CHALLENGES, ACCOMPLISHMENTS, AND GROWTH
by Joe Ewert, President & CEO

'T is the season to reflect on the passing year and to look forward to the next. The year 2019 was an especially significant year for me personally as I was honored to be selected to serve Brewster as its fifth Chief Executive Officer. I will always remember 2019 as a year of great challenges, growth, and sense of accomplishment.

We began 2019 with a significant reorganization that touched nearly every department on campus. In addition, we reevaluated the business plan, reduced our overhead costs, and moved to assure we had the right people in the right places to make us more efficient as well as to set us on solid financial footing for years to come. I asked our team members to work harder and longer, to be more creative, more patient, and more generative, and they responded in an impressive fashion. I am so proud to work with this talented group of people.

In January 2019, Chief Financial Officer Larry Riggins, Vice President of Operations Lea Chaffee and I met with roughly one hundred residents — in groups of six to eight — to gain perspectives, insights, and suggestions from across campus. While the sessions identified everything from specific cracks in sidewalks to the long range plan for Brewster, a few specific themes emerged session after session.

Services you can trust — Residents highlighted the many services and amenities available at Brewster that are delivered with the highest quality. From health care supports and services to transportation, security, maintenance and laundry, it was evident residents were proud of the quality of the Brewster brand. It was clear that maintaining and improving the quality of our services must be an ongoing priority. The road of quality improvement has no end, and we will never exhaust our need or our efforts to improve, but these efforts have produced fruit. I’d like to mention just a few areas of note.

Brewster Health Center has been the best in Topeka for years, but this status is constantly challenged by competitors, new regulatory requirements, and competitive demand for the best staff. We saw all of these challenges and more last year while maintaining the highest rankings possible from federal and state rating systems for the quality of our services. Addi-

continued on page 6...
LEADERSHIP TEAM

CHRIS GALLAGHER
LIFESTYLE SERVICES LEAD

I enjoy helping people find their home at Brewster Place. It’s like being a realtor who gets to show people their very own neighborhood of friends during every tour. I have also found my home here at Brewster, only I still go to a different address at night and have to cook and do laundry!

CHRIS GALLAGHER is the Lifestyle Services Lead at Brewster Place and began her work here in 2017. Chris had been the Business Development Manager for a business coaching company and advertising agency when she made a sales call on Brewster as a potential client. A month later, Chris began working at Brewster. She says that was the best sales call she ever made, and she enjoys working with families and individuals to tour and see Brewster as their next home.

Chris is the youngest of six and grew up in a military family. She is the proud daughter of MSgt Vincent P. Gallagher and Ruth Gallagher. Her parents live in her memory and in the smiles of her three children. Chris grew up in Mexico, Missouri and Booneville, Missouri where her dad served at both the Missouri Military Academy and Kemper Military Academy, respectively. When her father retired from the military, the family moved to St Louis, where most of her brothers and sisters still reside.

Chris went to the University of Missouri, Columbia and earned a broadcast journalism degree. Chris commented, “please don’t judge me. I don’t follow sports and don’t care who wins when KSU or KU plays Missouri.” She began her professional life in Lexington, Kentucky as a reporter/producer for an NBC affiliate. Two years later she moved to Topeka to work at the local NBC affiliate KSNT.

While in Topeka, Chris’ professional and personal lives merged. Her original goal was to live in Topeka two years, but then she met her husband, Curtis Sneden, at the television station. Thirty-four years, three kids, two TV stations, and a radio morning show later, Chris continues to call Topeka home. Relocating to Topeka was the best decision she ever made!

Chris mentioned that her personal highlights include, “being madly in love with my husband, Curtis, and being the mother to three really fun kids, who are now adults, but still fun.” As for her broadcasting career, her highlights include “flying with the Blue Angels on a media flight (while pulling 6 gs and not getting sick) and reporting on the Kansas Air National Guard 190th Refueling wing in Saudi Arabia during Operation Desert Shield.”
<table>
<thead>
<tr>
<th>CREATIVE ARTS with Kris Saia</th>
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| **WOODCARVING**  
**Thursday, January 9**  
1:00 pm  
**Redwood Penthouse**  
It’s a new year and a great time to start a new creative journey. Please join Mike Keil from Kaw Valley Woodcarvers to explore this wonderful art form. Beginners and experienced carvers are all welcome! |
| **SIP AND PAINT PARTY**  
**Monday, January 20**  
1:00 pm  
**The Evergreens Art Studio**  
Join Kris and Jamie for a fun afternoon: we'll paint a little, sip a little, snack a little, laugh a little! You don't have to be a painter -- the joy is in the making. We'll have a pre-drawn canvas and all the supplies -- we just need YOU. $3 class fee, and space is limited so call Jamie at 274-3398 to reserve your spot. |
| **DISNEY'S FANTASIA**  
**Monday, January 13**  
1:00 pm  
**Main Street Chapel**  
Kickstart your imagination in this new year! Join us to watch Disney's "FANTASIA" -- Walt Disney's acclaimed 1940 film that brought classical music, whimsical characters, and abstract images together in a creative masterpiece. Groundbreaking at the time, Fantasia's eight animated segments are still considered artistic genius. It's truly wonderful! Come for creative inspiration -- and popcorn, of course! |
| **WATERCOLOR 101**  
**Thursday, January 23**  
10:00 am  
**The Evergreens Art Studio**  
If you've ever wanted to try watercolor, here's a good way to get a feel for it. Come sit for a while and just play -- Creative Arts Coordinator Kris Saia will be on hand with paints, brushes and paper, and we'll walk through the basics. Join us just for fun! Space is limited so please call Kris to save a spot 274-3317. |
| **INTERGENERATIONAL PROGRAMS** |
| **MEADOWS MENTORS**  
**Friday, January 17**  
1:15 pm — **Lobbies**  
Please call Chelsy Wessel at 274-3394 if you are interested in this program. |
| **FURNITURE SALE**  
**Friday, January 3**  
9:00 am—1:00 pm  
**Klinge Activity Center**  
This sale is open to residents and staff. Enjoy some after Christmas shopping and support the Brewster Service Fund. |
| **HOURS**  
**Monday—Friday**  
7:00—10:30 am  
2:00—4:30 pm  
The Brewster Bean is located at The Evergreens. |
Happy New Year! Have you made your New Year’s resolutions yet? You know, when you think about it, all New Year’s resolutions fall into three basic categories: Things to make us look better and live longer; things to make us have more; things that will help us to get along with everyone. In other words: longevity, prosperity, and peace.

I have often said that we could find an answer in God’s Word for any question or situation of life if we would just look. So what is there in God’s Word about New Year’s resolutions? Well, they may not be called New Year’s resolutions, but I don’t think you could do better than what’s written in Proverbs 3 where Solomon gives us 10 principles to live by in order to have longevity, prosperity and peace.

I sincerely believe if each of us would adopt these principles and conscientiously live them out in this coming year, our lives will change. Every day make God’s Word a part of your life. I believe that it will change our lives, and in 2020 we will achieve longevity, prosperity, and peace.

1. Always show love and loyalty
   Do not let loyalty and faithfulness forsake you; bind them around your neck, write them on the tablet of your heart. So you will find favor and good repute in the sight of God and of people.

2. Trust God with all of your heart
   Trust in the Lord with all your heart, and do not rely on your own insight.

3. Don’t think you are wise enough
   Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body.

4. Honor God by giving your best
   Honor the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine.

5. Don’t reject God when God disciplines you
   My child, do not despise the Lord’s discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

6. Search for wisdom and find it
   Happy are those who find wisdom, and those who get understanding, for her income is better than silver, and her revenue better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace.

7. Don’t be afraid
   Do not be afraid of sudden panic, or of the storm that strikes the wicked; for the Lord will be your confidence and will keep your foot from being caught.

8. Do all you can for those who deserve your help
   Do not withhold good from those to whom it is due, when it is in your power to do it. Do not say to your neighbor, “Go, and come again, tomorrow I will give it”—when you have it with you.

9. Don’t be mean to others
   Do not plan harm against your neighbor who lives trustingly beside you. Do not quarrel with anyone without cause, when no harm has been done to you.

10. Don’t envy cruel people
    Do not envy the violent and do not choose any of their ways; for the perverse are an abomination to the Lord, but the upright are in his confidence.
FEATURED HOME  JANUARY

Enjoy a tree top view from the 5th floor of Redwood this month where two apartments will be showcased. Redwood 519 is a Carlton apartment that is compact and cozy with 500 square feet and a large window with a deep sill for plants to thrive all winter long.

Redwood 522 is a neighboring residence that is 850 square feet and is a corner apartment. Not too big and not too small, this is the perfect size for someone trying to decide between a one or two bedroom home in the Redwood. This corner apartment has an enclosed kitchen and an extra window on the north side that looks over the historic stone house.

We invite you to join our Sales and Marketing Team for cookies and conversation. Bring a friend and have them sign up at the Open House for a six month membership to BrewsterConnect. For more information please call Chris Gallagher at 274-3351 or Kathy Clark at 274-3314.

Friday, January 24
2:00—3:30 pm
Redwood 519 and 522
Invite a friend or two!

CONGRATULATIONS!

Congratulations to South Terrace resident, Norma Douglas. She is the winner of the October Open House “Take A Guess” contest. Three apartments at The Evergreens — 104, 141, and 218 — were open during the event, and predictions were made on which apartment would be occupied first. Five people guessed it would be Evergreens 218, so we drew names and Norma was the winner! She will receive a new car — oops that’s not right. Norma is receiving a gift basket with Brewster items including a candle, stadium blanket and a cutting board with the Brewster logo. Sales and Marketing wants to thank everyone who toured and took the time to play!

MOVIE & DISCUSSION

The Least of These is based on the life of missionary Graham Staines, who along with his two sons was killed in India while ministering to lepers. This film beautifully illustrates the power of love, hope and forgiveness to overcome hate.

Monday, January 27
2:00 pm
Main Street Chapel

Intermission — Refreshments
Discussion afterwards.
tionally, Brewster Health Center continues to be recognized as a statewide leader for its success providing person-centered care. Most importantly though, the care and commitment of staff for the residents of Brewster Health Center is as great as ever, and the residents are reporting higher levels of satisfaction than they have in the last several years.

Brewster’s Home Health and Therapy teams both worked very hard this year to maximize benefits to Brewster residents. Home Health services at Brewster Place have been provided on a private pay only basis for years. By partnering with Meadowlark Hills Home Health agency, our Home Health and Therapy teams worked to provide over 1,000 home health and therapy visits that were reimbursed by Medicare.

Dining is the single service most correlated with resident satisfaction as we measure it through our surveys, and rightly so. As I speak with members of the Dining Services teams, they report an eagerness to pursue requests and improvements they have identified as well as suggestions expressed by residents. This eagerness to provide residents with meals they enjoy and can be proud to share with their friends and families has advanced the overall satisfaction with the dining program in 2019.

In Redwood, the Dining Services team underwent a focused improvement effort from spring through summer which resulted in an increase in reported satisfaction from 2.9 stars (out of 5) to 4.7 stars. There is always more work to be done with such important programs, but I could not be more pleased with this team for their efforts this year.

Hard work continued on the expansion project in 2019, but we also continued to invest in our existing campus, completing extensive renovations on apartments, improving commons spaces, caring for the grounds, and opening new amenities such as the Brewster Bean.

Throughout the listening tour, residents described the importance they place on open communication, and the easy accessibility of senior leadership. I certainly agree with the importance of this, and it is my hope that everyone on campus feels comfortable visiting the executive offices in The Evergreens. You are also welcome to call us or approach me and my leadership team for any reason, at any time. I enjoy receiving visitors in my office, but my hope for 2020 is to better seek you out and meet you where you are.

The community of people at Brewster is second to none and I feel blessed to be a part of this special place alongside you. We have many exciting pursuits planned for 2020 and I look forward to sharing these with you in the coming weeks and months. Happy New Year!

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**MOVIES** BPTV 1960

**THURSDAYS AT 2:00 PM**

**JANUARY 2**
*Leap Year (2010 romance)*

**JANUARY 9**
*The Two Popes (2019 biography)*

**JANUARY 16**
*Marriage Story (2019 drama)*

**JANUARY 23**
*Cat on a Hot Tin Roof (1958 classic)*

**JANUARY 30**
*A Dog’s Way Home (2019 family)*
FOCUS GROUP
EXERCISE CLASSES

Thursday, January 23
10:00 am
Redwood Founders Room

Serena Kent, Director of Resident Services and Community Wellness, invites you to join her for a focus group regarding the different exercise classes offered on campus. Serena is looking for residents who regularly attend exercise classes to share their thoughts and discuss recommendations, preferences and plans. Residents who are unable to make it to exercise classes regularly, are also encouraged to attend the meeting and share their thoughts on recommendations and plans.

PLEASE NOTE

BLOOD PRESSURE CLINICS
Please note that beginning in January the Blood Pressure Clinics will have a slight change in time:

Thursdays
1:00—1:30 pm  |  Winchell Wellness Center
1:30—2:00 pm  |  The Evergreens Hobby Rm

SARA PENDANTS
If your SARA alarm is activated, Brewster security will need to come reset your pendant to insure the pendant is reset properly and in working order. We urge you to wear your pendants at all times. Please do not hesitate to press your pendant for help. ▼

2020 BOARD MEMBERS

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Glenda Bower, PhD, Secretary
Chuck Engel, Past Chair
Glenda DuBoise
Leah Gabler-Marshall
Terry Harbert
Paul Hoferer
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Don Buchanan
Eldon Danenhauer
Becky Dickinson
Betty Fenton
Ryan Hellmer
Robert Maxwell
Jack Dicus
Jerry Reed
John Salisbury

Brewster at Home Board of Managers
Tiffany Noller
Max Prosser
Mike Conlin
Angela Davis
COMMUNITY CELEBRATIONS

CELEBRATE
Wauneta Robertson looked amazingly festive at the Brewster Health Center Family Holiday Dinner in December. This event is a huge endeavor and brings lots of joy to residents, staff and family members.

PARTICIPATE
Gary and Donna Scoggin joined over 100 residents and staff at the Annual Resident Holiday Party. Guests were treated to a wonderful dessert and incredible entertainment from Brewster staff members. Thank you to everyone who made this event happen!

CONGREGATE
Bart Ramsey celebrated his birthday at our Monthly Milestones event. Each month we celebrate residents birthdays, anniversaries and staff anniversaries. It's a great way to bring the campus together.

SPRING TRIP!
CRYSTAL BRIDGES AND MOMENTARY

Thursday and Friday
April 23 and 24

Trip Includes:
- Motor coach transportation
- One Night Hotel Accommodations
- Four meals
- Gordon Parks Museum
- Guided tour of Crystal Bridges Museum of American Art
- Museum of Native American History
- Momentary Art Space

$299 double  |  $349 single
Please reserve your spot with Jamie Fritz by March 1. Space is limited.

This spring you are invited to join Jamie Fritz and Julie Schmanke to explore art from the most traditional to contemporary with stops exhibiting Native American art from the Archaic Period to an exhibit featuring pieces created in the past three years. We are partnering with Lawrence Parks and Recreation for this two-day journey that begins at the Gordon Parks Museum.

Our destination in Bentonville, Arkansas includes three opportunities to explore artists from the past and around the country. Crystal Bridges Museum of American Art will welcome us with two tours from which to choose. Following the tour, dinner in the award winning Eleven Restaurant and time to view the exhibits and grounds at your own pace. The museum will be debuting State of the Art II, an exhibit that continues the journey launched in State of the Art: Discovering American Art Now (2014), for which Crystal Bridges curators traveled across America to discover emerging artists working around the country. Our second day begins at the Museum of Native American History and will end at the Momentary, a new space for contemporary visual and performing arts created by Crystal Bridges. Please call Jamie at 274-3398 for information!
# JANUARY

## BIRTHDAYS

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## ANNIVERSARIES

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<td>Warren and Freida Schriner</td>
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## NEW RESIDENTS

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<td>Fred and Sally Gilliland</td>
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## IN MEMORIAM

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<td>Mrs. Beverly Martin</td>
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## STAFF ANNIVERSARIES

Congratulations to these staff members!

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On Campus — A few highlights!

MAKE ME HOLLAR BINGO
Thursday, January 2 | 1:00 pm | Redwood Lounge
It is time to start the new decade off with an exciting hour of BINGO. Cards are $.25 each and play as many as you wish. We will have extra prizes and new games to entertain everyone. Be sure to come and bring a friend.

SOCIAL ACTIVITIES COMMITTEE MEETING
Monday, January 6 | 12:45 pm | The Evergreens Brewster Bean
We are excited to plan our activities for the start of the new decade. Please come and share when, where, and how you would like to go and do in this New Year. We are excited for the input and to meet everyone.

NEW! — MEN'S PINOCHLE
Tuesday, January 7, 14, 21 and 28 | 10:00 am | Main Street Pavilion
A new Men’s Pinochle Card group is beginning. Please join Jamie who will be there to teach all the beginners how to play. Donuts and coffee will be served to encourage the fellas to come and play. Please call Jamie at 274-3398 for a reservation.

TUESDAY TEA TIME
Tuesday, January 7 | 2:00 pm | The Evergreens Brewster Bean
Let’s take advantage of the cold weather and gather inside for an afternoon tea time rest from our daily chores. Meet new friends and catch up with old friends — maybe even share our new year’s resolutions with each other.

THE CROWN: SEASON 3 — NETFLIX MINISERIES
Wednesdays, January 8, 15 and 22; February 5 and 12 | 1:00 pm | Main Street Chapel
This is the third season of The Crown. Season three covers the time period in Queen Elizabeth’s life between 1964 and 1977, beginning with Harold Wilson’s election as prime minister and ending with the Silver Jubilee of Elizabeth II. It is sure to evoke lots of fond memories of our own lives. There are 10 episodes and we will watch two episodes each week.

MUSIC STUDY CLUB OF TOPEKA
Thursday, January 9 | 1:00 pm | Redwood Lounge
The Music Study Club is bringing storyteller Rosie Cutrer to perform. She is a performance artist who tells folktales, original stories, and stories based on literary works. It is sure to delight.

JULIE SIMMONS PIANO PROGRAM
Friday, January 10 | 1:00 pm | Redwood Lounge
Come and listen to the beautiful piano music of Julie Simmons.

HYMN SING
Friday, January 17 | 1:00 pm | Redwood Lounge
The music continues with the beautiful voices of this lovely group.

BREWSTER FIVE TO THRIVE LUNCHEON
Tuesday, January 21 | 11:30 am | Redwood Klinge Activity Center
Brewster is offering an informative, affordable lunch each month focused on wellness. For January, we will welcome Brian Florea, CPA, who has more than 20 years of experience specializing in providing tax services. He will update us on the changes in the tax laws for 2019. Lunch is $7. Reservations are required by calling Jamie at 274-3398 by January 11.

HERITAGE CHRISTIAN SCHOOL
Tuesday, January 28 | 1:00 pm | Redwood Lounge
Please join us for a patriotic celebration in honor of Kansas Day.
Off Campus — Don’t miss the trips!

**LUNCH AT CHEZ YASU**

Thursday, January 9 | 11:30 am | Lobbies
To kick off the new decade, please join me for lunch at the lovely French restaurant Chez Yasu. Lunch is Dutch treat. Please reserve your spot by calling Jamie at 274-3398.

**TOPEKA SYMPHONY ORCHESTRA**

Saturday, January 11 | 6:45 pm | Lobbies
Topeka Symphony Orchestra highlights the music of Mozart. Mozart’s music has been used to sell cars, Nikes, pancakes, instant coffee, iPods, cable service—even dog food. It has appeared in such wide-ranging films as *Batman, Alien, The Shawshank Redemption, Elvira Madigan, The Bonfire of the Vanities, Ace Ventura: Pet Detective,* and *There’s Something About Mary,* among countless others. They are very excited to feature rising star Marika Bournaki as our soloist for Mozart’s most beloved piano concerto. Please call Jamie at 274-3398 for transportation reservations. Tickets can be purchased at the door.

**TRIP TO NELSON-ATKINS MUSEUM OF ART IN KC**

Thursday, January 16 | 8:30 am | Lobbies
Join us for a guided tour of the Nelson feature exhibit-Queen Nefertari: Eternal Egypt. She was known as *The One for Whom the Sun Shines.* Discover the celebrated Queen Nefertari, the Great Royal Wife of Pharaoh Ramesses II. Experience the magnificence of royal palaces and tombs, including Nefertari’s burial chamber, considered one of the greatest artistic achievements in the Valley of the Queens. Drawn from the world-renowned Museo Egizio in Turin, Italy, the exhibition will bring together works that present the richness of life in ancient Egypt, focusing on the role of women—goddesses, queens, and commoners. The cost of the tour is $16. The transportation cost is $13 and lunch is Dutch treat at the delicious Rozzelle Court Restaurant. Please call Jamie at 274-3398 for reservations.

**NEW THEATRE & RESTAURANT IN KC**

Wednesday, January 29 | 10:00 am | Lobbies
New Theatre presents Hal Linden starring as The Evil Sir Guy in *Sherwood: The Adventures of Robin Hood.* The story of a greedy prince and his henchman, The Evil Sir Guy, have taken control of England, and it is up to dashing outlaw Robin Hood to save the day. Join up and take aim with Robin and his band of Merry Men—and women!—as they champion the underdog and fight for justice. Hal Linden is a veteran of Broadway having been featured in numerous productions and three-time Emmy winner. Unquestionably, Hal is best known for his starring role in the smash ABC hit BARNEY MILLER. Tickets are $33 and include lunch. Transportation is $13. Please call Jamie at 274-3398 for reservations.

**SALE SHOPPING AND LUNCH OUT**

Thursday, January 30 | 10:00 am | Lobbies
Let’s take advantage of the sales in January. We will start at Dillard’s and hopefully find some hot bargains, and then have lunch and more shopping.

**TOPEKA CIVIC THEATRE**

Thursday, January 30 | 6:00 pm | Lobbies
*Topeka Civic Theatre presents Ken Ludwig’s Baskerville: A Sherlock Homes Mystery.* This play takes you on a hilarious romp. So put your deerstalker cap on — the play’s afoot! From the award-winning mastermind of mayhem, Ken Ludwig (author of Lend Me a Tenor and The Fox on the Fairway), comes a fast-paced comedy about everyone’s favorite detective solving his most notorious case. Sherlock Holmes and Dr. Watson must crack the mystery of “The Hound of the Baskervilles” before a family curse dooms its newest heir. Tickets cost $33. Please call Jamie at 274-3398 for reservations.