



LABOR SHORTAGE CREATES CHALLENGES

BY JOE EWERT, PRESIDENT AND CEO

The past few weeks I've found myself wondering — if the weather in Kansas wasn't so sporadic, would I have enough to talk about? I quickly realize I always have plenty to talk about.

Currently the topic is the labor shortage. We have faced challenges in recruiting enough high quality individuals to staff our community's needs for many years. This challenge has greatly increased over the last year. We are not alone in this struggle. We are seeing healthcare providers reduce their capacities, and projects of all varieties delayed due to labor shortages. Products we purchase such as furniture, fixtures, appliances and other manufactured materials have significant lead times due to labor shortages. A friend of mine in central Kansas told me this week their county was no longer operating an ambulance service due to their inability to find staff to run it.

Our greatest need for additional help lies within our healthcare and dining programs. We are committed to providing enough staff to meet your needs and wishes around campus, and to that end we work hard to recruit and fill these empty positions. Until we find additional help, we will continue to fill the vacant shifts through overtime and with managers. I am

so grateful for the many individuals who volunteer to work overtime to assure there are enough people on campus to support our residents every day.

The labor shortage is also forcing us to make a long-term adjustment to our home health staffing. The night shift Home Health position has been

vacant for over a year now and we have not received a single qualified applicant. This past year we have filled these overnight hours with overtime, volunteer manager time, and even through contract nurse staffing agencies. We have exhausted our efforts to cover this position and we must now change our approach to addressing nighttime home health nursing needs.

Beginning Friday, May 28, we will move to using an on-call nurse instead of an onsite nurse in Home Health between 10:00 pm and 6:30 am. Our data shows that the night nurse responds to one to two calls per month during these hours. Many overnight calls are routine and do not require emergency action. Our security officers will continue to respond to all calls made during the nighttime hours and reach the on-call nurse for further action if the situation involves a clinical need. If the event requires in-person assessment or follow-up, the on-call nurse will report to campus within 15

TEAM BREWSTER
a legacy of overcoming
challenges, together.
since 1964.

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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

MARY MUILENBURG

BY DIANA REED, RESIDENT

Stepping into Mary Muilenburg's Oak apartment is like finding yourself in a beautiful museum — you are surrounded by gorgeous antique furniture carefully made long ago by masters from eastern and western European countries. Amazing paintings crafted with sepia and golden colors hang on the walls, along with huge brass rubbings created by Mary's second husband, from his travels to Greece and other far away lands. You hear bells ringing, birds singing and the effect is magical. Mary's home overlooks the lovely fountain next to the Main Street Pavilion and the setting makes it's hard to believe you are in Topeka. She says she has lived at Brewster Place for 17 years and that her mother lived at Redwood before her.

We sat at her elegant dining table drinking tea. "I'm so thankful for my family," Mary said. "My mother always said we had a Godly heritage. My father was a businessman and we moved quite a lot," she said. "We sought a church first. Wherever we went, we always sought a church first."

Mary was born in Topeka and has one older brother who now lives in Lee's Summit, Missouri. Mary graduated from Washburn University with a bachelor's degree in music. She began her master's degree at Iowa State Teachers College. When in high school, Mary played the bass clarinet. She played an original solo piece for a music teacher in Iowa. The composer signed the music for Mary, saying that she was the best bass clarinetist he had ever heard. But soon Mary found this wasn't for her and her "heart's desire was to get married and have a family. A master's degree in music was not for me," she said.

When Mary was 22, she married college professor James K Van Slyke. Professor Van Slyke was one of the founders of the Topeka Symphony. They had four children who all played instruments: two played the clarinet, one played the flute and one played the saxophone. The Van Slyke family was chosen the Kansas Music Family of the Year. Professor Van Slyke retired and soon after he passed away. They had been married 28 years. Of Mary's four children, two still live in Topeka. James Van Slyke is a banker and Dorothy Ilif teaches homeschool students, grade school through high school. She teaches 100 students in her various classes. Dorothy's homeschool students and choirs have been selected as number one in the nation.

Mary and her first husband were in a Bible study group with Lloyd Muilenburg and his wife, and knew them cordially. Lloyd served as both an Army and Navy chaplain. He served as Army chaplain in Germany during the Vietnam War. After Chaplain Muilenburg's wife passed away, he and Mary married and were married for 19 years until his passing.

Mary is proud to have four children, nine grandchildren, 20 great grandchildren and one on the way! "My only desire was to be a wife and a mother," Mary says with a smile. The many wedding photos, baby pictures, family snapshots and framed prints that fill the tables and walls, tell the loving story of Mary's life.

In the comfort of her pretty home, Mary talks about her Brewster experience. "I love to go to the Bible studies here. I loved singing in the Brewster choirs we have had here. They are

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FROM the CHAPLAIN REV. CAROLINE VAUTRINOT, M.DIV

LET US STOP AND SMELL THE ROSES

June is one of my favorite months – partly due to a holdover from my grade school days when June meant freedom from the classroom and the beginning of summer! Even now, it signifies a new chapter of the year, with spring officially giving way to summer on June 20 this year.

Summer is the time for growing things to flourish and to thrive, when plants sink their roots into the soil and work on their budding fruits and flowers looking forward to the day when the fruits of their labors have become ripe.

Just as Creation enters into its annual period of growth and renewal, so do we. After the spiritual season of rebirth that is Eastertide, we now are entering into the growing season of the church. Known as “Ordinary Time,” this season after Pentecost is anything but mundane. After the last quarter of the year has been spent on the mysteries and miraculous nature of God working in the world, we now turn our focus on the growth of our spiritual lives.

As we go out of doors this month, the beauty and wonders of Creation will constantly surround us. Whether that comes to us in the form of the sun’s warmth on our

faces or the natural perfumes of growing flowers, we are reminded that God is all around us.

However we choose to reach out to that divine presence all around us, we know that these tokens given to us in the green abundance of summertime are eternal reminders and connections to God.

As we go through this month of June, embracing the beginning of summer, let us remember to take quiet moments to ourselves to revel in the majesty and wonder of Creation all around us. Let us ‘stop and smell the roses’ so that we may remember the gifts of God that are ever growing around and within us. ■

CHAT WITH THE CHAPLAIN

Chaplain Caroline invites you for coffee and conversation to get acquainted and share stories. All are welcome!

Wednesday, June 9 at 10:00 am
Redwood Chandler Sun Porch

Wednesday, June 23 at 10:00 am
The Evergreens Brewster Bean

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starting again. I am past President of Resident Council. I’ve always been active. Even in high school I was in the church choir. More recently, I’ve played in the bell choir at my church,” Mary said.

From her many moves as she grew up — from Indiana, New Jersey, Iowa and Kansas — Mary has always been friendly and shared her love of beauty and friendship. It shows from her home to her delightful and kind personality.

“I love my life here,” she said, “I love my friends, I love beauty, I love flowers. I love including people and making new friends. And it’s all right here.” Mary’s smile will stay with me and I will remember her words, “I love...” ■



K4 INFORMATIONAL MEETING

Wednesday, June 30
2:00 pm | CAC

Come learn more about this exciting technology.



"She was baking a cheesecake so outstanding. It was like bringing a prayer book to the Pope. The divine is often found hovering not over an altar but around the stove and kitchen table." -Unknown

JUNE — THE MONTH OF WEDDINGS AND PICKLES

A friend stopped by one morning in June, telling me about the new bride she knew who was struggling with cooking meals. She always worried about what she would fix for her husband's dinner so she started frying onions just before he came home. He loved smelling onions while he was changing into his work clothes. This gave the bride time to think of something to fix for his dinner.

Another friend gave me an empty pickle jar to place in my pantry. She and her family wanted to take a trip to Disneyworld. Every time they were given a \$10 bill in change they started saving bills in the jar. By the end of the year they had enough money to pay for their trip to Florida. This became a budget tradition for our family and it paid for so many extra luxuries over the years.

SPICY CHUNK PICKLES

- 1 qt. kosher style dill pickles
- 2 cups sugar
- 1/2 cup cider vinegar
- 1 Tab. pickling spices.

Wash pickles and cut into chunks. Combine sugar, vinegar and pickling spices in a small saucepan; bring to a boil, stirring until sugar dissolves. Pack pickles in jar and add sugar mixture. Cover and cool and refrigerate. ■



HOMES OF THE MONTH

REDWOOD 407 AND 422

In the business world, the corner office is associated with the most senior executives. In Redwood at Brewster Place the corner apartments are associated with spacious 850 square foot apartments offering additional window space and alcove kitchens.

Redwood currently has two corner apartments available on the fourth floor. Redwood 407 faces west with a separate kitchen that is washed in a southern exposure of light. Redwood 422 is at the opposite end of the hallway and also faces west. The kitchen window in this apartment overlooks the old stone farm house and offers a glimpse of the Topeka Country Club Golf course.

For a limited time, Brewster Place is offering a \$1,000 gift certificate from the Furniture Mall of Kansas on these two apartments, with a signed investment contract.

The amenities at Redwood include all of your meals; with free delivery to your apartment, upon request, as well as house-keeping and laundry service.

To tour the apartments contact Chris Gallagher with Sales and Marketing at 274-3351.

Remember, 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! ■

HOW TO COMPLETE THE “STRESS CYCLE”

BY SERENA KENT, LMSW, DIRECTOR OF RESIDENT SERVICES

Let's face it, after the last year and a half, we have all been faced with some degree of stress.

AN EXAMPLE:

You receive a 'breaking news' notification on your phone on Friday evening. It's been leaked that Joe is set to announce a month-long lockdown at Brewster Place. Your cortisol and adrenaline spike. Your body enters fight or flight. It chooses flight, and commands that you bolt to safety somewhere far away, where terrifying changes can't get you. Apart from, of course, the fact that you don't run away, you instead scroll your phone for whatever information you can find and panic eat some cookies.

The problem? You've not completed the stress cycle. When this happens daily, your stress response is in chronic activation. This is not good. When living in a constant state of stress affects our physical health, it can increase blood pressure and cause problems with our endocrine and digestive systems. The following are tips from *Burnout: The Secret to Solving the Stress Cycle* by Dr. Emily Nagoski and Dr. Amelia Nagoski.

WHAT CAN YOU DO?

exercise

walking, dancing, swimming, whatever: the Nagoskis note that exercise is 'your first line of attack in the battle against burnout.' Aim for 20 to 60 minutes a day.

breathe

'deep, slow breaths down-regulate the stress response—especially when the exhalation is long and slow and goes all the way to the end of the breath so that your belly contracts,' write the Nagoskis. A simple, practical exercise is to breathe in to a slow count of five, hold that breath for five, then exhale for a slow count of ten, and pause for another count of five. Do that three times—just one minute and fifteen seconds of breathing— and see how you feel.'

talk to people

casual but friendly social interaction is the first external sign that the world is a safe place,' say the Nagoskis.

laugh

laughing together—and even just reminiscing about the times we've laughed together—increases relationship satisfaction. We don't mean social or 'posed' laughter, we mean belly laughs—deep, impolite, helpless laughter. 'When we laugh, says neuroscientist Sophie

Scott, we use an 'ancient evolutionary system that mammals have evolved to make and maintain social bonds and regulate emotions.'

speak to loved ones

when friendly chitchat with colleagues doesn't cut it, when you're too stressed out for laughter, deeper connection with a loving presence is called for. Most often, this comes from some loving and beloved person who likes, respects, and trusts you, whom you like, respect, and trust,' say the Nagoskis.

cry

'have you had the experience of just barely making it inside before you slam the door behind you and burst into tears for ten minutes? Then you wipe your nose, sigh a big sigh, and feel relieved from the weight of whatever made you cry? You may not have changed the situation that caused the stress, but you completed the cycle.'

do something creative

engaging in creative activities today leads to more energy, excitement, and enthusiasm tomorrow. 'Why? How? Like sports, the arts—including painting, sculpture, music, theatre, and storytelling in all forms—create a context that tolerates, even encourages, big emotions.' ■

CELEBRATING NURSES AND CNAs

BY LEA CHAFFEE, COO

May and June each bring weeks to honor nurses and certified nursing assistants (Brewster calls them kaizen). Brewster is home to incredible nurses and kaizen who serve residents at the Brewster Health Center, Assisted Living and Community Nursing. This clinical team works 24 hours a day, every day of the year to provide outstanding service. These fine men and women work together to make sure their time and attention to residents is second to none.

Each and every week a card, email, phone call or letter is delivered extending deep appreciation for the care received by our nursing teams. Words like kindness, attentiveness, love, compassion and hard work are found in these notes. Brewster's healthcare teams are celebrated for going above and beyond to provide residents the ability to improve their health, elevate their mood and feel loved in times of need. A smile, a hand to hold, a shoulder to cry on and a consistent desire to promote quality of life are noted as what makes the Brewster nursing team stand above the rest.

A special thank you goes out to the nursing management team. These steady and dedicated staff are on call and at the ready to fill in shifts, solve problems, educate, console, inspire and support the nursing and kaizen teams. It's not an easy job and they do it well.

On behalf of myself and the entire Brewster team, THANK YOU to all the nurses and kaizen. We appreciate you and love working with you! ■

GIVE YOGA A TRY!

CHAIR CLASS

Mondays at 10:15 am

Winchell Wellness Center

This class is for every BODY. We work largely from the chair (though when comfortable participants are welcome to modify the class by standing). The purpose of the class is to bring stability and strength to the body and major joints. We also work on trunk stability to help support a sturdy and balanced gate.

EASY MAT CLASS

Thursdays at 10:15 am

Brewster Events Wellness Center

In this class we will not lay down on the mat but we will do standing yoga postures on the mat. These postures will strengthen and stabilize hips, and work toward maintaining and building a steady balanced gate. We will use a chair for some postures and efforts specifically at the beginning and end of class. ■

POOL NEWS

Any resident who has family guests who are interested in using the pool must contact Serena Kent at 274-3395 regarding process and procedure. ■

HORSESHOES

If you are interested in a horseshoe league or club, please contact Serena Kent at 274-3395. ■

COMMUNITY NURSING NIGHT COVERAGE

BY LEA CHAFFEE, COO



As Joe indicated in the labor shortage article, there will be changes in Community Nursing beginning May 28. As of Friday, May 28, Community Nurse staff will be on-call from 10:00 pm – 6:30 am. There will continue to be a nurse on the Brewster campus from 6:30am –10:00pm. Here are answers to some frequently asked questions.

- ▶ **What happens if I push my pendant between the hours of 10:00 pm and 6:30 am?**
The response protocol will remain unchanged. Security staff will be the first to respond to triage the situation/need. If a nurse needs called, they will call the on call nurse and provide information as to the need of the resident.
- ▶ **What happens if I have a medical need that is not an emergency between the hours of 10:00 pm – 6:30 am?**
All community nurse staff hired to be on call are required to live within 15 minutes of Brewster. It is the expectation they would respond and be on campus within 15 minutes of a call. All on call staff are members of the Brewster team, know the campus well and are very familiar with the residents.
- ▶ **What happens if I have an emergency medical event and need to go to the hospital between 10:00 pm – 6:30 am?**
Security staff are trained to assess the situation and if the need is emergent, they will call 911, then call the nursing team. The nursing team is expected to report to campus to help residents and AMR.
- ▶ **How do I know the Security and Assisted Living kaizen teams are qualified to respond to medical needs?**
Both the Assisted Living clinical and Security teams have been trained in basic assessment skills. All Assisted Living and night Security staff have been certified in CPR. ■

minutes of receiving the call. Please review the **“Frequently Asked Questions”** found on page 7 of this issue of the Brewster News. Our hope is that you do not experience a change in service due to this new protocol.

The labor shortages in our field have been worsening for a number of years. During this same time, however, we have recruited and retained the very best people in the area to serve at Brewster. I could not be more proud of the teams who work daily to further our mission. I must also thank our residents and families for their role played in bringing and keeping

the best staff here at Brewster. The purpose, kindness, and grace you share with all of us is the greatest advantage we could hope for in our efforts to continue to be the employer of choice in Topeka. Thank you all for making Brewster the community it is. ■



facebook.com/brewsterplace.org



FRIDAY, JUNE 11
3:00 pm
 brewster residents & staff

4:00—7:00 pm
 family & friends

SATURDAYS,
JUNE 12, 19 & 26
3:00—5:00 pm
 open to the public

Please join us for the **Brewster 4 Art Show** featuring four professional artists who call Brewster Place home. The four women featured in the show have different styles using different media, but they have one thing in common — they are all talented and dedicated artists.



**BREWSTER
 ARTISTS**

- AUDREY LEAMON**
- BEV MENNINGER**
- BETH NEUER**
- HELEN PETERSON**

**Brewster Events Center
 Art Gallery**
 900 B SW 31st St
 Topeka, KS

Exhibit closes August 31.
 Masks are required for
 unvaccinated guests.

CELEBRATE, CREATE, PARTICIPATE



Beth Neuer celebrated Cinco de Mayo outside at the BHC courtyard. The event was certainly festive and fun! Beth is one of our featured artists in the Brewster 4 Art Show. We hope you'll come see her art!



Ethlyn Irwin attended Art Camp at Brewster. The camp was five days where each day a different medium was used to create wonderful pieces of art. In the photo Ethlyn is painting a masterpiece using a credit card. The creations from the week were outstanding!



Darline Peterson took part in the Cinco de Mayo celebration at the Main Street Pavilion. It was wonderful to join together once again after a long year of separation. Great food, friends and fellowship for all!

BrewsterLiving.org

ON CAMPUS — A few highlights!

MOVIE: THE COURAGEOUS HEART OF IRENA SENDLER

Tuesday, June 10 | 1:00 pm | Cultural Arts Center

This is a true story about a social worker in occupied Poland during WWII. Irena Sendler was also a member of an underground network that smuggled nearly 2,500 Jewish children out of the Warsaw ghetto—in ambulances, wheelbarrows, and even suitcases. But her extraordinary schemes were eventually discovered by the Nazi authorities. An inspiring film based on the biography *The Mother of the Holocaust Children*. English subtitles. Approx. 95 minutes. Please call Jamie at 274-3398 to reserve a seat.

CALLING ALL SINGERS!

Fridays, June 11 and 25 | 2:15 pm | Cultural Arts Center

It's time to reinstate the Brewster Singers for a special performance. Lea Chaffee has offered to direct our new group of singers. If you have a joy for singing, please join our group of both staff and residents. Please call Jamie at 274-3398 to reserve a seat in the choir.

BIRTHDAY CELEBRATION

Thursday, June 17 | 2:00 pm | Cultural Arts Center

Let's celebrate the gift of another year of life with cake and ice cream. Please join the Resident Services team in celebrating residents with June birthdays and anniversaries.

HUMANITIES KANSAS BOOK TALK

Tuesday, June 29 | 2:00 pm | The Evergreens Brewster Bean

We have received a grant from Humanities Kansas for a book group titled Ghost Stories. Literature, like folklore, is filled with the spirits of the dead: King Saul asks the Witch of Endor to call up Samuel's ghost; Odysseus tries to embrace his mother's wraith in Hades; and Hamlet asks whether his father's image is ghost or demon. People tell stories to try to explain what death is, where loved ones go, and why the good suffer. The books in this series represent some classic explanations. Our second book is *The Woman in Black* by Susan Hill. It is a modern ghost story with all the classic element including a isolated mansion, a dead woman's story and a devastating final turn. Our facilitator will be Miranda Ericsson. Please call Jamie at 274-3398 for copies of the books.

FUTURE EVENTS

New Theatre and Restaurant

Wednesday, August 11 | 10:15am | Lobbies

The Theatre is opening up to a new season. The first show will be **The King in Concert 2021**. It is sure to be a blast. All ticket purchases are final after July 12. The tickets are \$34 and transportation is \$13. Please call Jamie at 274-3398 to make a reservation.

A NOTE FROM DINING SERVICES:

If you order a meal from Brewster Dining and have it delivered to your Brewster home, the delivery fee is \$3.00 per home, per delivery — whether it's a single person or couple. Thanks!

OFF CAMPUS — A few highlights!

MULVANE ART MUSEUM TOUR

Wednesday, June 2 | 1:00 pm | Lobbies

The Sunflower Music Festival is hosting a special exhibit at the Mulvane Art Museum of works by women during the Suffrage Era. We will also view the fine art pieces included in the online art auction. Please call Jamie at 274-3398 to sign up.

DAY OUT IN THE FLINT HILLS

Wednesday, June 9 | 8:15 am | Lobbies

We will start with a beautiful drive to Strong City to visit the Tallgrass Prairie National Preserve. We will learn about the Kansas prairie. Then we will proceed to Cottonwood Falls. In Cottonwood Falls we will go to fine art studios, eat a delicious lasagna lunch and tour the historic court house. The cost for a full day of activities, lunch and transportation is \$33. Please call Jamie at 274-3398 to sign up.

DAY OUT AT ROLLING HILLS ZOO

Wednesday, June 16 | 8:00 am | Lobbies

We are excited to offer a day trip to the Rolling Hills Zoo in Salina. The Zoo has over 120 animals including big cats, primates, birds and mammals. We will also tour their Wildlife Museum and explore animals and habitats across the world. We will stop and rest our feet with a picnic lunch of turkey sandwiches. The cost for admission to the zoo with tram ride, sack lunch and transportation is \$40. Please call Jamie at 274-3398 to make a reservation.

TRIP TO TOWNSITE TOWER, COMMONS, PLAZA

Wednesday, June 30 | 11:30 am | Lobbies

Please join Julie Schmanke and Jamie Fritz on a tour of the remodeled Townsite Tower, Commons, Plaza. We will enjoy a delicious lunch of Tuscan chicken and yummy sides with a dessert for \$13. Please call Jamie at 274-3398 to reserve a seat on the bus.

2021 SUNFLOWER MUSIC FESTIVAL | HONORING WOMEN IN MUSIC

CHAMBER ORCHESTRA

Friday, June 18
6:30 pm | Lobbies

CHAMBER ENSEMBLES

Saturday, June 19
6:30 pm | Lobbies

LIZ STRATTON JAZZ NIGHT

Monday, June 21
6:30 pm | Streamed in CAC and BPTV 1960

CHAMBER ENSEMBLES

Tuesday, June 22
6:30 pm | Streamed in CAC and BPTV 1960

CHAMBER ORCHESTRA

Wednesday, June 23
6:30 pm | Lobbies

CHAMBER ENSEMBLES

Friday, June 25
6:30 pm | Lobbies

CHAMBER ORCHESTRA

Saturday, June 26
6:30 pm | Lobbies

