



WATER — the KEY to BETTER HEALTH

We are already in the heat of summer and even though you've heard it many times before, we are going to remind you again to stay hydrated by drinking lots of water.

According to the Cleveland Clinic, "older adults are at a greater risk for dehydration because of how body composition changes with age. Those in the 65-and-older crowd simply have less water in their bodies than younger adults or children. Decreased kidney function also can affect fluid levels."

In addition, the reduction in thirst that comes with age can keep that already low supply from being replenished. "By the time an older adult feels thirsty, that's already an indication of early dehydration," says Anne Vanderbilt, CNS, of the Center for Geriatric Medicine at Cleveland Clinic.

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to your muscles. Not getting enough of it can have serious health consequences. That's why dehydration is a common cause of hospitalization among those 65 and over. In fact, last summer at Brewster Place, many of our residents who went to the emergency room or had a fall were experiencing dehydration.

According to Vanderbilt, "symptoms of dehydration in older adults often go unrecognized. Symptoms can be easily attributed to other medical conditions, medications or natural effects of aging."

Quality of Life Specialist Alyssa Granado wants to help curb dehydration at Brewster Place by having a **Hydration Campaign**. She will have tables set up on **Thursday, July 18 from 10:00 am—12:00 pm at the Brewster Events Center and from 1:00—3:00 pm near the Redwood Information Center**. Water bottles, flavor packets and electrolytes will be available as well as information about staying hydrated.



water and your body

- The human body is approximately 60% water
- The sensation of thirst declines as you age
- Up to 40% of older adults might be chronically underhydrated
- Generally speaking, eight 8-ounce glasses of water per day is needed for adults

health benefits of water

- Helps regulate body temperature
- Hydration is linked to lower frequency of confusion and prevents dehydration headaches
- Boosts skin health and wound healing
- Helps maintain blood pressure
- Helps protect the spinal cord and other tissues
- Helps dissolve mineral and nutrients
- Helps prevent UTI's and constipation
- Flushes out waste products and prevents kidney damage
- Keeps joints well lubricated

foods high in water content

- | | |
|--------------|------------|
| • Grapes | • Lettuce |
| • Watermelon | • Apples |
| • Spinach | • Peaches |
| • Cucumber | • Zucchini |
| • Tomatoes | • Celery ■ |

MISSION

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.

Each year the Brewster Place Human Resources Team coordinates a school supply giveaway for Brewster Place employees. Last



SCHOOL SUPPLY GIVEAWAY

Monday, July 1, there will be a donation bin available at each of the main entrances for Redwood, The Evergreens and Brewster Health Center. Donations can be left in the bins and will be collected through **Friday, July 26**. If you would like to make a monetary donation, please make checks out to Brewster Place and note “**School Supply Giveaway**” in the memo line. You may bring checks to Maxine at The Evergreens or Marianne at Redwood. Thank you for your support.

year, with the help of generous donations, we were able to help 100 students that were either Brewster Place employees or their dependents.

It is time to begin collecting donations. Beginning

HIGHEST PRIORITY ITEMS

- Kleenex
- Black Expo Markers
- Clorox Wipes
- Glue Sticks/Bottles
- Post It Notes
- Pencil Boxes and Pouches

OTHER NEEDS

- Two pocket folders (the paper kind, not the slick material)
- Pens
- Pencils (#2 and mechanical)
- Crayons — 24 count packs
- Markers — 10 count packs
- Colored Pencils — 12 count packs
- Big pink erasers
- Yellow highlighters
- Composition books

Please note donating to this project is purely voluntary. We appreciate any donation to this project. Thank you! ■

PRIMARY ELECTION 2024

Reminder: If you have moved to Brewster Place or have moved from one address to another at Brewster Place since you last registered to vote, you must re-register.

Tuesday, July 16

Deadline to register to vote or update your voter registration information to participate in the 2024 primary election.

Wednesday, July 17

First day of advance voting. Advance ballots by mail are transmitted. In-person advance voting may begin. Check with your county election officer for specific times and locations.

Tuesday, July 30

Last day to apply for an advance voting mail ballot.

Monday, August 5

In-person advance voting ends at 12:00 pm

Tuesday, August 6 Primary Election

(All advance ballots by mail must be postmarked by Election Day and received by Friday, August 9.)

ECLIPSE GLASSES | LAST CALL!

You can donate your Eclipse glasses for children to use in South America for the October 2024 eclipse by shipping them to: **Eclipse Glasses USA, LLC, P. O. Box 50571, Provo, Utah, 84605**. Or bring them by July 15 to Grace Wilson in Aspen Cottage 5 and she will ship them for you. ■



THE WAVES AND COMPLEXITY OF GRIEF

BY CHAPLAIN JULIE FREEMAN, M.DIV

“How lucky I am to have something that makes saying goodbye so hard.” – A.A. Milne

Grief & Gratitude Group

Monday, July 15

2:00 pm | Main Street Chapel

Finding life again after loss through gratitude with Chaplain Julie.

Social Services Team

Taylor Leone, LMSW

Director of Social Services

785-274-3397

Alyssa Granado

Quality of Life Specialist

785-274-3395

Rev. Julie Freeman, MDiv

Chaplain

785-274-3349

We say goodbye to many people, places and possessions along our life’s journey. Each time we grieve the loss of who and what we’ve known trying to make sense of our new reality, but loss is sneaky. Sometimes we feel it in big waves with lots of pain and tears. Other times it’s a lingering feeling that we can’t quite name. Often, we feel guilty for our grief which can complicate the process of grieving if left unattended.

Recognizing our unique response to grief is the beginning of processing our loss and all of the emotions surrounding it. Just as no one feels the pain of loss in the same way, we all express our grief differently. No one way is right or wrong. It just is. As a community at Brewster Place, we have many resources to support you, please join our monthly **Grief & Gratitude Group** or reach out to the **Social Services Team** if you need help. ■

JOIN CHAPLAIN JULIE FOR THESE EVENTS

Memorial Service

Tuesday, July 9

3:00 pm | Main Street Chapel

Biannual remembrance service for those we’ve lost this year. All are welcome!

Faith Speaks: An Interfaith Dialogue

Tuesday, July 30

6:00 pm | Main Street Chapel

The Spiritual Life Committee presents Rabbi Samuel Stern from Topeka Beth Shalom.

Sunday Supper Club

Sunday, July 7

4:00 pm | The Evergreens Brewster Bean

Bring your dinner and join us for fun, fellowship and curious conversations.

Mindfulness Meditation

Monday, July 8

10:30 am | Main Street Chapel

The Mindfulness Meditation group offers a chance to slow down and center yourself in the present moment. All are welcome.

Morning Devotions

Sunday mornings

9:30 am | The Evergreens Brewster Bean

Join us for coffee and a short devotion with Chaplain Julie.

Weekly Worship Service

Every Sunday

1:00 pm | Brewster Health Center

Weekly Vespers

Every Sunday

2:30 pm | Main Street Chapel ■

BREWSTER SOUTH EXPANSION AND THE END OF AN ERA

THE BREWSTER PLACE STORY PART 7 | BY JANIS SWANSON, EDITOR

*This article was compiled using **The Brewster Place Story: A Dream Come True** which was published in 1981.*

In the June issue of the Brewster News we covered the expansion of Brewster Place with the new Brewster West apartments and cottages which opened in September 1972. Incredibly, one year later all the living units of Brewster West (12 cottages—Aspen and 26 apartments—North and South Terrace) were occupied. And there was a waiting list of 25 prospective residents.

Brewster West was developed as its own non-profit corporation, Brewster West Apartments, Inc., so as not to affect the original obligation and loan The Congregational Home held with the Kentucky Teachers' System under supervision of FHA. Brewster West had its own board of directors but operated in the same way as Brewster Place. Staff was shared between the two corporations.

By 1976 it was apparent that more living units for retired people — and especially couples — was needed. Vacant land to the south of Brewster Place had already been purchased and by January 1977, the board of directors authorized Executive Director Nathan Barr to instruct Ekdahl, Davis and Depew Architects to proceed with plans for 38 units which would be called Brewster South. This included eight cottages (Birchwood) and 30 two-bedroom, two-bathroom apartments in three buildings (Oak, Maple, Cedar).

A loan was secured with Shawnee Federal Savings and Loan and Reece Shirley Construction Company was awarded the contract with their low bid of \$1,840,280.

The building project was delayed because of adverse weather as well as a fire that almost destroyed one of the cottages near completion. But, by the end of 1978, three of the first cottages in Brewster South were occupied.

Executive Director Nathan Barr said, "Brewster South will represent all that we on the board and staff have learned during Brewster

Place's 13-year existence. We have tried to incorporate features elderly people have told us they want in retirement facilities."

The Brewster South homes were the largest built at the complex and included cottages with fireplaces, secluded patios and washer-dryer set up in a separate room. Apartments included a private patio, large hobby or storage areas in the basement and a lounge for group activities.

The importance of the many solid, steadfast leaders — both volunteer and staff — in those early years cannot be overstated. The serendipitous choice of Nathan Barr to be the first Executive Director of Brewster Place was key to the success and expansion of this community. Mr. Barr announced in November 1977 that he would retire at the end of the year 1978.

"Regretfully, the Board accepted the resignation of the man who had watched Brewster Place grow from a dream-wish into a multimillion dollar institution with an enviable reputation that continued to attract more applicants than could be accommodated."

Another installment next month will feature happenings in the 1980s. ■





CREATIVE ARTS | WITH JASON BERRYMAN

Bazaar Craft Workshop

Tuesday, July 2 — Marbling
Tuesdays, July 16 and 30
10:00 am | Redwood Art Studio

Phoneography

Wednesday, July 3
10:00 am | Redwood Art Studio

Tea Towel Tuesdays

Tuesdays, July 9 and 23
10:00 am | Redwood Art Studio

Alcohol Ink Tiles

Wednesday, July 10 and
Thursday, July 18
10:00 am | Redwood Art Studio

Woodworkers Meeting

Wednesday, July 31
2:00 pm
Brewster Events Center
Wood Shop (lower level)

Open Art Studio

Mondays and Fridays
1:00—3:00 pm
The Evergreens Art Studio

Tuesdays and Thursdays

1:00—3:00 pm
Redwood Art Studio

Quilters Group

Every Monday and Friday
9:30 am
Redwood Art Studio

This group of hand quilters is working on the quilt for the drawing at the November Bazaar.

Movie

The Secret Life of Walter Mitty

Wednesday, July 17
10:00 am | Main Street Chapel

Walter Mitty (Ben Stiller), an employee at Life magazine, spends day after monotonous day developing photos for the publication. To escape the tedium, Walter inhabits a world of exciting daydreams in which he is the undeniable hero. Walter fancies a fellow employee named Cheryl (Kristen Wiig) and would love to date her, but he feels unworthy. However, he gets a chance to have a real adventure when Life's new owners send him on a mission to obtain the perfect photo for the final print issue.

SAVE THE DATE!

Brewster Place Annual Holiday Craft

BAZAAR



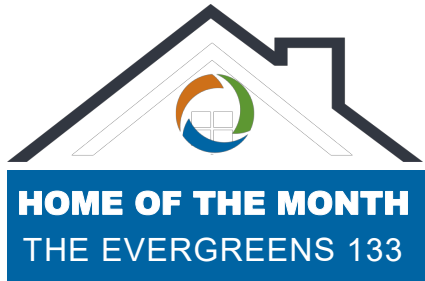
Friday, November 8
9:00 am—3:00 pm
Cultural Arts Center

Under the direction of Creative Arts Coordinator Jason Berryman, residents have been working on handmade items for the Annual Brewster Place Holiday Craft Bazaar.

The Bazaar is a tradition at Brewster Place and proceeds over the past 60 years have benefitted charities in our community as well as programs at Brewster Place. Literally hundreds of thousands of dollars has been raised because of the dedication and hard work of residents over the years. We hope you will mark November 8 on your calendar and join us for this holiday tradition. More information to come! ■

Outdoor living space adds so much to an apartment home. And **The Evergreens 133** has plenty of space for you, your plants, and friends!

The Evergreens 133 is a one bedroom apartment but has the same outdoor space as a two bedroom. This apartment located on the east side of the building, has immediate access to your parking by just walking out your back door.



At 790 square feet, this one bedroom has a large walk-in closet and galley kitchen. The kitchen is functional, with lots of cabinets and counter space. If you are not a fan of the open concept kitchen and living area, this is a nice compromise. The kitchen is tucked away, with a larger than typical butler's window, which allows you to visit with guests in the living room as you finish preparing a meal or cleaning up in the kitchen.

This one bedroom is perfect for the person looking for a less expensive apartment home with immediate access to a dining venue, the warm water pool, event center, fitness center and woodshop.

If you would like to tour any properties on the Brewster Place campus, please call Sales and Marketing at 785-274-3351. Residents in Independent Living who make a new referral to Brewster Place will receive one month's free rent once the friend moves in. **For Villa apartments, residents will receive two months' free rent** if the friend is new to campus and not currently on a wait list. ■



LEAGUE OF WOMEN VOTERS | TUESDAY TOPICS

Tuesday Topics

Tuesday, July 2

11:45 am | Cultural Arts Center

Residents and the public are invited to attend these educational sessions.

More than 20 Brewster residents attended the June 4 meeting of the League of Women Voters here on campus.

Everyone is invited to the July meeting when the speaker will be Adrienne Olejnik, Vice President of **Kansas Action for Children**. She will speak about the organization's mission and advocacy efforts on behalf of children in Kansas. You do not need to be a League member to attend League meetings. Also, 15% of LWV members are men!

The public is always welcome at LWV meetings which are held the first Tuesday of the month from August-May at 11:45 am at the Topeka and Shawnee Public Library auditorium. **Upcoming LWV speakers at the library include: Diana Carlin** who will speak on August 1 about her new book about First Ladies of the United States, and **Bob Beatty** who will speak on September 10 about the current state of Kansas politics. You do not need to be a League member to attend!

The League of Women Voters of Kansas is a grassroots, volunteer, **nonpartisan** political organization with nine local Leagues throughout the state. **The League never endorses candidates or political parties.** ■

STAYING SAFE IN EXTREME HEAT

FROM SAFETY AND SECURITY

As you read on the front page of this issue, it's summertime and that means we all must take extra precautions to stay safe during the many extreme heat days we will experience in the next couple of months.

Tips to help keep you safe:

- Stay cool and stay hydrated
- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your main cooling source when it's really hot outside
- Drink more water than usual and **don't wait** until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather
- Don't use the stove or oven to cook—it will make you and your house hotter
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths to cool down
- Do not engage in very strenuous activities and get plenty of rest
- Check on a friend or neighbor and have someone do the same for you ■

CATIE PRESENTATION

Wednesday, July 17

10:00—11:00 am

The Evergreens Community Room

Join IT's Jesse Gerber for a presentation on the features of CATIE. This is a good refresher course for those who already have CATIE. Please call Jesse at 785-374-3334 for reservations. Only 25 spots are available.



**KU OSHER
LIFELONG
LEARNING
INSTITUTE**

NO HOMEWORK. NO PRESSURE.
JUST LEARNING FOR THE JOY OF IT!

SUMMER 2024

Young Generals of the American Civil War

Tuesdays, July 16, 23 and 30

1:00—3:00 pm | Cultural Arts Center

During the American Civil War, the United States Army grew exponentially in size. In order to command the increased number of troops, general officers were created from younger members of the military. This class will focus on the generation of young leaders who served in the ranks of the Union Army attaining senior military positions outside the traditional norm. The class will look at the careers and war making abilities of officers in both the Western and Eastern Theaters. The first class will examine the military exploits of Western Theater generals William T. Sherman, Benjamin Grierson, Judson Kilpatrick, and John Schofield. The second class will move to the Eastern Theater and focus on Union generals Winfield Hancock, John Gibbon, George McClellan, Alfred Pleasonton, and Joshua Chamberlain. The last class will examine the Civil War careers of three of the youngest Union generals that attained senior rank, George Custer, Philip Sheridan, and Darius Couch. ■

Please call Jamie at 785-274-3398 to register. Brewster Place residents and BrewsterConnect members attend for free.

BREWSTER PLACE FALL TRIP

MOTORCOACH EXCURSION TO OMAHA AND LINCOLN, NEBRASKA



The spring trip to Nashville was a huge success and now you have requested a trip to Omaha and Lincoln! You are invited to join Activities Coordinator Jamie Fritz and Wellness Specialist Julie Schmanke on the **Fall 2024 Trip to Nebraska**. If you have ever been on a trip with Jamie and Julie, you know how much fun is had and how the excursions are so well organized. See details below:

Cost — \$650 for double, \$850 for single
We will travel by motorcoach for this three day and two night trip.

Hotel — We are lucky enough to stay two nights at the beautiful **Lied Lodge at Arbor Day Farms** in Nebraska City. This peaceful setting with scenic views of the farms will be our home base for these days.

Meals — Included are two breakfasts, one lunch, one dinner and lots of snacks

Day 1 — Explore Arbor Day Farms with special fall tours.

Day 2 — Explore Omaha including Zoo, old downtown and more.

Day 3 — Explore Lincoln including quilt museum and more.

All tour fees and entrance fees are included. More details will be provided to those interested in August.

MAJOR MILESTONES, MIXING PAINT AND OPPORTUNITIES



Jerry Hinton celebrated his 105th birthday on June 12. Members Holton VFW Post came and listened to Jerry talk about his experiences in WW II. They also presented him a certificate from Governor Kelly. WIBW came to interview Jerry as well. He is a remarkable man and a true member of the Greatest Generation.



Creative Arts Coordinator Jason Berryman worked with **Elaine Prosser** in a recent Abstract Watercolor Class. The class has been very popular since it allows artists of all skill levels to dip their brush into paint and find success.



Brewster Board of Directors President Chuck Engel spoke at the Greater Topeka Partnership Power Breakfast that was held at Redwood. This was a great opportunity for professionals from the community to visit Brewster Place and see all of our wonderful homes and amenities. They were impressed!



OFF CAMPUS — A few highlights!

A MORNING IN NORTH TOPEKA

Wednesday, July 3 | 9:30 am | Shuttle (Pickup at EV lobby and RW west entrance)

NOTO Arts Center is excited to announce the upcoming art and historical exhibition, "Topeka Reflections: Unveiling the Soul of the Heartland". This exhibit delves into the vibrant and often overlooked culture, history, and essence of Topeka, Kansas, celebrating the city's natural scenic beauty, diverse community, rich heritage, and evolving identity. We have scheduled a private tour of this captivating exhibit, which features a diverse range of mediums, including paintings, photography, mixed media artworks, and artifacts. Through a unique blend of art and history, "Topeka Reflections" serves as a powerful exploration of Topeka's past, present, and future. We will then grab lunch at the Wheelbarrow. Lunch is a Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

DINNER OUT AT OLIVE GARDEN

Wednesday, July 10 | 4:15 pm | Shuttle (Pickup at EV lobby and RW west entrance)

Join us as we travel to Olive Garden for a gourmet Italian dinner. It is a fun night with friends. Dinner is a Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

BREWSTER BIG DAY OUT—WAITLIST ONLY

Wednesday, July 24 | 7:45 am | Motorcoach pickup at BEC

Hop aboard and enjoy a motorcoach for a super fun day that will include a breakfast burrito and fruit cup. Your trip includes an entrance fee to tour the Salt Mines Hutchison, Kansas. We will leave the summer heat behind and go to the cool and soothing subterranean world. BE SURE TO BRING A JACKET. Afterwards we will grab a late lunch in Yoder at the Carriage House for Fried Chicken and Roast Beef with fixing and PIE. Since the days are long, we will stop at Lindsborg. In Lindsborg, you may shop or go to Birger Sandzen Memorial Gallery or quickly do both. Cost is \$100 for the day full of fun. Please call Jamie at 785-274-3398 to get on waitlist.

TOPEKA CIVIC THEATRE

Thursday, July 25 | 6:00 pm | Shuttle (Pickup at EV lobby and RW west entrance)

TCT presents the hilarious award-winning musical Tootsie based on a 1982 hit comedy film starring Dustin Hoffman. The main character, Michael Dorsey, will go to any length for his career. Michael Dorsey is a skilled actor with a talent for not keeping a job. Desperate and out-of-work, Michael makes a last-ditch effort at making his dreams come true...by disguising himself as actress Dorothy Michaels. In a meteoric rise to Broadway stardom, Dorothy soon has audiences falling at her feet while Michael (disguised as Dorothy) is falling for his co-star, Julie. It isn't long before Michael realizes that maintaining his greatest acting success is going to be much harder than he expected. Tickets are \$35. Please call Jamie at 785-274-3398 as space is limited.

FUTURE EVENTS

NEW THEATRE AND RESTAURANT

Wednesday, August 14 | 9:45am | Shuttle

New Theatre summer musical spectacular is Disney's *Newsies*. *Newsies* spins the inspirational tale of Jack Kelly, a charismatic newsboy who dreams of a better life. When the unscrupulous newspaper tycoon, Joseph Pulitzer, raises prices at the newsboys' expense, Jack along with spitfire reporter, Katherine Plummer, rouse the downtrodden "newsies" to stand up against Pulitzer and fight for what's right. Tickets are \$38 and includes lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

ON CAMPUS — A few highlights!

LEAGUE OF WOMEN VOTERS

Tuesday, July 2 | 12:00 pm | Cultural Arts Center

Brewster Place is excited to host Tuesday Topics for the League of Women Voters. The guest speaker will be Adrienne Olejnik, Vice President of Kansas Action for Children. You are welcome to bring lunch and enjoy it during the presentation. No lunch will be provided to purchase in the CAC.

RED, WHITE AND BREWSTER

Tuesday, July 2 | 2:30 pm | Cultural Arts Center

Come and enjoy the annual celebration. The Brewster choir and exercise classes have been practicing hard on their performances. Afterwards we will continue celebrating with Sheridan's Frozen Custard.

MOVIE: KILLERS OF THE FLOWER MOON

Part 1: Wednesday, July 3 | 2:00 pm | Cultural Arts Center

Part 2: Wednesday, July 10 | 1:00 pm | Cultural Arts Center

"Killers of the Flower Moon" is a 2023 American epic Western crime drama film directed by Martin Scorsese. The screenplay, co-written by Eric Roth and Scorsese, is based on the 2017 non-fiction book of the same name by David Grann¹. Set in 1920s Oklahoma, the film focuses on a series of murders of Osage tribe members and their relations after oil was discovered on tribal land. The Osage members had retained mineral rights on their reservation, but a corrupt local political boss sought to steal their wealth

HOT TIMES IN THE HEARTLAND PRESENTED BY BREWSTER SERVICE FUND

Tuesday, July 9 | 1:00 pm | Cultural Arts Center

Join us for a showing of the documentary Hot Times in the Heartland sponsored by The Brewster Service Fund. In this film, Dave Kendall starts a conversation about climate change and what it means for the Great Plains. Drought remains a serious problem for farmers and affects many aspects of our lives. The film has the power to motivate us to find our niche and make the planet better.

SARA TUCKER PRESENTS

Thursday, July 11 | 2:00 pm | Cultural Arts Center

Come and learn about the west. Sara will present Part I of "The West's Long 19th Century, 1789-1914 - when almost everything changed." Sara is a former Washburn professor that loves history.

KU OSHER LIFELONG LEARNING SERIES

Young Generals of the American Civil War

Tuesdays, July 16, 23 and 30 | 1:00 pm | Cultural Arts Center

See article on page 7.

Valley Falls Fiddler

Wednesday, July 17 | 1:00pm | Cultural Arts Center

Summertime is the best time for a fiddle concert. So come and listen to the sounds of Bill and Tina Alen on the fiddle and keyboard, respectively. It will not take long for your toes to start tapping! This professional music is sponsored by The Brewster Service Fund.

SUMMER OLYMPICS DARTY (DAY PARTY)

Thursday, July 18 | 1:00 pm | Cultural Arts Center

It is time for the 2024 Summer Games and it is time to celebrate the spirit of the games. Let's kick it off with a Darty at the Cultural Arts Center. We will have treats, games and prizes! Everyone is welcome.