a progressed dementia process, new learning is absolutely possible no matter our age or station in life. What might change is our learning style or rate with which we take in and store new information. The reality is new learning can stimulate the mind and improve cognitive functions.

Myth 2: All older people eventually develop dementia or Alzheimer's

First it is important we understand dementia is an umbrella term and Alzheimer's disease is a type of dementia. Secondly, neither are normal parts of the aging process. According to Simon Tan, Psy.D., A.B.P.P., only 6 - 8% of adults age 65 and older have dementia and one third of those over age 85 have some dementia symptoms. Oftentimes forgetfulness is labeled as dementia. It is important to remember that while forgetfulness can be a sign of dementia, many things can affect our short term memory and concentration including certain medications, dehydration, depression, an infection, anxiety, malnutrition, uncontrolled pain and poor sleep.



EMOTIONAL | Focus on Emotions and Mood

The ability to experience and regulate varied emotions and mood

Myth 1: All older people get depressed

"The prevalence of major depressive disorder at any given time in community samples of adults aged 65 and older ranges from 1-5% in most large-scale epidemiological investigations in the United States," (Fiske et al, 2009). In fact, the rates of depression are lower among older adults than among young and middle aged adults.

Myth 2: Depression occurring later in life is more difficult to treat

Prognosis and treatment response in the treatment of depression is the same for older adults as it is for middle aged adults. There is no overwhelming evidence indicating depression is harder to treat later in life.

Continued on page 2...



SOCIAL | Focus on Relationships

The ability to engage with others in healthy ways

Myth 1: Most older people will live in a nursing home causing isolation

According to the US Census Bureau, about 4.2% of persons over the age of 65 reside in an extended care or nursing home. In addition, for those who do reside in] an extended care facility, it does not cause isolation, rather, it provides an opportunity to increase supports and avenues for social interaction. When needs are attended to with support there is also more opportunity for increased independence.

Myth 2: Our personalities change as we age negatively altering our relationships

This myth is tricky, while research has shown it is true our personalities do change as we age, the bulk of the change tends to occur between the ages of 20-40 years old. Furthermore, “the direction of change is clearly in the positive direction. With age, people become more confident, warm, responsible, and calm—or what some have described as socially mature,” (Roberts & Wood, 2006).



SPIRITUAL | Focus on Values and Beliefs

The ability to experience spiritual connection, identify purpose and find meaning

Myth 1: Spiritual wellness is not an important part of the aging process

Studies have shown that spirituality tends to increase during later adulthood. Furthermore, as Helen Lavretsky reports, “spirituality and religious participation are highly correlated with positive successful aging, as much as diet, exercise, mental stimulation, self-efficacy and social connectedness.”

Myth 2: Older adults are not able to find purpose and meaning in their day to day lives

One only has to look around our Brewster Place campus to know this myth is undeniably false. Age does not define one’s ability to find purpose or meaning. In fact research has shown elders who cultivate a sense of purpose in life are less likely to develop cognitive impairments, have increased hand strength, enhanced mobility, less chronic health complications and may even live longer. Many older adults find that it is after retirement when they can live out purposes involving intergenerational endeavors with family and in community, volunteer work, and caring for others.



Physical | Focus on the Physical Body

The ability to move and take action

Myth 1: Falls are a normal part of the aging process and the best way to prevent a fall is to stay home

Both parts of this statement are false. While we do lose muscle mass as we age, this loss is largely evident in the absence of intervention. The National Council on Aging reports over half of all falls take place in the home. Furthermore it is getting out and staying active that enhances muscle mass, keeps your joints moving and enhances balance and flexibility along with formal exercise and balance programs or activities.

Myth 2: Chronic fatigue is a natural part of aging

Fatigue is not in and of itself a part of the normal aging process. Rather fatigue is a sign that something is wrong and can be the outcome of either illness, poor sleep or less activity. Individuals who are more active report less fatigue. Boredom is also a common cause of fatigue. If you are feeling tired more often than you feel energy it is time to dig a bit deeper and seek out advice.

There are many more myths out there about aging. What are some that you have heard and in what ways are you proving the myths wrong in your own life? As we continue to focus on wellness at Brewster Place, be watching for future articles further breaking down our **Five to Thrive** and find new ways of thriving right here at Brewster. ■

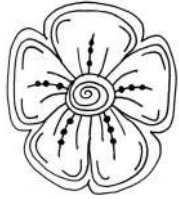
Sources used for this article:

Fiske, A., Wetherell, J. L., & Gatz, M. (2009). Depression in Older Adults. *Annual Review of Clinical Psychology*, 5, 363–389. <http://doi.org/10.1146/annurev.clinpsy.032408.153621>

Roberts BW, Wood D. Personality development in the context of the Neo-Socioanalytic Model of personality. In: Mroczek D, Little T, editors. Handbook of personality development. Mahwah, NJ: Erlbaum; 2006. pp. 11–39.



facebook.com/brewsterplace.org



Make It Monday

Doodle-O-Rama!

Monday, March 5

12:30 pm

Redwood Lounge

“There is no such thing as creative and non-creative people, only people who use their creativity and people who don’t.”

-Brene Brown

Think you’re not creative? We beg to differ — everybody doodles! Kris Saia, Creative Arts Coordinator, invites you to come pick up a pen on Make-It-Monday. She will get you started with colors and easy patterns and you can go with the flow!

We hope to see YOU at Make-It-Monday to get your creative juices flowing. **Let’s DOODLE!** ■



A New Group! Beginning Chess

Monday, March 5

3:00 pm

Redwood Founders Room

Have you always wanted to learn to play chess? Come and challenge your mind and learn all the details of playing chess. The instructors will be Brewster’s own Ian Safford from Human Resources and John Long from IT. Please call Ian at 274-3377 for a reservation. ■

king queen rook bishop knight pawn

king queen rook bishop knight pawn

king queen rook bishop knight pawn

Balance Assessment Clinics HUR iBalance Technology

Thursdays, March 8, 15, 22 and 29

By appointment (2:00 pm—4:00 pm)

We hope to alleviate wait time!

Sign up sheets will be available in the Winchell Wellness Center

Elise Leonard, Director of Community Health Services, will be on hand to enter your information and complete an initial balance screening. ■

File of Life Update Your Health Information

If you were not able to attend the of our clinics in February, you can still update your health information for your File of Life folder by visiting the Home Health Office (Redwood South). Please call ahead at 274-3342 to make sure a nurse is available. ■

Adult Day Services

Brewster Place Assisted Living is offering Adult Day Services every Tuesday and Thursday. This program is designed to help seniors maintain independence and improve quality of lie while offering a respite to caregivers for 4 to 8 hours each day. A full range of activities are designed to educate, stimulate, entertain, and provide social interaction with other residents and staff while in the safe, friendly environment of the Frontier Assisted Living area.

This program is open to Brewster Place residents and members of BrewsterConnect. Please contact Lisa Lohmeyer at 274-3346 if you are interested in learning more about this program or have a loved one who could benefit from the service. ■

You Asked For It!

Brewster Place’s Best Recipes | Shared by our talented culinary team!

5 Ingredient Peanut Butter Energy Bars

2/3 cup creamy peanut butter

1/2 cup semi-sweet chocolate chips

1 cup old fashioned oats

1/2 cut ground flax seeds

2 tablespoons honey

- Combine all 5 ingredients in a medium bowl
- Stir to combine
- Place in the refrigerator for 15-30 minutes so they are easier to roll
- Roll into 12 bites and store in the fridge for up to a week



From the Chaplain Celebrate Your Life!

by Chaplain Roger Jackson, M. Div.

Brewster Place desires for all our residents to find the home that's right for them where each individual can live life to its fullest with an emphasis on whole-person wellness. Our programs are focused on the five dimensions of wellness — **Five to Thrive** — emotional, intellectual, physical, social and spiritual. We recognize that an important part of wellness is peace of mind — not only for you, but for your family as well — as you think about end of life wishes and decisions.

Brewster's Community Wellness and Resident Services Teams have joined together to offer you a new planning tool called **Celebrate My Life**. This tool was created to empower and assist you in planning for your funeral or memorial service. It is designed so that you can make final decisions about how your life is celebrated by family and friends. By utilizing the **Celebrate My Life** tool, you can have peace of mind knowing that your loved ones will not be overwhelmed with making the final decisions about memorializing your life. With these matters settled, you can simply live your life in all its fullness.

We invite you to a seminar to learn more about the **Celebrate My Life** tool and sign up for a **Celebrate My Life** workshop if you would like assistance in completing the tool. We encourage you to invite any family members who you would like to have involved in making these plans. Please plan to attend one of these sessions:

Celebrate My Life Learning Sessions:

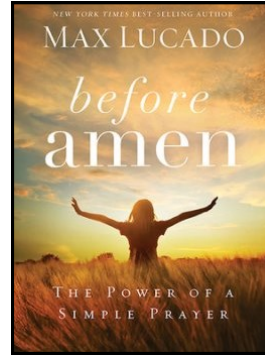
Monday, April 9

2:00 pm | Main Street Chapel

Wednesday, April 11

6:30 pm | Main Street Chapel

We look forward to assisting you as you celebrate your life! If you have any questions, please call Chaplain Roger Jackson at 274.3349. ■



Bible Study

Before Amen: The Power of Simple Prayer

by Max Lucado

Mondays, March 12, 19, 26 and April 2

3:00 pm

Main Street Chapel

This is a four-week DVD study for anyone desiring an improved prayer life. Lucado reveals his struggles with prayer and his discovery that having a conversation with God is for everyone, not just for the pious few. Through the use of a simple, easy-to-remember, pocket-sized prayer that he distilled from the prayers in the Bible, he shows us how everyone can build a prayer life that is stronger, better and deeper. Connecting with God each day can mean all the difference in your life, and how you experience God. ■

Cyber Seniors

Brewster's HICEPs Cyber Seniors Project with Washburn University will get



through technology

Washburn University & Brewster
An intergenerational partnership.

underway this month. Those who expressed interest in this project watched

the **Cyber-Seniors** documentary in February. We want to thank everyone who signed up to participate and, at press time, we have enough volunteers to work with the students. We will have more projects like this in the future, so stay tuned.

If you are a participant this session, you will receive more detailed information in the next few days about the schedule and what to expect! As you recall, the students will be at Brewster Place on March 13, 15, 27 and 29 with other dates possible as well. Stay tuned! ■



KU Osher Lifelong Learning



Brewster has been a proud partner of the Osher Lifelong Learning Institute at the University of Kansas since 2007.

Residents, BrewsterConnect members and Live Well at Home members may attend courses for free.

Please call Jamie Fritz at 274-3398 to register or for more enrollment information.

No homework!
No pressure!
No tests!

Learning
for the
joy
of it!

Women and the Civil War: The Hidden History Wednesdays, March 21 and 28 and April 4 2:00—4:00 pm | Chapel

Just as American women were starting to question their roles in society, civil war erupted and changed everything. This course introduces you to fascinating stories you've never heard--the women who fought as men, the ladies pressed into jobs in government and factories, and the slave women who ran to freedom and found work with the Union Army. Leaders of the new women's rights movement thought America was changing before their eyes. But their dreams would die after the war, in a raucous 1867 election in Kansas.

Instructors

Aaron Barnhart and Diane Eickhoff

Abraham Lincoln Revealed Wednesdays, April 18 and 25 and May 2 2:00—4:00 pm | Chapel

As a giant part of our American heritage and culture, we know a lot about Abraham Lincoln. In this course, we'll take an intimate look at many aspects of Lincoln's life, from his early years to his election to the presidency in 1860, and his experiences living and working in the White House. We focus on his Civil War partnerships with his most famous generals, Ulysses Grant and George McClellan, and study some of the back stories associated with his delivery of The Gettysburg Address. We then hear some commentary and insights from some of Lincoln's harshest critics. Finally, we examine the assassination.

Instructor

Marvin Burris ■

Staff Shout Out!

Brewster's most important asset is a caring and compassionate staff. We want to congratulate the following staff members for their recent and ongoing educational efforts.

Chaplain Roger Jackson, M.Div.

Was accepted to participate in **St. Luke's Health Extended Unit Clinical Pastoral Education (CPE) Program**. Chaplain Roger's program runs from March—November 2018 where he will participate in classes (both online and at St. Luke's Health in Kansas City). His intern experience will be part of his work at Brewster Place.

Certified Dementia Care Practitioners

Recently eight staff members participated in training to become Certified Dementia Care Practitioners. The training was provided by Great Plains Quality Initiative. The certificate is issued through the National Council of Certified Dementia Practitioners. These individuals are the leaders for the memory care teams at Brewster Place and will work to model, teach and promote excellent care for those with dementia.

Congratulations to:

- **Layla Sullivan, RN,**
Director of Nursing
- **Ashley Baker, RN,**
Director of Nursing
- **Hannah McDowell, LBSW,**
BHC Social Worker
- **Angala Anderson, SSD/CAD,**
BHC Activities Coordinator
- **Shanet Mason, Kaizen**
- **Tonya Blatt, Kaizen**
- **Debbie Holroyd,**
Wellness Case Manager
- **Dian Morris, Kaizen**



AUDIO-READER
The University of Kansas

Now on Brewster TV
Tune to channel 1961

The Brewster Foundation has offered Charitable Gift Annuities for several years. To arrive at the rates used to pay back on the annuity, we follow the guidelines from the American Council on Gift Annuities. The Board of Directors of the American Council on Gift Annuities (ACGA) approved a schedule of suggested maximum gift annuity rates for gifts established on or after January 1, 2012, and have maintained those rates as of November, 2017. The Brewster Foundation always bases rates for our charitable gift annuity program on ACGA recommendations.

The ACGA’s actuarial consultants study the data and create an established list. The current schedule of gift rates reflects the Council’s long-standing gift residual target of 50%. As a result of this study, the rate schedule contains slightly lower rates for single-life and 2-life annuities for ages 69 and younger, and **higher rates for both single-life and 2-life gift annuities for ages 75 and older.** What does this mean for Brewster Place donors? Quite simply, **those 75 and older are offered the best payout rates.**

Payments from a charitable gift annuity are fixed from the times the annuity contract is signed. Whatever happens to interest rates or the stock market, payments will never decrease. The Brewster Foundation is contractually obligated to make the payments. What better way to make a charitable

gift, receive a sizable tax deduction, and still receive an income for life (and the life of a remaining spouse)?

For your specific rate and more information on the Brewster Foundation Charitable Gift Annuity program, please contact Jeremy Hall at 274-3327. **The Foundation will gladly print a financial illustration showing the**

amount of your payments, how they would be taxed, and the charitable deduction generated by the gift.

A Charitable Gift Annuity is just one of the ways you can join the Brewster Legacy Society. Including the Brewster Foundation in your will, trust, or making us a beneficiary of a life insurance policy are others. ■

A sampling of the rates include:

Single Life	Two Lives—Joint & Survivor		
Age	Younger Age	Older Age	Rate
Age 77 = 6.2	77	77-78	5.3
Age 83 = 7.4	83	87	6.7
Age 87 = 8.2	85	91	7.4
Age 89 = 8.7	91	93-95	8.8

New Opportunities for a Thriving Community NOW

The Brewster Foundation is continuing its push to raise funds to support the expansion on the Brewster campus. The Brewster Foundation and the hard-working campaign team have been working to provide updates, information, and to find support for this project.

Although, we are still in pursuit of our ultimate goal of \$4,000,000, we are on the verge of reaching a wonderful milestone. Starting in mid-2017, we began discussions with Brewster staff about the ***New Opportunities for a Thriving Community NOW*** campaign. The staff is excited about the changes coming to the Brewster Place campus and have shown their support by pledging just over \$99,000 to this campaign. If you want a testament as to how much our staff care about improving our campus and providing the best possible care and residential experience, you need to look no farther than this financial commitment.

I am proud to work at Brewster, and I’m proud that my fellow associates have made that commitment with me to make a difference — to see the long-range goals and benefits of this project! As always, I am excited to talk with you about how you can make a difference in this campaign and have a lasting impact on the Brewster Campus. ■

Foundation Forum

How Will the Changes in Tax Law Affect Me?

Thursday, March 1 | 10:00 am

The Evergreens Community Room

Join us as we delve into the exciting topic of TAXES! At the end of 2017, a tax bill was passed that created great debate. We are sure most of you have had at least one conversation with somebody about those changes. The bigger question is, "Do I understand what those changes really are?" We will have an expert come to visit with us to dispel some of the myths and present us with some truth on how the tax law has changed and how it could impact you. ■

News and Views with Kevin McFarland

Tuesday, March 13

10:15 am

Redwood Chandler Sun Porch

Join Kevin McFarland for a lively discussion about current events and other things that are happening in our community. This is a great time to hear other people's views and spend time with friends. If you haven't attended one of these sessions, we invite you to give it a try! ■

March Madness Brewster Bracket Challenge

March Madness is almost here and we will be holding our Annual Brewster Bracket Challenge once again. Brackets will be available on Monday, March 12 with completed brackets due Wednesday, March 14 by noon. Brackets will be available at the Redwood Information Center, Evergreens Human Resources Office and Brewster Health Center. Watch for more details via BPTV 1960 and on a bulletin board near you!

We will also have a Kick-Off Lunch on Thursday, March 15 as the tournament gets underway. Hotdogs, chips and a drink plus lots of basketball on the Main Street Pavilion TVs. Join us! ■

Writing & Reminiscing Group

Monday, March 26

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!

March Prompt: This month we ask participants to bring a sample of writing from an author you admire. You can either choose to emulate the author's style **or** choose a topic and write whatever you like. ■

At the Movies!

Thursdays at 2:00 pm | BPTV 1960

March 1

"Goodbye Christopher Robin"
(2017 biography)

March 8

"The Secret Scripture"
(2017 drama based on a book)

March 15

"Fathers & Daughters"
(2016 drama)

March 22

"Darkest Hour"
(2017 drama based on real life)

March 29

"Murder on the Orient Express"
(2017 thriller)



JESUS CHRIST
SUPERSTAR



Jesus Christ Superstar

A fundraiser for TPAC

Friday, March 23

6:30 pm

Lobbies

Tickets are \$20. Please call Jamie at 274-3398 by Friday, March 9. If we have enough interest, we will buy tickets. ■

Kansas Humanities Book TALK Series

Talk About Literature in Kansas is a program for every Kansan who loves to read and discuss good books. Brewster Place has been a long-time participant in the TALK Series and we appreciate the Kansas Humanities Council's work to support this program.



Spring Series | On the Lighter Side

"Humor is emotional chaos remembered in tranquility." -James Thurber

Life can, on occasion, be sad, stressful and depressing. Family, friends, and neighbors can disappoint or betray us. Times change. Old age or ill health can bring all sorts of problems. But humor writers can come to our rescue, bringing us both immediate laughs and healing new perspectives on the ordinary afflictions of daily living.

On the Lighter Side authors do this by giving us worlds populated with off-kilter, eccentric characters thinking and doing unusual things. They make their characters funny and even lovable. Seen through the lens of warm, appreciative humor, maddening things become funny and bear-

able. The strange becomes the charming; local quirkiness becomes universal humanity.

On the Lighter Side Book Selections

- **How Elizabeth Barrett Browning Saved My Life** by Mameve Medwed
- **Quite a Year for Plums** by Bailey White
- **Standing in the Rainbow** by Fannie Flagg
- **Walking Across Egypt** by Clyde Edgerton

If you are interested in participating in this wonderful series, please call Jamie Fritz at 274-3398 so she can reserve a set of books for you. ■



Above: Phyllis Allen, Adele Wallace and Reeta Akins and other gals at Evergreens Coffee Corner sported cowboy hats and mustaches provided by Adele's daughter who lives in Texas. Fun!

Right: Gary and Judy McGinness wore their red, white and blue for TEAM USA! They will be "wearin' the green" on March 17 as they serve as Grand Marshals for the Topeka St. Patrick's Day Parade! Congrats!



Coffee, Create by Paint, and Celebrate! A Typical Day at Brewster!



Above: Dean Rinner participated in "Make It Monday" in February. Residents and staff created 106 Valentine's that were donated to Meals on Wheels. What a great project!

Birthdays

Peggy Harrison	1
Suellen Wood	4
Jo Ann Kemp	5
Ruth Larson	5
Ada Bishop	6
Ruth Fecteau	6
Marvin Carlson	7
Jim Frank	7
Bob Parman	7
Arlene Rothberger	7
Carolyn Taylor	7
Robert Langston	10
Betty Rice	10
Bobbie Smelter	10
Marilyn Kidd	11
Jeanene Johnson	14
Beverly Menninger	14
Claudia Cerrone	15
Hermi Lowe	15
Charlene Swanson	16
Adelaide Hanna	19
Verna Markham	19
Warren Schriener	19
Martha Williams	20
Lois Fowler	21
Sally Henson	23
Carmen Maupin	24
Donald Tucker	25
Margaret Tesi	26
Joan Gatewood	29
Phyllis McMahan	29
Bill Harlow	31

Anniversaries

Jerry and Jean Hinton	2/01/1947
Royce and Patsy Walz	2/09/1962

New Residents

Carol Dikeman	EV 240
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Staff Anniversaries

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

<u>Department</u>	<u>Location</u>	<u>Years</u>
<u>Administration</u>		
Karen Sandmeyer	EV	5
Teresa Bliss	EV	9
<u>Community Relations</u>		
Chris Gallagher	SH	1
<u>Dining Services</u>		
Bella Ayala	BHC	10
Ruth Bastian	RW	7
Ted Campbell	RW	1
Alicia Glenn	RW	1
Roxanna Bays	RW	5
Matt Reseigh	EV	1
<u>Environmental Services</u>		
Galen Shutter	Campus	2
Curtis Thuston	RW	7
Debbie Rosenberger	EV	40
Hilarie Wolf	EV	3
Charles Johnson	RW	17
<u>Health Services Administration</u>		
Hannah McDowell	BHC	1
<u>Health Services</u>		
Tamica Bradley	BHC	4
Teresa Beauclair	BHC	1
Michael Wingo	AL	11
<u>Rehab</u>		
Whitney Braun	Rehab	5
Kimberly Celestin	Rehab	4
Michelle Eitel	Rehab	1
<u>Security/Transportation</u>		
Nick Bonfiglio	RW	5
Steve Hansford	Campus	6
McKenzie Hartzog	Campus	1
Mackenzie Morrison	Campus	1
Don Davis	Campus	4
<u>Therapy</u>		
Elise Leonard	BHC	4
Deb Webb	BHC	11

In Memoriam

Mrs. Mildred Knoblock	2/1/2018
Mr. John Thiele	2/4/2018
Mrs. Dorothy Slemmons	2/5/2018
Mrs. Doris Davis	2/14/2018
Mrs. Lola Thornton	2/14/2018
Mrs. Marjorie Hazlett	2/17/2018
Mr. Emil Kutka	2/22/2018



march | on-campus events

Brewster Book Club | Thursdays, March 1, 8, 15, 22 and 29 | 2:30 pm | Evergreens Community Room

This is a new book group starting at Brewster. They will be reading *The Handmaid's Tale* by Margaret Atwood. It is set in a future dystopia, a "not-good-place" that is the opposite of a utopia but deals with themes that are very current. The group will meet every Thursday in March to discuss the book. The discussion will be led by Tanya Walsh from the Topeka Shawnee County Public Library. Please contact Diana Siegal at 274-5575 if you are interested.

Highland Park High School Chorale | Friday, March 2 | 1:00 pm | Redwood Lounge

Come and enjoy the beautiful voices of this Highland Park select choir directed by Dr. Kitendo.

KSU Basketball Watch Party | Saturday, March 3 | 1:00 pm | Redwood Lounge

Join Eugene Shoemaker in watching KSU play a great game of basketball. We will provide drinks and popcorn. Come help cheer KSU on to a victory.

Make It Monday! | Monday, March 5 | 12:30 pm | Redwood Lounge

See article on page 3 of this issue.

Beginning Chess | Monday, March 5 | 3:00 pm | Redwood Founders Room

Have you always wanted to learn to play chess? Come and challenge your mind and learn all the details of playing chess. The instructors will be our own Ian Safford from HR and John Long from IT. Please call Ian at 274-3377 for a reservation.

Trip to St. Louis Planning Meeting | Tuesday, March 6 | 1:00 pm | Evergreens Community Room

All aboard for St. Louis. Let's gather and discuss our plans for St. Louis on April 3. If you are interested, please attend. Please call Jamie at 274-3398 for trip reservations.

Cornerstone Singers | Tuesday, March 6 | 7:00 pm | Redwood Lounge

Please come and hear the beautiful voices of the Cornerstone Singers directed by Dorothy Iliff. The singers are brought to you by the Civic Music Club.

John Adams Miniseries | Wednesdays, March 7 and 14 | 1:00 pm | Chapel

We will continue mini-series on the second President John Adams. This is based on David McCullough's bestselling biography. Come and join us.

Resident Council Meeting | Thursday, March 8 | 10:00 am | Klinge Activity Center

Want to know what is happening on the Brewster campus? All residents are encouraged to attend to hear all the exciting things occurring on campus. You will hear from staff representatives and resident committee chairs.

Team Trivia | Friday, March 9 | 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 the All-Things March! Bring a friend.

Brent Ferguson Guitar Performance Sponsored by On Stage Live!

Sunday, March 11 | 3:00 pm | Redwood Lounge

On Stage Live is bringing the beautiful guitar music of Brent Ferguson to Brewster Place. Come and enjoy.

Tea at Two | Monday, March 12 | 2:00 pm | Evergreens Parlor

Come visit and enjoy a hot cup of tea. Let's take time to catch up on all the exciting things going on at Brewster.

Bible Study: Before Amen: The Power of Simple Prayer with Chaplain Roger

Mondays, March 12, 19, 26 and April 2 | 3:00 pm | Chapel

See article on page 4 of this issue.

Healthwise 55 Luncheon | Tuesday, March 20 | 11:30 pm | Klinge Activity Center

Our topic will be *Finding Light in the Darkness* presented by Rev. Tom Baker, Spiritual Care Director, Stormont Vail Health. The winter blues can creep in during these dark, cold days. Join us to help harness the joy as the days lengthen. The lunch will cost \$7. Reservations are required by March 16. Please call Jamie at 274-3398 for reservations.

Kansas Humanities Book TALK Series | Tuesday, March 27 | 2:00 pm | EV CR

Please see article on page 8 of this issue.

march | off-campus events

Topeka Festival Singers | Monday, March 5 | 6:30 pm | Lobbies

The Singers are excited to present a special program of choral works by noted contemporary American composers. They will pay tribute to their wonderful patrons from the past and present as they perform the works that have been commissioned and composed especially for them over the years. To support the future of their community of singers, they also continue the tradition of inviting area high school singers to share the stage with them. We hope you will join us for this wonderful night of remembering and intergenerational music making. Tickets can be purchased at the door. Please call Jamie at 274-3398 for transportation reservations.

Prairie Band Casino Trip | Thursday, March 8 | 12:00 pm | Lobbies

Come and bring your good luck at the best casino gaming in the area. We will begin with a delicious buffet lunch and then play for about an hour. Lunch is a Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

On Stage Live! | Saturday, March 17 | 6:30 pm | Lobbies

On Stage Live! presents Deux Voix from Houston, Texas. Deux Voix represents one of the most cherished and historical combinations of musical sounds, and has transformed it to appeal to a wide range of audiences. Stephen Distad and Justin Langham have amassed a significant amount of success and a rapidly growing reputation performing across the country. In their mission to expand the world of trumpet and organ, Stephen and Justin are constantly adapting works from other genres and instrumentations, such as jazz, Broadway, opera, and current popular music, in order to reach a wider audience. Tickets can be purchased by calling 785-273-2767. Please call Jamie at 274-3398 for transportation reservations.

All American Band Concert | Sunday, March 18 | 2:15 pm | Lobbies

Come enjoy outstanding *march* music. This is a scholarship fund raiser for Washburn University music students sponsored by SAI music fraternity. Tickets are \$6. Please call Jamie at 274-3398 for transportation reservations.

Volunteer at Ronald McDonald House | Monday, March 26 | 10:00 am | Lobbies

Let's help 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.

Tour of Topeka Mural Project | Thursday, March 29 | 1:00 pm | Lobbies

The Topeka Mural Project is a program of ARTSConnect in partnership with the Topeka Police Department, Safe Streets Coalition, Downtown Topeka, Inc., Shawnee County Parks and Recreation and the City of Topeka. The goal is to make Topeka a safer, more vibrant, prosperous place to live through the installation of large works of public art. Kathleen Heit, Martha Williams's daughter, will give us a tour of this exciting project in Topeka. Our last stop will be G's Frozen Custard. Custard will be Dutch treat. Please call Jamie for reservations at 274-3398.

Topeka Civic Theatre | Thursday, March 29 | 6:00 pm | Lobbies

In March TCT brings the smash hit *Mamma Mia!* with a large cast, non-stop laughs and explosive dance numbers. Over 54 million people all around the world have fallen in love with the characters, the story and the music that make *Mamma Mia!* the ultimate feel-good show! A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget. Writer, Catherine Johnson's sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. Tickets are \$33. Please call Jamie for reservations at 274-3398.