

CATERED LIVING — LIVING A LESS COMPLICATED LIFE



Brewster Place is an award-winning Continuum of Care Retirement Community (CCRC) that offers maintenance-free, amenity-rich lifestyle options for all of its residents’ preferences – from Independent Living through all levels of health care, including Assisted Living, memory support, skilled care, rehabilitation services and home health services. Along this continuum is Catered Living, a unique option offered only at Brewster Place.

CATERED LIVING AT REDWOOD

Located on the 2nd, 3rd and 4th floors of recently renovated Redwood

Enjoy all the amenities without going outside:

- Dining Venues
- Indoor Pool
- Cultural Arts Center
- Woodshop
- Wellness Centers
- Game Room
- Chapel
- Salon
- The Market

What is Catered Living?

Catered Living at Brewster Place is a refreshing lifestyle option that blends the freedom of Independent Living with the convenience of concierge-style services. It's thoughtfully designed for adults who value their independence but also appreciate a little extra support—freeing up time and energy to focus on the things that bring joy, connection, and peace of mind.

Whether you’re ready to say goodbye to housekeeping and meal prep, or you simply want to enjoy a more carefree lifestyle, Catered Living offers the perfect balance.

What are the concierge services?

Our concierge services go above and beyond to make everyday life more comfortable and enjoyable. In addition to regularly scheduled housekeeping, residents receive:

- **Complete laundry service** — We take care of everything, and yes, we do a great job!
- **Bedding changed regularly** — Because you deserve comfort and convenience.
- **All meals included** — Delicious, nutritious meals from any of our four dining venues.

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MISSION

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



NOURISH YOUR MIND, SHAPE YOUR LIFE

BY CHAPLAIN JULIE FREEMAN, M.DIV

*“Your mind will believe everything you tell it.
Feed it faith. Feed it truth. Feed it love.”*

This simple yet powerful quote reminds us that the stories we tell ourselves become the foundation of our reality. Our minds are like soil — whatever we plant, whether fear or hope, will grow.

In a world flooded with noise and negativity, it’s more important than ever to be intentional with our inner dialogue. Feed your mind **faith** when doubt creeps in. Speak **truth** when fear distorts your perspective. Show yourself **love** when criticism—internal or external—tries to take over.

Mental habits shape emotional well-being. Just as we choose what we eat to nourish our bodies, we must choose what thoughts to entertain to protect and strengthen our minds. The practice is simple, but not easy: be kind to yourself. Speak encouragement. Focus on what uplifts. Over time, these small choices build resilience, confidence, and peace.

What you feed your mind will feed your life. The choice is yours.

Join us in Mindfulness Meditation Class if you’d like to take a pause and explore more ways to calm your mind and redirect your thoughts.

Mindfulness Meditation

Mondays, August 11 and 25

2:00 pm | Main Street Chapel

The Mindfulness Meditation class offers a chance to slow down and center yourself in the present moment. We begin with a short, guided meditation to warm into our practice. We then continue in silence for about 20 minutes wrapping up our time together by 2:30 pm. Everyone is welcome.

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.

Worship Service

Sundays at 1:00 pm

Brewster Health Center

Vespers

Sundays at 2:30 pm

Main Street Chapel

Sunday Supper Club

Sunday, August 3 | 4:00 pm

The Evergreens Brewster Bean

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

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. ■



AT BREWSTER PLACE

HOURS

Tuesdays | 9:00—11:00 am

Thursdays | 1:00 pm—3:00 pm

The Kaw Valley Bank at Brewster Place is located at Main Street (lower level of Redwood South).



CREATIVE ARTS

WITH KATHY PHLAUM, CREATIVE ARTS COORDINATOR

TOPEKA ART GUILD EXHIBIT August 2025

First Friday Art Walk

Friday, August 1

Brewster Artists will have art at the Topeka Art Guild Gallery. The artwork will be up for the entire month of August. Stop by the Gallery inside Fairlawn Plaza during First Friday Art Walk between 4:00—7:00 pm and enjoy some refreshments and check out the art. Transportation is on your own, however, there is a trip planned on Wednesday, August 20 if you need transportation.

ARTWORK PICKUP

Wednesday, August 6

10:00—11:30 am | Cultural Arts Center

If your artwork has been hanging on the gallery wall, please plan to pick your artwork up so we can hang the next exhibit.

BREWSTER STAFF ART SHOW

August and September

Brewster Events Center Art Gallery

Ever wonder what the staff does outside of their time working here? We have some wonderful artists among our staff. Please stop by the Brewster Events Center Gallery wall and check out the new display of artwork by our staff.

SHAVING CREAM DYING

Wednesday, August 6

10:00 am | Evergreens Art Studio

Come join us for shaving cream dying on paper and fabric. This is fun for everyone!!

CARD MAKING

Wednesday, August 20

10:00 am | Evergreens Art Studio

How about making some simple pop up type cards? Stop by this class and learn the magic.

SAVE THE DATE BREWSTER PLACE ANNUAL CRAFT BAZAAR

Friday, November 7

10:00 am—4:00 pm

Cultural Arts Center



BAZAAR FINISHING SESSION

Tuesday, August 12

9:30 am | Redwood Art Studio

BAZAAR SNEAK PEAK

Thursday, August 21

10:00 am | Redwood Art Studio

Yes, the Bazaar is only four months away! We are going to have a **Bazaar Sneak Peak** (nothing will be for sale during sneak peak). We will show you a variety of items that we have already completed for the Bazaar. We would ask that you come enjoy viewing items and share items you are working on individually for the Bazaar.

JELLY ROLL RACE

Thursday, August 28

9:30 am | Evergreens Art Studio

Six jelly rolls (40 – 42, 2.5” strips width of fabric) were donated that six participants will sew end to end and then we will turn them into small quilts for the Bazaar. They are beautiful fabrics and this is a fast way to make several beautiful quilt tops. **You MUST sign up** for this workshop. The first six people to sign up will get into the class. Sign up by calling Kathy at 785-274-3317 or emailing her at kathrynp@brewsterplace.org to secure you spot in this class.

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SHOW AND SHARE

Wednesday, August 13

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.

BLOCK OF THE MONTH

Thursday, August 14

10:00 am | Redwood Art Studio

WOOD CARVING GROUP

Wednesday, August 27

10:00 am | Redwood Art Studio

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

TEDDY BEAR CHALLENGE

We would like to have all quilts completed by September 30 so we can have them priced and ready for the Bazaar.

TEA TOWEL TUESDAY

Tuesday, August 26

10:00 am | Redwood Art Studio

We will continue to learn new stitches that can be used on the tea towels. We have received 161 tea towels to date and they are beautiful. In addition to tea towels, we have received 25 of the hand towels. Great work everyone!

OTHER MONTHLY CLASSES

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! ■

NEWS & NOTES

Election Day

Tuesday, August 5

Polls Open | 7:00 am—7:00 pm

Cultural Arts Center

Osher: First August Class

Please note because of Election Day, the first Osher class on First Ladies of the Modern Era will be on Wednesday, August 6 at 1:00 pm in the Cultural Arts Center. The second and third classes will be on the following two Tuesdays as scheduled.

Evergreens Grill Menu Folders

We are missing several menu folders from the Evergreens Grill. If you have one, please return it. Thank you!

NEW Resident Directory

After a long wait, the updated Resident Directory will be sent to the printer in the next few days and will arrive soon. Once we have them, they will be delivered to resident doors. Thank you for your patience!





KU OSHER LIFELONG LEARNING INSTITUTE

LAST SUMMER CLASS OF 2025...

Significant United States First Ladies of the Modern Era

Wednesday, August 6; Tuesdays 12 and 19

1:00—3:00 pm | Cultural Arts Center

Please see full description on the On-Campus highlights page.

COMING THIS FALL...

Stories and Songs of Rivers and Lakes

Tuesdays, September 16, 23 and 30

1:00—3:00 pm | Cultural Arts Center

The Mississippi, Missouri, and Ohio Rivers and the Great Lakes are rich in history, tall tales, and music. Come learn how canal boats, steamboats, tugs, barges, and Great Lakes freighters played a major role in U.S. territorial and economic expansion. We will review the Steamboat Arabia, wreck of the Edmund Fitzgerald, and more. The grandson of a Great Lakes sailor, the instructor has visited the Great Lakes and rivers covered in the class and will share his photos plus films of vessels and a wide range of exciting music and stories.

Instructor: Carl Graves, Ph.D.

The Growth and Evolution of American Military Power

Thursdays, October 16, 23 and 30

1:00—3:00 pm | Cultural Arts Center

Throughout American history the military has played a significant role in our country's development. Come walk through history as we examine some of America's most significant battles, both victories and defeats. We'll survey a series of military actions from the Revolution to the Korean War charting those conflicts, lessons learned and those lessons forgotten. We'll first focus on the victories and defeats incurred during the American Revolution and the War of 1812 when America fought against the world's premier military power, Great Britain. In Week two we'll investigate the Civil War and America's first experience with the "Total War" concept. We'll spend the last class discussing America's climb to become the world's foremost military power during its early 20th-century conflicts.

Instructor: Bob Smith

Tales of Atlantis

Tuesdays, November 11 and 18

(This class will be condensed into two weeks due to the speaker's schedule)

1:00—3:00 pm | Cultural Arts Center

Among the many legends of lost cities and vanished ancient civilizations none has captured the popular imagination quite like the lost continent of Atlantis. First described in a tale told more than two thousand years ago, Atlantis has been "found" many times since (and in many different places!). Was it a real place or just an allegory? Can modern archeological methods and satellite imagery lend credence to the legend? Join us to look at the leading theories of its whereabouts and for the tales of those intrepid sleuths who believe they have solved the mystery.

Instructor: David Manning

Christmas Carols

Tuesday, November 25

1:00—3:00 pm | Cultural Arts Center

(A special one session class for the holidays!)

Join us for a Christmas carol celebration, featuring stories behind the music and lyrics, inspiring video performances, and visual art to enhance your holiday season. As Sir David Willcocks said, "In our technological age, the simple pleasure of communal singing at Christmas has endured, and carol music, 'the ancient unalterable music of the people' still brings cheer."

Instructor: Jean Hein ■

THERE IS ALWAYS SOMETHING HAPPENING!

HOW TO STAY UP-TO-DATE WITH THE MONTHLY, WEEKLY and DAILY SCHEDULES

The mission of Brewster Place is to “provide all residents with opportunities for an optimal quality of life.” Brewster Place has always been committed to providing a rich and varied activity schedule, exercise classes (both on land and in the pool) and creative arts program.

The **Resident Services Team in Independent Living** schedules programs, classes, and events that are advertised in a variety of ways. The information to the right should help you better navigate where to find out about schedules and about any last-minute updates or changes. If you have any questions, please let one of us know.

Resident Services Team Members

Director

Janis Swanson

785-274-3389

Creative Arts Coordinator

Kathy Pflaum

785-274-3317

Program Coordinator

Jen Van Delsam

785-274-3398

Wellness Specialist

Julie Schmanke

785-274-3313

Brewster News and Activity Calendar

The **Brewster News** is the official monthly newsletter. It includes news-worthy articles and information as well as the Independent Living activity calendar. The Brewster News is available at the end of each month. The **activities calendar** included in the monthly newsletter is your first glimpse of what is planned for the month. The highlights pages of the newsletter will give specific information about reservations and pricing if called for.

- **Residents receive a hard copy on their door**
- **Digital version via email** — Email Janis Swanson at janiss@brewsterplace.org to be added to the email list
- **Available on Brewster Place website**—BrewsterLiving.org
- **Available on CATIE Web**—Brewster Documents section
- **Copies are available** at the Redwood Mail Box Station and Evergreens Information Center

Weekly Wellness Opportunities Bulletin

This weekly sheet highlights regular classes that occur and also lists the special activities for the week. Changes or updates will also be noted if known before print time.

- **Residents receive a hard copy on their door each Friday**
- **Available on Brewster Place website** — BrewsterLiving.org
- **Available on CATIE Web** — Brewster Documents section
- **Copies are available** at the Redwood Mail Box Station and Evergreens Information Center

BPTV 1960 and 1961

Two closed-circuit TV channels are available on all TVs at Brewster Place. The following highlights programming available on BPTV:

- **Morning audio announcements** (Mon-Fri | 8:00—8:30 am) (1960 only)
- **Daily schedule slideshow**
- **Movies** (Tues, Thurs, Sat, Sun) (1960 only)
- **Exercise videos** taught by Julie Schmanke (1960 only)
- **Latest cancelations/updates** via screens and scroll bar
- **Photographs** of campus events—you just might see yourself!
- **Music 24/7**

CATIE WEB

CATIE Web is an online communication portal available to residents and BrewsterConnect members. Information included on CATIE Web includes information from BPTV 1960/1961, Brewster Documents (including the Brewster News, weekly menus, exercise schedule and weekly bulletin), Community Directory, Staff Directory and more. To sign up for CATIE Web, please contact IT at 785-274-3334. ■

4th TUESDAY BOOK

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.

August Book Discussion

Grandma Gatewood's Walk

by Ben Montgomery

Tuesday, August 26

10:30 am | Main Street Chapel

Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, 67 year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. And in September 1955, atop Maine's Mount Katahdin, she sang the first verse of "America, the Beautiful" and proclaimed, "I said I'll do it, and I've done it." Grandma Gatewood, as the reporters called her, became the first woman to hike the entire Appalachian Trail alone, as well as the first person — man or woman — to walk it twice and three times. The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance and very likely saved the trail from extinction.

September

Dutch Girl by Robert Matzen

Pickup Date — Tuesday, August 26

Discussion Date — Tuesday, September 23

October

Zookeeper's Wife: a War Story

by Diane Ackerman

Pickup Date — Tuesday, September 23

Discussion Date — Tuesday, October 28 ■

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These thoughtful services are designed to take the burden out of daily routines, so you have more time for hobbies, friends, relaxation, and community events.

Who is Catered Living for?

Catered Living is ideal for individuals who:

- Are ready to simplify life and eliminate daily chores
- Value a strong sense of community and friendly neighbors
- Enjoy the freedom to choose when and how to engage in activities
- Want to maintain independence while having peace of mind that help is always close by if needed

Whether you're enjoying coffee with friends in the common areas, attending a social gathering, or spending a quiet evening in your private apartment, Catered Living offers the flexibility to design each day your way.

Comfortable Living Spaces

Apartments are available in a variety of layouts, from cozy studios to spacious two-bedroom units, each designed for comfort, privacy, and ease of living. Bring your favorite furnishings and personal touches to truly make it your home.

Come experience a lifestyle that combines support, community, and the freedom to live life your way. **Please call Sales and Marketing at 785-274-3351 for more information. ■**

	<ul style="list-style-type: none">• Daily schedule• Morning Announcements• Latest cancelations• Movies• Photographs• Music 24/7
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GLUTEN-FREE, VEGETARIAN, AND VEGAN

A BEGINNERS GUIDE TO HELP YOU UNDERSTAND MENU LABELS

The Brewster Place Dining Services Team works hard to meet the dietary needs and preferences of all our residents. Their goal is to provide a varied and nutritious menu selection that changes throughout the year. The Resident Council Food Committee assists the Dining Services Team by providing feedback and opinions related to the dining experience at Brewster Place.

As you know, recently The Evergreens Grill menu was updated and features many more items labeled vegan, vegetarian and gluten free. To help you better understand the menu choices available to you, we decided to provide a very basic primer on these dietary labels.

GL — Gluten-Free Gluten is a protein that gives elasticity to dough and is found in wheat, barley and rye. A gluten-free diet excludes foods made with these grains and any products containing gluten derivatives. Many people with celiac disease or gluten sensitivity must avoid gluten due to adverse health effects. Naturally gluten-free foods include fruits, vegetables, meat, poultry, fish, eggs, dairy, beans, nuts and seeds. Grains like rice, quinoa, and buckwheat are also gluten-free.

V — Vegetarian Vegetarians abstain from consuming meat (red meat, poultry, seafood, insects and flesh of any animal). There are different variations of vegetarianism such as ovo-vegetarian which is a diet that includes eggs or lacto-vegetarian which is a diet that also includes dairy products. Vegetarianism is adopted for a variety reasons ranging from animal rights beliefs, religious beliefs or health reasons.

VG — Vegan Vegans are strict vegetarians who abstain from the use of animal products and the consumption of animal source foods. There are a variety of reasons why a person chooses to be vegan including ethical, moral, environmental, health or humanitarian arguments.

While the labels above help those who follow these diets make their menu choices without worry, we hope everyone will try the different options as they are all delicious! ■

FUN IN THE SUN and INSIDE IN THE COOL!



Martin and Linda Donaldson at the July birthday and anniversary celebration.



Residents rode the train at Gage Park after a trip to the zoo.



Doris Moreland participated in the Paste Paper class.



OFF CAMPUS — A few highlights!

MARK TRAMMELL GOSPEL QUARTET

Friday, August 1 | 5:45 pm | Shuttle pick-up at EV and RW

Travel to Wanamaker Woods Church of the Nazarene to listen to the Mark Trammell Gospel Quartet. Mark Trammell has performed for over 50 years. Many followers of Gospel Music consider him to be one of the greatest baritone singers of all time. He has won multiple awards as a singer and producer and has been a member of four of Gospel Music's most acclaimed groups. This is a free event, but a free-will offering will be taken. Cold water will be available, and a table of items for purchase will be available during intermission. Please call Jen at 785-274-3398 as space is limited.

TOPEKA FARMERS MARKET AT THE LIBRARY

Monday, August 4 | 9:00 am | Shuttle pick up in EV Lobby and RW

Enjoy the farmers market at the peak of summer harvest. Some potential items include locally grown produce, fresh eggs, baked goods, and fresh cut flowers. Please call Jen at 785-274-3398 as space is limited.

NEW THEATRE AND RESTAURANT — TICKETS STILL AVAILABLE

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 Jen at 785-274-3398 to see if there are still tickets available.

DUDES DAY OUT — TOUR AIR COMBAT MUSEUM AND STOP AT WESTLAKE ACE HARDWARE STORE

Wednesday, August 13 | 9:00 am | Shuttle pick-up at EV and RW

The Combat Air Museum has served as an educational institution and tourism destination for 47 years dedicated to the collection, preservation, conservation and exhibition of aircraft, information, artifacts, technology and art associated with the military aviation history of the United States of America. We need at least 10 to attend so we can have a tour, so ask your buddies to go with you! Entry fee is \$7, or \$5 for those who have a military ID card. After the Air Combat Museum, we will stop at Westlake Ace Hardware Store. Please call Jen at 785-274-3398 as space is limited.

TOPEKA ART GUILD GALLERY

Wednesday, August 20 | 1:00 pm | Shuttle pick-up at EV and RW

Topeka Art Guild is dedicating one wall to Brewster Place resident artwork. Enjoy looking at all the wonderful art pieces. Please call Jen at 785-274-3398 as space is limited.

DINNER AT CRACKER BARREL

Wednesday, August 20 | 4:30 pm | Shuttle pick-up at EV and RW

Down home cooking! Breakfast is offered all day, and dinner options will be available too. Dinner is Dutch treat. Please call Jen at 785-274-3398 as space is limited.

PRAIRIE GLASS STUDIO — CREATING GLASS ART

Wednesday, August 27 | 1:00 pm | Shuttle pick-up at EV and RW

Enjoy creating a gift to yourself or for someone else. All items are \$35 and choices include: round light catcher, sunflower salt and pepper shakers, 4 x 4 tree scene, 4 x 4 flower garden. After you create your piece, they will be left to be fired, and Jen will pick them up 10 days later. Please call Jen at 785-274-3398 as space is limited. Jen will also need to know if you will be using a scooter or a walker because this makes a difference for seating arrangements.

ON CAMPUS — A few highlights!

KU OSHER LIFELONG LEARNING SERIES

Significant United States First Ladies of the Modern Era

Wednesday, August 6; Tuesdays, August 12, 19

1:00 pm | Cultural Arts Center

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. **Instructor: Anita Tebbe** is a retired professor of the Legal Studies Department at Johnson County Community College. She earned an undergraduate degree in history, a graduate degree in education and a juris doctor degree in law. Anita is a Kansas licensed attorney and has more than 40 years at the high school and college levels.

COMMUNITY CHAT

Thursday, August 7 | 10:00 am | Cultural Arts Center

All residents are invited to Community Chat to hear from CEO Mary Blubaugh and others on the Executive and Management Teams. Hear updates from staff and ask any questions you might have.

SPLIT HAPPENS! — CELEBRATING BANANA SPLIT DAY

Thursday, August 21 | 2:00 pm | Cultural Arts Center

A classic American tradition to enjoy on a hot summer day! Join us for this cool summer treat!

SARA TUCKER PRESENTS: THE MONGOLS

Tuesday, August 26 | 2:00 pm | Cultural Arts Center

Join us for an engaging presentation as historian Sara Tucker—former professor at Washburn University—presents an in-depth look at The Mongols.

BIRTHDAY PARTY AND ANNIVERSARY CELEBRATION!

Thursday, August 28 | 2:00 pm | Cultural Arts Center

All are welcome to enjoy a cupcake and ice cream as we celebrate our August birthdays and anniversaries.