BREWSTER NEWS
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HEALING THROUGH PRESENCE AND GRACE

The theme of the 2026 Spiritual Care Week is ***"Healing Through Presence and Grace,"*** which is inspired by the Japanese art of **Kintsugi**. Kintsugi is the Japanese art of repairing broken pottery with gold, silver, or platinum lacquer, which highlights cracks rather than hiding them. This metaphor reflects chaplains and spiritual care providers work of walking beside those in grief, illness, or loss, by offering healing through presence rather than trying to fix or hide the brokenness.

Spiritual Care Week/Pastoral Care Week is hosted by The COMISS Network: The Network on Ministry in Specialized Settings. The first Pastoral Care Week was held in October 1985. Since then it has grown beyond national to international proportions.

Chaplains and spiritual care providers walk into places where others have "cracked" under the weight of grief, illness, and loss. They do not rush to fix those who are experiencing these challenges but instead sit with them, rather, with their compassion, presence, and spiritual wisdom, they help others to see that their brokenness is not the end of a story, but the beginning of a new one. The goal of this healing, as with Kintsugi, is not to aim for perfection, or erasure of the brokenness, but to provide grace and restoration.

This week, it is important for us to celebrate our own chaplain, **Julie Freeman, M.Div.**, who provides compassion, empathy, grace and kindness to our own residents and families at Brewster during these difficult times of their lives. If you see **Chaplain Julie** this week, be sure to thank her for her presence, kindness, compassion, and spiritual knowledge she shares with us each day. ■

SPIRITUAL CARE WEEK
OCTOBER 18 - 24, 2026

In honor of Spiritual Care Week, Chaplain Julie will offer two events:

A BLESSING OF THE HANDS
Our hands are instruments of service, healing, compassion and gratitude. No matter which department you work in you provide vital care to our community. Chaplain Julie will come to each area throughout the week for anyone who would like to participate.

OPEN PRAYERS
Tuesday, October 20
10:00- 11:00 am
Main Street Chapel
Join Chaplain Julie for an hour of prayer, meditation or communion upon request. Anyone who would like to receive the Blessing of the Hands may come at this time as well.

MISSION

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

SPIRITUAL CARE WEEK

HEALING THROUGH PRESENCE AND GRACE

BY CHAPLAIN JULIE FREEMAN, M.DIV

As we observe Spiritual Care Week this month, we celebrate the sacred ways healing unfolds through presence, compassion, and grace. Often, the most meaningful healing does not come from having the right words or solutions. It comes from simply being there, offering a listening ear, a caring heart, and a reminder that no one walks life's journey alone.

The Japanese art of kintsugi beautifully illustrates this truth. When a cherished piece of pottery breaks, it is carefully repaired with gold. Rather than hiding the cracks, the artist honors them, transforming brokenness into beauty. The vessel becomes even more precious because of its story.

In many ways, spiritual care is an act of kintsugi. Each day, as your chaplain, here at Brewster Place, I have the privilege of sitting with you in moments of uncertainty, grief, fear, and hope. Through compassionate presence and grace-filled support, together we witness the resilience of the human spirit. We see how life's wounds can become places where courage grows, where love deepens, and where faith is renewed. We do not erase pain or pretend wounds never existed. Instead, we help create space where healing can emerge and where life's fractures can become places of resilience, wisdom, and hope.

This Spiritual Care Week, may we remember that none of us are defined by our broken places. Like a kintsugi vessel, we are shaped by every chapter of our lives, and God's grace shines through every crack. We are reminded that healing is not the absence of scars, but the recognition that every part of our story has value and meaning. When we offer our presence to one another, we help mend what feels fractured and reveal the beauty, strength, and hope that have been there all along. ■

Other Spiritual Life Opportunities on page 3...

UPCOMING EVENTS

CHEAP AND CHEERFUL SHOPPING

Wednesday, November 4
9:30 am | Shuttle

Let's hit the thrift stores! God's Store House Giving Tree, and we hear Goodwill has been remodeled. We'll have lunch at the Townsite Center. Lunch will be Dutch treat. Space is limited, call Jen at 785-274-3398.

TOPEKA CIVIC THEATRE

Frankenstein

Thursday, November 5
6:00 pm | Shuttle

Tickets are $38 each and will be purchased by October 22. Space is limited, call Jen at 785-274-3398.

NEW THEATRE IN KANSAS CITY

Patsy Cline

Wednesday, December 2
9:30 am | Charter bus

Tickets are $42 and include lunch. Transportation is $13. Tickets will be purchased by November 3. Please call Jen at 785-274-3398 as space is limited.

TOPEKA CIVIC THEATRE

Frozen, the Broadway Musical

Thursday, December 10
6:00 PM | Shuttle

Tickets are $38 each and will be purchased by November 25. Call Jen as space is limited at 785-274-3398.

SPIRITUAL LIFE OPPORTUNITIES

CAREGIVER'S SUPPORT GROUP

Tuesday, October 13 | 10:00 am
Main Street Chapel
Caregiver's Support Group offers residents an opportunity to share their experiences and struggles with caring for their loved ones. Caregiver's Support Group is open to all caregiver's seeking a safe place to discuss the challenges they face.

PATHWAYS

Monday, October 19
2:00 pm | Main Street Chapel
Looking for extra support and a place to connect? Join Pathways -- a welcoming group where you can share life's challenges and triumphs, build resilience, and find encouragement. Everyone is welcome.

MORNING DEVOTIONS

Sundays at 9:30 am
Evergreens Brewster Bean
Join us for coffee and a short devotion with Chaplain Julie.

MINDFULNESS MEDITATION

Mondays, October 12 and 26
2:00 pm | Main Street Chapel
Mindfulness Meditation offers a chance to slow down and center yourself in the present moment. Our 30-minute session begins with a short, guided meditation followed by silent meditation and guided closing. Everyone is welcome.

SUNDAY SUPPER CLUB

Sunday, October 4
4:00 pm | Evergreens Brewster Bean
Bring your dinner or snack and join us for fun, fellowship and curious conversations.

ANNUAL PET BLESSING

Monday, October 5
1:00 pm | Main Street Pavilion Patio
Join us with your pet on a leash, in a carrier or a picture of your pet at the Main Street Pavilion Patio by the fountain for a pet blessing in honor of Saint Francis of Assisi. ■

4th TUESDAY BOOK CLUB

Join us each month for rich discussion facilitated by Sara Tucker. Books are available at each meeting and in Chaplain Julie's office. Contact Chaplain Julie at 785-274-3349 for information. Watch for new titles to be announced soon.

OCTOBER

The Learning Tree by Gordon Parks
Discussion Date: Tuesday, October 27
A black youth in a small town in 1920s Kansas finds himself the only witness to a murder.

NOVEMBER

Discussion Date: Tuesday, November 24
RYOB -- Read your own book, either a favorite or something new and come prepared to discuss with the group.

DECEMBER

Book Club will pause in December. Happy Holidays! Check out the December Brewster News for the January selection, pick-up date and discussion date. ■

CREATIVE ARTS

WITH KATHY PFLAUM, CREATIVE ARTS COORDINATOR

BAZAAR SAVE THE DATE

Brewster Place Annual Holiday Craft Bazaar
Friday, November 6 | 10:00 am - 3:00 pm
Cultural Arts Center

We are officially one month away from the annual Brewster Bazaar. Thank you to everyone that has/will contribute to the 2026 Brewster Bazaar! It does take a village every year to put on the Bazaar. All proceeds from the Bazaar go to the Brewster Service Committee. The committee then reviews requests for funding to make decisions on where funds will be distributed. Please see the request guidelines in this newsletter for funding.

The Brewster Elves have been hard at work. We continue to need items to sell at the Bazaar. We would like to have the items all collected by October 31 so that we can have them priced and ready to sell. Please drop them off at Kathy's office at Evergreens or one of the studios labeled for the Bazaar attention Kathy. Let's make this the best Brewster Bazaar yet!

BAZAAR READINESS WORKSHOPS

Workshops will include pricing, pressing and other necessary pre-work to make it easy for the set up Brewster Elves to merchandise the Bazaar.

- **Tuesday, October 6**
  1:00 pm | Evergreens Art Studio
- **Thursday, October 8**
  10:00 am | Evergreens Art Studio
- **Wednesday, October 21**
  1:00 pm | Redwood Art Studio
- **Thursday, October 22**
  10:00 am | Redwood Art Studio
- **Tuesday, October 27**
  1:00 pm | Evergreens Art Studio

BAZAAR VOLUNTEER TRAINING

Thursday, October 29 | 10:00 am
Evergreens Art Studio

We will go over what we would like for the different jobs to do during the Bazaar. Volunteer sign up sheets will be available on the doors of the Redwood Art Studio and Evergreens Art Studio beginning October 1.

BAZAAR FOODIES MEETING

Friday, October 9
10:00 am | Main Street Chapel

Calling all bakers, candy makers, and goody creators. We need you! Last year, our Bazaar treats were such a hit that we **SOLD OUT** early! Whether you love making fancy desserts or prefer quick, easy, and delicious treats, we need you!

Bazaar Foodies Meeting

- Share ideas for popular and easy-to-make treats
- Talk about what worked well last year
- Brainstorm new goodies
- Make a plan for baking, candy-making, and treat donations

You don't have to be a professional baker—if you enjoy making something yummy, we want you!

BAKE SALE BAKE-SHOP

Tuesday, November 3
KAC Kitchen (RW lower level)

Bring your favorite recipes, your ingredients, and your creativity! We're getting together for some group candy making, cookie decorating, and general goodie-creating fun as we prepare treats for the Bazaar. We'll have the oven, stove, microwave, refrigerator, and plenty of counter space available for you to use.

Need help getting your ingredients and supplies to the kitchen? Just let Jen know — she can help you get your stuff there! ■

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BLOCK OF THE MONTH

PIECED BLOCK OF THE MONTH

Wednesday, October 21
10:00 am | Redwood Art Studio
We are working on a star themed Block of the Month for the piecing block this year.

PAPER PIECED BLOCK OF THE MONTH

Wednesday, October 28
10:00 am | Evergreens Art Studio
We will learn to do paper piecing, a very precise method for block making.

OPERATION WARMTH SERVICE PROJECTS 2026

We continue to make great progress making items for our Operation Warmth service project. If you would like to help, contact Kathy at 785-274-3317. Finished items can be left in either The Evergreens or Redwood Art Studios marked as: **Attention: Kathy, Operation Warmth.** More detailed information about donation events for Operation Warmth will come closer to the event.

Total count so far:

- Hats and Scarves - 35
- Quilts and Afghans - 35
- Gloves - 2

FROM BREWSTER PLACE EXECUTIVE TEAM

We love seeing our residents enjoy meals and time together with family members, friends and other guests in our dining rooms. Our dining spaces are an important part of the Brewster Place community, and we are happy to welcome guests when they are accompanied by a resident.

Please note, companions and guests may not order meals from the dining room or dine here without a Brewster Place resident present as their host. This includes calling down for orders. This applies even when a guest is visiting a resident or has an established relationship with someone at Brewster Place.

This policy is important because of Brewster Place's nonprofit status. As a nonprofit organization, we must follow specific requirements regarding who we provide dining services to. Allowing individuals who are not residents, staff, or resident guests to regularly use our dining services without a resident present could put our nonprofit status at risk. Please note that moving forward, companions, family members or other guests will not be able to place an order with the dining team without a resident present.

We understand that this may occasionally be inconvenient, and we appreciate your understanding and cooperation. Residents are always welcome to host their guests for a meal, and we encourage you to enjoy the dining room together!

Thank you for helping us protect the nonprofit organization we all value and ensuring Brewster Place can continue to serve our residents for years to come. ■

FROM DINING SERVICES

Guidelines for Large Dining Parties

As stated in the Resident Handbook regarding **parties of six or more in the dining room, reservations must be made 48 hours in advance. Please call the Redwood Restaurant at 785-274-3340 or The Evergreens Grill at 78-274-3359 during operating hours of 6:00 am - 6:30 pm.** Following this ensures that our servers can have your table set up and ready as well as helping the kitchen staff prepare for an influx of orders. Thank you for your assistance! ■

JOIN US FOR THESE SPECIAL EVENTS

DR. SARA TUCKER PRESENTS:
The History of Islam

Tuesday, October 6
1:00 pm | Cultural Arts Center
Gain a deeper understanding of one of the world's major religions through an engaging look at the history of Islam. This informative presentation will trace the religion from its beginnings to its role in shaping societies around the world. Learn about key historical events, important figures, and the cultural contributions that have influenced world history for more than 1,400 years. Whether you're new to the topic or looking to expand your knowledge, you'll leave with a greater appreciation for Islam's rich historical legacy.

NANCY FULLER PRESENTS:
My Journey: A Musical Program

Thursday, October 8
10:00 am | Cultural Arts Center
Nancy Fuller will present a musical program, “My Journey.” The original song selections reflect her personal spiritual journey and are deeply rooted in the Christian faith. This meaningful program offers an opportunity for reflection, inspiration, and connection through music. “My Journey” is presented as part of the Brewster Spiritual Life Committee.

DISNEY MOVIE: COCO

Thursday, October 8
1:00 pm | Cultural Arts Center
Coco is a heartwarming Disney and Pixar movie about Miguel, a young boy who dreams of becoming a musician despite his family’s ban on music. During the Mexican celebration of Día de los Muertos, Miguel finds himself in the Land of the Dead, where he discovers surprising secrets about his family’s history. Along the way, he learns about the importance of family, remembering loved ones, and following your dreams.

PIANO REFLECTION WITH BEVERLY ROBARDS

Thursday, October 15
2:00 pm | Cultural Arts Center
Music has a way of connecting us. It can make us smile, bring back a cherished memory, or simply brighten an ordinary day. Join is for **Piano Reflections** by Resident Beverly Robards.

SPEAKER VALERIE MENDOZA
Day of the Dead

Thursday, October 22
2:00 pm | Cultural Arts Center
Valerie Mendoza will be presenting on the Mexican tradition of Dia de los Muertos or Day of the Dead. This tradition honors the lives of our deceased loved ones. One element of the celebration is building an altar to those who have passed. You are invited to place a photo or object of significance of a loved one on our temporary altar should you wish. The item will be returned to you after the presentation. There will also be time for questions, sharing and reflection during the presentation.

Chaplain Julie and the Diversity and Inclusion Committee will create an altar honoring Dia de los Muertos, All Saints Day and All Souls Day by the Main Street Chapel from October 21 - No vember 2.After the presentation, you are invited to place your photos or items on this display. Paid for through Brewster Service Committee Funds.

BREWSTER CHOIR PRACTICES

Beginning Tuesday, October 27
3:30 pm | Main Street Chapel
It’s beginning to look a lot like…Christmas! Calling all residents who would like to try the Brewster choir! It’s that time of year to start rehearsing for the Christmas program. Dorothy Illif will direct the choir and will rehearse in the chapel on Tuesdays starting October 27 until the Christmas program on December 15. No experience necessary – just come for the fun! ■

KU OSHER LIFELONG LEARNING INSTITUTE

FALL 2026 COURSES

The Samurai: From Legendary Warrior to Cultural Icon

Tuesdays, October 13, 20 and 27
1:00 - 3:00 pm | Cultural Arts Center

Get ready to trace the history of the samurai class in Japan, its distinctive weapons, armor, code of behavior and its part in Japanese history. We'll also look at the samurai in Japanese pop culture, from books to movies. We'll expand our discussion to non-Japanese books and films about samurai ("Shogun," "The Last Samurai"), re-makes of Japanese samurai films ("The Magnificent Seven," "A Fistful of Dollars") or modern-day people who live by the samurai code, video games with samurai and how to tell the difference between a samurai and a ninja.

Instructor: Karl Menninger is a retired government lawyer who has found an avocation teaching courses on disability law, citizenship, comedy and James Bond, among other topics.

The American Civil War West of the Mississippi: 1861-1865

Thursdays, November 12, 19; December 3
(No class on November 26 due to Thanksgiving)
1:00 - 3:00 pm | Cultural Arts Center

Most histories of the American Civil War concentrate primarily on the campaigns and battles that took place east of the Mississippi. However, the Civil War raged on in the states located west of the Mississippi such as Arkansas, Texas, Kansas, Missouri, and in the New Mexico and Oklahoma territories. This class will focus on those lesser-known campaigns and battles that were nonetheless critical to the preservation of the Union and the eventual defeat of the Confederacy.

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

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

Brewster Place Residents and BrewsterConnect members attend for free. Call Jen at 785-274-3398 for more information.

BHC EDUCATIONAL SERIES

Wednesday, October 21
10:00 am
BHC Fink Living Room

The Power of Engaging with Jen Van Dalsen, A.D.C

Discover the Power of Engagement and the meaningful role it plays in supporting connection, purpose, and overall wellbeing. Learn how staying actively involved can enrich everyday life at any age.

Call Chaplain Julie at 785-274-3349 for questions.

BHC TRICK OR TREAT

Thursday, October 29
6:00 - 7:30 pm | BHC
Questions: Call BHC Activities at 785-274-3396.

Candy Donations Needed

If you would like to donate candy for this event, you can leave your donations at:

- **Evergreens Info Center**
- **Redwood Info Center**
- **The Market**

MAHJONG PLAYERS NEEDED

Are you interested in playing Mahjong? Players are needed on **Wednesdays from 1:00 - 3:00 pm at the Redwood Game Room.** Please call Sue Callen at 785-274-3374 for more information.

Spacious Living, Designed Your Way

HOME OF THE MONTH

SOUTH TERRACE SUPER DELUXE

This month's featured home is a South Terrace Super Deluxe, offering a spacious two-bedroom, two-bathroom floor plan with the added convenience of an in-apartment washer and dryer.

What makes this home especially exciting is that it is ready for its next chapter and you can help design it! The apartment has not yet been updated, giving the future resident the opportunity to make selections from Brewster's available options and create a home that reflects their own personal style.

With generous living space, two bedrooms, two full baths and plenty of room for entertaining, relaxing or creating a comfortable guest room or home office, the Super Deluxe offers flexibility for the way you want to live.

And, of course, you'll enjoy all the benefits of maintenance-free living and the vibrant lifestyle that comes with calling Brewster Place home. Don't miss the opportunity to make this South Terrace Super Deluxe your own! For more information or to schedule a tour, contact the Sales and Marketing Team at 785-274-3351. ■

ALZHEIMER'S AWARENESS BREWSTER STYLE

Left: The KU Jayhawk made an appearance at the Alzheimer's Awareness Parade. He made alot of dreams come true including a photo with Pat Kratina, a Rock Chalk Jayhawk fan!

Top Left: Myrl Cobb and Sharon Groff enjoyed the Classic Car Show in September as part of our Alzheimer's Awareness Week events.
Right: Jan and Don Schaeffer rode their tandem bike in the Alzheimer's Awareness Parade. We had lots of entries and lots of fun too!

OFF CAMPUS | A FEW HIGHLIGHTS

BUS TOUR WITH BOB TOTTEN, SHAWNEE COUNTY HISTORICAL SOCIETY

Wednesday, October 7 | 11:00 am | Shuttle pick up at Brewster Events Center and Redwood

We'll explore Topeka with Shawnee County Historian Bob Totten. Learn about local history you may have never heard. We'll have box lunches on the bus while enjoying this tour. Box lunches will be $10 per person. Please call Jen at 785-274-3398 as space is limited.

TOPEKA CIVIC THEATRE: PETER PAN GOES WRONG

Thursday, October 8 | 6:00 pm | Shuttle pick up at Brewster Events Center and Redwood

Brace Yourselves for an awfully big adventure when the inept and accident-prone Cornley Drama Society sets out to present JM Barrie's much loved classic tale of Peter Pan. Flying? Pyrotechnics? Sharp hooks? What ensues is two acts of hysterical disaster, as the society battles technical hitches, flying mishaps, and cast disputes. But will they ever make it to Neverland? Tickets are $38 each and will be purchased by September 24. Tickets are all sold, but feel free to call Jen at 785-274-3398 to be added to the wait list.

TOPEKA FESTIVAL SINGERS: AMERICA SINGS!

Monday, October 12 | 6:00 pm | Shuttle pick up at Brewster Events Center and Redwood

This concert celebrates the music that has helped shape the American experience. The program features music reflecting the nation's spirit, diversity, and resilience. Many of you will have season passes to Festival Singers. For those who do not, you can purchase your ticket at the door for $25. Please call Jen at 785-274-3398 as space is limited.

MORE THAN LEMONS GLASS BLOWING DEMONSTRATION

Wednesday, October 14 | 10:00 am | Shuttle pick up at Brewster Events Center and Redwood

Join us for a visit to Holton, Kansas. We'll have lunch at Boomer's Steakhouse and Grill, followed by a glass blowing demonstration at More than Lemons. We'll wrap up the day with a stop at Ozzie's Bakes and grab from yummy baked goods. It'll be a fun fall day! $13 travel fee and lunch will be Dutch treat. Please call Jen at 785-274-3398 as space is limited.

DINNER OUT AT BLUE MOOSE, TOPEKA

Wednesday, October 21 | 4:30 pm | Shuttle pick up at Brewster Events Center and Redwood

Let's enjoy a yummy dinner out at one of Topeka's favorite's, The Blue Moose. Dinner will be Dutch treat. Please call Jen at 785-274-3398 as space is limited.

KANSAS CITY GANGSTER TOUR AND LUNCH OUT

Wednesday, October 28 | 10:00 am | Shuttle pick up at Brewster Events Center and Redwood

First, we'll enjoy lunch at Kansas City's Union Station at Harveys. Next, we'll enjoy the fascinating bus gangster tour. Corruption and Murder and Vice, Oh, MY! In the 1920s and 30s Kansas City had it all and we tell you the full story on The Kansas City Gangster Tour! Johnny Holiday and his friends will guide you on an interactive bus tour of Kansas City showing you sites of speakeasies, brothels, murders, and more! Kansas City was known as a wide-open town and we have all the dirty details. The Gangster Tour puts you hot on the trail of this city's most notorious Goodfellas. Hop on the bus and you'll be immersed in a melodramatic look at mob homes and hangouts, turf wars and infamous crimes like the Union Station massacre. The Kansas City Gangster Tour is celebrating 20 years as Kansas City's longest running historical tour. This will be a unique and very interesting day trip! Tickets will be purchased for $35 each on September 24. Lunch out will be Dutch treat. A $13 bus fee will be added. This trip is full but call Jen to have your name added to the wait list at 785-274-3398.