



May is **Mental Health Awareness Month**. Each year this month aims to bring an understanding and acceptance of mental health issues, while working to reduce the stigma associated with mental illness.

Approximately 14% of adults aged 60 and over live with mental health conditions. Older adults are at greater risk of experiencing mental health conditions such as coping with serious illnesses or losing a loved one. Many older adults will adjust to these life changes, but some may experience continued feelings of grief, social isolation or loneliness. Often, these individuals do not seek the care they need for mental health conditions because they believe their symptoms (listed to the right) are a normal part of aging and often feel a negative stigma or shame associated with mental health conditions.

Mental health conditions can be treated and starting a conversation with your primary care physician is a good place to start. It can often be difficult to determine if you are struggling with a mental health condition or normal symptoms of aging.

As a good reminder for all, mental health does matter. It is okay to not be okay. You are enough. The world is a better place with you in it. Keep going and don't be so hard on yourself. Continue to work toward ending the stigma.

If you feel you or a loved one may be experiencing a mental health condition, please reach out to Taylor Leone, LMSW, Director of Social Services, at 785-274-3397 for additional resources for mental health support in the Topeka and surrounding communities. ■



Symptoms of mental health conditions in older adults include:

- Feeling sad, empty or hopeless often or all the time
- Not wanting to engage in activities that used to be fun
- Weight gain or loss, or changes in appetite
- Trouble falling asleep or staying asleep, or sleeping too much
- Feeling irritable, easily frustrated or restless
- Lack of energy or feeling tired
- Feeling worthless or overly guilty
- Trouble concentrating, remembering things, or making decisions
- Thinking about suicide or harming yourself

OTHER CELEBRATIONS IN MAY

May is Older Americans Month

National Nurses Week

May 6 – 12

National Skilled Nursing Care Week

May 11 – 17

MISSION

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



FINDING FAITH AND GRACE

BY CHAPLAIN JULIE FREEMAN, M.DIV

In our journey through life, we often encounter clouds, moments of uncertainty, challenges, and change. Yet, as we enter our sunset years, these clouds take on a new meaning. They no longer bring storms but instead add vibrant colors to our skies, enriching our lives with beauty and grace.

"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."
– Rabindranath Tagore

Faith is the anchor that holds us steady through life's changes. It gives us the strength to face each day with hope and resilience. In our community, we find faith in the small, everyday moments that bring us closer to each other and to the divine. Grace is the gentle reminder that we are loved and cherished, no matter the circumstances. It is the kindness we show to ourselves and others, the forgiveness we offer, and the grati-

tude we feel for the blessings in our lives.

As we begin to look toward the horizon, we remember that our sunset years are a time of profound beauty and grace. The clouds that float into our lives now add depth and color, making our days richer and more meaningful. They remind us of the faith that sustains us and the grace that surrounds us.

Together, we create a tapestry of experiences that brighten our community and our hearts by continuing to cherish each moment, supporting one another, and finding joy in our colorful skies.

SPIRITUAL LIFE

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, May 4

4:00 pm

The Evergreens Brewster Bean

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

Mindfulness Meditation

Monday, May 12

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. Only one class this month due to Memorial Day.

Grief & Gratitude Group

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

POSTAL SERVICE UPDATE | MAILING PACKAGES

As we informed you last month, Brewster Place can no longer add tracking labels to packages and other mail. In addition, since our postage machine only charges the priority rate, and since we cannot track packages, the priority rate would be applied to every package causing many to pay for a service they are not receiving. **Therefore, we cannot mail packages from Brewster Place any longer.** We apologize for the inconvenience this may cause. ■



CREATIVE ARTS

WITH KATHY PHLAUM, CREATIVE ARTS COORDINATOR

SHOW US YOUR ART TWO UPCOMING OPPORTUNITES

RESIDENT ART SHOW #2 June and July

Monday, May 19 — Deadline to submit artwork for consideration

The **first opportunity** to show your artwork will be June 3 with the exhibit lasting two months. We are seeking artwork that can be hung on the Brewster Events Center Art Gallery wall. Submissions are due to Kathy Pflaum by May 19.

Please include this information on a piece of paper: **Title of Piece, Medium, Your Name, Size.**

You may also email this information to Kathy at: kathryn@brewsterplace.org.

TOPEKA ART GUILD EXHIBIT August 2025

Sunday, May 25 — Deadline to submit photo of artwork for consideration

The **second opportunity** is a small show inside the **Topeka Art Guild Gallery** that will hang the month of August. The theme of this show is, "Places." This theme should be about places you have been, seen, or dream about. We all have favorite places, so create art that shows us what/where your favorite place is. The show will be juried so not all submitted pieces will fit in the space.

Please include this information on a piece of paper: **Title of Piece, Medium, Your Name, Size.**

You may also email this information to Kathy at: kathryn@brewsterplace.org.

CLASSES IN MAY

Doodling

Tuesday, May 6

10:00 am | Evergreens Art Studio

How many of you doodle? We are going to take your doodling to a new level and make some artwork. We will practice doodling, do Artist Trading Cards and discuss other uses for your doodling. Come have some relaxing fun!

Friday Bazaar Making Event Painting and Wood Go Together!

Friday, May 9

9:30 am | Redwood Art Studio

Come join us to finish and create beautiful décor and ornaments for the Bazaar.

Show and Share

Thursday, May 15

10:00 am | Redwood Art Studio

Calling all artists and crafts people to come and show us what you are doing. This is a great opportunity to learn something new about your neighbors. We will also showcase some items we will have for the Bazaar.

Stitch in the Ditch Table Runners

Wednesday, May 14

1:00 pm | Evergreens Art Studio

Calling all sewist! We would like to make some table runners for the Bazaar. Let's have a meet up and see what we can achieve for the Bazaar. We will commence making these and learn how to quilt the table runners using the stitch in the ditch. Prior to the class at each studio you will find holiday fabrics and patterns for runners. Kathy will be demonstrating how to quilt the runners and how to finish the runners

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Teddy Bear Challenge

Work Session | Tuesday, May 20

1:30 pm | Redwood Art Studio

We will learn to quilt stitch in the ditch style this month. We will also learn to sandwich the back, top and batting to have it ready to quilt. We would like to have all quilts completed by September 30, so we can have them priced and ready for the Bazaar. Kathy will join in the challenge of making a Teddy Bear quilt. This can all be done out of scraps.

Pin Cushions

Thursday, May 22

10:00 am | Evergreens Art Studio

We will make some pin cushions for the Bazaar during this session. Come learn a few tips to make them successful.

Tea Towel Tuesday

Tuesday, May 27

10:00 am | Redwood Art Studio

We will continue to learn new stitches that can be used on the tea towels. We have received 54 tea towels to date and they are beautiful. In addition to tea towels, we have received four of the hand towels. Great work everyone!

Wood Carving Group

Wednesday, May 28

10:00 am | Redwood Art Studio

We have several residents who do wood carving and others who might like to learn. This first meeting will be informational for all so we can determine what you all want to learn. ■

NATIONAL ACCOUNTING DAY IS MAY 19

The Brewster Place Accounting Team would like to use National Accounting Day on May 19 to invite those who are not currently signed up for Automatic Withdrawal to do so!

Automatic withdrawal allows you to have your monthly statement amount automatically deducted from your bank account. Those who participate will still get a copy of their monthly statement so they know what amount will be withdrawn.

In addition, you would still be able to contact accounting regarding questions or concerns on your statement *before* it would be withdrawn from your account, *and* you would not have to remember to write physical checks anymore.

The deduction from your account would occur between the 15th-17th of each month (depending how the weekends/holidays fall). If you are not currently signed up and would like to sign up or get more information, please call the **Accounting Hotline at 785-274-5570** and leave a voicemail and we will get back to you as soon as possible!

And this applies to all residents in Independent Living, Assisted Living, Brewster Health Center as well as BrewsterConnect members.

Please note: For those who haven't signed up yet, there is a different form for residents and BrewsterConnect members, so you will need to call the Accounting Hotline to sign up. ■

PLEASE NOTE:

HOUSEKEEPING ASSISTANCE

Housekeeping Manager Erin Crum is no longer with Brewster Place. During this time we ask that you contact the **Help Desk at 785-274-3399** for assistance with housekeeping needs. Thank you! ■

BREWSTERCONNECT MEMBER PHOTO SESSIONS

To increase the safety measures on the Brewster Place campus, we will now be requiring all BrewsterConnect members to have a photo on file. This will allow our security team to keep track of who is entering campus and ensure we provide optimal safety. Please keep an eye out for an email from Alyssa Granado, Quality of Life Specialist, specifying the scheduled times to get your photo taken or contact her at 785-274-3395.

PHOTO SESSION DATES

By Appointment Only

Call Alyssa at 785-274-3395 for appointment.

Wednesday, May 7 9:00—11:30 am 1:00—4:00 pm	Thursday, May 22 9:00—11:30 am 1:00—4:00 pm
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Thursday, May 15
9:00—11:30 am
1:00—4:00 pm

BREWSTER NEWS UPDATE

The Brewster News has a wide circulation including printed copies delivered to all residents, digital issues available on the Brewster Place website, CATIE Web and via email. The News has also been mailed via the postal service to prospects, family members and friends of Brewster for decades. Due to cost and the slow and unreliable delivery of the mail service, **beginning in July, the Brewster News will no longer be mailed.**

If you would like to continue receiving the Brewster News via email, please let Janis Swanson, Editor, know by emailing her at janis.swanson@brewsterplace.org. ■



KU OSHER LIFELONG LEARNING INSTITUTE SUMMER 2025

The JFK Assassination: 60 Years Later

Tuesdays, June 3, 10 and 17

1:00—3:00 pm | Cultural Arts Center

Instructor: Brian Edwards

This course will examine the political and social climate of the early 1960's and the circumstances involved in the assassination of President John F. Kennedy on November 22, 1963. The course will discuss the major theories as to who was likely behind the assassination. Numerous photographs which were not available to the public in 1963 will be utilized during the course. The course will conclude with an in-depth examination of an eyewitness, who was ignored by the federal government, who observed a man shoot at the President from behind a picket fence.

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

We will look at eight U.S. first ladies who lived in the 20th and 21st centuries. They are not as well known as some of the other first ladies, but they made impressive contributions to the United States. We will study Lou Hoover, Bess Truman, Mamie Eisenhower, Lady Bird Johnson, Pat Nixon, Rosalynn Carter, Barbara Bush, and Laura Bush. ■

FUTURE EVENTS

Topeka Civic Theatre

Thursday, June 5 | 6:00 pm

Shuttle pick up in Evergreen Lobby and Redwood

Topeka Civic Theatre presents *Clue On Stage*. It's a dark and stormy night, and you've been invited to a very unusual dinner party. Each of the guests has an alias, the butler offers a variety of weapons, and the host is, well . . . dead. So whodunnit? Join the iconic oddballs known as Scarlet, Plum, White, Green, Peacock, and Mustard as they race to find the murderer in Boddy Manor before the body count stacks up. Based on the cult classic film and the popular board game, Clue is a madcap comedy that will keep you guessing until the final twist. Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

Topeka Civic Theatre

Thursday, July 17 | 6:00 pm

Shuttle pick up in Evergreen Lobby and Redwood

TCT presents critically acclaimed *Groundhog Day the Musical*. This Show reveals one man's journey of self-discovery, day after day. Inspired by the hilarious film starring Bill Murray, *Groundhog Day*. How would you spend your time if forced to repeat the same day over and over again? Phil Connors, a seasoned big-city weatherman, is frustrated to be reporting the annual Groundhog Day Ceremony in small town Punxsutawney, Pennsylvania. His arrogance and cynicism are in direct opposition to the cheery townsfolk, who are ready for their favorite groundhog to not see his shadow and welcome an early spring. After disdainfully covering the rodent's negative forecast, he awakens the next day only to discover it's February 2 once more. Initially in disbelief, Phil finally accepts he is doomed to repeat the same day over and over again. Will he find courage to change his Fate? Tickets are \$38. Please call Jamie at 785-274-3398 as space is limited.

New Theatre and Restaurant

Wednesday, August 6 | 9: 30 am

Shuttle pick up At Brewster Event Center

New Theatre presents *Clue* (yes they scheduled the same show as Topeka Civic Theatre). It is a show about a bizarre group of strangers that are invited to the ominous Boddy Manor. Their evening together turns into a real mystery of whodunit! Who could the murderer be? Professor Plum with the lead pipe, Mrs. Peacock with the candlestick, or Colonel Mustard with the revolver? Murder, blackmail, and hilarious twists & turns will draw the audience into a murder case filled with non-stop laughs! Tickets are \$40 and include lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

Kansas City Quilt Festival Trip

Thursday, June 12

Jamie and Kathy will lead you on a trip to the Overland Park Convention Center to see a lot of beautiful quilts and fiber art pieces all in one location. This quilt festival is an every other year festival and promises to be a bounty of beauty to the eyes. There will also be vendors there should you need more fabric and notions. Tickets for entry are \$20 and transportation cost is \$13. Please call Kathy at 785-274-3317 to reserve a space as the seats for this trip are limited and sure to be a hot ticket. ■



**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

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.

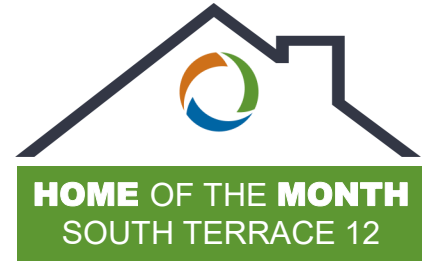
Hidden Figures by Margot Lee Shetterly
Discussion Date — Tuesday, May 27

Before John Glenn orbited the earth or Neil Armstrong walked on the moon, a group of dedicated female mathematicians known as 'human computers' used pencils, slide rules and adding machines to calculate the numbers that would launch rockets, and astronauts, into space. Among these problem-solvers were a group of exceptionally talented African American women, some of the brightest minds of their generation.

Originally relegated to teaching math in the South's segregated public schools, they were called into service during the labor shortages of World War II, when America's aeronautics industry was in dire need of anyone who had the right stuff. Suddenly, these overlooked math whizzes had a shot at jobs worthy of their skills, and they answered Uncle Sam's call, moving to Hampton, Virginia, and the fascinating, high-energy world of the Langley Memorial Aeronautical Laboratory. Even as Virginia's Jim Crow laws required them to be segregated from their white counterparts, the women of Langley's all-black 'West Computing' group helped America achieve one of the things it desired most: a decisive victory over the Soviet Union in the Cold War, and complete domination of the heavens. -Publisher's description

Hotel on the Corner of Bitter and Sweet by Jamie Ford
Pickup Date — Tuesday, May 27
Discussion Date — Tuesday, June 24

Set in the ethnic neighborhoods of Seattle during World War II and Japanese American internment camps of the era, this debut novel tells the heartwarming story of widower Henry Lee, his father, and his first love Keiko Okabe. ■



You'll want to see this lovely one bedroom home! South Terrace 12 is a charming ground floor, one-bedroom apartment which offers 500 square feet of comfortable living space. The open-plan layout seamlessly connects the cozy living area to a compact yet functional kitchen, ideal for everyday cooking. Many windows invite natural light, creating a bright and welcoming atmosphere. The bedroom provides ample space for relaxation and storage, while the bathroom is modern and efficiently designed. With easy access to the outdoors and covered parking, this apartment is both convenient and accessible. It won't last long!

Call Brewster Place Sales and Marketing for information and to take a tour at 785-274-3351. ■



2025 TOPEKA COMMUNITY CHOICE AWARDS

Each year, the Topeka Community's Choice Awards recognizes over 450 businesses and organizations, all thanks to community involvement! Completely driven by public participation, the program begins with nominations and voting determines the finalists and winners in each category.

The Nomination Round was completed in March and thanks to you, we are pleased to announce that Brewster Place was nominated in 10 categories. Beginning May 9 until May 23, you may vote up to once a day for your favorite businesses and organizations. Watch our Facebook page for more information about how to vote.

Once voting ends, the winners will be announced at the Awards Gala on August 5 at 6:00 pm at the Stormont Vail Events Center.



VOTE FOR US!

VOTING ROUND

May 9—23, 2025

AWARDS GALA

August 5, 2025

VOTE FOR BREWSTER PLACE!

- Retirement/55+ Community
- Physical Therapy Clinic
- Occupational Therapy Clinic
- Rehabilitation Facility
- Assisted/Senior Living
- Memory Care
- Nursing Home
- Employer 101-500 Employees
- Best Place to Work
- Meadowlark Home Health Care

SPRINGTIME CREATIONS AND CELEBRATIONS



Longtime resident Shirley Moses attended the Brewster Health Center Easter BBQ. Residents and staff enjoyed a great springtime meal of burgers, hotdogs and all the fixin's!



Billie Segrist showed off a "random wreath" made by leftover sewing goodies. Brewster residents are working every week to make unique and wonderful items for the Annual Brewster Bazaar in November.



Marie and Dave Pinick are new residents and attended the April birthday and anniversary party. We love it when new residents "jump right in" and get involved. It's not hard to find something to do or to meet new and lasting friends as a resident of Brewster Place.



OFF CAMPUS — A few highlights!

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.

TOPEKA SYMPHONY ORCHESTRA

Saturday, May 10 | 6:45 pm | Shuttle pick-up at EV and RW

The Symphony heads *Into the Woods* with another exciting collaboration with Topeka Civic Theatre for a concert performance of Stephen Sondheim's popular and award-winning musical. Cinderella, Jack and the Beanstalk, a Giant, a Witch, and a couple of charming princes take us back to the stories of our childhood in this thoughtful and provocative exploration of what "Happily Ever After" really means. *Into the Woods* is both poignant and hilarious, and has become a favorite of the modern musical theatre repertoire. 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.

VOLLAND STORE AND LUNCH

Wednesday, May 14 | 10:15 am | Shuttle pick-up at EV and RW

Spring is here—perfect for a drive in the country! We'll kick off the day with lunch at the charming Alma Bakery, where you'll enjoy a delicious meal featuring chicken salad, potato salad, their world-famous jello, and a slice of strawberry pie—all for just \$17. After lunch, we'll visit the Volland Store to explore the latest exhibit by artist May Tveit. Tveit, a sculptor and printmaker from a long line of builders and craftspeople, transforms ordinary cardboard into abstract geometric self-portraits. Her work critiques culture and reflects on the human condition through the metaphysical lens of the everyday cardboard box. Transportation is \$13. Space is limited, so please call Jamie at 785-274-3398 to reserve your spot!

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. Their voices take them from the gritty streets of Newark to the dazzling lights of Broadway as the battle adversity, embraces brotherhood and create a unique sound that forever changes the beat of American Music. It is based on the true rags-to-riches journey of Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi. Set to the heart-pounding sounds of their iconic group The Four Seasons, with music that defined a generation—hits like "Sherry," "Big Girls Don't Cry," "Walk Like A Man," and "Can't Take My Eyes Off You" Tickets are \$40 and include lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

TOUR OF JULIE SCHMANKE AND HER DAUGHTER GRACE'S DOWNTOWN APARTMENTS

Wednesday, May 28 | 12:30 pm | Shuttle pick-up at BEC

Wednesday, May 28 | 12:30 pm | Shuttle pick up in Evergreen Lobby and Redwood

Let's head out for a fun and quirky adventure as we explore Julie's eclectic apartment inside the historic 1st National Bank Tower. Then we'll continue on to her daughter Grace's apartment, located in the beautifully repurposed old Post Office downtown. If you would like to drive yourself the open house is from 1pm-3pm. Bus space is limited, so reserve your spot by calling Jamie at **785-274-3398**. The bus will fill and return for additional pickups as needed. Don't miss this one-of-a-kind tour!

ON CAMPUS — A few highlights!

SARA TUCKER PRESENTS: VITAL ROLE OF THE US POST OFFICE

Tuesday, May 13 | 2:00 pm | Cultural Arts Center

Join us for an engaging presentation as historian Sara Tucker, former professor at Washburn University, delves into the vital role the U.S. Post Office played in shaping the nation. From its early days in the colonies to its impact on westward expansion and communication across a growing country, you'll gain insight into how this institution helped create America as we know it today. Don't miss this captivating look into one of the country's oldest and most influential systems!

NEWS AND VIEWS WITH KEVIN MCFARLAND

Thursday, May 15 | 10:00 am | Main Street Chapel

Come together for lively conversation, current events, and thoughtful discussion involving local, national and world news presented by Kevin McFarland.

TRUE COLORS PERSONALITY CLASS WITH LARRY BEAM

Thursday, May 15 | 1:00 pm | 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.

SPECIAL AFTERNOON MUSIC: STACIE "DUKE" DODD

Tuesday, May 20 | 1:00 pm | Cultural Arts Center

Come to a special musical program sponsor by Brewster Service Fund. We are excited to welcome Stacie "Duke" Dodd. Duke performs music from several genres. His repertoire of songs include the singer-songwriter era and also hits from the 50's, 60's, 70's and 80's including Jim Croce, James Taylor, Eric Clapton, Neil Diamond, The Beatles and some originals.

BREWSTER CHOIR PRACTICE BEGINS

Tuesday, May 27 | 3:30 pm | Main Street Chapel

Enjoy singing? Whether you're a seasoned performer or just enjoy humming along to your favorite tunes, we welcome you to be part of our Brewster Choir directed by Dorothy Iliff! This is a joyful, judgment-free space where everyone is welcome, and most practices will end with a tasty treat. Together, we'll make beautiful music, build friendships, and share the joy of singing in community.

SANTA FE BAND SUMMER CONCERT

Tuesday, May 27 | 7:00 pm | Brewster Events Center Circle Drive (outside concert)

Join us for an unforgettable evening of music and sunshine as we welcome the legendary Santa Fe Band to Brewster Place! We will tap our toes to the beat as we celebrate the start of summer in style.