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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.

New Opportunities for a Thriving Community

Brewster Place has a 53 year history of growth and innovation. What began as one multi-level building on a plot of land just off SW 29th Street has blossomed into a 32+ acre campus that nearly 400 residents enjoy and call home.

Adding enhancements and improvements to the Brewster Place landscape has always had one central purpose: to provide service, comfort, and convenience to residents. The most recent construction project, starting on the southeast corner of campus, is the latest example of growing and thriving to meet the needs of residents. Once completed, the new wellness complex will offer facilities and programs not currently available, as well as connecting buildings on the campus to improve access to existing facilities.



A new Cultural Arts Center will be the centerpiece of this new construction. Brewster Place has a commitment to the **arts** that spans its 53 year history. The addition of a Cultural Arts Center, complete with a live performance stage, allows Brewster Place to collaborate with community partners, such as Washburn University, area high schools, Topeka Civic Theatre, and the Topeka Performing Arts Center, to offer top-notch performing arts events for residents and their guests. In addition, the new Cultural Arts Center will serve as a multipurpose room that is large enough to accommodate the majority of residents, their families, and staff — a space Brewster does not have at this time. This multipurpose space will allow Brewster to host larger Osher Lifelong Learning Institute classes, community forums, larger religious and spiritual services, banquets, and special holiday parties with space for all residents.

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Words from Wellness | National Family Caregiver's Month

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

In November 2012, President Barack Obama proclaimed November to be National Family Caregiver's Month. He stated, "Family members, friends and neighbors devote countless hours to providing care to their relatives and loved ones. During National Family Caregiver's Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

Family caregiving is one of the most difficult and rewarding vocations that anyone will ever experience. Whether you are caring for a family member in a retirement setting such as Brewster Place, or in another setting in the community, the experience of caregivers has many common themes. Caregivers often report feelings of being overwhelmed, experience "burn-out" and convey difficulty connecting their loved ones to needed support and services.

The Caregiver Action Network offers these tips for family caregivers:

- Seek support from other caregivers (Brewster Place offers a Caregiver Support Group for our residents and BrewsterConnect members, which meets monthly. Call 274-3395 for details.)
 - Take care of your own health so that you can be strong enough to take care of your loved one. (Try a mind-body connection class, such as Yoga or Tai Chi, right here at Brewster Place).
 - Accept offers of help and suggest specific things that people can do to help you. (Brewster Wellness has Care Partners that provide caregiver assistance in your home. Call 274-3395 for details.)
 - Learn how to communicate effectively with doctors. (Utilize a notebook to organize documents and write down questions to ask at your appointments.)
 - Be open to new technologies that can help you care for a loved one.
 - Watch out for signs of depression and don't delay getting professional help when you need it.
- Caregiving is hard work, so take respite breaks often.
 - Organize medical information so it is up to date and easy to find (medical identification cards, pharmacy information, etc.)
 - Meet with your family attorney to insure legal documents are up to date and in order (medical power of attorney.)
 - Give yourself credit for doing the best you can in one of the toughest jobs!

Caregivers need resources and connections to navigate the journey. Reach out to Brewster to receive expert assistance in your home, be it on the Brewster Place campus or in your home in the community. Brewster Place recognizes and appreciates all that caregivers do for their loved ones. In order to celebrate caregivers, the following events will take place on campus throughout November. Please join us — ***all are welcome!*** ■



National Family CAREGIVER's Month Celebration Events at Brewster Place

Caregiver Information and Resources

Monday, November 6
10:00 am—Noon | Redwood Lounge

Panel of Experts on Challenges and Rewards of Caregiving

Monday, November 13
1:00 pm | Chapel

Caregiver Support Group

Monday, November 20
10:30 am | Chapel



Film, Discussion and Caregiver Appreciation

Monday, November 27
3:00 pm | Chapel



Join Us for Two Exciting Events November 10—12

Annual Holiday Charity BAZAAR

A holiday tradition since 1965!

Friday and Saturday

November 10 & 11

9:00 am—3:00 pm

Klinge Activity Center



- ◆ Christmas ornaments
- ◆ Holiday decorations
- ◆ Tea towels
- ◆ Table runners
- ◆ Quilts
- ◆ Dolls and doll clothes
- ◆ Kitchen items
- ◆ Toys
- ◆ Purses
- ◆ Jewelry
- ◆ Children's rocking chair
- ◆ And much more!

Proceeds benefit charitable organizations in Topeka!

BAKE SALE (Saturday Only)
Quilt Drawing | Door Prizes

Parade of Brewster Homes

By David Beck, President and CEO

Fall is a welcoming time with changing leaves, cooler weather, and a sense of home, as people ready for the upcoming holiday season.

We hope you all have that sense of home here at Brewster. To add to that feeling of fellowship, we encourage you to **invite friends and family** to join our Brewster campus for the **"Parade of Brewster Homes"** the second week of November.

The **Annual Holiday Charity Bazaar** is November 10 and 11 and the Lifestyle Services Team (Lisa Carter, Chris Gallagher, and Nancy Park) is offering the holiday homes tour in conjunction with this event. Life Style Consultants will provide tours showcasing each type of Independent Living properties that we have on the Brewster campus.

Tours of homes will take place both days, on the half hour, starting at 9:30 am with the final tour at 2:30 pm. We will be leaving from the Redwood front entrance. You and your friends will have the opportunity to take a look at the furnished homes of some of our current residents and see three different types of apartments at The Evergreens.

On Sunday, November 12, Nancy and Chris will be available, by appointment, from 11:00 am to 2:00 pm at The Evergreens if your friends would like to take another look at those apartments and learn more about living on campus.

This fall we have a great **incentive** for you to bring your friends to Brewster. **Residents** referring a friend who signs a contract will receive one month's care and service **free**. The friend will also enjoy the first month **free** at Brewster.

In December, residents will be invited to see a model showroom with customized furniture and accent pieces developed by designers at Furniture Mall of Kansas. Stay tuned for all of the happenings!

It's an exciting time to showcase Brewster Place as we grow and expand our services and continue to position our campus as the clear leader in senior living. ■

PARADE

of Brewster Homes

TOURS Every Half Hour

Leave from Redwood Entrance

Friday, November 10

9:30 am—2:30 pm

Saturday, November 11

9:30 am—2:30 pm

TOURS by Appointment

Sunday, November 12

11:00 am—2:00 pm



...Continued from page 1

A lovely area directly outside of the Center, complete with an art gallery showcasing resident and community artwork, offers an exceptional space for pre-event receptions. When no events are scheduled, the space will serve as an excellent place for residents to people watch, visit with friends, or watch for a ride.

On the lower level of the Cultural Arts Center, at ground level on the west side, we will expand resident

engagement programs. The cramped wood-working shop in The Evergreens will be replaced by a spacious new shop with natural light and direct access to a loading dock to facilitate bringing in raw materials. A few prospective residents have indi-

cated a desire to donate new equipment for the shop, and one has offered to donate a dust handling system. In addition, a spacious new state-of-the-art exercise studio, bathed in lots of natural light, will be home to classes in Tai Chi, Yoga, Thera-band, aerobics, and balance.

The new Aquatics Center will allow residents to participate in warm water exercise, which is widely touted for providing aerobic benefits without putting heavy stress on already compromised joints. Research has shown that warm water therapy is effective for many kinds of musculoskeletal conditions, including fibromyalgia, arthritis, and low back pain. The pool will feature a ramp to allow easy access into and out of the water. Changing rooms are large — private unisex spaces — which allows couples to assist each other with getting in and out of swimwear. In addition, designated open swim times will offer residents an opportunity to invite family and friends to Brewster Place to enjoy the pool.

A new Culinary Center, restaurant and lounge will help us meet the heightened demand for culinary services. Many of our current food

production facilities are inadequate and outdated. Currently, residents who dine in The Evergreens are served meals out of a space that was originally designed as a snack bar — its tiny operation has grown into one that includes offering a full menu and table service. With no loading dock or even an outside door, raw food and supplies must be carted in down a hall. Kitchen equipment and prep space are very limited and are not



View of new addition, walking connector and parking garage looking northeast.

adequate. In the Redwoods, the kitchen features some 1964-vintage equipment and, although it has undergone some updates over the years, the equipment is now unreliable and the food preparation area is inadequate to provide the level of food service currently required.

The new 1550 square-foot Culinary Arts Center will serve as the production kitchen for all three Brewster restaurants and Assisted Living dining rooms. The new kitchen will also serve banquets and special meals in the Cultural Arts Center, as well as catered functions across campus. The Center will be staffed with an executive chef who will oversee menu and recipe development, inventory, and kitchen staff. It will enable Brewster Place to move from a “slice and heat” institutional food model, to one where freshly prepared scratch meals and bakery are the focus, offering healthier options and better nutrition.

A new full-service salon and spa will expand our current barber/beauty shop offerings and provide customers opportunities for emotional and physical wellness through personalized pampering, as well as foster social and community connections. Pedicures will be one of the services offered out of the spa, which are important for seniors who often need assistance with foot care. A massage therapist will be available to work with residents who have achy joints. Massage can also enhance blood circulation and

eliminate toxins from the body.

Finally, indoor community connectors will join our campus. The new construction includes enclosed, air-conditioned walkway connectors and bridges to link buildings together, improve access to facilities, and begin to eliminate silos or pockets of isolation between different areas on campus. The new walkways link together the new parking structure, Main Street in the lower level of Redwood South, the new Cultural Arts Center, Aquatics Center, and The Evergreens. The connectors will provide residents and guests safe, step-free, climate-controlled access to many parts of our campus and provide an indoor walking circuit for residents to enjoy during inclement weather any time of day.

This ambitious project needs financial support from the Brewster Foundation. The Foundation's sole purpose is to provide support for Brewster. That mission has never been more important than it is right now as we embark on this project that provides state-of-the-art services for our current residents and a legacy for Brewster's future.

The Brewster Foundation has the ambitious goal of raising four million dollars for this project. Three million dollars will be dedicated to the construction costs of this expansion, and one million dollars will be set aside as endowed funds to provide long-term programming and support into the future. Multiple naming oppor-

tunities are available for those looking to preserve a family legacy, and include the Cultural Arts Center, art gallery, fitness studio and more. We also look forward to working with donors interested in creating a special tribute, such a permanent veterans' memorial, or sponsoring a section of a larger project.

While we may have different views on various aspects of the upcoming project, the common thread is that we all want to live a life that provides us the chance to thrive, bloom, and flourish. For some residents, it may be a wonderful exercise session in the pool or time spent creating in the woodshop. For others, it might be an enjoyable chat on the dining patio over coffee with friends, or attending live performances in the cultural arts center.

In the first few weeks of November, all of our residents

will be invited to a small group informational session. These sessions offer a great opportunity to find out more about the new expansion and ask questions. If the session time that you are invited to is not convenient for you, please feel free to call our office and we will happily reschedule. We want to provide these small group sessions so that we can provide you with the information you need to be able to support Brewster in the future.

Providing ***New Opportunities for a Thriving Community Now!*** is our goal, and we will only be able to accomplish that with your support. We hope that you will embrace the opportunity to be a part of Brewster's future. For more information about the new projects or the ***New Opportunities for a Thriving Community Now!*** capital campaign, contact Jeremy Hall at 274-3327. ■



Please Take Note!

Resident Quilt Show

Beginning November 1 | Dorothy Trueblood Resident Art Gallery
Redwood lower level

Veterans Wall of Honor

A new and improved Veterans Wall of Honor will be on display in time for Veterans Day on November 11.
Dorothy Trueblood Resident Art Gallery | Redwood lower level

Campus Construction Briefing with Claudia and Matt

Tuesday, November 28 | 10:00 am | Chandler Sun Porch

Meditation Tuesdays

Residents, staff, BrewsterConnect and Live Well at Home members are invited to this self-directed mediation time.
12:00—12:24 pm | Chapel

From the Chaplain | Finding CALM in the Midst of Worry

by Chaplain Roger Jackson, M. Div.

Last month, we began a conversation about anxiety, and many of you expressed interest in our latest Bible study based on Max Lucado's book, *Anxious for Nothing: Finding Calm in a Chaotic World*.

Since many of us are familiar with anxiety and worrying about our worry, let's continue this important conversation.

My mom was an excellent worrier. She worried about everything: money, house, husband, children, parents, safety, food, work, friends, and national and world problems. I think you get the picture. If she couldn't think of anything to worry about, she would make something up. I remember when we visited her, I was expected to phone her upon arrival at home so she knew we were safe. Whenever I forgot, I always received a frantic call the next day, and she was not happy. Worry affected her peace of mind and her health. Worry, if we allow it, can control our lives.

Jesus even warns us about letting worry control our lives. In Luke 21:32, Jesus says, "Be on guard so that your hearts are not weighed down with....the worries of this life." Is your heart weighed down with worry? Lucado suggests the following signals as indicators of anxiety.

- Are you laughing less than you once did?
- Do you see problems in every promise?
- Would those who know you best describe you as increasingly negative and critical?

- Do you assume that something bad is going to happen?
- Do you dilute and downplay good news with doses of your version of reality?
- Many days would you rather stay in bed than get up?
- Do you magnify the negative and dismiss the positive?
- Given the chance, would you avoid any interaction with humanity for the rest of your life?

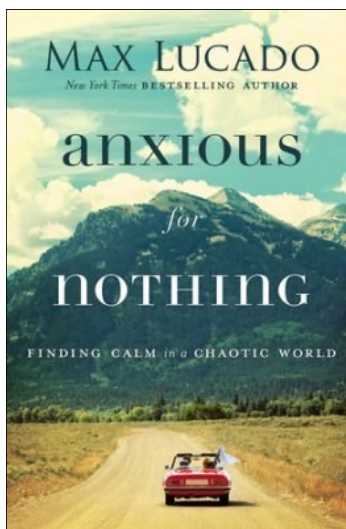
If you answered yes to several of these questions, then you need to examine Paul's words in Philippians 4:4-8. Lucado suggests that in these five verses, we can find **CALM** in the midst of our worry and anxiety.

Celebrate. Ask. Leave. Meditate. (C.A.L.M.) We first need to **celebrate** God's goodness. "Rejoice in the Lord always" (v. 4). Next, **ask** God for help. "Let your requests be

made known to God" (v. 6). Third, **leave** your concerns with God. "With thanksgiving...." (v. 6). And last, **meditate** on good things. "If there is anything praiseworthy—meditate on these things" (v. 8). If we are able to do these things, they will lead us to the promise in verse 7, "the peace of God, which surpasses all understanding, will guard your hearts and minds."

I don't know about you, but I could use some calm in my life. When I begin to worry about my spouse, my health, my children, my finances, my friends, the economy, all the hate and violence around us, etc., I need to read Philippians 4:4-8 and think of C.A.L.M. Maybe then, I wouldn't be so anxious. At least, I wouldn't be letting worry and anxiety control my life. Couldn't we all use a little more C.A.L.M. in our lives? ■

Bible Study with Chaplain Roger



Anxious for Nothing: Finding Calm in a Chaotic World *by Max Lucado*

**Mondays, November 6, 13 and 20
3:00 pm—4:00 pm | Main Street Chapel**

Stop letting anxiety rule the day. Join us as we complete our journey to true freedom, and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But, it doesn't have to dominate your life.

McGivern Selected for National Leadership Academy

Congratulations to Eileen McGivern, RN, BSN, Vice President of Wellness and Community Initiatives who was recently



chosen as one of 30 to attend the LeadingAge National Leadership Academy. This prestigious national program is a year-long leadership development academy designed to enhance the leadership skills and core competencies of nonprofit leaders working professionally within the aging services industry. McGivern began her training in October in New Orleans at the LeadingAge National Conference and Annual Meeting.

Eileen joined Brewster in 2011 as Wellness Director and was quickly promoted to her current position. Her work is focused on serving seniors through the Brewster at Home division and includes wellness programming for Brewster Place residents, advocacy for seniors and developing creative options for seniors to age in place. ■

At the Movies!

Thursdays at 2:00 pm
BPTV 1960

November 2

“Truth” (2015 biography)

November 9

“90 Minutes in Heaven”
(2015 faith drama)

November 16

“Mr. Church”
(2016 drama based on real life)

November 23

No movie today!

November 29

“A Man Called Ove”
(2016 foreign romantic comedy)



Brewster Health Center Focuses on Antibiotic Stewardship

By Lea Chaffee, BHC Associate Administrator

Fall is here and along with the beautiful leaves and cool air, flu season has arrived. Residents and staff at Brewster Health Center received flu shots and education on preventing the spread of infection. As we move into this time of year, Brewster Health Center would like to share an important message about antibiotic stewardship. The Centers for Disease Control and Prevention and the Center for Medicare and Medicaid Services have made antibiotic stewardship a top priority. This information is taken from the publication entitled, “The Core Elements of Antibiotic Stewardship.”

“Improving the use of antibiotics in healthcare to protect patients and reduce the threat of antibiotic resistance is a national priority. Antibiotic stewardship refers to a set of commitments and actions designed to “optimize the treatment of infections while reducing the adverse events associated with antibiotic use.” The Centers for Disease Control and Prevention (CDC) recommends that all nursing homes take steps to improve antibiotic prescribing practices and reduce inappropriate use. Antibiotics are among the most frequently prescribed medications in nursing homes,

with up to 70% of residents in a nursing home receiving one or more courses of systemic antibiotics when followed over a year. Harms from antibiotic overuse are significant for the frail and older adults receiving care in nursing homes. These harms include risk of serious diarrheal infections from Clostridium difficile, increase adverse drug events and drug interactions, and colonization and/or infection with antibiotic-resistant organisms. Nursing homes are encouraged to work in a step-wise fashion, implementing one or two activities to start and gradually adding new strategies from each element over time. Any action taken to improve antibiotic use is expected to reduce adverse events, prevent emergence of resistance, and lead to better outcomes for residents in this setting.”

The leadership and staff at Brewster Health Center are working diligently to implement the core elements of an effective infection control and antibiotic stewardship program. We are committed to helping residents avoid adverse outcomes from the overuse of antibiotics. If you have questions, or would like more information, feel free to contact Lea Chaffee, BHC Associate Administrator at 274-3305. ■

Kansas City Day Trips — Museums, Mummies and More!

Come and take a guided tour of the new Marion and Henry Block Collection of Impressionist and Post-Impressionist art. The new galleries comprise 29 masterpieces featuring Bloch's donated pieces — which include paintings by Vincent van Gogh, Claude Monet, Paul Cezanne — next to the Nelson's own European works from the 18th, 19th and 20th centuries. The galleries also feature cutting-edge display methods. We will have lunch at the beautiful Roselle Court. Lunch is a Dutch treat. Transportation is \$13.

The Nelson-Atkins Museum of Art

Thursday, November 16
9:00 am | Lobbies

Thursday, November 16
9:00 am | Lobbies

Union Station in Kansas City is hosting an exhibit called Mummies of the World: The Exhibition. Inside every mummy is a story waiting to be told and through modern science and technology, their secrets are now revealed. Peek into the lives of ancient people and cultures from every region of the world to learn about past civilizations. Portraying both natural and intentional mummification, this compelling collection includes ancient mummies dating back as far as 4,500 years. A fascinating mix of old and new, Mummies of the World bridges the gap between past and present. Tickets are \$18.95. Transportation is \$13.



Thursday, November 30
9:00 am | Lobbies

4,500 years. A fascinating mix of old and new, Mummies of the World bridges the gap between past and present. Tickets are \$18.95. Transportation is \$13.

CHRISTMAS AT RESURRECTION **Hallelujah!**

Saturday, December 9 | 9:30 am | Lobbies

This must-see musical presentation features more than 300 actors, singers, dancers and instrumentalists in a celebration of Christmas and the depiction of the traditional Christmas story. We will have a Dutch treat lunch first and then attend the performance. Tickets are \$20 and transportation is \$13.

If you are interested in any of these trips, please call Jamie Fritz at 274-3398 for reservations. ■

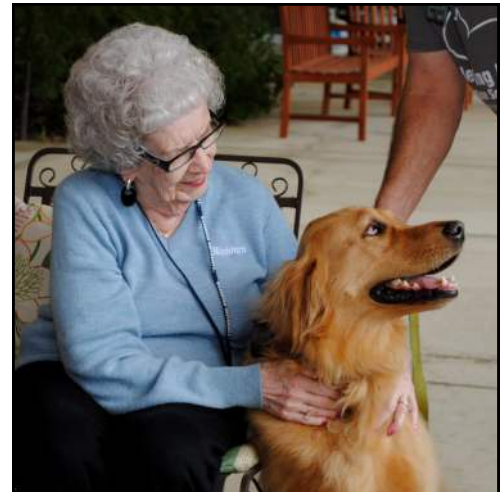
Live Your Life Your Way!



Above: Pat Kratina wore her KU sweatshirt on Team Shirt Day. Pat also organized our Cribbage group that plays every Tuesday. And she LOVES to play Team Trivia!



Left: Warren Schriener enjoys being outdoors. He also participates in twice weekly pool games and recently took part in our intergenerational event with WU. Love it!



Above: Betty Casper obviously loved getting to know one of the many animals that visits campus. We appreciate Helping Hands Humane Society for providing these visits. Pets love unconditionally!

Birthdays

Mary Fallon	1
Carol Ann Garrett	1
Hilda Lundgren	1
Joan Briman	2
Paul Beck, Jr.	3
Glenda Sleeper	3
Ann Uhl	3
Dorothy Funk	4
Bob Knight	4
Gloria Barron	5
Jean Warner	6
Char King	8
Julie Reeves	8
Dorothy Fager	10
Alice McMurdo	13
Marilyn Stanton	14
Elsie Wessel	14
Shirley Albright	16
Betty Casper	16
Rosemary Harlow	16
Diana Siegal	16
Maurice Trower	17
Joyce Davis	18
Susan Anderson	21
Marcella Montgomery	22
Barbara Thiele	23
Don Moses	26
Virginia Tevis	26
Gilbert Singleton	27
Barbara Wydman	28
Dorothy Slemmons	29
Lila Rice	30

Anniversaries

Lew and Mary Mills	11/14/2004
Bud and Charlotte Burris	11/17/1973
Merlin and Beverly Johnson	11/18/1989
Woody and Monna Bulkley	11/21/2007
Nolan and Jean McKenzie	11/27/1993

New Residents

Kathryn Laird	EV 317
JoAnn Kemp	Birchwood 5

Staff Anniversaries

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

Department	Location	Years
<u>Dining Services</u>		
Breanna Cunliffe	RW	2
<u>Environmental Services</u>		
Michelle Wakes	EV	2
Jennifer Biggs	RW	3
<u>Health Services Administration</u>		
Lea Chaffee	BHC	1
Layla Sullivan	BHC	6
Margaret King	BHC	6
<u>Health Services</u>		
Ralph Casas	BHC	1
Sarah Watson	BHC	1
Kathy Hosey	BHC	13
Jayce Heiman	BHC	1
Jeveny Nolting	BHC	2
Jacqueline Epperly	BHC	1
Jennifer Hensley	BHC	1
Julia West	AL	1
Kay Uhlich	HH	17
Samantha Schlagel	HH	2
<u>Rehab</u>		
Shavonne Bennett	Rehab	6
Sadie Clemo	Rehab	6
<u>Security/Transportation</u>		
Martina Adams	RW	7
Albert Lewis	RW	3
Yolanda Hull-Smith	Campus	2
Andrea Barton	Campus	1
Dan Brooks	Campus	1
<u>Therapy Services</u>		
Sherry Geisler	BHC	7

Resident Transfers

Esther May	RWS 30
Carmen Maupin	RWS 24
Maxine Swanson	BHC
Carl and Johanna Roney	Off Campus

In Memoriam

Mrs. Betty Goodin	9/26/2017
Mr. John Adams	10/12/2017
Mrs. Lorene Kring	10/18/2017
Mr. Keith Akins	10/23/2017

november | on-campus events

KU Osher Lifelong Learning Institute: Kansas Characters: From the Scandalous to Benevolent

Wednesdays, November 1, 8 and 15 | 2:00—4:00 pm | Main Street Chapel

Images of Kansas range from the moral heartland where Superman was raised to Bleeding Kansas where neighbors took up arms against neighbors. This course will examine several notable Kansans within that range of images. First will be the **Notorious**—John Brown, the abolitionist or terrorist, and Dr. John R. Brinkley, the infamous goat gland doctor. Then we'll review the **Self-Righteous**—Carrie Nation and the Temperance Movement and Vern Miller, the Kansas Attorney General who sought to prohibit airlines from serving drinks while flying over “dry” Kansas. Finally will be the **Innovators**—Karl Menninger and his famous psychiatric clinic and Bill James, godfather of a new generation of baseball statistics.

Hymn Sing-a-long | Wednesday, November 1 | 6:00 pm | Redwood Lounge

Come enjoy a hymn sing-along with a few members of Fellowship Bible Church. Afterwards we will share in some fellowship with root beer floats.

Senior Class Improv | Tuesday, November 7 | 6:30 pm | Klinge Activity Center

Topeka Civic Theatre will bring their Senior Class Improv troupe to Brewster. They define life in the golden years. The show will be entertaining and is sure to tickle your funny bone. The show is free.

Veterans Day Celebration | Thursday, November 9 | 1:00 pm | Redwood Lounge

Brewster Place would like to honor all veterans that have served in the military. We have a proud a history in the military. To celebrate, the Cornerstone Choir, directed by Dorothy Iliff, will perform a musical tribute.

Global Kindness Day | Monday, November 13 | All day campus wide!

One day that the world celebrates kindness! Today is the day to make a declaration of kindness and do at least one random act of KINDESS. Let's see what a kinder world looks like on the Brewster Campus.

Bridge | Tuesday, November 14 and 28 | 7:00 pm | Redwood Lounge

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

Team Trivia for Fun! | Friday, November 17 | 1:30 pm | Klinge Activity Center

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

Marty Edwards Sing-along | Saturday, November 18 | 6:00 pm | Redwood Lounge

Back by popular demand, Marty Edwards will host a fun sing-along. She prepares songs with well known lyrics. Everyone is welcome.

Tea at Two! | Monday, November 20 | 2:00 pm | The Evergreens Parlor

You're invited to enjoy a cup of hot tea and a sweet cookie. We will catch up on the activities of our residents.

Healthwise 55 Luncheon | Tuesday, November 21 | 11:30 am | Klinge Activity Center

In November, Lenora Kinzie, MLS, director of library services at Stormont Vail Health, will update us on Stormont's membership in the Mayo Clinic Care Network. She will explain how this arrangement is enhancing outcome of patients. The lunch costs will be \$7. Reservations are required by Friday, November 17. Please call Jamie at 274-3398 for reservations.

Coffee and Conversation with Dr. Farley | Monday, November 27 | 10:00 am | Chandler Sun Porch

Please join Dr. Jerry Farley, Washburn University President, to hear updates about the exciting things taking place on the WU campus. Dr. Farley has made many exciting updates to the campus. It will be exciting to see what the future holds.

Writing and Reminiscing | Monday, November 27 | 1:00 pm | Redwood Founders Room

Brewster has a writing group. Putting a pen to paper can be cathartic and research has demonstrated the benefits writing can have on our health and wellness. If writing is not possible we can verbally talk through it. Please come with a specific story/memory about food — an amazing meal, a first date meal, a horrible meal, lack of a meal, etc.

Kansas Humanities Book Talk | Tuesday, November 28 | 2:00 pm | The Evergreens Community Room

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

Make Treats for Delta Gamma Volunteers | Wednesday, November 29 | 2:00 pm | Klinge Activity Center

Come and help make treats for our awesome DG volunteers. These gals come and call Bingo each month. This is our chance to appreciate them with a little treat.

november | off-campus events

Tour of Kansas National Guard Museum, Scenic Drive and Sonic

Thursday, November 2 | 1:00 pm | Lobbies

This Museum is dedicated to preserving the heritage of the Kansas National Guard and honoring the memories of the soldiers and airmen who, for over 145 years, have served Kansas and the US whenever the call is made. We will take a guided tour and explore the rich history of the Kansas National Guard. Afterwards we see how fall is progressing at Lake Shawnee and stop for a limeade at Sonic. Sonic limeade is \$1. Please call Jamie for reservations at 274-3398.

Topeka Symphony Orchestra | Saturday, November 4 | 6:45 pm | Lobbies

TSO will present a concert honoring the history of World War I by offering a moving tribute to the battles. The evening will be a night of music and reflection to commemorate both the victims and the survivors of the Great War, and will include readings of correspondence between Kansas soldiers and their families during the War. Tickets should be purchased in advance by calling TSO at 232-2032. Please call Jamie for reservations at 274-3398.

High School Showcase Concert | Monday, November 6 | 6:30 pm | Lobbies

Come and enjoy the sweet voices of the area high school choral groups. These students have been chosen to join the premier vocal groups. The tickets are \$6 at the door. Please call Jamie for reservations at 274-3398.

Aunt Netters Café and Trip to the Nut House | Tuesday, November 7 | 10:30 am | Lobbies

Let's start our adventure at Aunt Netters in Lecompton. We are sure to find lots of yummy dishes including cinnamon rolls. Afterwards we will go on a scenic drive to Lawrence. In Lawrence we will go to a sale featuring California Nuts and Dried Fruits. It is said to be a fun and yummy adventure. Lunch is Dutch treat. Cost is \$13 for transportation. Please call Jamie for reservations at 274-3398.

Dinner Out at Longhorn Steakhouse | Thursday, November 9 | 5:00 pm | Lobbies

Join Dayna Babler for a lovely dinner at Longhorn Steakhouse. Dinner is Dutch treat. Please call Jamie for reservations at 274-3398.

Healthwise 55 at Stormont Vail | Monday, November 13 | 4:00 pm | Lobbies

HealthWise Senior Suppers presents Life-saving Simulations by Lisa Hinterweger and Leann Edington, Talent Development Specialists. The meal costs \$5 at the door. Please call Jamie for reservations at 274-3398.

Tour of Nelson-Atkins Museum of Art in KC | Thursday, November 16 | Lobbies

Come and take a guided tour of the new Marion and Henry Block Collection of Impressionist and Post-Impressionist art. The new galleries comprise 29 masterpieces featuring Bloch's donated pieces — which include paintings by Vincent van Gogh, Claude Monet, Paul Cezanne — next to the Nelson's own European works from the 18th, 19th and 20th centuries. The galleries also feature cutting-edge display methods. We will have lunch at the beautiful Roselle Court. Lunch is Dutch treat. Transportation is \$13. Please call Jamie for reservations at 274-3398.

CASA Homes for the Holidays Tour | Saturday, November 18 | 10:00 am | Lobbies

The mission of CASA of Shawnee County is to utilize volunteers to advocate for the best interest of children and youth involved in the court system. The proceeds of this home tour are to provide money to fund these needs. The tour includes five exquisite homes decorated for the holidays by expert designers. We will visit homes and view their holiday decoration. Lunch is Dutch treat. Tickets are \$12. Please call Jamie at 274-3398 for reservations.

Cornerstone School Fall Concert | Tuesday, November 28 | 6:00 pm | Lobbies

Enjoy the beautiful choral music of the Cornerstone Home School Choirs directed by Dorothy Iliff, daughter of Mary Muilenburg. Please call Jamie at 274-3398 for reservations.

Union Station in Kansas City: Mummies of the World: The Exhibition

Thursday, November 30 | 9:00 am | Lobbies

Union Station is hosting an exhibit showing Mummies of the World. Inside every mummy is a story waiting to be told. Though modern science and technology, their secrets are now revealed. Peek into the lives of ancient people and cultures from every region of the world to learn about past civilizations. Tickets are \$18.95. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre | Thursday, November 30 | 6:00 pm | Lobbies

TCT presents Disney's Hunchback of Notre Dame. From the mind of Victor Hugo, and inspired by one of the most epic stories ever told—this daring production sets the classic tale of love, vengeance and compassion to one of the most sweeping scores ever written for stage. Tickets are \$33. Please call Jamie at 274-3398 for reservations.