



## In this issue:

- 2 Get to Know Residents  
Quilt Show in November  
Page one continued...
- 3 Get to Know Residents  
Voter Information
- 4 Words from Wellness  
Wellness Wednesday
- 5 From the Chaplain  
Bible Study: Half Truths
- 6 Brewster Foundation:  
Charitable Gifts and  
Bequests  
Foundation Events
- 7 Kairos Prison Ministry  
Osher Lifelong Learning  
At the Movies
- 8 Overland Park  
Arboretum  
Photos

### 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.

## Bill Larson Embodies Spirit of Positive Aging

by David Beck, President and CEO  
*reprinted from LeadingAge Magazine*

We are pleased to announce that Bill Larson was presented with the 2016 LeadingAge Kansas Award for Positive Aging at a dinner on September 27 in Junction City, Kansas. He is also a merit winner for LeadingAge National's Award for Positive Aging.

From the day he moved into Brewster Place in 2009, Bill Larson has made it his mission to make our community a better place to live and work. He is an innovative and creative thinker who is thoroughly grounded in financial reality, but not constrained by naysayers and pessimists. Bill is the kind of guy who sees a problem as a challenge and a deficit as an opportunity for improvement.

He has served as vice president and president of the Resident Council, ex-officio board member, and as chair or member of numerous committees. His greatest contributions, however, have been as an astute observer and creative thinker about how to improve Brewster Place.

The biggest of Larson's many ideas is the development of "Main Street at Brewster Place." He recognized that an area on the back side of one of the campus' oldest buildings, which housed a bank, beauty shop, health clinic, and a resident-run market, was crowded and difficult to navigate.

What if, Larson asked, we could rearrange some things and do some remodeling and enclose the patio area to make it an all-season gathering spot? He presented his ideas to management, and later the board, and soon they were sold on the concept.

The new Main Street at Brewster Place opened in March 2016 and includes a full service bank; a barber shop/beauty salon; a wellness



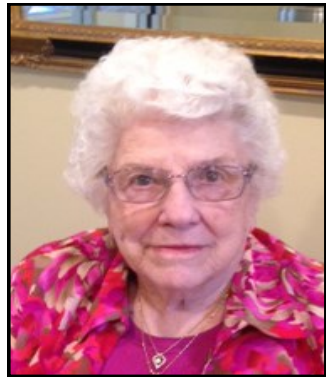
Lea Chaffee, Director of Education and Membership at LeadingAge Kansas, and David Beck, CEO of Brewster Place, informed Bill Larson that he was selected as the winner of the 2016 LeadingAge Kansas Award for Positive Aging.

*Continued on page 4...*

# Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

**M**arie Culver moved to Brewster Place on September 8, 2016. She was born and grew up



**Marie Culver**

1205 SW 29th St., Apt. 108  
Ph. 274-5594

in Midland, Texas. Marie had a twin sister, Marian. In high school, the sisters excelled in typing and shorthand and when they graduated, jobs were waiting for them. Marie worked as a Deputy County Clerk, registering deeds, issuing marriage licenses, etc.

Marie also worked for an independent oil operator for a year and then worked with Mims and

Crane Insurance. She sang in the choir of First Methodist Church in Midland where she met her future husband, Marion Culver, who was stationed at Midland Air Force Base. After their marriage they were transferred several times. In 1954, they transferred to Topeka and when Marion retired in 1963, they decided to stay here.

Her husband worked for the State of Kansas. In Topeka, Marie was a licensed insurance agent and worked for Sargent Wanamaker Insurance.

The Fuller Brush Company asked Marion to oversee the building of a warehouse and manufac-

turing firm in Great Bend, Kansas. During their two years in Great Bend, they took many trips to see more of Kansas, including Culver, Kansas. Returning to Topeka, Marion again worked for the State of Kansas. He passed away two years ago.

Marie and their two children spent summers at a cabin northeast of Durango, Colorado, which her parents had purchased. She has gone there every summer until this year, when she only went for two weeks. Marie enjoys playing bridge, canasta, and is ready to try new things. She also collected Hummel figurines.

Marie's daughter, Elaine, is the church organist and pianist at University United Methodist Church here in Topeka. Elaine started piano lessons at five years old and soon progressed beyond her teacher. She taught school in Topeka for 40 years in the Gifted Children Program, going to different schools or the children came to her. Marie's son, David and his wife, live in Durango, Colorado, where he does private counseling. Marie has two grandchildren and four step-grandchildren. A three and a half year old great-grandson lives in Texas, and a one month old great-granddaughter lives in Denver.

Marie has known about Brewster Place for years. She researched a number of retirement communities and decided Brewster Place "is centrally located for her needs." She is pleased to be here. ■

## Quilts Requested! Quilt Show Coming in November

The Annual Brewster Place Quilt Show will premiere on Tuesday, November 1 at 3:00 pm. Refreshments will be served. Quilts will be displayed for the entire month of November in the Dorothy Trueblood Resident Art Gallery (lower level of Main Building).

We invite residents, family members and staff to submit quilts for the show. This is a wonderful opportunity to show off your quilting skills and admire the work of other quilters. Quilts do not have to be made by you, but must be home made. Quilts are due to Joline Kovarik, Arts and Crafts Supervisor, by October 26. Please call Joline at 274-3317 if you have any questions. ■

## Caregiver's Support Group

Thursday, October 20

2:00 pm | MB FR

The Caregiver's Support Group in October will be a little different. Join Ann Flynn for a Wheel of Fortune type game with imaginary travel locations as prizes. Let your imagination take you to exotic places where you can let go of your stresses. ■



[facebook.com/brewsterplace.org](https://facebook.com/brewsterplace.org)

# Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer



**Jean Rader**

1217 SW 29th Terr., Apt. 201  
Ph. 267-7303

Jean Rader moved to Brewster Place on April 29, 2016. She was born in Long Island City, New York, and then moved to Lakeland, Florida. After high school graduation, Jean attended business school and received her graduation certificate. She then worked as a secretary for the United States Department of Navy in Washington, D.C. There she met her husband, Wayne R. Rader. He worked for the United States Agricultural Department. They married in Lakeland, Florida, and then later moved to Lawrence, Kansas so Wayne could finish his degree in business administration from the University of Kansas. In Topeka, Jean worked for 20 years as secretary for the Grand Lodge of Kansas — the governing body of Free Masons in Kansas. Her husband worked for the Federal Treasury Department. Wayne passed away in 2001.

Jean likes to read and used to sew her clothes. She also sang in several choirs. She has one son, who lives in Topeka.

Jean knew about Brewster Place, as she came here often to visit her friend, Shirley Martin. After deciding to move to Brewster Place, she was on the waiting list for two years waiting for an apartment in Cedar. When one became available, “it was yes or no.” Jean said, “yes,” and moved in. Pleased to live at Brewster Place, Jean reads her *Brewster News*, attends Resident Council meetings as well as other activities. ■



## Important Voting Information

By Diana Siegal, Resident and Democratic Precinct Committee Woman

As you know, **Tuesday, November 8** is Election Day. Not only is it a presidential election year, there are many local, state and national races as well. In addition, in the state of Kansas, five supreme court and six court of appeals judges will be on the ballot for retention. We want to remind you of some important dates in the next few weeks.

The deadline for registering to vote or changing your voting address is **Tuesday, October 18**. You can vote in advance in person at the Shawnee County Election Office starting at 8:00 am on **Monday, October 24** and ending at noon on **November 7**. The election office is at 3420 SW Van Buren Street. Go south on Topeka Boulevard and turn left on St. Croix Street at the Pizza Hut. The election office will be right in front of you at the bend in the street. You can request a ballot by mail either for the November 8 election or for a permanent mail ballot. The request must be in the election office by **Friday, November 4**.

If you need assistance, Republican precinct committee man Ken Peery (273-1160) will help Republican and Unaffiliated voters and Democratic precinct committee woman Diana Siegal (274-5575) will help Democratic and Unaffiliated voters obtain ballots by mail. Diana will also help anyone register or change their address. Democratic precinct committee man Dale Fooshee (266-4365) will post sample ballots prior to **October 24**.

The first presidential debate was held on **September 26**. Additional presidential debates will be held **October 9 and October 19**. The vice-presidential debate will be held on **October 4**. All debates will start at 8:00 pm on a variety of channels including CSpan. ■

### Candidate Forums at Brewster Place

#### Kansas Senate 20th District

Senator Vicki Schmidt (incumbent)  
Dr. Candace Ayars

**Monday, October 10**  
10:00 am | KAC

#### Kansas House of Representatives

##### 56th District

Rep. Lane Hemsley (incumbent)  
Mr. Virgil Weigel

**Monday, October 10**  
3:00 pm | KAC

#### **Election Day**

##### **Tuesday, November 8**

Polls Open 7:00 am—7:00 pm

The voting place for Brewster Place residents is the Main Building Founders Room

# Words from Wellness

## Yoga Classes Added to Schedule

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

### Healthy You Senior Yoga

Thursdays at 1:00 pm | WWC  
Beginning Thursday, October 13

Yoga has many variations and methods of practice. As we continue our exploration of yoga this month, we welcome Kelly Sundbye to Brewster Place. Kelly will offer her version of yoga in a new class called **Healthy You Senior Yoga**. This class is open to Brewster Place residents, BrewsterConnect members, and Live Well at Home by Brewster members.

Healthy You Senior Yoga is a yoga class that uses chairs, straps, and blocks to modify yoga for the senior student. Using gentle poses, breath work, and guided meditations, this hour-long class will focus on building strength, flexibility, and balance to enhance health and well-being.

Kelly is a certified yoga instructor with specialized training in senior yoga therapy from Duke University's School of Integrative Health. Kelly has taught Healthy You Senior Yoga for seven years in Topeka. She is a married mother of three who discovered yoga during her two year battle with cancer. She attributes her remission and good health to the benefits of yoga and meditation.

Participants are encouraged to wear loose, comfortable clothing and to remove their shoes during class. Join us for an hour of gentle movement, relaxing stretches, and meditation for a healthier you!

### Senior Yoga

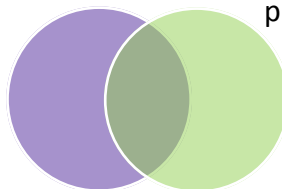
Saturdays—10:30 am—BE  
Beginning October 1

An additional **Senior Yoga** class will be offered at Brewster East on Saturdays at 10:30 am by Mary Boland from Lava Yoga. Mary's introductory classes in September were so popular, she is coming back to teach a weekly class at Brewster East. ■

## Wellness Wednesday

**Meditation | The Mind/Body Connection**  
Wednesday, October 5  
11:00 am | Main Lounge

October Wellness Wednesday will feature a presentation on meditation and its mind and body connection with focus on the health benefits received from it. This session will be presented by Eileen McGivern, BSN, RN, Vice President of Wellness and Community Initiatives.



*"The mind and body are not separate.  
What affects one, affects the other."  
-unknown*

...continued from page 1

center; an outpatient services area offering physical, occupational and speech therapy as well as space for a rotating group of visiting specialists in disciplines such as audiology and podiatry; a non-denominational chapel and lecture center; the Market on Main Street serving meals and "convenience store" style necessities; and the Main Street Pavilion, a dining and socialization area that features a 12-by-20-foot glass wall that displays colorful and playful artwork created by a Brewster Place community art project. More than 120 residents, family members, and volunteers participated in the project.

The Main Street donor recognition board includes the statement. "Main Street was inspired and shepherded by Bill Larson. Without his vision and perseverance, Main Street would not exist." The recognition board features a quote selected by Larson from George Bernard Shaw, "We don't stop playing because we grow old. We grow old because we stop playing." These two quotes tell the entire story. The spirit of Main Street is "never stop playing" and Bill Larson embodies that spirit. ■



## From the Chaplain | Forgiveness

by Chaplain Roger Jackson, M. Div.

“...forgive  
each  
other;  
just as  
the Lord  
has  
forgiven  
you.”

Forgiveness is difficult for us at times, but not for God. God forgives us, so why do we have a difficult time of forgiving someone who has done us wrong? **Colossians 3:12-13** says, “As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you.” We are commanded to forgive each other, so we need to **JUST DO IT!**

We need to forgive everyone. Forgive people even if you know they’re wrong. Forgive people when you know you’re wrong. Forgive people when you don’t feel like it, when they aren’t talking to you, when you aren’t talking to them, when you don’t have time. Forgive people you’ve never met, forgive faults so small you are ashamed that they bother you. Forgive even if you’ve done it a thousand times; even if you’ve never forgiven before.

So, right now, where you’re sitting, think of someone who just makes you furious. It could be the guy who cut you off in

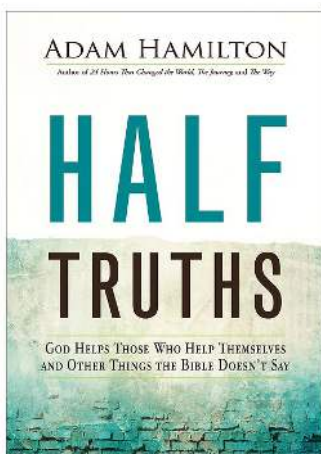
traffic; it could be your daughter who is throwing her life away. It could be your spouse who never remembers to take the garbage out; it could be the sibling who hurt and betrayed you so badly you haven’t spoken in years; it could be someone who hurt you years ago and isn’t alive anymore. Just do it. Say to that person in your mind, “**I forgive you.**”

It doesn’t matter if you don’t feel anything. You might feel an overwhelming rush of love and grace, or you might still feel cranky and self-righteous and just plain mad. It doesn’t matter. You’ve taken the first step. Whatever else is in your heart right now – anger, fear, disappointment – there is also a little seed of forgiveness that has sprouted. And one day, if you keep practicing, you’re going to find that forgiveness in your heart has grown so great that you can start to forgive yourself. And that will be a great day in the Kingdom of God.

And when we can’t do it with the generosity and grace we strive for, the Good News is: **We are forgiven.** ■

### Five Week Bible Study Continues in October

*Half Truths* by Adam Hamilton



**Mondays, October 3—24**

**3:00 — 4:00 pm | Main Street Chapel**

**Chaplain Roger Jackson, Facilitator**

In this five-week video series, Adam Hamilton searches for the whole truth by comparing common Christian clichés to the message and ministry of Jesus.

The clichés include:

- ◆ Everything happens for a reason.
- ◆ God helps those who help themselves.
- ◆ God won’t give you more than you can handle.
- ◆ God said it, I believe it, that settles it.
- ◆ Love the sinner, hate the sin.

God helps those who help themselves and other things the Bible doesn’t say.  
Go beyond everyday sayings and experience the full message of Jesus.

There are many ways to support the Brewster Foundation’s mission, which is to raise funds in support of Brewster. In past *Brewster News* issues, we have talked about Charitable Gifts, Charitable Bequests, and tax advantages that those may bring. The funds that are raised to support Brewster are important to residents, future residents, and staff alike. Two very meaningful ways to share gifts with the Foundation are through Memorial Giving and/or Commemorative or Tribute Giving. Both are important in their own way. Memorial giving is a way to memorialize your life or that of a loved one. Commemorative or Tribute giving is a special way to honor a loved one, friend, or even a staff member. If you have questions about these or others ways of giving to the Foundation, please contact Jeremy Hall at 274-3327. He would be happy to visit with you and assist in determining how your giving best fits your goals and needs.

**Memorial Giving**

*Memorialize your life or that of a loved one*

A memorial of any size is appreciated by the Brewster Foundation. Memorials are made through gifts of cash, equities, life insurance, or by making a memorial bequest through your Will, Charitable Annuity, or Trust.

**What are my benefits?**

When the Brewster Foundation is named as the recipient of memorial donations, the names and addresses of all donors are supplied to the family. The names of those residents memorialized will also be placed on a recognition wall in the lobby of the Main Building. A memorial gift can generate great support from family and friends from all over. Brewster is honored by each one of these gifts, as it is confirmation that we are taking care of and value our residents.

**How do I make my wishes known?**

Specify the Brewster Foundation as the recipient of your or your loved one’s memorial by stating in the obituary: “Memorial donations may be made to the Brewster Foundation, 1205 SW 29<sup>th</sup> Street, Topeka, Kansas 66611.”

**Commemorative Giving**

*Remember or honor a friend or loved one*

A commemorative gift of any size is appreciated by the Brewster Foundation. Commemorative Gifts are made through gifts of cash, equities, life insurance, or by making a commemorative bequest through your Will, Charitable Annuity, or Trust.

**Why Would I Give?**

Commemorative gifts are given for the following: birthdays, anniversaries, or other special occasions. They are also given to thank those who have given you care and shown compassion to insure that others will have the same quality of life at Brewster. These gifts may be one time, repeated over years, or could even include a naming opportunity to honor a family member or a loved one.

**How do I plan a commemorative gift?**

You may either notify the Brewster Foundation of your wishes, or send a check with a note explaining the purpose of your gift. ■

**Upcoming Foundation Events**

**Foundation Forum**

Thursday, October 6 — 10:00 am BE CR  
Featuring Barry Feaker, Executive Director of the Topeka Rescue Mission

**Edith Lessendon Chandler Recital Series**

Saturday, November 19 — 2:30 pm ML  
Mid-America Quintet

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

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

**Gaylene Dibbern, Development Associate**  
**785-274-3328**

Visit us on the web at [BrewsterLiving.org/Foundation](http://BrewsterLiving.org/Foundation)

## A Simple Prayer

Kairos Torch Prison Ministry  
Requests Prayer Partners

**Kairos Torch Prison Ministry** is a Christ centered juvenile prison ministry consisting of volunteers from a variety of churches. The Topeka chapter will be conducting a Kairos Weekend, October 21-23, at the Kansas Juvenile Correctional Complex. The weekend is followed by a six month program of one hour weekly one-on-one mentoring.

You can participate in this program as a **Prayer Support Partner**. All that is asked of you is to pray for the youth and volunteers during the Kairos Weekend of October 21-23. If you are interested, sign-up sheets will be available at the Main Office, Brewster East, and Brewster Health Center south entrance desk. We only ask that you sign your first name and first letter of your last name. Names on the list will be printed on strips of paper and made into a prayer chain that will be hung around the prison during the Kairos weekend. It is a very dramatic way to show support and love to one another. The youth are touched that others take time to pray for them.

---

**For more information please contact  
Paul Beck Brewster Place resident at  
pbeckjr@bpmail.org  
The cut-off date to sign up is  
Monday, October 17**

### **Memoir Writing:**

#### **Digging for the Answers to “Who Am I?”**

Wednesdays, October 5, 12, and 19

2:00—4:00 pm | Chapel on Main Street

Please call Jamie at 274-3398 to sign up for this or other Osher classes. Osher classes are free to Brewster Place residents, BrewsterConnect members and Live Well at Home by Brewster members.

---

**N**either autobiography nor a diary, memoir writing reaches past life’s timelines and facts to dig deeply for answers to our most personal questions: Who mattered most to me? To whom have I mattered? What were my life’s pivotal moments and what did they teach me? In each class, examples of published memoir writings will stir your imagination. Reflective writing prompts will invite you into short writing exercises designed to uncover your life’s mysteries. You’ll experience small-group sharing and leave each class encouraged to continue thinking and writing about YOU. A helpful bibliography, tips for good writing practices, and guidelines on how to form your own memoir-writing group will keep you on track. The story is yours. Write it.

The class instructor, Judith Galas, is a working writer who teaches writing to a variety of students—journalism to KU undergrads, tech writing to working professionals, writing basics to middle schoolers, and memoir writing to adults. ■



October 6 “The Meddler” (2016 comedy)

October 13 “The Man Who Knew Infinity” (2016 drama)

October 20 “All the Way” (2016 drama)

October 27 “Run, Fatboy, Run” (2007 romantic comedy)



## Overland Park Arboretum and Botanical Gardens



We invite you to join Jamie Fritz, Activities Coordinator, for another wonderful trip to Kansas City for lunch and a tour of the Overland Park Arboretum and Botanical Gardens. The trip begins with lunch at J. Alexander's in Overland Park. J. Alexander's serves many high quality options such as hamburgers, salads and sandwiches. The carrot cake is unforgettable!

After lunch we will tour the 300-acre Overland Park Arboretum & Botanical Gardens which was founded to keep the city at the forefront of environmental and ecological issues. A leader of environmentally sound community development, the Arboretum is an educational, recreational and cultural resource for the Kansas City region. About 85 percent of the property in southern Overland Park is dedicated to the preservation and restoration of eight natural ecosystems. The remaining portion includes traditional botanical gardens, trails, and the Visitors Center.

Regardless of the time of year, the Overland Park Arboretum & Botanical Gardens offers unique and unexpected pleasures. From the wildflowers draping the hillsides to the fiery hues of sumac and persimmon, visit our botanical gardens and take in their seasonal splendor. Gardens include a Welcoming Garden, Erickson Water Garden, Legacy Garden & Allie's Glade, Monet Garden, Children's Discovery Garden and Marder Woodland Gardens among others.

Guided golf cart tours or walking tours are available. Space is limited for golf cart tours. Admission is \$3.00. Lunch is Dutch treat. Please call Jamie at 274-3398 for transportation reservations. Transportation is \$13.00. ■

We don't stop **playing**  
because we grow old.  
We grow old because  
we stop **playing**.

-George Bernard Shaw



**Left:** Newlyweds Rosemary and Bill had their photo taken in our photo booth that featured a 1956 four horse power (notice the hood ornament) red convertible.

**Below:** BrewsterConnect members Virginia Sanders and Ethlyn Irwin took a break under the big tent after their dance. Everyone enjoyed the great food and fellowship!

**Left:** Elsie Wessel and Mary Lou Mitchell were part of Julie Schmanke's Race Car Dancers at our recent Rock the Block & BBQ. The "car" theme was evident throughout the event. What fun we had!





## Birthdays

Pat Oppitz	2
Jean Lamb	3
Jim McCune	3
Doris Pellegrini	4
Jean Ragan	6
Bill Funk	7
Lola Thornton	8
Marjorie Smith	8
Randy Ellis	9
Dale Fooshee	9
Margaret Fowler	9
Pat Greenwood	10
Max DaMetz	11
Albert Henry	11
Mary Stryker	11
Adele Wallace	12
Paul Hammond	13
Charlie Paxton	13
Shirley Fuller	16
Shirley Moses	17
Jessie Cunningham	18
Wanda Meyer	18
Ken Peery	18
Maxine Swanson	19
Jean Kesler	20
Frankie Parman	20
Pat Finson	21
Ruth Hodges	21
Herbert Smith	21
Lawrence Heide	22
Doris Payne	22
Alberta Breece	24
Betty Bomar	25
Bette Tompkins	25
Shirley Martin	27
Virgil Armstrong	28
Mary Coldsnow	28
Cherrie Koehn	28
Irma Thomas	29
Woody Bulkley	31
Doris Kinnett	31
Donald Schooley	31

## Anniversaries

Bob and Frankie Parman	10/3/1997
Don and Ann Cousins	10/4/1975
Wayne and Barbara Fernkopf	10/7/1950

## Staff Anniversaries

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Administration</u></b>		
Joe Ewert	BHC	1
<b><u>Dining Services</u></b>		
Connie Geartz	BHC	12
Breanna Sawyer	MB	1
<b><u>Environmental Services</u></b>		
Christy Allen	Campus	16
LaRonn Moss	BHC	6
Josh Saunders	Campus	2
Kenny Nitsche	Campus	9
<b><u>Health Services</u></b>		
Chrystal Miller	BHC	4
Ariel Baez	BHC	3
Darryl Rice	BHC	1
Emily Hull	BHC	7
Brenda Dobler	BHC	8
Hentjie Culton	AL	1
Crystal Nyambegera	AL	1
<b><u>Rehab</u></b>		
Gayle Grape	BHC	5
<b><u>Security/Transportation</u></b>		
Roy Tanner	Campus	4
Sophia Chapman	Campus	9
Carl Farmer	Campus	4
<b><u>Therapy</u></b>		
Ryan Creech	BHC	2
Bonnie McBride	BHC	2
Bailey Mushock	BHC	4

## New Residents

Patsy Brewster	MB 223
----------------	--------

## Transfers

Edna Fluke	BHC
Sydney Fluke	AL
Marcella Montgomery	AL

## In Memoriam

Mr. William Koehn	9/4/16
Mrs. Alberta Cowles	9/11/16

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

The Brewster News is also available online at:

**[www.BrewsterLiving.org](http://www.BrewsterLiving.org)**

Janis Swanson, Editor

[Janis.Swanson@BrewsterLiving.org](mailto:Janis.Swanson@BrewsterLiving.org)