

BREWSTER HEALTH SERVICES AWARDED



he past year Brewster Place celebrated 60 years of service to seniors in our community. Since its founding, the Brewster Place story has grown thanks to the thousands of staff, board members, and community volunteers who dedicated themselves to the original dream of Roy and Frances Engler and the mission of this unique faithbased, not-for-profit organization. name Brewster Place is synonymous with excellence, and as we begin a new year, we are proud to once again be recognized by locally and nationally. Most notably, two national publications -Newsweek and U.S News & World Report — recognize Brewster Place for Continuing Care and Rehabilitation Services for 2024- 2025.

Newsweek Magazine ranks Brewster Place number one in Topeka and second in the state for **America's Best Continuing Care Retirement Communities**. Brewster Place was included in the 300 Continuing Care Retirement Communities recognized out of more than 2,000 in the United States.

The Brewster Health Center and David Beck Rehabilitation Center have been recognized by *U.S. News & World Report* as a Best Nursing Home for 2024-2025, receiving its "High Performing" rating in Long-Term Care and Short- Term Rehabilitation Center. U.S News & World Report recently released the 2025 ratings and profiles of more than 15,000 skilled nursing facilities.

In addition to the recent national distinctions, in 2024 the **Best of Topeka Community Choice Awards** again recognized the winning care of Brewster Place Rehabilitation Center, Assisted Living and Nursing Home.

Offering 240 Independent Living residences as well as Assisted Living, Skilled Nursing, and post-acute Rehabilitation services Brewster Place is an organization with a distinguished history and unparalleled reputation for excellence. Excellence could not be achieved without the dedication of Brewster's professional and caring staff members from front line workers to executives.

MISSION



"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." -E. M. Forster

Whith the tick of the clock at midnight, the new year begins bringing with it hope, change, and for some of us, anxiety. January invites us to consider who we are, what we long for and what is possible. Some of us are excited by opening ourselves up to new adventures and dreaming about what the new year holds. We buy planners and journals to brainstorm our goals, strategize our ideas and set dates for our journey's embarkation. But for others, change is unexpected, maybe even unwanted. The new year feels daunting not energizing. Sometimes we resist change clinging tightly to the old life we knew so well. Routines and patterns that once worked for us now leave us exhausted and sad.

What do we do when the possibilities are overwhelming? We learn to let go. Release what isn't ours to hold. When we hold something too tightly, we can hurt ourselves and damage the very thing we're trying to retain. We can't receive blessings intended for us if we're closed off mentally, physically, spiritually, or emotionally.

Let's practice. Ball up your fists tightly. Hold that for 15 seconds. Concentrate on your breath while you feel the sensations in your hands. Then unfold your fingers and feel the surge of energy rushing back into your body.

Letting go is process. Be gentle with yourself and the people close to you. It takes time to get comfortable with a new journey and the changes it will require. Keep practicing. Let go of little things first so you can build the strength to tackle the big ones. And remember, you are not alone. \blacksquare

SPIRITUAL LIFE OPPORTUNITIES

Morning Devotions

Sundays at 9:30 am
The Evergreens Brewster Bean

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

Sunday Supper Club

Sunday, January 5 4:00 pm

The Evergreens Brewster Bean

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

Mindfulness Meditation

Mondays, January 13 and 27 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. Beginning in January we are offering a second Mindfulness class per month. Come to one or both as you like.

Grief & Gratitude Group

Monday, January 20 2:00 pm | Main Street Chapel

Finding life again after loss through gratitude with Chaplain Julie.

4th TUESDAY BOOK GROUP

oin us each month for rich discussion facilitated by Sara Tucker. Books can be picked up/turned in at each meeting and in Chaplain Julie's office. Contact Chaplain Julie with any questions at 785-274-3349. Plan to join us on **Tuesday**, **January 28 at 10:30 am in the Main Street Chapel** as we begin a new year of reading great books. ■



KU OSHER LIFELONG LEARNING INSTITUTE SPRING AND SUMMER 2025

Leonard Bernstein (1918-1990)

Tuesdays, January 28; February 4 and 11 1:00—3:00 pm | Cultural Arts Center

University of Kansas professor and author Paul **Laird** presents a class paying tribute to legendary musician and composer Leonard Bernstein. Professor Laird, who has authored the biography "Leonard Bernstein," will explore Bernstein's extraordinary life and work. Laird notes, "I think that if people want to understand American music, this is a guy they need to know about. He kind of predicted the future of music." Leonard Bernstein was a brilliant composer, an exceptional conductor, and—perhaps most importantly—a man who believed in the power of music to change the world and bring people together. We will also consider the man's full life and celebrity, including many famous collaborators and friends and the strong political beliefs that helped guide his artistic choices. Don't miss this opportunity to learn about one of the most influential figures in modern music! ■

COPEKA

America's Forgotten Wars

Tuesdays, April 8, 15 and 22 1:00—3:00 pm | Cultural Arts Center Instructor: Bob Smith

The JFK Assassination: 60 Years Later

Tuesdays, June 3, 10 and 17 1:00—3:00 pm | Cultural Arts Center Instructor: Brian Edwards

Significant United States First Ladies of the Modern Era

Tuesdays, August 5, 12 and 19
1:00—3:00 pm | Cultural Arts Center
Instructor: Anita Tebbe

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

INTERGENERATIONL OPPORTUNITY BEGINS

BREWSTER PLACE AND THE TOPEKA CENTER FOR ADVANCED LEARNING AND CAREERS

The high school scholars of the College Prep Academy at the Topeka Center for Advanced Learning and Careers are excited to start their project through a

community service initiative, *Bridging Generations: Thinking and Problem-Solving Together!* They have partnered with Brewster Place to connect students with the Brewster residents to work collaboratively on math tasks, brainteasers, card games, and puzzles. This is a wonderful opportunity for students to practice their math skills in a meaningful way while building connections across generations. For the first visit, they focused on building relationships with the residents

by engaging in festive holiday activities together. **Bridging Generations** will be a reoccurring monthly event open to all. For more information, please contact Matthew Herrman, Staff Development Coordinator at 785-274-3387. ■



A BIG Thank You to all of the residents who helped Jamie and Kathy in decking the halls. We looked very festive for the holiday season. Everyone did such a great job getting this done for all to enjoy.

Bazaar Workshop Ornament MakingFriday, January 3 10:00 am | Redwood Art Studio

Every month there will be one Friday morning Bazaar making event. In January we will make small tree ornaments. We will set this up so that all will have an opportunity to assist in Posie Pins. We will price the pins and box them up so they are ready to be hung for the Bazaar in November.

Show and Share

Tuesday, January 14 1:00 pm | Redwood Art Studio

Calling ALL Artists campus wide to join us for Show and Share. It will be great to have an opportunity for Kathy to meet all of the talented artists we have on campus and for you to meet other artists (we consider all who do arts/crafts here to be artists) to show your work, share about your work, and discuss art.

Valentine's Cards for Meals on Wheels

There are cards to color for our Meals On Wheels Valentines in both the Redwood and Evergreens Art Studios. Stop by, color a few, and leave them on the table to be picked up. This year we need to have 1,200 cards ready for the program. Kathy really appreciates everyone's efforts and we are already piling them up. Thanks to one and all!

Calendar of Events

Please check the calendar of events for all of the fun art projects in January. There is something for every one! Come on down to the studios and have fun. No experience is required, we can assist with building your skills.

Call for Entries Quilt Show

We thank Roberta Foth for sharing her holiday themed quilts with us at the Brewster Events Center Art Gallery in December and January. It is our intention to have a variety of calls for artwork throughout 2025.

We will begin by asking for quilts to be hung for February and March. One quilt may be entered per quilter please. There will not be a theme for this show. Also, please keep in mind that we have limited wall space, so we may not be able to hang all quilts that are entered (we will try). If your quilt does not get hung this time, we will get it hung during another show.

If you want to enter your quilt, please call Kathy at 785-274-3317 or email her at kathrynp@brewsterplace.org by Thursday, January 16. Please provide information about your quilt including the name of quilt, size of quilt and maker/makers.

We will call you and give you the date to deliver the quilts to Kathy for hanging. We will hang quilts the week of January 27.

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MORE CREATIVE ARTS

Block of the Month

Wednesday, January 15 10:00 am | Redwood Art Studio

- Do you want to learn to make a quilt?
- Do you want to learn tips and tricks to make the blocks?
- Do you want to use the blocks to build a quilt?

This group is an opportunity to learn all of this and much more. Each month you will learn how to construct the block of the month. We will talk about color selections, selecting fabric and what it takes to make a beautiful block. Each block will contribute to an overall quilt. This will be a 12-month program.

At the end of the 12 months you will be able to construct a beautiful quilt. We will guide you to the finished line.

Paper and the Possibilities

Thursday, January 16
10:00 am | Evergreens Art Studio

What can be done with paper and creating artwork? You will be amazed each month by what you create. Exploration of all of the ways to use paper, make paper and what can be done with that paper. Each month we will explore some type of papermaking, by printing on paper, folding paper, making and embellishing paper and using the paper for other projects. We will use these papers to learn new card making techniques, new collage art techniques, small journal making techniques and so much more.



Alpaca, Llama, Sheep, OH MY!

Thursday, January 23

10:00 am | Redwood Art Studio

Calling all who knit or crochet to come together and bring you knitting or crochet work. This is a social gathering to visit, share stitches, and stories.

Tea Towel Tuesday *plus*Embroidery Basics and Beyond

Tuesday, January 28

10:00 am | Redwood Art Studio

Learning basic embroidery skills and advancing those skills. We will talk about a basic embroidery stitch each month and build upon the skills with each embroidery stitch we learn. We will also discuss ways to stabilize your fabrics/papers to embroidery. We will assist you in making tea towels which are always a popular Bazaar item.

Open Studio

Mondays at 1:00 pm Evergreens Art Studio

Thursdays at 1:00 pm Redwood Art Studio

Let's Paint

Tuesday, January 7 2:00 pm | Redwood Art Studio

Thursday, January 16 2:00 pm | Evergreens Art Studio

Wednesday, January 22 10:00 am | Redwood Art Studio

Calling all painters to the studios. We will explore techniques together and learn from each other during this time. Be watching in the studios for various still life arrangements for your muse to paint each month. They will be placed at the center of a table and marked your "Drawing and Painting Muse."

WORDS OF GRATITUDE SAVE ME A SEAT!

Thank you for the cards and kind words! I wish you all the best in 2025 and all the years in the future. It has been a pleasure to share the journey with you these last eight years. I have learned that there are different events and situations that move us to make a change. For some, moving here is prompted by wanting to be closer to family after years of living in a warmer climate. For some, it might be a health event, a concern for their spouse, a loss, or some other life change. And for others, it is about wanting to let go of the work and enjoying social times and leisure events by just walking down the hallway.

But change is hard and there is a lot to let go of to make the change, from downsizing and selling and throwing away and even feeling vulnerable and unsure. A little like attending a new school with the hopes someone will sit with you at the lunch table.

Brewster Place always has a place at the table for you and I have enjoyed sharing that table with you.

While I am going to work as a Sales and Marketing Consultant, that will be project based and not an 8 to 5 position, I plan to enjoy my granddaughter, maybe actually cook more at home, (my husband will or will not think that is a good idea). I look forward to seeing you around campus as a Brewster-Connect member. You all have a lot of great things going on here, that warm water pool, the Osher series. Yep, I plan to enjoy what I have been telling people about for years. So, save me a seat!

Fondly, Chris Gallagher

THANK YOU ALL!

want to thank all of you for your cards and well wishes upon my retirement in December.

I have thoroughly enjoyed being of service to you — whether to sell stamps, mail a package, make a reservation or just help you find an answer to a question — it's been my pleasure to assist you over the years.

I am looking forward to relaxing a bit at home before I start working PRN for Brewster transportation. I'm sure I'll be seeing you in the near future. Thank you again for your kindness!

Fondly, Maxine Gilbert

UPDATES

Nail Technician Hired



PS Salons is excited to announce a new nail technician, Cheryl, who has begun working on Saturdays at The Evergreens Salon. Cheryl will work every **Saturday from 9:00 am—3:00 pm.** Stop in and say "hello" and schedule an appointment, or give Cheryl a call at 785-266-6111 to schedule your nail appointment. **Beginning January 4 Cheryl will work at the Main Street Salon at Redwood every other Saturday afternoon.**

Robert's Schedule at The Evergreens Salon

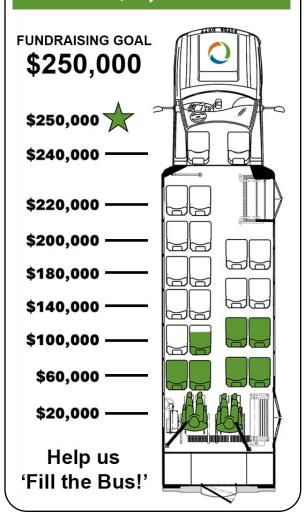
Fridays from 9:00 am—12:00 pm

BUS FUND UPATE

The mission of the Brewster Foundation is to "raise funds in support of Brewster." Currently the Brewster Foundation is seeking funds so a new bus can be purchased. Our current large bus is several years old and uncomfortable.

We want to thank everyone who has already contributed. The current total for the fund is \$89,550. If you are interested in giving to the Bus Fund, please contact Mary Blubaugh, President and CEO, at 785-274-3392. ■

Current Bus Fund Total \$89,550



RESIDENT PHOTO SESSIONS

Did you know that Brewster Place offers CATIE Web (Communication and Access To Information Everywhere) and CATIE TV through our partnership with Status Solutions? We want to refresh your memory about the tools available via CATIE Web.

In short, CATIE Web is a web-based tool that residents can access on their personal devices (smartphone, tablet, laptop or computer) to stay up-to-date with information about what's happening at Brewster Place.

Features include:

- Activity calendar
- BPTV 1960 screens
- Brewster documents (Brewster News, menus, weekly bulletin, calendar, resident council minutes and more
- Community Directory including Independent Living resident photos
- Staff Directory with photos
- Maintenance Care (work orders)
- And much more!

In an effort to include more Independent Living resident photos in the Com-

Photo Session

Thursday, January 9
1:00—3:00 pm
Winchell Wellness Center
(Redwood South lower level)

munity Directory, we are providing a Photo Session in January. If you

are new to Brewster Place and haven't had your photo taken for the Community Directory, we encourage you to attend. Janis Swanson will take your photo and upload it to CATIE Web. Photos are not mandatory and you can submit a photo to Janis if you prefer.

To sign up for CATIE Web to take advantage of its many features, please contact the IT Team at 785-274-3334. ■

HOMES OF THE MONTH | THREE ON THREE

REDWOOD

301, 303, 309

Good Things Come in Threes! As we begin the new year, let's look at three apart-

ments on the third floor at Redwood!

Opening the door of Redwood 301 finds morning light streaming in the eastfacing apartment home. The sliding glass door offers lots of light and the view of the campus park below, which creates quite a welcoming atmosphere. This floorplan is called

the Carlton and is 500 square feet situated immediately around the corner from the elevator. It features one bedroom, a full-sized balcony, a kitchen with a peninsula countertop, and large closet space.

Redwood 303 is a one bedroom with ensuite bath floorplan with 700 square feet of space. Closet space abounds in this jewel! This

apartment also faces the east with a spacious living/dining area and a comfortable bedroom.

The colors are warm and earthy, with a beautifully coffered ceiling in the living room.

If the afternoon sun is more to your liking, Redwood 309 is a delightful Carlton floorplan with a full balcony from which to enjoy the western exposure. The kitchen is bright and the feeling is light,

warm and inviting. This Carlton also highlights ample closet space.

The three on the three are just waiting for someone to make them home! Call Marketing at 785-274-3351 for your personal tour. Residents in Independent Living who make a new referral to Brewster Place will receive one month's free rent once the friend moves in.

A YEAR CAPPED OFF WITH CELEBRATIONS AND SMILES



Left: Kay Stephens let Santa know her wish list after the Resident Holiday Program in December. We thank Kay for contacting Mr. and Mrs. Claus inviting them to make an appearance!





Above: Residents Sharon Efird and Ann Uhl with staff member Chenelle McPherson at a reception where residents expressed their gratitude for Brewster staff. It's great to live and work at Brewster Place!

Left: Glenn and Barbara Wehking and Jamie **Fritz** at the showing to the Hallmark movie, *Holiday Touchdown, A Chiefs Love Story.* Everyone enjoyed the movie and festive treats.



OFF CAMPUS — A few highlights!

EISENHOWER PRESIDENTIAL LIBRARY, MUSEUM AND BOYHOOD HOME Wednesday, January 8 | 8:30 am | Shuttle pick-up at EV

The Dwight D. Eisenhower Presidential Library and Museum is one of 15 Presidential Libraries operated by the National Archives and Records Administration. Presidential Libraries promote understanding of the presidency and the American experience. They preserve and provide access to historical materials, support research, and create interactive programs and exhibits that educate and inspire. Additionally, they are hosting an exhibit about the Cold War as this war dominated every facet of post war 20th century Western life. Lunch is Dutch treat. Transportation is \$13 and museum is \$17. Please call Jamie at 785-274-3398 as space is limited.

WINTER FUN ON WANAMAKER Wednesday, January 15 | 10:30 am | Shuttle pick-up at EV and RW west side

It's a New Year of travel, and it's time to bundle up and head out. We will start with brunch at First Watch to set a nice tone for the day, and then off to do a little wandering in the stores on Wanamaker. Brunch is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

NEW THEATRE AND RESTAURANT IN KANSAS CITY — WAIT LIST ONLY Thursday, January 22 | 9:30 am | Shuttle pick-up at BEC

New Theatre presents Vicki Lewis in *Nunsense*. *Nunsense* is a hilarious comedy spoof about five nuns who get caught up in a series of misadventures. The convent's cook, Sister Julia, accidentally serves food that poisons a large group of nuns, and they start dropping dead like flies! When the remaining sisters plan a talent show to raise money to bury their dearly departed, hilarity ensues! With catchy songs and irreverent comedy, *Nunsense* is sure to keep audiences rolling with laughter. This show is great for all ages, bring the whole family! Starring Vicki Lewis, Beth in "*NewsRadio*," Deb in "*Finding Nemo*" and Flo in "*Finding Dory*." Tickets are \$40 and includes lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

DAY OUT IN KANSAS CITY Wednesday, January 29 | 8:30 am | Shuttle pick-up at EV and RW west side

It is time to take advantage of the post-holiday sales! We will head to Kansas City to check out our favorite shops Talbots and Chicos. Be sure and bring your coupons. Then we will take a rest for a gourmet lunch at Andres. Andres has been featured in *Food and Wine Magazine* for having authentic Swiss-style dining, gourmet chocolates, and baked goods. If time and energy allow, we will stop at Dillard's at Oak Park to find more bargains. Lunch is Dutch treat. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

FUTURE EVENTS TOPEKA CIVIC THEATRE

Thursday, February 6 | 6:00 pm | Shuttle pick-up at EV and RW west side

TCT presents *Unnecessary Farce*. Two cops. Three crooks. Eight doors. Go. In a cheap motel room, an embezzling mayor is supposed to meet with his female accountant, while in the room next-door, two undercover cops wait to catch the meeting on videotape. But there's some confusion as to who's in which room, who's being videotaped, who's taken the money, who's hired a hit man, and why the accountant keeps taking off her clothes. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

PLEASE NOTE:

Until the Administrative Assistant position at The Evergreens is filled, we ask that you contact Marianne Woods, Administrative Assistant at Redwood, for the following items:

- Updates, corrections or changes in the Resident Directory
- Purchasing of stamps or package mailing
- Room reservations
- Submission of pet information

Marianne can be reached at 785-274-5050 or email her at: mariannew@brewsterplace.org.

ON CAMPUS — A few highlights!

BEECHER BIBLES, BROTHERS AND SISTERS Tuesday, January 7 | 2:00 pm | Cultural Arts Center

Discover the fascinating history of "Beecher's Bibles," the Sharps rifles supplied to anti-slavery settlers during the tumultuous Bleeding Kansas period (1854–1860). Speaker Bill Stumpff will delve into the story behind these iconic weapons and the pivotal roles played by Henry Ward Beecher and Harriet Beecher Stowe in this chapter of American history. Join us for this captivating presentation that brings to life the struggles and determination of those who fought to shape Kansas' future.

PROFESSIONAL SINGER AARON SHOEMAKER Tuesday, January 14 | 2:00 pm | Cultural Arts Center

Come enjoy the timeless music of **Elvis Presley, Frank Sinatra, and Dean Martin** as performed by professional singer **Aaron Shoemaker**. With his smooth vocals and classic style, Aaron brings these golden hits to life for an unforgettable experience. This event is proudly sponsored by the **Brewster Service Fund**. Don't miss this opportunity to sit back, relax, and sing along to your favorite tunes!

SCHIRMER SINGERS

Wednesday, January 15 | 6:00 pm | Cultural Arts Center

Join us for an evening of delightful, toe-tapping music with the **Schirmer Singers**! This talented duet is a favorite among our community, and we're thrilled to welcome them back for another wonderful performance. Come enjoy their harmonies, familiar tunes, and the joy they bring to every audience!

THAINE HOFFMAN PRESENTS: THE ANTARCTIC Thursday, January 16 | 2:00 pm | Cultural Arts Center

Join us for an unforgettable presentation as resident Thaine Hoffman shares his thrilling journey to Antarctica. Experience the beauty of blue glaciers, the charm of penguins and seals, and the adventure of traversing the infamous Drake Passage, where the Atlantic and Pacific Oceans meet to create the roughest waters in the world. Discover why tables and pianos are bolted down and why beds come with "seat belts" on this unique voyage! Pam Truesdale will also share her incredible Antarctic experiences, offering another perspective on this remarkable destination. Don't miss this opportunity to explore the wonders of the White Continent through the eyes of two intrepid travelers.

SARA TUCKER PRESENTS: LIFE AND LEGACY OF ELEANOR ROOSEVELT Tuesday, January 21 | 2:00 pm | Cultural Arts Center

Join Sara for an engaging presentation about the life and legacy of Eleanor Roosevelt, one of America's most influential First Ladies. Discover her tireless work as a humanitarian, her advocacy for civil rights, and her impact on shaping policies that still resonate today. Come learn about the woman who redefined the role of First Lady and left an indelible mark on history.

KU OSHER LIFELONG LEARNING SERIES: LEONARD BERNSTEIN (1918—1990) Tuesday, January 28; February 4 and 11 | 1:00—3:00 pm | Cultural Arts Center

University of Kansas professor and author **Paul Laird** presents a class paying tribute to legendary musician and composer **Leonard Bernstein**. Professor Laird, who has authored the biography "Leonard Bernstein", will explore Bernstein's extraordinary life and work. Laird notes, "I think that if people want to understand American music, this is a guy they need to know about. He kind of predicted the future of music." Leonard Bernstein was a brilliant composer, an exceptional conductor, and—perhaps most importantly—a man who believed in the power of music to change the world and bring people together. We will also consider the man's full life and celebrity, including many famous collaborators and friends and the strong political beliefs that helped guide his artistic choices. Don't miss this opportunity to learn about one of the most influential figures in modern music!

CALLING ALL MEN FOR PITCH CARD GROUP

We are looking for a few good men to join the pitch group on Friday afternoons at the Cottonwood Villas. Whether you're a seasoned player or a beginner eager to learn, we'd love to have you. Please call Jamie at 785-274-3398.