



CELEBRATING SOCIAL WORK MONTH 2025

March is Social Work Month. This year, the theme is **Social Work: Compassion + Action**. Social workers across the world are called to turn their compassion into action for those we serve to address a variety of challenges faced by various populations. At Brewster Place, our social workers serve as advocates and play a role in addressing the complex emotional, social and health needs of this population. Our top priority is caring for those we serve and ensuring they have the resources needed to maintain their current health, functioning, and wellbeing. This month, we would like to highlight our social workers and social services team so you can get to know them a little better. If you see one of our social workers around campus this month, please be sure to thank them for their advocacy, compassion, and kindness.



MEET THE BREWSTER PLACE SOCIAL SERVICES TEAM



Taylor Leone, LMSW, Director of Social Services

I have been at Brewster Place for almost three years and started as the Brewster Rehab Social Worker. I graduated with my bachelor's degree in social work from Kansas State University, and continued my studies to obtain my master's degree from Fort Hays State University. At Brewster, I serve elders residing in Independent Living and at the David Beck Rehabilitation Center but provide support in other areas on campus when necessary. My passion

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Alyssa Granado, BSW, Quality of Life Specialist

I have been a social worker in Independent Living for about two and a half years. I previously worked as an Adult Protective Specialist in the Kansas Department for Children and Families for two years. This is where I fell in love with assisting the elder population! I worked at Shawnee County Parks and Recreation to work my way through college and graduated with a bachelor's degree in social work from Washburn University. I truly enjoy working with

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Angala Anderson, SSD, Quality of Life Specialist

I work in social services at Brewster Health Center serving our long term care residents. I have been at Brewster Place for 25 years, all of them at BHC. My education and working years began in mental health, completing an accelerated two-year course in six months and being licensed by the State Board of Nursing in Mental Health. I worked at the State Hospital until it closed and at the Kansas Rehabilitation Hospital as a Rehab Tech III. It was while I worked

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MISSION

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



SEEDS OF HOPE

BY CHAPLAIN JULIE FREEMAN, M.DIV

“Hold on dear friend, for this is not the end. You have traveled so far and you have worked so hard. Carry on with courage and do not give up. And not because things will be easy but because these seeds you are sowing matter, and they will grow in time, if you do not lose heart.” —Morgan Harper Nichols

As we move through life's seasons, much like a garden, there are moments of blooming, growth, and even some quiet waiting. Each seed planted represents the promise of something new and beautiful to come. At times, it may feel like we're in a period of dormancy, but beneath the surface, the roots are strengthening, and the possibilities are endless.

In our own lives, much like in a garden, hope is the soil in which our dreams can take root. It's the steady care we offer, even when the days seem long or uncertain. When we nurture that hope with patience and trust, we can watch it unfold in ways we never imagined.

Tending to our gardens, whether in pots on a windowsill or in larger plots outside, we remember that hope, like plants, requires time, care, and attention. Each small sprout is a sign of something greater on the horizon. Together, let's keep tending to the seeds of hope, cultivating joy, and watching as our gardens—and our spirits—continue to grow.



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, March 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, March 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.

Spiritual Life Committee

Thursday, March 13

3:00 pm | Main Street Chapel

We will be planning our next event.

Grief & Gratitude Group

Monday, March 17

2:00 pm | Main Street Chapel

If you need grief support, please reach out to Chaplain Julie by calling 785-274-3349 to set up a visit. ■

Taylor Leone

for serving the elderly began at a young age with an exposure to this population while completing volunteer work at the nursing home in which my mom worked.

My favorite part about working at Brewster Place is learning more about those who live on our campus and hearing the stories about their lives and all they have encountered. The hardest, but best part of my job is serving as an advocate for residents to maintain their independence but having those difficult conversations when the time comes.

Outside of work, my time is spent with my husband, our 18 month old daughter, Rosey, and our dog, May. We enjoy spending our time outside, watching our Chiefs, Jayhawks, and Royals play, and taking many weekend road trips to my family's farm. When I'm not chasing my daughter around, my free time is spent reading, exercising at the gym, or taking our dog on walks. My family is my greatest blessing, and they keep me grounded. My hope is to continue to share my passion for serving this population with my daughter as she continues to get older, in the same way my mom did with me. Thank you all for making coming to work so easy to do!

Alyssa Granado

Brewster Place residents, finding ways to make their lives a little bit easier while on their life journey!

I facilitate two support groups on campus: **Stronger Together** and **Caregivers Support Group**. I also manage the BrewsterConnect program, which has been blooming! I love learning about the residents I work with and seeing so many smiles each day. I find that being able to support a resident through their victories and to assist them through their struggles is very fulfilling!

Outside of work, I am raising two beautiful girls named Aleena (age 2) and Elera (age 1). I am happy that both residents and staff got to meet my girls while I participated in Brewster's **Infants at Work** program. In addition to my daughters, our family includes a golden retriever named Iris and, believe it or not, she picked her name!

This spring I will be taking Aleena hunting for morel mushrooms for the first time, and I can hardly wait. I like to fish for crappie and I am excited for my girls to get bigger so that they can join. I enjoy kayaking, painting, music, and spending time with family and friends any chance I get. My girls keep me pretty busy, and I am looking forward to doing fun activities with them once the weather warms up!

Angala Anderson

at KRH, I began working at Brewster Place as the administrative assistant to BHC's Director of Nursing. I have had a few different job responsibilities while at Brewster Place, including scheduling for the nursing staff and ordering and billing for supplies.

In 2006, I became an activity director and SSD (Social Service Designee) and was one of the activity directors for our memory support neighborhoods. I have worked in social services or as an activity director since 2007, often doing both at the same time.

When not working I enjoy spending time with my family and friends, relaxing with a good book, taking walks, and visiting amusement parks and riding as many rides as I can. I have always liked meeting new people and getting to know them. (My mother would always tell me I did not know who a stranger was and would talk to anyone, much to her dismay).

There are two reasons why I have stayed at Brewster Place for so many years — Brewster's mission is one I believe in and, most importantly, our residents. Being around and talking to them, being inspired by the lives they have lived, taking in the knowledge they share, and being a part of helping to make their lives the best they can be while they are here. ■



CREATIVE ARTS

WITH KATHY PHLAUM, CREATIVE ARTS COORDINATOR

Fiber Finishing Techniques

Tuesday, March 18

10:00 am | The Evergreens Art Studio

In this class you will learn how to finish fiber art items and will include:

- Put a binding on a quilt, table runner, hot mats, etc.
- Put a facing on an art quilt
- Put on a sleeve to hang a quilt
- How to canvas wrap an art quilt and how to finish the back and prepare the piece for hanging

Artwork Finishing Techniques

Thursday, March 20

10:00 am | Redwood Art Studio

In this class you will learn how to finish artwork to be ready to hang and will include:

- How to prepare a canvas wrapped (non-framed) piece of art for hanging and finishing the back of the piece
- Questions to ask about a matte or no matte finish and framing questions
- How to finish the back for hanging readiness

Printing Around the House

Thursday, March 27

10:00 am | The Evergreens Art Studio

This class will teach you how to use regular household items to make beautiful artwork. We will give you ideas on how to use these printings to make cards and other pieces of artwork. We will show you how to turn regular household items into stamps. We will be printing on paper and fabric for a little wider opportunity than just paper. In a few months we will make hand made books, so we may want to save some of these papers for down the road.

Tea Towel Tuesday

Tuesday, March 25

10:00 am | Redwood Art Studio

We will continue to learn new stitches that can be used on the tea towels. We have already received 10 tea towels to date and they are beautiful. Tea towels will be sold at the Bazaar in November.

Other monthly opportunities...

Knitting and Crochet

Thursday, March 6

10:00 am | Redwood Art Studio

Monday, March 17

10:00 am | The Evergreens Art Studio

Come join in the fun to learn new stitches from each other, chat and have fun!

Cardmaking

Tuesday, March 4

10:00 am | The Evergreens Art Studio

Learn tips and tricks to making cards.

Papermaking

Tuesday, March 11

10:00 am | The Evergreens Art Studio

We are learning and creating artwork with paper or making new paper with collage.

Block of the Month

Thursday, March 13

10:00 am | Redwood Art Studio

Each month we introduce a new quilt block. This is a 12 month program, and you can start any time. At the end of the 12 month program we will assist you with building a small lap size quilt.

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CALL FOR ART Resident Spring Art Show

The next exhibit for the Brewster Events Center Art Gallery will be a resident show that will hang in April and May. There is no theme for this show, but we hope to have colorful pieces that help us welcome spring.

All art must be ready to hang with a wire on the back. If you submit a quilt, it must have a sleeve for hanging. If you need help, come to one of the finishing classes during March or Open Studio for guidance. Without the proper hanging devices on your artwork, we will be unable to include your piece in the show.

Deadline to Submit Art Monday, March 31

To Submit Your Work

Please pick up a submission form at one of the art studios or email Kathy at kathrynp@brewsterplace.org with the following information:

- Your Name
- Your Phone Number
- Size of Piece
- Photo of the Piece (if you have one)
- Description of the Piece

Depending on how many pieces are submitted, we may not be able to include all artwork in this show.

Let's Paint

Tuesday, March 4

2:00 pm | Redwood Art Studio

Tuesday, March 18

1:00 pm | The Evergreens Art Studio

We meet as painters to share techniques and tips.

Bazaar Making

Friday, March 7

10:00 am | Redwood Art Studio

Wednesday, March 26

10:00 am | Redwood Art Studio

We continue to put together items that can be sold at the Bazaar in November. These classes focus on one or two items each month.

Quilting

Mondays at 9:30 am

Redwood Art Studio

Open Studio

This is a time to gather together, chat, work on individual projects, get assistance and have fun! Please see calendar for days/times.

Doll House

We plan to build a doll house out of an old dresser. We have secured the dresser. Stay tuned for more information on this fun project which will be one of our silent auction items for the Bazaar. ■

NOMINATE BREWSTER PLACE

TOPEKA COMMUNITY CHOICE AWARDS NOMINATION ROUND MARCH 3—24, 2025

Each year the **Topeka Community Choice Awards** recognizes over 450 businesses and organizations based on community involvement. Brewster Place has won multiple awards in several categories over the years. The first step in this process is the **Nomination Round**.

From March 3—23, you can nominate your favorite organization (Brewster Place!), up to once per day. Help Brewster Place win in 2025 by nominating us!

To nominate Brewster Place, please visit: yourchoiceawards.com/topeka

COVID-19 BOOSTER CLINIC

The CDC (Centers for Disease Control) has again recommended that anyone over the age of 65 receive a second 2024-25 COVID booster six months after the first 2024-25 vaccination. If you are interested in receiving the booster shot at Brewster Place, please stop by The Evergreens Information Center and see Sue Callen, Administrative Assistant, to get a **Senior Care Rx vaccination consent form**. Crystal LaFevre, Infection Control Nurse for Brewster Place, will be administering the COVID booster shots for Independent Living residents on **Thursday, March 27, 2025 at 10:00 am in The Evergreens Community Room**.

To Receive a COVID Booster Shot

- Pick up the Senior Care Rx Vaccination consent form from Sue at The Evergreens Info Center
- Fill out Section A and B of the consent form and sign the bottom
- **If you received your fall vaccine at Brewster Place**, you do not need to fill out the insurance portion of the form or present your insurance card. Senior Rx has those on file.
- **If you did not receive your fall vaccine at Brewster Place**, please fill out the insurance portion and have a copy of your insurance card made for the pharmacy to process.
- **Return your consent form and copy of your insurance card to Sue by Friday, March 7.**

Please note:

- Crystal must order the vaccinations two weeks prior to the clinic, ***so only those who submit a form by Friday, March 7*** will receive a shot on March 27.
- If you miss the deadline to submit a form, you may turn it in (or fill one out) at the clinic on March 27. Once late forms are processed, Chrystal will order more booster shots and contact you when they have arrived.

Questions:

Contact Crystal LaFevre, Infection Control Nurse, via email crystall@brewsterplace.org or by phone 785-274-3379. ■

KU OSHER LIFELONG LEARNING INSTITUTE SPRING 2025

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. ■

4th TUESDAY BOOK GROUP

Join 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.

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.

The Zookeeper's Wife by Diane Ackerman

Pickup Books | Tuesday, March 25

Discussion Date | Tuesday, April 22 | 10:30 am | Main Street Chapel

The true story of how the keepers of the Warsaw Zoo saved hundreds of people from Nazi hands. When Germany invaded Poland, Stuka bombers devastated Warsaw--and the city's zoo along with it. With most of their animals dead, zookeepers Jan and Antonina Żabiński began smuggling Jews into empty cages. Another dozen "guests" hid inside the Żabińskis' villa, emerging after dark for dinner, socializing, and, during rare moments of calm, piano concerts. Jan, active in the Polish resistance, kept ammunition buried in the elephant enclosure and stashed explosives in the animal hospital. Meanwhile, Antonina kept her unusual household afloat, caring for both its human and its animal inhabitants--otters, a badger, hyena pups, lynxes--and keeping alive an atmosphere of play and innocence even as Europe crumbled around her. (publishers description). ■

BLOOD PRESSURE CLINICS

Beginning in March, free Blood Pressure Clinics will be provided in Independent Living by Brewster's Community Health team. The clinics will alternate weeks between the Winchell Wellness Center at Redwood and The Evergreens Library (across from reception desk).

SCHEDULE

Mondays, March 3, 17 and 31

1:30 pm | Winchell Wellness Center

Wednesdays, March 12 and 26

1:30 pm | The Evergreens Library

MAKE THIS CEDAR HOME YOUR VERY OWN

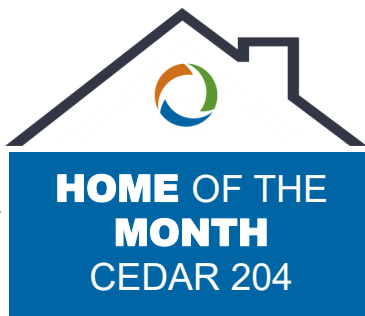
Discover the potential of a lovely, spacious Cedar two-bedroom, two-bath apartment. Cedar 204 is perfectly situated to match your design and lifestyle aspirations. Located on the second floor, this unit features both northern and western exposures, offering ample natural light. Enjoy outdoor living on the west-facing balcony, accessible directly from the generously sized living area.

The kitchen flows seamlessly into the living space, highlighted by a large peninsula ideal for seating and entertaining. Equipped with a dishwasher, built-in microwave, and recently updated cabinets, the kitchen is both functional and stylish. Adjacent to the kitchen, you will find two bedrooms, a full bathroom with a walk-in shower, and a conveniently located washer

and dryer. The primary bedroom includes an ensuite bathroom, currently featuring a walk-in bathtub that can be replaced with a walk-in onyx shower according to your preference.

Customize this Cedar apartment to your taste with opportunities for new paint, updated flooring in the kitchen and bathrooms, new carpeting in the bedrooms, and new six-panel doors throughout.

Contact Sales and Marketing today at 785-274-3351 to schedule a viewing of this Cedar apartment and explore the possibilities! Plus, as a resident in Independent Living at Brewster Place, you can receive one month's free rent for each new referral who moves in. ■



LOVE, LONGEVITY AND LIFE LESSONS

In February, WIBW 13 contacted Brewster Place to see if they could interview some of our couples for Valentine's Day. The couples shared how they met, a little about their courtships and weddings, and their secrets to a lasting and successful marriage. As you can see, they all agreed that having a good sense of humor is key to lasting marriages. We want to thank WIBW 13 for coming to Brewster Place. To view the video, go to wibw.com and search for "Valentines Day."



Above Left: Norma and Ernie Douglas live at South Terrace.

Above: Pat and Jay Gideon live at the Aspen Cottages.

Left: Jan and Don Schaeffer live at the Aspen Cottages.



OFF CAMPUS — A few highlights!

JONG'S THAI KITCHEN

Wednesday, March 5 | 11:00 am | Shuttle pick-up at EV and RW west side

Join us for an unforgettable culinary experience featuring a variety of homemade Thai dishes. Every item is crafted from scratch in the kitchen, ensuring authentic flavors and fresh ingredients. This lunch will showcase a diverse menu of delightful options for you to explore and enjoy. While the exact offerings are a surprise, you can expect a flavorful journey through Thai cuisine. The lunch will cost \$25 and will be added to your Brewster bill. Due to seating at the restaurant, space is limited. Please call Jamie at 785-274-3398 as space is limited.

TOPEKA CIVIC THEATRE

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

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.

CHEAP AND CHEERFUL SHOPPING

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

Kick off the year with a 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, March 29 | 6:45 pm | Shuttle pick-up at EV and RW

The symphony will span the globe on this concert, performing the US premiere of Chinese composer Deqwin Wen's New Age Symphony, alongside the work that inspired it, Dvorak's tribute to America — his New World Symphony, one of our most-requested masterworks. Space is limited, so be sure to reserve your spot! Call Jamie at 785-274-3398 to sign up.

FUTURE EVENTS

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.

TOPEKA CIVIC THEATRE

Thursday, May 1 | 6:00 pm | Shuttle pick-up at EV and RW

TCT presents *Cyrano* a heroic Comedy by Edmond Rostand. The most legendary nose in literature gets a makeover with this lively American adaptation of the 1897 French classic. Will Roxane fall for Christian's dashing looks or Cyrano's daring poetry? Find out in this timeless tale—full of wordplay and swordplay—that's been an inspiration to writers and lovers for centuries. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

NEW THEATRE AND RESTAURANT

Wednesday, May 21 | 9:30 am | Shuttle pick-up at BEC

New Theatre presents Tony Award winner *JERSEY BOYS*. It is an uplifting tale of four blue collar Italian boys from the East Coast. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

ON CAMPUS — A few highlights!

TOPEKA ZOO CEO PROGRAM

Tuesday, March 4 | 2:00 pm | Cultural Arts Center

Come and meet the CEO of the Topeka Zoo and Conservation Center, Christina Castellano. Christina was born and raised in New York City. Her frequent family outings to the Bronx Zoo, American Museum of Natural History, and nature preserves on Long Island Sound fostered a love for nature, people, and exotic places. That love resulted in a nearly 30-year career in the zoo and aquarium profession and a life-long commitment to wildlife conservation. Christina is already a proud Topekan. Her vision is for the Topeka Zoo to reach its potential as a world-class conservation organization through its service to our community and positive impact on nature. She will share The zoo's upcoming launch of the Tiger Trails & Den Academy experience, a groundbreaking initiative set to revolutionize how our community engages with wildlife conservation. This new program offers an immersive experience that will bring guests closer than ever to our Sumatran tigers, providing a unique window into the lives of these magnificent creatures. Construction will begin in June 2025 with opening set for June 2026. Please join us to learn more.

BEECHER BIBLES, BROTHERS AND SISTERS

Thursday, March 6 | 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.

TOPEKA BIG BAND

Tuesday, March 11 | 5:30 pm | Cultural Arts Center

Come and hear the fantastic live music of the Topeka Big Band as they bring their signature sound to Brewster Place! Tap your toes, reminisce, and enjoy the timeless tunes of the big band era. Don't miss this wonderful opportunity to experience the energy and excitement of live big band music. Bring your friends and enjoy a delightful performance!

PERSONALITY CLASS WITH LARRY BEAM

Thursday, March 13 | 1:00 pm | The Evergreens Community Room

Join us for a fun filled class while discovering your True Colors Personality. An interactive written and verbal experience that will help identify our true values. Knowing this will help you better understand yourself as well as your friends, family and fellow residents. The class will be presented by Larry Beam, former corporate trainer. Please call Jamie at 785-274-3398 to register as space is limited.

KU OSHER LIFELONG LEARNING SERIES: AMERICA'S FORGOTTEN WARS

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

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