



ALZHEIMER'S AWARENESS WEEK

NEW RESEARCH AND
TREATMENT PROVIDES
HOPE AMID SOBERING
FACTS AND STATS



CAMPUS WALK

Wednesday, Sept 18
1:00 pm | Meet at BHC

CAMPUS PARADE

Thursday, Sept 19
10:30 am | Campus Wide

ROOT BEER FLOATS

Friday, Sept 20
11:00 am—12:30 pm | MSP
Sponsored by the Gratitude Crew

WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's is a type of dementia that affects memory, thinking, and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. **Alzheimer's is the most common cause of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Alzheimer's begins 20 years or more before memory loss and other symptoms develop.

PREVALENCE

An estimated 6.9 million Americans are living with Alzheimer's dementia. Almost two-thirds of Americans with Alzheimer's are women and this could be because women live longer than men on average.

MORTALITY AND MORBIDITY

Among people age 70, 61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30% of people without Alzheimer's dementia.

CAREGIVING

More than 11 million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$350 billion.

WORKFORCE

More than 1 million additional direct care workers will be needed between 2021 and 2031 — more new workers than in any other single occupation in the United States.

USE AND COSTS OF HEALTH CARE, LONG-TERM CARE AND HOSPICE

In 2024, health and long-term care costs for people living with Alzheimer's and other dementias are projected to reach \$360 billion.

*Information was gathered from alz.org.
The Alzheimer's Association provides a lot
of information about the disease, support,
research and how to get involved.*

Check it out! ■

MISSION

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



SEASON OF CREATION AND DAY OF PRAYER

BY CHAPLAIN JULIE FREEMAN, M.DIV

“Heaven is under our feet as well as over our heads.” -Henry David Thoreau, Walden

In 1989 the World Council of Churches established the **Season of Creation** beginning with a **Day of Prayer for Creation** on September 1 continuing to the Feast of St. Francis of Assisi on October 4. This liturgical season is dedicated to prayer, reflection and celebration of the Mystery we call God, Creator. As people of faith, we are invited to consider our place in the vast expanse of Creation responding in awe, wonder and action.

The **2024 Season of Creation Ecumenical Steering Committee** welcomed communities of faith around Earth to, *“this special season of ecumenical solidarity.”*

We rejoice in this opportunity to safeguard our common home and all beings who share it.

This year, the theme for the season is, “To Hope and Act with Creation.” Amid the triple planetary crisis of climate change, biodiversity loss, and pollution, many are beginning to despair and suffer from ecoanxiety. As people of faith, we are called to lift the hope inspired by our faith, the hope of the resurrection. This is not a hope without action but one embodied in concrete actions of prayer and preaching, service and solidarity.

During the month of September, we will share a different environmental focus every Sunday at Vespers and consider our response with hope and action.

JOIN CHAPLAIN JULIE FOR THESE EVENTS

Sunday Supper Club

Sunday, September 1

4:00 pm | The Evergreens Brewster Bean

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

Mindfulness Meditation

Monday, September 9

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, September 16

2:00 pm | Main Street Chapel

Finding life again after loss through gratitude with Chaplain Julie.

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 ■

If you would like to visit with Chaplain Julie, please call her at:

Rev. Julie Freeman, MDiv

785-274-3349

or visit her at her office
at The Evergreens.

SAVE THE DATE!

Brewster Place Annual Holiday Craft

BAZAAR

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

The 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.

Volunteers are needed for the Bazaar to help set up and work the day of the Bazaar. If you are interested in volunteering, a sign-up sheet will be available at the September Resident Council Meeting and outside of Jamie's office.

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.

Other Ways to Help

Tea Towel Tuesdays
Tuesdays, September 3 and 17
10:00 am | Redwood Art Studio

Quilters Group
Every Monday and Friday
9:30 am
Redwood Art Studio

VOLUNTEER! BAZAAR BAKE SALE

Bake Sale Planning Meetings
Tuesdays, September 10 and 24
10:00 am | Redwood Art Studio

One of the most popular areas of the Bazaar is the Bake Sale. Each year residents make homemade items to sell with proceeds going to the Brewster Service Fund.

We invite you to join our Bake Sale Committee to help organize this fun event. We are calling all bakers, dessert enthusiasts, and anyone with a sweet tooth!

Why Join?

Get Creative

Showcase your baking skills and experiment with new recipes.

Meet New People

Connect with fellow bakers and residents.

Make a Difference

Help raise funds for a great cause.

Have Fun

Gather with other residents to laugh and make happy memories.

How You Can Help:

Baking

Contribute your favorite treats, from cookies to cupcakes.

Planning

Help organize the event, from setup to sales.

Promotion: Spread the word and attract customers to our bake sale.

Interested? Please come to the planning meetings and help us out! ■

THE 1990s | COMMITMENT TO EXCELLENCE AND PROGRESS

THE BREWSTER PLACE STORY PART 9 | COMPILED BY JANIS SWANSON, EDITOR

This article was compiled using yearly historical summaries written by Brewster Place historians.

Learning about the history of Brewster Place is important because it can provide valuable insights about the decisions, culture and core values that form the foundation of who we are as a community. Knowing our history can also help us make informed decisions for the future and highlights the traditions that have sustained our culture in the ever-changing life of this community.

The 1990s tells a story that exemplifies the principles of tradition and progress. Residents enjoyed a varied activity program that looks very similar to what we have today. Out-of-town trips, local outings to concerts, plays and museums as well as a full calendar of on-campus activities that included games, cards, coffee groups and discussion forums.

The biggest event of each year was the Annual Bazaar that raised money for charitable organizations in the Topeka community. From the outset, the Brewster Place Bazaar has sought to involve as many residents to create items and volunteer their time to serve a purpose larger than themselves. The success of the Bazaar is directly related to its purpose — working together for a common goal to help others in need.

One of the overriding themes of our history is also being recognized as one of the best retirement communities in our state and region, but also in the United States. In the 1990s, Brewster Place was named several times for its excellence.

It's not hard to believe this excellence in care and services caused Brewster

Place to be full or nearly full for many years — and with waiting lists! Many of our residents are also second and third generation family members of some of our earliest community members. That is a testament to the hard work and commitment that our leadership, staff and board members have maintained since the beginning.

Today, one of the most important areas of our community is the Brewster Health Center and Assisted Living. In the early 1990s, a plan was in place to expand what was then called “medical” to a new building with more capacity and features.

In 1991, Beth Fager, was hired as Director of Development for the Brewster Foundation and her focus was to raise funds for construction of a new medical facility and to convert the existing medical section of the Main Building (Redwood South) into Assisted Living.

In the fall of 1992, under the direction of Beth Fager, and leadership from co-chairs Jack Dicus and Dean Rinner, a two-year campaign began to raise \$2 million for this major project. The campaign was successful and construction for the new Health Center began with a groundbreaking in September 1996. The \$6.5 million construction project was awarded to Ferrell Construction Company, and on March 15, 1998 a dedication ceremony was held and residents began moving into the Brewster Health Center.

In March 1999, as the new millennium approached, the newly renovated Residential Health Center (Assisted Living) was dedicated. ■

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.

September Book and Discussion

A Man Called Ove by Fredrik Backman

Discussion Date

Tuesday, September 24

10:30 am | Main Street Chapel

Meet Ove. He's a curmudgeon; the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him 'the bitter neighbour from hell'. But must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time? Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

October Book and Discussion

The Graveyard Book by Neil Gaiman

Pickup Date | Tuesday, September 24

Discussion Date | Tuesday, October 22

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 Sler. 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 audeince 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.

BLOOD PRESSURE CLINICS

A free service provided by Elara Caring

Thursday, September 12

2:00 pm

Winchell Wellness Center

Thursday, September 26

2:00 pm

Brewster Events Center Wellness Center



facebook.com/brewsterplace.org

WE VALUE YOUR INPUT AND QUESTIONS

BY MATT BURNS, VICE PRESIDENT OF COMMUNITY SERVICES

It was my grandfather who taught me to be a politician. One of his favorite questions for us was, “Why is a rabbit?” The answer is, “The higher she flies, the fewer the many.”

Being good respectful grandchildren, we never looked at grandpa and said, “That doesn’t make any sense!” We just wracked our brains and tried to figure out what it meant. I’m still trying to figure it out to this day.

As I said, dealing with my grandfather’s teaching methods started me out on a long life of fabrication and misdirection. My own grandchildren know that if my lips are moving, most likely the truth is not coming from them. This does prick my conscience occasionally, especially when I think about Lot in the Bible and the story of Sodom and Gomorrah. I think Lot was a joker too, for when he tried to tell his sons-in-law to flee from the destruction of God, the scripture says, “But his sons-in-law thought he was joking.”

I’m hoping that when it is really important, my grandchildren *will* believe me. Sometimes when I am called upon to answer questions at a Resident Council meeting or a Community Chat, I feel like my early training becomes very beneficial. There are questions that just do not have good answers to them.

When you ask me why something is not being done about this or that issue, it usually boils down to one of two issues: new employees and money. New employees must be trained to do what vintage employees used to do without being told. We vintage employees gained experience over time, reinforced by having to read a resi-

dent’s lips a time or two. This training curve with new employees is frustrating for us vintage supervisors, and for you who have been accustomed to a higher standard. But it is the process. It has to happen occasionally, and I know we will get through it and come out on the other end with a quality product and quality service.

Money, or the lack thereof, is the second issue. Our budget is just like yours, and when we have spent our budget for this or that, we need to slow down the spending or put things off for a bit into the future. We don’t like this answer either, but the alternative makes our bond holders and Board a bit grumpy.

I guess I’m saying all of this in an effort to apologize for those times when you ask me a question and I give you an answer that does not have much meaning.

Why are there weeds in my yard? Because, “the higher she flies, the fewer the many!”

Why is my hallway not painted? Because, “the higher she flies, the fewer the many!”

But don’t give up! Each time you ask, I do take it to heart, and I do go back and see if there isn’t some strategy I can come up with to meet your needs and make Brewster a little more beautiful and inviting. We are here to serve you, and we appreciate your patient persistence. I will see you around campus! ■



KU OSHER LIFELONG LEARNING INSTITUTE



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

FALL 2024 CLASS SCHEDULE

From Front Porches to Rallies: Presidential Campaigns Through History

Tuesdays, September 17, 24; October 1
1:00—3:00 pm

Cultural Arts Center

George Washington didn't make a single speech before his election as the first U.S. President. The office sought the man and not the other way around. Find out how we got from Washington to today's campaigns with ads, robo calls, debates, and rallies.

Diana Carlin, Ph.D. — is professor emerita of communication at Saint Louis University and a retired professor of communication studies at KU. Carlin has written several articles and co-authored a book on gender and politics. She also taught courses on women as political leaders, the rhetoric of women's rights, and communication and gender.

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

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. ■

KAW VALLEY BANK AT BREWSTER PLACE

The Kaw Valley Bank at Brewster Place is located at Main Street (lower level of Redwood South). The bank has limited hours:

Tuesdays
9:00—11:00 am

Thursdays
11:00 am—3:00 pm



CORNER CLUB SUITE — REDWOOD 112

Everything you need is just around the corner! The Corner Club Suite in Redwood is located on the first floor, only a short hallway from the competitive card games, delicious dining, and state-of-the-art creative studios.

This 724 square foot apartment has a full kitchen, beautiful quartz countertops, stainless steel appliances, and white cabinets. The washer and dryer unit is tucked away in a large walk-in closet. Parking is easy to access and there is an exit door on the north end of the building, making it a perfect location for a dog lover to take care of all Fido's needs.

If you would like to take a look at this sweet suite, call Sales and Marketing at 785-274-3351.

Remember, Independent Living Residents who make a referral 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. ■



GATHERING TOGETHER ALWAYS LIFTS SPIRITS



Above: Mariella Green attended the Three Thirteen card game held at the Brewster Bean. What a fun and chaotic time! Residents and friends learned how to play and obviously had a blast!



Left: Michael Cassidy participated in a recent watercolor class in the Redwood Art Studio. **Below:** Cindy Stafford and Billie Segrist at the Spiritual Life Committee's recent Bible Trivia Game. Everyone enjoyed the afternoon — a few brains were strained!



OFF CAMPUS — A few highlights!

TOPEKA SYMPHONY ORCHESTRA

Saturday, September 7 | 6:45 pm | Shuttle (Pickup at EV lobby/RW west entrance)

TSO kicks off their new season with the theme of Puttin' on the RITZ. They will welcome International Opera Superstar Michael Spyres and his wonderfully talented family for a night of the best arias, duets, and ensembles from opera and Broadway. Don't miss this spectacular night of hit tunes, like *Nessun Dorma*, *O mio babbino caro*, *Time to Say Goodbye*, and *O Sole Mio*, featuring Michael Spyres, Tara Stafford-Spyres, Sean Spyres, and Erica Spyres. For tickets, please call 785-232-2032 to purchase. Please call Jamie at 785-274-3398 to make a transportation reservation as space is limited.

LUNCH AT ALMA BAKERY AND VISIT VOLLAND STORE

Wednesday, September 11 | 10:00 am | Shuttle (Pickup at EV lobby/RW west entrance)

Let's start our trip with a lovely drive to Alma. We will stop for a meatloaf lunch with all the fixings including pie. Then off to see the current art installation at Volland Store. The current exhibit is Hair of the Dragon by Hong Chun Zhang. The exhibit includes a dragon made of haybales. Lunch is \$15. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

DINNER OUT AT CHILI'S

Wednesday, September 18 | 4:15 pm | Shuttle (Pickup at EV lobby/RW west entrance)

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

DAY OUT IN LAWRENCE

Wednesday, September 25 | 9:00 am | Shuttle (Pickup at EV lobby/RW west entrance)

Let's head to Lawrence for a full day of fun. We will begin with a tour on our bus of Old West Lawrence facilitated by Dr. Bob Dinsdale. He will share his research about socially and politically prominent families that have shaped Lawrence. West Lawrence's beautifully preserved neighborhood is the perfect backdrop to learn about the people and architectural styles that make this area unique. We will then go downtown for a delicious lunch and wonderful shopping. Tour cost is \$10. Transportation is \$13. Lunch is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

TOPEKA SYMPHONY ORCHESTRA

Saturday, September 28 | 6:45 pm | Shuttle (Pickup at EV lobby/RW west entrance)

The Topeka Symphony's got rhythm in Sound, Echo, and Silence – an electrifying new concerto by Thailand's star composer Narong Prangcharoen for traditional Thai instruments and orchestra. This will be the US premiere of this thrilling work that will have you mesmerized and tapping your feet with the fascinating rhythms. Tchaikovsky's Fourth Symphony is also full of dazzling orchestral features including a pizzicato movement and a finale bursting with percussive beats and flourishes. For tickets, please call 785-232-2032 to purchase. Please call Jamie at 785-274-3398 to make a transportation reservation as space is limited.

ON CAMPUS — A few highlights!

SARA TUCKER PRESENTS

Tuesday, September 10 | 2:00 pm | Cultural Arts Center

Come and learn about the history. Sara is a former Washburn professor that has a passion for history and loves to share it with us.

HEARTLAND HARMONY SINGERS

Tuesday, September 10 | 7:00 pm | Cultural Arts Center

Come and listen to the beautiful voices of Heartland Harmony directed by Janet Zima.

BREWSTER SERVICE FUND PRESENTS SINGER JAYNA MCFARLAND

Thursday, September 12 | 2:00 pm | Cultural Arts Center

Come and hear the beautiful and talented Jayna McFarland as she sings. She will be accompanied by Marilyn Foree. Jayna is the granddaughter of a Brewster residents, Jan and Doug Mauck. This program is funded through a generous gift from the Brewster Service Fund.

KU OSHER LIFELONG LEARNING INSTITUTE

From Front Porches to Rallies: Presidential Campaigns Through History

Tuesdays, September 17, 24; October 1 | 1:00 pm | Cultural Arts Center

George Washington didn't make a single speech before his election as the first U.S. President. The office sought the man and not the other way around. Find out how we got from Washington to today's campaigns with ads, robo calls, debates, and rallies. The course will be taught by historian Diana Carlin. Please call Jamie at 785-274-3398 to register.

ALZHEIMER'S BREWSTER CAMPUS WALK

Wednesday, September 18 | 1:00 pm | Meet at Brewster Health Center

Join our walk around campus to raise important awareness for Alzheimer's disease. Raising awareness about Alzheimer's disease is essential for promoting early detection, reducing stigma, supporting caregivers, advocating for research, and fostering community support. We will celebrate the walk with treats.

ALZHEIMER'S PARADE AT BREWSTER PLACE

Thursday, September 19 | 10:30 am | Campus Wide

FUTURE OUTINGS

Topeka Civic Theatre

Thursday, October 3 | 6:00 pm | (Pickup at EV lobby/RW west entrance)

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. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

New Theatre and Restaurant

Wednesday, November 11 | 9:30 am | (Pickup at EV lobby/RW west entrance)

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.