

## HIGH TURNOUT FOR COVID-19 VACCINE

BY JOE EWERT, CEO



I want to thank everyone — residents and staff — for participating in the recent COVID-19 vaccination clinics at Brewster Place. We can report that 98% of all residents and roughly half of our full-time and part-time employees were able to receive the first round of the vaccine. This is a huge landmark for us as a community.

The vaccine is a series of two doses. If you received your first dose on January 14, your second dose will be given **Thursday, February 4**. This includes those in the Brewster Health Center, Assisted Living, and Redwood. All other residents (those who received their first dose on January 19) will receive their second dose on **Tuesday, February 9**. Please note that staff and residents who were not able to receive their first dose in January, may receive it Thursday, February 4. The final clinics will be held in late February for those who had their first shot on February 4 or 9.

We are happy to report that beginning **Wednesday, February 24**, we will no

longer require a quarantine after visiting family and friends or if you go out into public places like the grocery store, salon, or pharmacy. I do implore you, however, to continue wearing your face coverings and most importantly, if you have any symptoms of illness whatsoever, please stay in and contact our Community Health Nursing team at 274-3342.

We will be continuing with many of the adjustments we have made with regard to social distancing in group activities and dining until the county numbers have lowered. Similarly, visitation at Brewster Health Center and Assisted Living will continue as is until we see adjustments with the local, state, and federal regulations which govern these licensed areas.

We will continue providing free personal shopping and free meal delivery through the end of February. I am anxious to see all of you again and look forward to this coming year! ■

### MISSION

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



The Brewster Health Center is accredited by The Joint Commission.

# EVERYONE HAS A STORY TO TELL

DR. ROY MENNINGER, MD



BY DIANA REED, RESIDENT | EDITED BY DR. MENNINGER

Since the late 1800s, the Menninger family has been a gift to Topeka, the central Kansas community, the nation and beyond. Their innovative and sensible concepts significantly contributed to the growth of psychiatry as a branch of modern medicine.

Roy Menninger, MD, and his wife Bev are members of the Brewster community. They graciously allowed a conversation in their home about the history of the Menninger family and the Menninger Foundation.

## ***Dr. Roy, president of the Menninger Foundation for 26 years, tells the story:***

“Charles F. Menninger, known as Dr. CF, came west in the 1880s from his family home in Tell City, Indiana and settled in Topeka, Kansas. Back then, physician training consisted of little more than one year of schooling followed by apprenticing with a practicing physician. Dr. CF, a horse and buggy doctor, opened an office on Kansas Avenue. He was allegedly the first physician in Topeka to use a microscope. His visit to the Mayo Clinic in 1908 showed him the value of physicians sharing experience and knowledge in a group. He returned to Topeka determined to create such a clinic. He urged his sons to become doctors and return to Topeka to practice. His eldest son, Karl (Dr. Roy’s uncle), attended medical

school in Wisconsin followed by psychiatric training in Boston. When he returned to Topeka in 1919, he persuaded Dr. CF to specialize in psychiatry. My father, Dr. Will, returned in 1925.”

From the 1840s for the next 100 years, ‘hospitals for the insane,’ built and maintained by the state, were custodial institutions offering little treatment. People were warehoused and barely cared for. About their focus on psychiatry, Dr. CF said, “We had a vision of a better kind of medicine and a better kind of world.”

“In 1919, they bought a farmhouse on Sixth and Gage outside of town,” Dr. Roy said. “It has since been named an historic site. They had less than a dozen beds. They hired local people who were caring but untrained. They developed a homelike environment and trained the staff to create a family atmosphere. They developed a treatment plan for the whole person.”

This was their better way. Roy nodded and said, “Yes and the patient’s responded — they got better.”

“They built the first hospital building in 1927 and a second in 1929, from the modest beginning, the organization grew to have an adult hospital of 150 beds, a children’s hospital division of 40 beds, a professional training program, a department of research and prevention programs teaching basic mental

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## FROM the CHAPLAIN REV. CAROLINE VAUTRINOT, M.DIV

### BLESSED TO BE AT BREWSTER

**H**ello! My name is Rev. Caroline Vautrinot and I am excited to say that I am the new chaplain at Brewster Place! While I look forward to getting to know each one of you over the coming weeks, I wanted to take a moment to introduce myself to all of you.

I grew up in Maine and attended college at Norwich University in Vermont where I was a member of the Corps of Cadets (and met my husband!). From there I immediately went on to seminary at Boston University, School of Theology, which was quite an abrupt change of atmosphere from a small military college in the middle of Vermont to a bustling university in the city of Boston!

While attending BU, I spent a year as a chaplain intern at one of the VA Medical Centers around Boston. This was an experience that will always be dear to my heart and formative to my ministry. After graduating from seminary, I married and moved to Fort Hood, Texas with my husband. While in Texas, I was able to train further as a chaplain at Baylor Scott & White Medical Center.

Since moving to Kansas this past summer – my husband is now stationed at Fort Riley – I finalized my ordination requirements and was ordained by the United Church of Christ on January 17. I feel so blessed to be here at Brewster Place as your chaplain. Please feel free to pull me aside for a quick chat or to request a visit – I am here for you! My office is located at The Evergreens. You can also reach me at 274-3349.

On January 24, we began having in-person chapel services again. The service times are a bit different (1:00 pm at Brew-

ster Health Center and 2:30 pm at the Main Street Chapel). If there are times that you might prefer, please let me know and I will try to keep them in mind as the schedule is set. If you have any suggestions for spiritual and/or religious programs you would like to see please let me know, and I will do my best to accommodate you. I look forward to meeting everyone in person!

*God bless,*

*Rev. Caroline Vautrinot, M.Div. ■*



#### ASH WEDNESDAY SERVICE

Wednesday, February 17  
3:00 pm | Chapel

#### COMING IN MARCH!

##### **Brewster Campus Card Groups Mondays at 1:00 pm**

Resident Services is looking to start each week off with various fun card groups around campus on Mondays at 1:00 pm. We will be hosting any interested folks in the Redwood Lounge and The Evergreens Community Room. Groups will be playing bridge, pinochle, or canasta. Please contact Jamie at 274-3398 to register to play as we must have four per table. ■



**O**ur featured home this month is Redwood 411. This Alton apartment offers a cozy, well-lit space with a west facing balcony offering a view of beautiful tree-top sunsets!

Since Brewster Place apartment pricing is partially based on square footage, this 350 square-foot apartment is a real gem on our campus. All of your meals are prepared and served restaurant style in the Greenleaf dining room or can be delivered to your apartment at no cost. You will also enjoy weekly laundry service and bi-weekly bed linen changes as you enjoy all the campus amenities. For less than \$2,000 a month with an investment fee of less than \$35,000, Alton apartments offer great value to pay less and enjoy more!

For information on the limited number of Alton apartments we have available, please contact Chris Gallagher at 274-3351 or Kathy Clark at 274-3314 in Lifestyle Services.

And a reminder to residents that you can help choose your future neighbors, and receive a bonus! Residents who make a referral to Brewster will receive one month's free rent once the friend moves in! ■



## at the **KITCHEN TABLE**

### **PONDER & STIR WITH SHARON ADERMAN**

“  
Make  
or bake  
something  
sweet  
for your  
sweethearts  
on  
Valentine's  
Day.

**M**y husband Jim and I had been dating a year when Valentine's Day came along. Since he was my steady beau I thought to myself, 'this could be the year of a satin heart-shaped box of chocolates and red roses.' I had already discovered there was a romantic side to him. Well, that was the year of green bubble bath powder and a comic card.

Since the green bubble bath powder beginning, I have been the recipient of a gigantic rubber tree plant, a singing canary, and a coat that fit perfectly. He took his sister to the shop to try it on and told her, "If it fits you, it will fit Sharon." And it did.

### **Milk Chocolate Maraschino Cherry Pie**

Melt a 7 oz. chocolate bar and 18 full size marshmallows in a 1/2 cup of milk over hot, not boiling water in a double boiler. Stir to blend and cool thoroughly. Add 1/2 to 1 cup of maraschino cherries. Whip 1 and 1/4 cups heavy cream until stiff. Fold into chocolate mix gently. Pour into a 9 inch cooled baked pie shell. Decorate with a few cherries then chill for several hours overnight until firm.

**Note:** This is the best, the only chocolate pie I ever make. One friend ate the whole pie for his birthday! ■

**O**ur residents are the reason we exist. This is Brewster's number one guiding principle. Your experience at Brewster should be second to none. It is vital we hear your feedback and continually look at data regarding the satisfaction of those we serve. The information collected will help guide decisions for operations and business plans.

## **SURVEY SAYS!**

By Lea Chaffee,  
Chief Operating  
Officer  
274-3305



Beginning in February, we will collect resident satisfaction data. A random sample of residents will be surveyed each month so you should only receive the survey once per year. Your responses will be anonymous. Your feedback is viewed as one of the most important items on the Brewster business scorecard. The information will be shared with all Brewster staff on a regular basis.

We look forward to hearing from you. You are always welcome to stop by, call or email with your feedback. The satisfaction surveys give us a great way to put data points to resident satisfaction. Be looking for your survey in the mail sometime in the next year. We want to hear from you! ■

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## **NEW OFFICE LOCATIONS**

As noted in the January Brewster News, several staff members and departments have moved to different office locations on campus. Below is a list of those who have moved.

### **Redwood Information Center**

- Joe Ewert - CEO
- Lea Chaffee - COO
- Melissa Reynolds - CFO
- Ron Dean – Security/Transportation Manager
- Matt Burns — Environmental Services Director (move pending)
- Kim Jenkins – Environmental Services Compliance Specialist

### **Redwood Human Resources**

**(offices across from mailboxes)**

- Dayna Luksa – Human Resources Specialist
- Lisa Shelton – Human Resources Associate
- Cheryl Shaffer – Administrative Support Specialist

### **Stone House**

- Christy Allen – Purchasing Associate
- Chelsy Wessel – Community Engagement Specialist

### **The Evergreens**

- Serena Kent – Director of Resident Services and Wellness
- Jamie Fritz – Activities Coordinator
- Debbie Holroyd – Resident Engagement Specialist
- Caroline Vautrinot – Chaplain
- Maxine Thuston – Administrative Assistant
- Elise Leonard – Director of Community Health Services (move pending)
- Manuel Martinez – Director of Dining Services (move pending)
- Janis Swanson – Director of Communications
- IT Department – (move pending) ■

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health principles to executives in business and industry. At its peak, the Foundation employed some 1,200 mental health professionals, therapists and support staff.

A better way.

The professional training program began in the late 40s when general Hawley, responsible for returning WW II service men, called Dr. Will to ask Menninger to train psychiatrists to treat returning vets with psychological problems. The most common negative reaction, before PTSD had been identified, was called 'battle fatigue.' He informed Dr. Will that 100 young physicians will arrive on July 1, 1946, ready or not. From that explosive beginning, the Karl Menninger School of Psychiatry expanded to train social workers, psychologists, medical students, family therapists, clergy, and horticultural therapists as well as psychiatrists. It was estimated in the 1960s that 7% of the psychiatrists in the United States were trained in Topeka.

In the 1980s, Menninger's clinical services expanded. They included daycare and long-term care services, several halfway houses, and the program of residential care living with a Topeka family. Treatment practices at the Menninger Hospital were developed to create a broad therapeutic environment in which everyone, mental health professionals as well as support staff, provided the care and treatment the patients needed. This was a beginning of **Milieu Therapy**, a universal practice today.

Consultative services with police departments, jails and prisons, professional athletic teams, family-owned companies and large corporations were also developed. For nearly 10 years, Dr. Roy and his Foundation colleagues conducted psychiatric training workshops for psychiatrists in Japan, teaching the treatment principles which had made the clinical programs in Topeka so effective.

A major responsibility of the president of a non-profit organization is raising money. For this purpose, Bev and Roy traveled around the country and abroad for more than a decade, to raise funds for education and research, and eventually, for a new hospital on what is now the Security Benefit hill in west Topeka.

The basis of treatment at Menninger was an integration of the physical, mental, social and spiritual elements of the individual, a focus on the whole person, not on just one part of the body or the brain. This approach to mental illness changed the face of psychiatry. The organization continues to be on the cutting edge of psychiatric medicine. Though the clinic has since moved to Houston, it continues to provide the high quality of treatment which distinguished the Menninger Foundation in Topeka. ■

**Now Open for Take Out!**



**HOURS**

Monday—Friday  
8:00 am—4:00 pm

The Brewster Bean is  
located at The Evergreens.  
274-3310



**Market**

on Main Street

**The Market Hours**

Monday—Friday  
8:00 am—2:30 pm

## **SPECIAL PROGRAMS**

### **Topeka Symphony Virtual Fundraising Event**

**Friday, February 5 | 7:00 pm | BPTV 1960**

The Topeka Symphony Orchestra Gala is going virtual this year and we will show it on BPTV 1960. Please join Kyle Wiley Pickett and others in learning about the future of the Symphony.

### **Topeka Symphony Orchestra Concert**

**Saturday, February 13 | 7:30 pm | BPTV 1960**

This month the Symphony will feature one of their own musicians as a soloist. We invite you to join them for this spectacular evening of music with principal cellist Eman Chalshotori playing Elgar's stunningly beautiful **Cello Concerto**. They will also play one of the true gems of the orchestral repertoire, Brahms's **Symphony No. 2**, full of passion and beauty. Please join us on BPTV 1960 to watch this beautiful performance.

### **Caregiver's Support Group**

**Tuesday, February 16 | 10:30 am | Main Street Chapel**

Please note the change of date due to the vaccine clinic on February 9. The purpose of the Caregiver Support Group is to provide an open environment for the exchange of thoughts, feelings and information in dealing with a loved one who requires care. Participants also gain perspective, encouragement and stress management tools. Please call Debbie Holroyd at 274-3348 if you are interested in attending.

### **Book Group: Bonhoeffer Abridged: Pastor, Martyr, Prophet, Spy**

**Tuesday, February 23 | 1:00 pm | Main Street Chapel**

Please join our new Chaplain, Rev. Caroline Vautrinot, M.Div., and Activity Coordinator Jamie Fritz for an interesting book group. We have chosen *Bonhoeffer Abridged: Pastor, Martyr, Prophet, Spy*. As Adolf Hitler and the Nazis seduced a nation, bullied a continent, and attempted to exterminate the Jews of Europe, a small number of dissidents and saboteurs worked to dismantle the Third Reich from the inside. One of these was Dietrich Bonhoeffer, a pastor and author. In this New York Times best-selling biography, Eric Metaxas takes both strands of Bonhoeffer's life — the theologian and the spy — and draws them together to tell a searing story of incredible moral courage in the face of monstrous evil. Metaxas presents the fullest accounting of Bonhoeffer's heart-wrenching decision to leave the safe haven of America to return to Hitler's Germany, and sheds new light on Bonhoeffer's involvement in the famous Valkyrie plot and in Operation 7, the effort to smuggle Jews into neutral Switzerland. In a deeply moving narrative, Metaxas uses previously unavailable documents, including personal letters, detailed journal entries, and firsthand personal accounts to reveal dimensions of Bonhoeffer's life and theology never before seen. Published in 2010. The version that is in our kit is the abridged edition, 214 pages, the original book is 624 pages. Please call Jamie at 274-3398 for a copy of this book.

### **Scenic Drive | Thursday, February 25**

**10:00 am and 1:30 pm | Redwood and Evergreens Lobbies**

Let's go explore what is going on in Topeka. We will take a one-hour ride in the Brewster bus to see how winter is progressing. Please call Jamie at 274-3398 to reserve a seat on the bus. ■

## HONORING THOSE WHO SERVED



BREWSTER VETERANS  
HALL OF HONOR

The Veterans Hall of Honor is a living memorial. It keeps alive those who have passed, through the recollections of stories, and it celebrates those who walk through the Hall and smile at the person they were many years ago. It is a gift to share the names and photos of our veterans, and we would like to include all of our veterans — both residents and staff — in the Hall of Honor.

Memorial Day is Monday, May 31 and we are planning a celebration that will include an unveiling of the first batch of honor tiles. To be included in this initial unveiling, we ask that you order your honor

tile by Wednesday, February 24. Each laser-etched quartz stone honor tile is 6 x 12 inches and will include the name, branch of service, and service dates of the honored veteran. The tiles will be displayed on the black granite wall in the Veterans Hall of Honor.

Individual honor tiles are \$250. Individuals may also donate to an **Unknown Solider** and the Brewster Foundation Board of Trustees will use those funds to support tiles for veterans or the family of a veteran who may not be able to afford their own tile. **Please contact Chelsy Wessel, Community Engagement Specialist, at 274-3394 to purchase your honor tile. ■**

## THANK YOU TEAM BREWSTER!



Brewster employs 375 full-time, part-time and PRN staff. Every single member of Team Brewster has had to go the extra mile the last year through the pandemic. We thank them all and we honor their service to our residents and community.

BrewsterLiving.org