



Some of us might be feeling heavy, fatigued or a little down right now. It may feel like the news is a constant drumbeat of negativity from natural disasters and ever-changing cultural dynamics, to shifting political priorities. We have also entered the heart of the winter season. It's getting dark outside sooner and it's bitterly cold.

Long nights and darkness brought on by the earth's rotation away from the sun can cause **Seasonal Affective Disorder (SAD)**.

## **Seasonal Affective Disorder**

### **Your biological clock (circadian rhythm)**

The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.

### **Serotonin levels**

A drop-in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop-in serotonin that may trigger depression.



### **Melatonin levels**

The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

So, what can we do if we're feeling a little down this season. First of all, if you feel like you need help managing your feelings, see your doctor. Don't wait until you're in a crisis. But there are some things that you can start doing today to feel a little bit better. *(borrowed from WebMD)*

### **Self Care Tips**

#### **Make your environment sunnier and brighter**

Open blinds and sit closer to bright windows while at home or in the office.

### **Get outside when possible**

Take a walk, eat lunch on the patio, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.

### **Exercise regularly**

Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.

We also have resources here at Brewster Place to support you if you're feeling heavy-hearted. Our social services team is available for listening and referral to appropriate resources.

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## **MISSION**

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



## **SPRING WILL COME**

BY CHAPLAIN JULIE FREEMAN, M.DIV

**P**oetry is one of my favorite things. Good poems can give you words when you don't have a voice and help you express emotions that refuse to surface. In the cold, harsh months of winter, poems remind us that spring will eventually come. We need only be patient.

### ***The plum you're going to eat next summer***

By Gayle Brandeis

The plum you're going to eat next summer doesn't exist yet; its potential lives inside a tree you'll never see in an orchard you'll never see, will be touched by a certain number of water droplets before it reaches you, by certain angles of light, by a finite amount of bugs and dust motes and hands you'll never know. The plum you are going to eat next summer will gather sugar, gather mass, will harden at its center so it can soften toward your mouth. The plum you're going to eat next summer doesn't know you exist. The plum you are going to eat next summer is growing just for you.

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ate resources if needed. We offer monthly support groups, meditation classes, and individual visits as requested. Employees have additional resources available through Ulliance and Human Resources.

As always, the chapel is open 24 hours a day, 7 days a week to anyone who needs space to pray, meditate or just take a quiet break. A prayer request box is available on the small wooden table by the door. All requests are prayed over daily. ■

## **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, February 2

4:00 pm

The Evergreens Brewster Bean

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

### **Mindfulness Meditation**

Mondays, February 10 and 24

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. Come to one or both as you like.

### **Grief & Gratitude Group**

Taking a pause in the group this month. If you need grief support, please reach out to Chaplain Julie by calling 785-274-3349 to set up a visit. ■

### **Social Services Team**

**Taylor Leone, Director of Social Services**

785-274-3397

**Alyssa Granado, Quality of Life Specialist**

785-274-3395

**Rev. Julie Freeman, Chaplain**

785-274-3349

**Angala Anderson, BHC Social Services**

785-274-3306

## KEY LEADERSHIP POSITIONS FILLED

FROM THE DESK OF MARY BLUBAUGH, CEO

I am pleased to announce that **Dayna Luksa** has accepted the **Chief Operating Officer (COO)** position.

Dayna has been at Brewster Place for 8.5 years in our Human Resources department. She started as the Human Resources Assistant and has worked her way to Human Resources Associate, Human Resources Specialist and then Human Resources Director.

With a Bachelor of Business Administration in Management, Dayna's education and experience will suit her well in her new role. Dayna began her new position on January 20.

In addition, I am pleased to announce that **Cara Puglisi** has accepted the **Director of Marketing** position.

Cara worked at Brewster Place previously for almost five years where she was the Executive Assistant to the Chief Financial Officer and Chief Operating Officer. Her position expanded to working with residents, BrewsterConnect members, and assisting Marketing department.

Cara left Brewster Place for a short time, but loved her time here so much that she came back and has been here since 2023. She has over 20 years' experience in sales and marketing as well as many years holding leadership roles. Her past experience and her marketing role at Brewster Place have prepared her well for her new position. ■

## EXCITED FOR NEW ROLE

FROM THE DESK OF DAYNA LUKSA, COO

**B**rewster Place has been my professional home for 8.5 years in the Human Resources department. I began my career in Human Resources working my way up to Director of that department. Since starting at Brewster Place, I completed my Bachelor of Business Administration degree with a focus in Management from Fort Hays State University.

In my previous role at Brewster Place, I was not able to meet many residents since most of my duties involved working with prospective and current staff. I look forward to getting to know residents better in my new role of Chief Operating Officer. I have a unique perspective coming into this role knowing the employee side of the different departments. Many of our current staff members I helped recruit and also worked with them to troubleshoot and solve problems.

That being said, I have so much to learn. Please know I am excited for this opportunity to gain new knowledge and expertise as well as learning about the departments I oversee (Environmental Services, Dining Services and Resident Services) more in-depth.

Outside of work I enjoy spending time with my husband Dalton, and our children Bennett (age 5) and Emerson (age 3) and reading whenever the kids give me enough quiet to sneak in a few chapters. ■

## LEARN MORE ABOUT CATIE WEB

**CATIE Web Meeting**  
Thursday, February 13  
3:00 pm | Main Street Chapel

If you have heard about **CATIE Web** at Brewster Place and would like to learn more about this excellent communication system for residents, please attend this information meeting.



## CREATIVE ARTS

WITH KATHY PHLAUM, CREATIVE ARTS COORDINATOR

**A BIG Thank You** to all of you making and coloring Valentines cards for **Meals on Wheels!** We have reached our goal and set a record of 1,200 cards for **Meals on Wheels** this year. The cards all look terrific. Great work by everyone.

### Bazaar Update

We are already receiving handcrafted items for the Bazaar. It is so exciting to see the awesome items that are being contributed and made in the first 30 days of 2025. It does take a village for us to have beautiful, handcrafted items every single year. We have broches, knit/crocheted hats, pillows to start, and the donation quilt will be on the frame shortly. There are also quilts in the works, thoughts of place mats, jewelry, ceramics, felted bowls, bowls made from pine needles, cards and handcrafted books on the horizon. We will work to keep you updated as we go along this year. If you have handcrafted items to contribute let Kathy know at [kathrynp@brewsterplace.org](mailto:kathrynp@brewsterplace.org) or call 785-274-3317.

### Special Bazaar Friday Class

Friday, February 7

10:00 am | Redwood Art Studio

In this month's special Bazaar class we will be designing small beaded broches. This will be unique and beautiful and every single one of you will have a beautifully designed and colorful broch. Come join us for the fun as Kathy explains how to design and put the broch together.

### Show and Share

Wednesday, February 12

10:00 am | EV Community Room

Calling ALL Artists campus wide to join us for Show and Share. This is a great 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.

### Let's Talk About Color

Tuesday, February 18

10:00 am | Redwood Art Studio

There have been several requests to talk about color. How do you choose, what colors go together and how do you use color to have an excellent design. We will use the color wheel and discuss the basics of color.

### Vintage Items and Artwork

Wednesday, February 26

10:00 am | Redwood Art Studio

Hankies, old tablecloths, neckties, dresser scarves, old broches/metal work etc. Do these items have value in artwork today? Come to this workshop to learn how Kathy uses these items to create artwork.

### Brewster Events Center Art Gallery

We will be changing the Brewster Events Center Gallery exhibit in February that will feature more quilts. We want to thank Roberta Foth for sharing her beautiful holiday quilts. Stay tuned as we plan to change the exhibit in the gallery every other month. ■

**live a  
CREATIVE  
life!**

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## BREWSTER PLACE ART STUDIOS

### Open Studio Time

Please stop by Open Studio during each week for conversation, assistance on projects, work on projects etc. Kathy and the group are willing to offer guidance, suggestions and anything else needed. We are loving this time of togetherness. I encourage you to come when you can, stay as long as you want and have an enjoyable time.

### Art Studio Guidelines

**W**e want the Brewster Place Art Studios to be welcoming places for everyone to create. It will take all of us working together to make this happen.

#### Please follow these steps each time you use the studio:

- Put away projects in your bin or designated shelf when not working in the studio.
- Return studio supplies to their designated space so others might use the supplies.
- Please clean up the space used so others may enjoy the space too.
- Only handle others' projects with their permission.

If you need a shelf space to store your projects, contact Kathy Pflaum, Creative Arts Coordinator, at 785-274-3317. ■

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## 4th TUESDAY BOOK GROUP

**J**oin us each month for rich discussion facilitated by Sara Tucker. Books can be picked up/turned in at each meeting or at Chaplain Julie's office. Contact Chaplain Julie at 785-274-3349 with any questions.

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### *Dreamers of the Day: a Novel*

By Mary Doria Russell

#### Discussion Date

Tuesday, February 25

10:30 am | Main Street Chapel

A forty-year-old schoolteacher from Ohio still reeling from the tragedies of the Great War and the influenza epidemic comes into a modest inheritance that allows her to take the trip of a lifetime to Egypt and the Holy Land. Arriving at the Semiramis Hotel, site of the 1921 Cairo Peace Conference, she meets Winston Churchill, T.E. Lawrence, and Lady Gertrude Bell. With her plain-spoken American opinions, she becomes a sounding board for these historic luminaries who will, in the space of a few days, invent the nations of Iraq, Syria, Lebanon, Israel, and Jordan. While neither a pawn or a participant at the conference, she is drawn into the geopolitical intrigue surrounding the conference.

### *Solito: a Memoir* by Javier Zamora

#### Discussion Date

Tuesday, March 25

10:30 am | Main Street Chapel

"Trip. My parents started using that word about a year ago--'one day, you'll take a trip to be with us. Like an adventure.'" Javier's adventure is a 3,000 mile journey from his small town in El Salvador, through Guatemala and Mexico, and across the U.S. border. He will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers. Traveling alone except for a group of strangers and a "coyote" hired to lead them to safety, Javier's trip is supposed to last two short weeks. At nine years old, all Javier can imagine is rushing into his parents' arms, snuggling in bed between them, and living under the same roof again. He cannot foresee the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him; nor can he know that those two weeks will expand into two life-altering months alongside a group of strangers who will come to encircle him like an unexpected family. ■

## ANNUAL WELLNESS ASSESSMENTS

BY TAYLOR LEONE, LMSW  
DIRECTOR OF SOCIAL SERVICES

In years past, Brewster Place social workers have completed annual wellness assessments with those who reside on campus in Independent Living. This gave the social work team the opportunity to get a baseline of where our residents may be, and what supports they may benefit from to help them age in place for a longer period.

At the beginning of 2025, the social services team resumed these annual wellness assessments to better support those who live in Independent Living. The wellness assessments consist of three different assessments that take an overall look at each person individually to see where they may be struggling, and what support they may benefit from to remain in their apartment.

Each month, the social services team will be completing assessments based on your last name, following the same schedule as your license plate renewals. In other words, the month you will be contacted by social services is the same month you update your county license plate. The social services team looks forward to better supporting our Independent Living residents in 2025 and the years to come! ■



## KU OSHER LIFELONG LEARNING INSTITUTE SPRING 2025

### Leonard Bernstein (1918-1990)

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

### Coming in April!

#### America's Forgotten Wars

Tuesdays, March 25; April 1 and 8  
1:00—3:00 pm | Cultural Arts Center

We'll examine three often overlooked conflicts in our nation's history. First, we'll focus on the undeclared 1798-1800 Quasi War with France. This maritime conflict was significant as the fledgling American Navy's baptism of fire against a foreign power, Revolutionary France. Then we'll review the American Navy's second serious conflict - the war against the Barbary States (1801-1805) when President Thomas Jefferson ordered a naval expedition to the Mediterranean to curb piratical activities. Finally, we'll focus on the Spanish-American War, a four-month war with Spain that launched America as an international power and made national heroes of Theodore Roosevelt and his "Rough Riders."

**Instructor: Robert Smith, Ph.D.**, is the recently retired director of the Fort Riley Museum. He has a doctorate in history from KSU and has published numerous articles on military history. ■

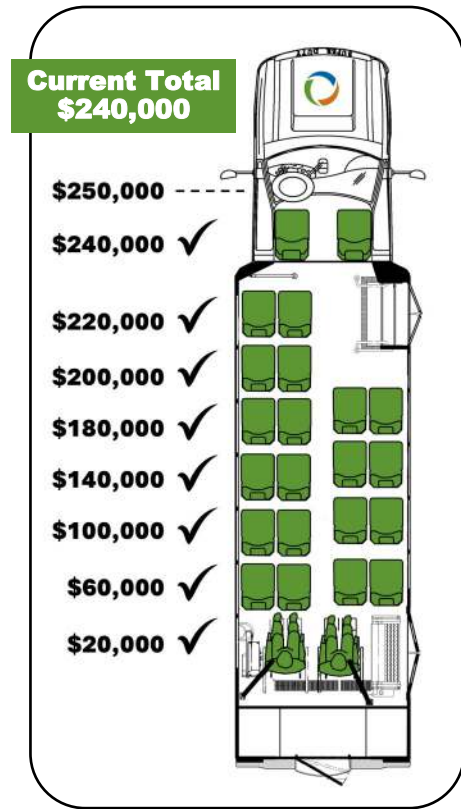
# BUS FUND UPDATE

## FUNDRAISING GOAL ALMOST REACHED

FROM THE DESK OF MARY BLUBAUGH, CEO

I am thrilled to announce that the Brewster Place Bus Fund has received a generous donation of \$150,000. This incredible contribution brings us so close to reaching our fundraising goal of \$250,000. We are now just \$10,000 away from achieving our target!

Thanks to the amazing support from donors like you, we are on the brink of ordering a new bus for the safety and comfort of our residents. We're so close, and we couldn't have come this far without you. Let's keep the momentum going — together, we can reach our goal! We have filled the seats, now help us “steer” this bus into the future by completing our fundraising goal! If you would like to contribute, please contact Mary Blubaugh, CEO at 785-274-3392. ■

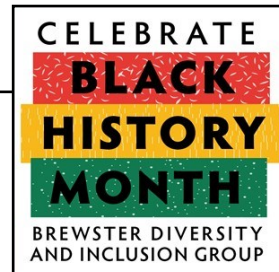


# NATIONAL ARCHIVES SEEKS VOLUNTEERS

Did you know that reading cursive handwriting is a super power? This is according to Suzanne Isaacs, a community manager with the National Archives Catalog in Washington, D.C.

Isaacs is part of the team that coordinates more than 5,000 Citizen Archivists who are helping to archive, read and transcribe some of the more than 300 million digitized objects in its catalog.

As the United States nears its 250th anniversary in 2026, Isaacs and her team are looking for volunteers to help with this project. To learn more, visit [archives.gov/citizen-archivist/missions](https://www.archives.gov/citizen-archivist/missions). This webpage will tell you how to register and get started. Since all of this is done online, you can complete your mission from the comfort of your home all while helping to make America's history more accessible to everyone. ■



## A Musical Celebration of Black History

Wednesday, February 26  
6:00 pm | Cultural Arts Center

### BSJ Ensemble

Featuring Dr. Beryl New,  
Sharisse Verser, and Janel Johnson

### Asbury Mount Olive United Methodist Church Adult Choir

Directed by Donald Revely, Music Director  
and Organist of Asbury Mt. Olive United  
Methodist Church in Topeka.

## HOME OF THE MONTH REDWOOD 113



The Bistro at the Redwood Restaurant

This bright one bedroom, one bathroom apartment boasts 744 square feet and features ADA compliant accommodations. In addition, this apartment has a full-size kitchen with beautiful quartz counter tops, stainless steel appliances, and even allows for wheelchair access to the kitchen sink. It comes with a full-size, front-loading washer and dryer situated in a large, walk-in closet. The large bathroom is also wheelchair accessible and even has a roll in full-size shower.

Redwood 113 faces west looking out over the lush green front lawn of Redwood (at least it is when it is not covered in snow). It is just around the corner from the game room, the Redwood Restaurant, and the state-of-the-art art studio, making these amazing amenities easily accessible.

If you would like to take a look, call Sales and Marketing at 785-274-3351. And remember, Independent Living residents who make a referral will receive one month's free rent after the friend moves in, and if the friend is new to campus and not currently on the waitlist. ■

## CREATING AND CELEBRATING AS A COMMUNITY



Judy Bowman and Judy Craig took part in Creative Arts Coordinator Kathy Pflaum's Papermaking class in January. Participants created their own notepad using decorative paper as a cover. All enjoyed the afternoon and another papermaking class is offered in February.



Don Newman attended the January birthday party along with many other Brewster friends and neighbors. This monthly gathering is a highlight where residents share stories about themselves or a favorite memory. Cake and ice cream is always the top priority!



Centenarian Roberta Kraus (right) and her guest also attended the January birthday party. Roberta is incredible and can always be seen at weekly bridge games and other activities on campus. You are never too old to stay engaged, involved and enriched — and to have fun!





# OFF CAMPUS — A few highlights!

## **EISENHOWER PRESIDENTIAL LIBRARY, MUSEUM AND BOYHOOD HOME**

**Wednesday, February 5 | 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 20<sup>th</sup> 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.

## **TOPEKA CIVIC THEATRE**

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

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.

## **CHEAP AND CHEERFUL SHOPPING**

**Wednesday, February 12 | 9:30 am | Shuttle pick-up at EV and RW**

Kick off the year with an shopping adventure! We'll begin at God's Storehouse east location before making stops at some of our favorite spots. Along the way, we'll take a break for lunch (Dutch treat) and enjoy a relaxing day out together. Space is limited, so be sure to reserve your spot! Call Jamie at 785-274-3398 to sign up.

## **TOPEKA SYMPHONY ORCHESTRA**

**Saturday, February 15 | 6:45 pm | Shuttle pick-up at EV and RW**

For this concert TSO leans into the stormy side of symphonic music in Sibelius's dramatic and beautiful 5th Symphony, and they will feature the TSO's own concertmaster Zsolt Eder for Robert Schumann's haunting violin concerto. They will also perform Serbian-American composer Aleksandra Vrebalov's This Kiss For The Whole World, a beautiful recent piece inspired by the text of Beethoven's 9th Symphony. Space is limited, so be sure to reserve your spot! Call Jamie at 785-274-3398 to sign up.

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## **FUTURE EVENTS**

### **TOPEKA CIVIC THEATRE**

**Thursday, March 6 | 6:00 pm | Shuttle pick-up at EV**

TCT presents *Waitress*. *Waitress* features original music and lyrics by six-time Grammy nominee Sara Bareilles ("Brave," "Love Song"), and a book by acclaimed screenwriter Jessie Nelson. Nominated for four Tony Awards (including Best Musical), and cherished by audiences and critics alike, *Waitress* is inspired by Adrienne Shelly's beloved film and offers a special recipe for finding happiness in unexpected places. Jenna, a waitress and expert pie maker, is stuck in a small town and a loveless marriage. Faced with an unexpected pregnancy, Jenna fears she may have to abandon the dream of opening her own pie shop — until a baking contest in a nearby county and the town's handsome new doctor offer her a tempting recipe for happiness. Supported by her quirky crew of fellow waitresses and loyal customers, Jenna summons the secret ingredient she's been missing all along — courage. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

### **NEW THEATRE AND RESTAURANT**

**Wednesday, April 9 | 9:30 am | Shuttle pick-up at BEC**

New Theatre presents *Alley Mills* in *Rumors*. *Rumors* is a farce about what happens when the rich behave poorly. As the posh guests arrive for a 10 year wedding anniversary party, they realize that something is terribly wrong! The servants are inexplicably absent, the food has not been cooked, the wife is missing and the husband seems to have been severely wounded in the earlobe. The comedy unfolds as the guests try to figure out what happened, relying too heavily on a wide variety of RUMORS! 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!

## **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!

## **PRE VALENTINE'S DAY PARTY POTATO BAR** **Thursday, February 13 | 11:30 am | Cultural Arts Center**

Join us for a delicious **Potato Bar with all the fixings** to start the Valentine's Day celebrations! The cost is \$5 per meal. It will be a time to enjoy good food, great company and plenty of fun.

## **SARA TUCKER PRESENTS: LIFE AND LEGACY OF WINSTON CHURCHILL** **Tuesday, February 25 | 2:00 pm | Cultural Arts Center**

Join Sara for an engaging presentation about the life and legacy of Winston Churchill, one of history's most influential leaders. Discover Churchill's leadership during World War II, his famous speeches, and the legacy he left behind. Don't miss this fascinating presentation!

## **MUSICAL CELEBRATION OF BLACK HISTORY** **Wednesday, February 26 | 6:00 pm | Cultural Arts Center**

Join us as we celebrate Black History Month with the BSJ Ensemble featuring Dr. Beryl New, Sharisse Verser and Janel Johnson. In addition, the Asbury Mount Olive United Methodist Church Adult Choir will perform under the direction of Donald Revely, Music Director and Organist.

## **MATINEE MOVIE: WICKED** **Thursday, February 27 | 1:00 pm | Cultural Arts Center**

Join Chaplain Julie for a magical trip to see the hit Broadway musical movie *Wicked*! "*Wicked*" is a 2024 American musical fantasy film directed by Jon M. Chu, serving as the first installment of a two-part adaptation of the acclaimed Broadway musical. The film stars Cynthia Erivo as Elphaba Thropp and Ariana Grande as Glinda Upland, exploring the origins of these iconic characters in the Land of Oz. Movie viewers will experience the untold story of the witches of Oz in this unforgettable production filled with stunning music and a captivating story.

## **CALLING ALL MEN TO PLAY PITCH** **Every Friday afternoon at the Cottonwood Villas**

We are looking for a few good men to join the pitch group on Friday afternoons. 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.