



RECOGNITION FROM THE KANSAS DEPARTMENT FOR AGING AND DISABILITY SERVICES

BREWSTER PLACE EARNS PEAK LEVEL 7

BY CINDY TANNER, CHIEF HEALTH OFFICER



We are proud to announce that Brewster Place has once again advanced in the **PEAK (Promoting Excellent Alternatives in Kansas)** program, achieving Level 7 this year after being at Level 6 last year. Level 7 is the second to highest level only below being named a mentor home at level 8.

FIVE PEAK DOMAINS THAT GUIDE US

Resident Choice

Ensuring resident control over daily routines, care, and environment.

Staff Empowerment

Supporting our team to respond confidently to needs in the moment.

Home Environment

Creating spaces that feel like home, not like a medical institution.

Meaningful Life

Helping every resident live with purpose, joy, and meaningful connection.

Foundation

Leadership, policy and procedure.

WHAT IS PEAK?

PEAK is a program through the Kansas Department for Aging and Disability Services (KDADS) that helps senior living communities like Brewster Place grow in person-centered care. That means putting resident choices, preferences, and daily routines at the heart of everything we do.

WHY IT MATTERS

Moving from Level 6 to Level 7 shows we are growing as a community that prioritizes resident voice and choices. It reflects our commitment to improving not just our systems, but our residents' experience here at Brewster Place. Creating an environment like this is a journey and a mindset.

OUR CURRENT STRENGTHS

- Strong staff committed to person-centered care.
- Meaningful progress in honoring daily routines and personal choices.
- A growing culture of listening to resident feedback to guide our actions.

AREAS FOR GROWTH

- **Spontaneity and Flexibility** – We recognize that sometimes we still struggle to be fully spontaneous with activities or changes in your day. We are learning how to balance structure with flexibility.

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MISSION

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



CHOOSE TO SHINE POSITIVELY

BY CHAPLAIN JULIE FREEMAN, M.DIV

“*The energy you radiate is the energy you attract.
Shine positively, and watch the universe respond in kind.*”

Our energy flows from us impacting the lives of those around us. Science, religion and philosophy all teach that the energy we emit into the world directly influences what we receive in return.

When we choose to shine positively, we are not just improving our own outlook but also creating a ripple effect that touches everyone we encounter. Positive energy is contagious. It can uplift spirits, inspire actions, and foster a sense of community and support ultimately increasing our capacity for compassion. By maintaining a positive attitude, we attract similar energies, drawing in opportunities, relationships, and experiences that align with our optimistic outlook.

The universe has a way of mirroring our internal states. When we focus on positivity, gratitude, and kindness, we often find that these qualities are reflected back to us in various forms. This doesn't mean that challenges will disappear, but our approach to handling them becomes more resilient and constructive. The universe responds to our energy, and by shining brightly, we invite a more fulfilling and harmonious life.

By consciously choosing to radiate positive energy, we not only enhance our own lives but also contribute to a more positive and supportive world. Remember, the energy you put out is the energy you attract. So, shine brightly and watch the universe respond in kind.

Shining Positively as a Practice:

Practice Gratitude

Start each day by acknowledging the things you are grateful for. This sets a positive tone for the day.

Mindfulness and Meditation

Take time to center yourself and focus on the present moment. This helps in maintaining a positive mindset.

Acts of Kindness

Small gestures of kindness can have a big impact. Whether it's a smile, a compliment, or helping someone in need, these actions radiate positive energy.

Surround Yourself with

Positivity Engage with people and activities that uplift and inspire you. Avoid negativity and focus on what brings you joy and fulfillment.

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, June 1 | 4:00 pm

The Evergreens Brewster Bean

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

Mindfulness Meditation

Mondays, June 9 and 23

2:00 pm | Main Street Chapel

The Mindfulness Meditation group offers a chance to slow down and center yourself in the present moment. All are welcome.

Grief & Gratitude Group

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. ■



CREATIVE ARTS

WITH KATHY PHLAUM, CREATIVE ARTS COORDINATOR

SHOW US YOUR ART TWO UPCOMING OPPORTUNITES

RESIDENT ART SHOW June and July

If you have submitted a piece or two to be hung on the gallery wall for June and July, please bring the artwork on Wednesday, June 4 at 10:00 am to the Cultural Arts Center so we can hang our newest exhibit.

If you have artwork on the wall currently, please pick up your artwork after 10:00 am on June 4. Thank you for participating and showing people the beautiful artwork you do. It has been fun to watch people looking at your artwork for the last two months.

TOPEKA ART GUILD EXHIBIT August 2025

We have an opportunity to showcase Brewster Place art on a small scale inside of the Topeka Art Guild Gallery in August. The exhibit will hang for one month. The theme for 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. This will be a juried show as not all submitted pieces will fit in the space the guild has given us. Once art has been chosen for the exhibit, we will notify entrants with further instructions.

CYANOTYPE PRINTS

Thursday, June 5

2:30 pm | Redwood Art Studio

We will make beautiful cyanotype prints on paper and fabric using plant life and/or objects. These will be a beautiful indigo blue, and we will either frame them in small frames or put them on card stock. This is a photosynthesis process so we will need the sun to make this work. This is a fun process and we can make quite a number of prints in a short amount of time. **Please wear your grubby clothes for this project.**

BOILED PAPER BOTANICALS

Thursday, June 19

9:30 am | Redwood Art Studio

Yes, you read this correctly, we will be boiling plant life onto watercolor paper. We will use plant life that Kathy has foraged from the Brewster Place grounds for you to use. We will talk a bit about the process and then begin to layer the papers with plant life into the pan to boil. Once we start the boil, it takes about an hour and a half to boil, so you can bring hand work to do during that time, go back to your apartment, or just hang around and chat. Once they are done boiling, we will lay them out to dry. This is a really fun process. And no, the paper will not fall apart.

KANSAS CITY QUILT FESTIVAL TRIP

Thursday, June 12 | 8:30 am | Shuttle

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. We only have a couple of spaces left and they will go quickly.

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TABLE RUNNERS

Tuesday, June 10

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 assist you with fabric selections, questions and anything else you need.

SHOW AND SHARE

Wednesday, June 11

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.

TEDDY BEAR CHALLENGE

Work Session | Tuesday, June 17

3:00 pm | Redwood Art Studio

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.

BLOCK OF THE MONTH

Tuesday, June 24

10:00 am | Redwood Art Studio

Kathy will give a demonstration on how to make 4-patch posies blocks for quilts. This is a quilt that looks like you went to huge lengths to make, and it really is easy. The blocks look like kaleidoscopes.

TEA TOWEL TUESDAY

Tuesday, June 24

10:00 am | Redwood Art Studio

We will continue to learn new stitches that can be used on the tea towels. We have received 120 tea towels to date and they are beautiful. In addition to tea towels, we have received 12 of the hand towels. Great work everyone!

WOOD CARVING GROUP

Wednesday, June 25

10:00 am | Redwood Art Studio

We have several residents who do wood carving and others who might like to learn.

LET'S PAINT

Thursday, June 26

10:00 am | Evergreens Art Studio

we will be using a stylus to make dots on tins we will sell at the Bazaar for gift card giving.

OTHER MONTHLY CLASSES

Don't forget about the following ongoing classes that happen each month. Check the activities calendar for dates and times.

KNITTING AND CROCHET

Come join in the fun to learn new stitches from other and chat a bit too!

OPEN STUDIO

This session gives us a chance to gather, chat, get assistance for projects and have fun. Come join us! ■

SPECIAL WORD OF THANKS

The Wednesday Mah Jongg women are grateful to Jerry Hanson for making a portable round tabletop for them to use for five players. It is an amazing gift as Jerry doesn't know any of the women, he only heard they had a need. Many, many thanks to Jerry, who is now a special friend to the Brewster Place Wednesday Mah Jongg women! ■

A BLOCK PARTY FOR BOB COATS!

Come celebrate one of our longest tenured employees! Maintenance Tech Bob Coats began his career at Brewster Place 40 years ago — that would make it 1985! Bob has decided to move from full-time status to PRN (as needed) beginning June 6. We appreciate all that Bob has done and invite you to celebrate him at a Block Party.

**You Are Invited
Block Party for Bob Coats
Friday, June 6**

10:00—11:00 am

Redwood lower level hallway

This is a casual “come and go” event.

ENVIRONMENTAL SERVICES DIRECTOR NAMED

BY DAYNA LUKSA, COO

I am excited to announce that Brewster Place has filled the Director of Environmental Services role! **Tyler Baker** has accepted the position and will begin training June 9th.

Tyler has experience working as a Maintenance Tech at Brewster from 2020-2021 and three years of experience working with the Brewster Health Center and Assisted Living side of things in his current role as Senior Admissions Specialist. His Brewster experience, paired with his bachelor's degree in psychology have prepared him for his new role.

Please join me in congratulating Tyler on his new role! ■

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- **Staffing Consistency** — Like many communities across the country, we have faced staffing challenges since the pandemic, leading to turnover and gaps in consistent staffing at times. This can affect relationships and routines. We are actively working on staff retention and team building to improve this.
- **Impact of the Pandemic** — The COVID-19 pandemic forced all of us into more structured and cautious routines for safety. While necessary at the time, it created some habits and systems that we are still working to shift back toward resident-led choices and freedoms.

We celebrate this achievement, but more importantly, we stay committed to progress. We will continue to listen, learn, and work alongside you to make Brewster Place a community where you are always in the driver's seat of your own life. Thank you for your trust, your feedback, and your partnership as we continue this journey. ■



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

BREWSTER PLACE PET POLICY REMINDER

As a community, we understand the importance of pets in the lives of our family, friends and neighbors. Pets can improve our wellness by providing emotional support and unconditional love. Brewster Place welcomes pets but there are requirements that must be met prior to bringing a pet on campus. The following information is provided to remind everyone about Brewster's Pet Policy.



A maximum of two pets is allowed per household.



A onetime non-refundable fee of \$250 per pet is required. Residents are financially responsible for any damage caused by their pets.



Residents **MUST** submit a completed pet application and receive approval from administration prior to bringing a pet to campus.



Residents **MUST** provide a current City of Topeka license, current vaccination records, and proof of liability insurance. These **MUST** be renewed on an annual basis.



All pets **MUST** be spayed or neutered.



All **visiting pets** must have proof of vaccinations. It is your responsibility to make sure the visiting pet is on a leash and cleaned up after. If staff members are required to clean up after the visiting pet, you will be billed for that service.

Your responsibility as a pet owner is as follows:

- Pet owners are responsible for immediate cleanup of waste both indoors and outdoors. If staff are required to clean up after your pet, you will be billed for that service.
- Waste must be disposed of properly in designated outdoor containers. **Do NOT** dispose of pet waste in indoor trashcans inside buildings.
- Pets must be leashed and under control at all times. Roaming freely on campus is prohibited.
- Pets are not permitted in any indoor common areas, food venues, or events where food is served.
- Residents must designate an alternate caretaker or arrange temporary pet card during their absence. If you are unable to provide care for your pet and the staff is required to do so, there will be a fee for that service.

Please review the **Brewster Place Pet Policy** for further information including service animal guidelines.

***Copies of the Brewster Place Pet Policy can be obtained at
The Evergreens Welcome Center or by calling 785-274-3374. ■***

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 located at The Evergreens. Contact Chaplain Julie at 785-274-3349 with any questions.

Hotel on the Corner of Bitter and Sweet by Jamie Ford

**Discussion | Tuesday, June 24
10:30 am | Main Street Chapel**

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.

Future Book Discussions | Stay tuned for more information ■

BREWSTER NEWS UPDATE

As we have mentioned the last few months, the June issue of the Brewster News will be the last issue that will be mailed via the postal service. This change is due to cost and the unreliable delivery of the mailed copies.

Beginning in July, you may access the Brewster News via:

- **Email**
- **Brewster Place website**
- **CATIE Web** (residents and BrewsterConnect members only)
- **Printed copy** (residents will still receive their copy on their door). If you would like a printed copy, you may pick one up in person.

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

FUTURE EVENTS 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 to 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.

KU OSHER LIFELONG LEARNING INSTITUTE



Brewster Place has been a proud sponsor and host site for the KU Osher Lifelong Learning Series since 2007. This popular program provides enrichment classes and events specially developed for folks 50 and better.

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. ■

Non Brewster Place residents must register online or by phone:
Online
Osher.ku.edu
Phone
785-864-6779

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

EXPRESS YOURSELF — AT ANY AGE!



Julie Reeves rode the Brewster bus with lots of other residents and BrewsterConnect members to tour the downtown homes of Julie Schmanke and her daughter, Grace. What a great time and we thank Julie and Grace for opening their homes to us!



Jeanene Johnson is a creative spirit and has never been afraid to express herself. She dressed the part on the tour of Julie Schmanke's home matching perfectly with the wallpaper. You have to see it to believe it!



Susan Harper in her colorful and fun hat at the May birthday party. We love it when residents and staff express their personalities through dress, creative pursuits or just having fun playing games or gathering for coffee. Our community is unique because our people are unique!



BrewsterLiving.org

OFF CAMPUS — A few highlights!

TOPEKA GARDEN TOUR

Wednesday, June 4 | 9:00 am | Shuttle pick-up at EV and RW

Let's go explore some of Topeka's beautiful gardens that are especially delightful in the summer. We will spend the morning at the amazing private garden of Bob Saathoff. This is an outstanding shade garden that offers many interesting features and plant species. We will head to Ward Meade and get a private tour from Bob. This garden offers vibrant colors, fragrant blooms, and a peaceful retreat into nature. Lunch is a Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

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.

CHEAP AND CHEERFUL SHOPPING

Wednesday, June 18 | 9:00 am | Shuttle pick-up at EV and RW

Looking for unique finds, budget-friendly fashion and fun. We will scour Topeka looking for one of a kind but affordable fashion and home décor. We will take a break and grab a quick lunch. Then continue on for more shopping. We never know where the bus will take us. Lunch is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

SUNFLOWER MUSIC FESTIVAL 2025

**Friday, June 20; Wednesday, June 25; Friday, June 27
6:30 pm | Shuttle pick-up at EV and RW**

Sunflower Music Festival brings the world's greatest musicians to Washburn's White Concert Hall to perform free concerts. Since its founding in 1987, the tradition of the Festival is excellence, cultivated selection by selection, instrument by instrument, year after year. Brewster will provide transportation to the orchestra performances.

ON CAMPUS — A few highlights!

KU OSHER LIFELONG LEARNING SERIES THE JFK ASSASSINATION: 60 YEARS LATER

Tuesdays, June 3, 10 and 17 | 1:00 pm | Cultural Arts Center

This course will examine the political and social climate of the early 1960s and the circumstances involved in the assassination of President John F. Kennedy on November 22, 1963. This 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

SCHIRMER SINGERS

Tuesday, June 10 | 6:00 pm | Cultural Arts Center

Come and enjoy a summer concert with the beloved duet, the Schirmer Singers! Their heartfelt harmonies and timeless melodies are sure to make it a musical evening to remember.

SARA TUCKER PRESENTS: AMERICA BEFORE COLUMBUS

Tuesday, June 24 | 2:00 pm | Cultural Arts Center

Join us for an engaging presentation as historian Sara Tucker—former professor at Washburn University—explores the rich and complex history of America before Columbus. Discover the vibrant cultures, societies, and innovations that shaped the continent long before European contact.

BREWSTER CHOIR PRACTICE

Tuesdays, June 3, 10, 17 and 24 | 3:30 pm | Main Street Chapel

Calling all music lovers. Do you enjoy singing, having fun and patriotic tunes? Join Dorothy Illiff and special choir to celebrate Red, White and Brewster. We are looking for enthusiastic voices to come together and perform. No experience is necessary, just a love for fun and music. Please call Jamie at 785-274-3398 if you have any questions. All Rehearsals offer a tasty treat.

RED, WHITE AND BREWSTER

Thursday, June 26 | 2:00 pm | Cultural Arts Center

Everyone is invited to this annual celebration to celebrate our independence and the freedoms we enjoy. The program will include a performance by the Brewster Choir, a patriotic sing-along, a special video and ice cream sundaes afterward. Please join us!