

## COMMUNITY WIDE RESOURCE MEETINGS

**W**hen residents are asked why they chose to move to Brewster Place, the answers generally include the varied activities, amenities and opportunities that are provided as well as the wide range of services offered.

As a **Life Plan Community**, Brewster Place provides a continuum of care and services including independent living, catered living, assisted living, in-patient and out-patient rehabilitation, skilled care, and dementia care. No matter at what point a resident enters the continuum, there are services and opportunities at each level of care, and many times residents go back and forth between levels as their health situation changes. Our goal has always been and continues to be to support you in staying as independent as possible for as long as possible along the journey.

Many people not familiar with Brewster Place don't realize the majority of living spaces at Brewster Place are in independent living. On our beautiful, 30+ acre campus, the variety of apartments, cottages, town homes and villas make Brewster Place unique. We recognize, "one space or budget, does not fit all." The same holds true for the continuum of care, as every resident will experience unique challenges requiring the support of staff from different specialized areas.

To help familiarize you on the services and support available to you, Director of Therapy Brooke Kelly schedules **Community Wide Resource Meetings** twice a year so you can meet and visit with staff from departments such as therapy, social services, and health services. These meetings are a great time to gather information and ask questions so if you are ever in need of extra services, you know what to expect. Staff will provide information to support residents through an event in their life that would lead to the need of a Rehab stay, Meadowlark Home Health services and/or caregiver supports. Caregiver support groups and AA meetings on campus are also discussed.

Meetings are planned for different areas of campus, but please attend a meeting that best fits your schedule. If you have any questions about the meetings, please contact Brooke at 785-274-3338. ■

### MEETING SCHEDULE

Monday, October 14  
10:00—11:00 am  
Main Street Pavilion

Thursday, October 17  
10:00—11:00 am  
Evergreens Community Room

Monday, October 21  
10:00—11:00 am  
Cottonwood Villas Lounge

Tuesday, October 22  
10:00—11:00 am  
Redwood Game Room

Thursday, October 24  
10:00—11:00 am  
Maple Lounge

Thursday, October 24  
2:00—3:00 pm  
South Terrace Lounge

### PRESENTED BY

**Brooke Kelly**  
Director of Therapy

**Taylor Leone**  
Director of Social Services

**Juanita Llamas**  
Director of Nursing

**Tyler Baker**  
Admissions Coordinator

### MISSION

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



## JOIN US FOR THE BLESSING OF PETS

BY CHAPLAIN JULIE FREEMAN, M.DIV

“A dog doesn’t care if you are rich or poor, educated or illiterate, clever or dull. Give him your heart and he will give you his.” — John Grogan, “Marley and Me”

**W**e are closing out our Season of Creation celebration with our annual **Pet Blessing** in honor of Saint Francis of Assisi, a 12<sup>th</sup> century Italian monk remembered for his generosity to the poor, ministry to lepers, and his love for animals and nature. Our pets are more than just companions offering us unconditional love, support and comfort.

Studies show that people with pets respond better to stress including lower heart rate and

blood pressure, lower reactivity to stressors and faster recovery. Research has even

found that adults that have owned dogs or cats in the past were less likely to become frail over a two-year period than people who had never owned pets. Let’s show our pets how much we love them on this special day. Please bring your pet on a

leash or in a carrier. You may also bring a pet picture for blessing. ■

**BLESSING OF PETS**  
Thursday, October 3  
1:00 pm | Main Street Patio  
Join us with your pet outdoors by the fountain at the Main Street Pavilion Patio for a Pet Blessing in honor of Saint Francis of Assisi.

## JOIN CHAPLAIN JULIE FOR THESE EVENTS

### Sunday Supper Club

Sunday, October 6

4:00 pm | The Evergreens Brewster Bean

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

### Mindfulness Meditation

Monday, October 14

2:00 pm | Main Street Chapel

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

### Grief & Gratitude Group

Monday, October 21

2:00 pm | Main Street Chapel

Finding life again after loss through gratitude with Chaplain Julie.

### Movie & Chat

*Inside Out (part 2)*

Wednesday, October 23

1:00 pm | Cultural Arts Center

A sequel that features Riley entering puberty and experiencing brand new, more complex emotions as a result. As Riley tries to adapt to her teenage years, her old emotions try to adapt to the possibility of being replaced.

*All are welcome!*

### EVERY SUNDAY!

#### Morning Devotions

9:30 am

The Evergreens Brewster Bean

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

#### Sunday Service

1:00 pm | Brewster Health Center

#### Vespers

2:30 pm | Main Street Chapel ■

## SPIRITUAL CARE AND CHAPLAIN'S WEEK

**S**piritual Care Week 2024 is October 20—26. This year's theme is, "*Chaplains Beyond Religious Roles.*" The week is a time to recognize the spiritual care provided by chaplains and pastoral counselors, and to celebrate and educate the public about the importance of spiritual care.

**Chaplain Julie Freeman** plays a key role as part of our Social Services Department in meeting the spiritual needs of our elders on our Brewster campus. Julie has been a great addition to our team, and we thank her for all she does! If you see Julie out and about this week, be sure to thank her for the joy, kindness, compassion, and spiritual knowledge she brings to work with her each day. We asked Chaplain Julie to tell us more about herself.



**M**y name is **Rev. Julie Freeman**. I am your chaplain at Brewster Place. I hold an MDiv with a specialty in Women, Society and Church studies from Saint Paul School of Theology, and completed my chaplain training (CPE) at Saint Luke's Health System in Kansas City, Missouri. This summer I received my ordination as an interfaith chaplain. I live in Lawrence, Kansas with my husband, Scott, our pets, and my vast collection of coffee cups. Our four adult children and their families offer a boundless source of joy. I am passionate about helping people find meaning in their stories. Recently, I celebrated my first anniversary here at Brewster Place. I love coming to work every day building relationships with residents and staff, listening to them, and accompanying them on their spiritual journey. ■



**Get ready!**  
**Get set!**  
**Save Money!**  
**Move in!**

**R**edwood Catered Living 211 is newly remodeled and available now. This one-bedroom, 700 square foot apartment, includes white cabinets, cool blue painted walls, cream colored low pile carpeting and lots of storage. There are two walls of closets, a low step in onyx shower, and a large balcony.

This west-facing apartment promises views of great sunsets, vibrant fall foliage and the ability to keep an eye on who is coming and going, if you like to know that kind of thing. Two sets of sliding glass doors make the outdoor living area accessible from the living room and the bedroom.

**Through October there is a 15% discount** on the entrance fee for all the Catered Living apartment homes, so do not wait if you are thinking of making a move to the Redwood at Brewster Place. If you would like to take a tour, give Brewster Place Sales and Marketing a call 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. ■

## CREATIVE ARTS

### CREATIVE ARTS COORDINATOR

**M**any of you have asked where we are in the process of hiring a new Creative



Arts Coordinator. We have posted the job on the Brewster Place website (BrewsterLiving.org/careers) and are receiving applications. Interviews will begin soon. We will keep you up-

dated as the process unfolds. Thank you for your patience and we want to extend a special thank you to former Creative Arts Coordinator Sam Banks for her willingness to teach a workshop and also help us prepare for the November Bazaar.

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### FALL FOLIAGE COLLAGE

**Monday, October 21**

**2:00 pm | Redwood Art Studio**

Sam Banks will be on campus to facilitate this fun fall workshop. In this collage workshop, you will make a tree scene using various types of paper and Sharpie markers. Even if you don't have any art experience, you'll love an afternoon of making something fun with your neighbors. You can follow along with Sam, or make it your own.

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### 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 ■

## SAVE THE DATE!

Brewster Place Annual Holiday Craft

# BAZAAR

**Friday, November 8**

**9:00 am—3:00 pm**

**Cultural Arts Center**

**T**he Brewster Place Annual Holiday Craft Bazaar is a tradition that began in 1965. Proceeds over the past 60 years go to the Brewster Service Fund and have benefitted charities in our community as well as programs at Brewster Place. Literally hundreds of thousands of dollars have been raised because of the dedication and hard work of residents over the years. Residents work all year long to create items for the Bazaar.

**If you are creating items to be sold at the Bazaar, the deadline to complete those items is Friday, October 18.** Please bring your items to the Redwood Art Studio.

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### Other Ways to Help

**Tea Towel Tuesdays**

**Tuesdays, October 1 and 15**

**10:00 am | Redwood Art Studio**

**Quilters Group**

**Every Monday and Friday**

**9:30 am**

Redwood Art Studio



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

# READ & DISCUSS | 4th TUESDAY BOOK CLUB

The **4th Tuesday Book Club** is for those who love to read and discuss books. Each month the discussion will be lead by **Sara Tucker, Ph.D.**, who is a Brewster Place resident known for her wonderful history presentations. **Sara** is professor emeritus of history at Washburn University. She holds a Ph.D. in history from Indiana University.

If you are interested in taking part, books can be picked up (and dropped off) at each meeting or you may stop by Chaplain Julie Freeman’s office at The Evergreens to pick up/drop off books. You can reach Chaplain Julie at 785-274-3349 for more information.

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## October Book and Discussion

*The Graveyard Book* by Neil Gaiman

Discussion Date

Tuesday, October 22

10:30 am | Main Street Chapel

Nobody Owens, known to his friends as Bod, is a normal boy. He would be completely normal if he didn't live in a sprawling graveyard, bring raised and educated by ghosts, with a solitary guardian who belongs to neither the world of the living nor of the dead. There are dangers and adventures in the graveyard for a boy--an ancient Indigo Man beneath the hill, a gateway to a desert leading to an abandoned city of ghouls, the strange and terrible menace of the Sleer. But if Bod leaves the graveyard, then he will come under attack from the man Jack--who has already killed Bod's family....Beloved master storyteller Neil Gaiman returns with a luminous new novel for the audience that embraced his New York Times bestselling modern classic Coraline. Magical, terrifying, and filled with breathtaking adventures, the Graveyard Book is sure to enthrall readers of all ages. -- From dust jacket.

## November Book and Discussion

*The Guernsey Literary and Potato*

*Peel Pie Society* by Mary Ann Shaffer

Pickup Date | Tuesday, October 22

Discussion Date

Tuesday, November 26

10:30 am | Main Street Chapel

As London is emerging from the shadow of World War II, writer Juliet Ashton discovers her next subject in a book club on Guernsey--a club born as a spur-of-the-moment alibi after its members are discovered breaking curfew by the Germans occupying their island.

The 4th Tuesday Book Club will take a break in December and resume in the New Year. Read at your leisure and enjoy the coming holiday season. ■



## BLOOD PRESSURE CLINICS

A free service provided

by Elara Caring

Thursday, October 10

2:00 pm

Winchell Wellness Center

Thursday, October 24

2:00 pm

Brewster Events Center

Wellness Center

## THE 2000s | A NEW MILLENNIUM

THE BREWSTER PLACE STORY PART 10 | COMPILED BY JANIS SWANSON, EDITOR

The new millennium at Brewster Place began with the Grand Opening on January 14, 2000 of the Winchell Wellness Center and the Commerce Bank and Trust Brewster Place Branch. The Winchell Wellness Center, named after resident Bernita Winchell, was made possible by her contributions. Commerce Court (which is the current Winchell Wellness Center) was made possible by a significant contribution of Commerce Bank and Trust and included the full service bank branch, a convenience store, health clinic and beauty shop. The renovation of the chapel was also completed in January. In May of the same year, the Resource Center opened which provided opportunities for residents to learn about computers and use them at their leisure. In addition, Brewster's first CCTV channel, BPTV 5, began operation.

In the next few years, renovations began in the Main Building including new heating and air conditioning, hallway redecoration, new door handles and locks and new laundry facilities. Outdoor grounds improvements also continued and work began on a new west entryway for the Main Building in late 2001. In addition, all buildings in Brewster South and Brewster East were painted and work began in the fall of 2001 on renovation and redecoration of Brewster East. In addition, Brewster Health Center expanded therapy services to residents on

an outpatient basis.

The beginning of 2002 saw the explanation of plans for construction of eight new town homes (now Grand Homes) as well as a Health Center reconfiguration process that would better serve residents with Alzheimer's and other dementias. This project was completed in 2003.

This same year is when Brewster Place adopted a tobacco free environment where use of tobacco was prohibited anywhere on campus. In early August of 2003, the town

home project was completed with most of them already spoken for. In addition, the lower level of Main Building was set for a major renovation which included a recreation room, library and storage space as well as the updating the long hallway connecting Commerce Court to the recreation area. This area was made possible by a large bequest from Norbert Klinge, a long-time resident of Brewster Place. This space was named after him and is still known as the Klinge Activity Center.

The 2005 Capital Improvement budget was \$1.2 million which allowed for changes in the Main Lounge and dining room. Completion of this project added the Founders Room meeting area and enclosing part of front porch to expand the dining room. Less noticeable but also important, was the installation of a new sprinkler system. Another important change occurred



# KU OSHER LIFELONG LEARNING INSTITUTE



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

## FALL 2024 CLASS SCHEDULE

### **Nature Wars: Human Conflicts with Wildlife, Vegetation and Water**

Tuesdays, November 19, 26; December 3  
1:00—3:00 pm

#### **Cultural Arts Center**

"And God said unto them, be fruitful and multiply, and replenish the Earth and subdue it." This course examines our efforts to subdue the Earth in North America. From removing the forests east of the Mississippi River for giant monoculture farms to having perfect suburban lawns, which attract deer and geese, subduing the Earth has been a constant battle. In the West we will learn "water flows uphill to money." One in nine Americans depend on water from the Colorado River. But with the current 20+ year drought, significant changes in water usage will be necessary.

**Tom Luellen** — recently retired after 31 years in hospital administration and 14 years as an adjunct instructor at Washburn University. He has a master's degree in geography from the KU. His personal interests have always been his native state and its history. ■

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

when all fund raising for Brewster Place was coordinated by the Brewster Foundation. In December 2005, Mary Beth Saylor was named Director of the Foundation with Director of Development and Community Relations Tom Akins being named President of the Foundation.

In 2007 Brewster Place became a Pioneer Partner of the KU Osher Lifelong Learning Series — a series that continues today. The Brewster Foundation received the largest donation ever with more than \$735,000 left to Brewster Place by the estate of longtime resident Betty Bass.

The Brewster Health Center was one of only three homes for seniors in Kansas to be honored by the PEAK Award (Promote Excellent Alternatives in Kansas Nursing Homes). Brewster Health Center has won this award multiple times over the subsequent years.

January 2008 began with the use of a new logo which replaced the tree logo. The blue, green and orange colors of the new logo were recognition that Brewster Place was growing on campus but also by providing various services to retirees in the wider community.

**Brewster at Home** was introduced in November 2008 and aimed at providing, "services people need, when they need them, in the place they call home." Another huge accomplishment in 2008 was the long sought-after purchase of the Country Club Apartments that sat in the center of our campus.

The end of the decade was filled with another major renovation project. The first floor of Brewster East was set to undergo a total renovation that would result in a more up-to-date and functional space. ■

# DAY TRIP TO TOUR FORT RILEY MUSEUMS

WEDNESDAY, NOVEMBER 20 or WEDNESDAY, DECEMBER 4

**F**ort Riley is a premier training site, with 150 square miles of dedicated training area, equipped with cutting edge, state-of-the-art training aids to build and maintain combat ready forces. The installation is home to the oldest continuously serving active-duty division in the U.S. Army, 1st Infantry Division.

Located in the Flint Hills region of Kansas, Fort Riley hosts approximately 15,000 active-duty service members and more than 18,000 family members. The area is also home to nearly 30,000 veterans, retirees and 5,600 civilian employees who work at the post.

We are excited to visit the US Army Base at Fort Riley: Home of the 1<sup>st</sup> Infantry Division with historian Bob Smith. We will take

guided tours of both the US Cavalry Museum and the 1<sup>st</sup> Infantry Division Museum, with a lunch break in-between. These Fort Riley museums serve to collect, preserve, exhibit, and interpret those materials that are integral parts of the history and traditions of the U.S. Cavalry from 1775 to 1950. In addition, the Museum Division is responsible for exhibiting and interpreting the history of Fort Riley from its establishment to the present, to include its various schools, major commands, and community life.

To attend the tour, you must register at [www.home.army.mil](http://www.home.army.mil). Jamie Fritz will be able to help you with this. Lunch is a Dutch treat. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited. ■



**Roberta Kraus** prepared for exercise class with Julie Schmanke in her new t-shirt celebrating National Assisted Living Week. Residents enjoyed a variety of activities throughout the week.



**Tom and Lynette Glotzbach** waited for the Annual Brewster Place Alzheimer's Parade to begin. Residents and staff could purchase t-shirts for the festivities. Proceeds of t-shirt sales benefited the Heart of America Alzheimer's Association. What a fun time!



**Jackie Petersen** was all dressed up and ready to go on the Annual Brewster Place Alzheimer's Walk held on campus. Thanks to all of our staff who made this walk happen. Everyone enjoyed the beautiful weather and delicious cookies!





# OFF CAMPUS — A few highlights!

## **CHEAP AND CHEERFUL SHOPPING**

**Wednesday, October 2 | 9:30 am | Shuttle**

Are you looking for a fun day to hunt for some bargains? We are headed out on the bus to shop and enjoy each other. Lunch will be a Dutch treat. Please call Jamie at 785-274-3398 to make a transportation reservation as space is limited.

## **TOPEKA CIVIC THEATRE**

**Thursday, October 3 | 6:00 pm | Shuttle**

TCT kicks off their season with *Jersey Boys* which includes phenomenal music, memorable characters, and great storytelling. *Jersey Boys* follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, *Jersey Boys* takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

## **DINNER OUT AT LONGHORN STEAKHOUSE**

**Wednesday, October 9 | 4:15 pm | Shuttle**

Let's go out for a fun dinner with friends to celebrate Fall. We will enjoy a delicious dinner at Longhorn Steakhouse where we will connect, relax and create memories. Dinner is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

## **LUNCH AT AUNT NETTERS AND DRIVE**

**Wednesday, October 16 | 10:00 am | Shuttle**

It's Fall Y'all! And it is time to check out the river road and grab some PIE at Aunt Netters only after eating a delicious lunch. Lunch is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

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## **FUTURE OUTINGS**

### **TOPEKA CIVIC THEATRE — THE HAUNTING OF HILL HOUSE**

**Thursday, November 7 | 6:00 pm | Shuttle**

This is a story about being off from the outside world by its remote location and shunned by all who know its forbidding and sinister reputation, Hill House has remained empty and silent except for the daily visits of its grumbling caretaker, Mrs. Dudley. Its isolation is broken by the arrival of Dr. Montague, an investigator of supernatural phenomena who has been granted a short lease by the present owner. His mission is to delve into the morbid history of the house and to come to grips with the occult forces that have made it uninhabitable for many years. He is joined by three others, all unacquainted, but all having their particular reasons for accepting Dr. Montague's invitation to share his Hill House sojourn. Their visit begins with jovial informality, but their sensibilities are soon jolted by strange and eerie occurrences. As they struggle to disguise their mounting fears they are joined by Dr. Montague's wife and a friend, who have come to Hill House for purposes of their own. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

## **NEW THEATRE AND RESTAURANT**

**Wednesday, November 13 | 9:30 am | Bus loaded at BEC only**

New Theatre presents Sally Struthers in *An Old-Fashioned Family Murder*. In 1942, a junior homicide detective stumbles upon the murder of a famed mystery writer. Trapped in a mansion with several suspects, he finds himself outmatched by the cunning of the killer. His only hope in solving the case -- his mystery-loving mother, who luckily is trapped in the mansion with him. Tickets are \$40 and include lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

# **ON CAMPUS — A few highlights!**

## **CANDIDATE FORUM**

**Tuesday, October 1 | 3:30 pm | Cultural Arts Center**

This candidate forum will be a public event where state political candidates running for office gather to discuss their views on various issues allowing voters to learn about the candidates' positions and policies. The following candidates have been invited to attend:

- Kansas Senate Dist 19 | Patrick Schmidt (D) and Tyler Wible (R)
- Kansas House Dist 56 | Pennie Boyer-Kloos (D) and Virgil Weigel (R)
- County Treasurer | Susan Duffy (D) and Angus Tucker (R)
- County Clerk | Lisa Schmitt (D) and Jonathan Smith (R)
- Kansas Board of Education (#6) | Dr. Beryl Ann New (D) and Dr. Bruce Schultz (R)

## **SOCIAL SPECIAL GUEST**

**Monday, October 7 | 4:15 pm | Main Street Pavilion**

Jeff Kready will be stopping social to tell us about his Holiday Concert. Hopefully he will sing a few songs.

## **JOE STRINGER MAGIC AND FUN**

**Tuesday, October 8 | 2:00 pm | Cultural Arts Center**

This guy brings the fun and magic all at the same time. This program is funded through a generous gift from the Brewster Service Fund. Everyone is welcome to come.

## **HOT DIGGITY DOG**

**Thursday, October 10 | 2:00 pm | Cultural Arts Center**

It's time for Hot Dogs! We will have a special performance by the Washburn University Dance Team.

## **GINO BUENO SINGS**

**Tuesday, October 15 | 2:00 pm | Cultural Arts Center**

Come enjoy the lovely and delightful voice of Gino Bueno. This program is funded through a generous gift from the Brewster Service Fund. Everyone is welcome to come.

## **CYBER FRAUD AWARENESS TRAINING**

**Wednesday, October 16 | 6:00 pm | Cultural Arts Center**

Learn from Rosie Nichols, City of Topeka Public Safety Communications Specialist, about three of the most common scams, how each one works, how to recognize them, and what to do if you fall victim to them.

## **SARA TUCKER PRESENTS: HOW MEDICINE GOT MODERN**

**Thursday, October 17 | 2:00 pm | Cultural Arts Center**