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### Our Mission

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

### Find us on the web at:

BrewsterLiving.org *or*  
facebook.com/brewsterplace.org



## Excellence and Longevity Awarded

The mission of Brewster Place is to “provide all of our residents opportunities for an optimal quality of life.” To achieve this mission, the commitment of each and every employee is paramount. Our greatest assets — our employees — have carried this mission forward for 50 years and continue to do so as we look forward toward our next 50 years.



Each spring we gather at the Annual Employee Awards Luncheon to celebrate and pay tribute to employees who have served five, ten, fifteen, twenty or more years in service to our community. Our staff has played a significant role in building Brewster Place and developing our reputation as the finest retirement community in this area and we salute their efforts.

Many people change careers two or three times during their lives and the long-term care and retirement community field is known for having a very high staff turnover rate. The industry average, in fact, is more than 75% turnover per year. We are fortunate at Brewster Place to have many long-term staff members who residents and other staff members learn to trust and depend upon.

We most certainly have wonderful residents, a beautiful campus, gorgeous living units and dedicated board members. Our reputation as a service organization, however, depends on the people who provide the services — 24 hours a day, seven days a week, 365 days a year. *More than anything else, Brewster Place is excellent because our staff members are excellent.* ■

### 2014 Staff Awards Honorees

**5 YEARS** Bella Ayala—Dining Services | Margaret Buergin—Dining Services | Elyne Drapeaux—Home Health | Leslie Blake—Accounting | Brenda Dobler—Nursing | Sarah Gaut—Nursing | Shay Mason—Nursing | Lissa Mehmel—Nursing | Fina O’Brien—Nursing | Jenifer Mayfield—Nursing | Larry Maddux—Maintenance | Jerry Club—Transportation | Samuel Mwangi—Nursing **10 YEARS** Kay Kempton—Maintenance | Danny Moss—Maintenance | Jerry Hutley—Maintenance | Matthew Burns—Environmental Services | Manuel Martinez—Dining Services | Barb Kemble—Nursing | Melissa Reynolds—Accounting **15 YEARS** Jeanene Johnson—Resident Services | Lea Morgan—Nursing | Deb Richmond—Home Health **25 YEARS** Marilyn Liby—Nursing **35 YEARS** Debbie Rosenberger—Housekeeping

**Above Photo:** Marilyn Liby received her 25 Year Award from Barb Kemble who also received an award for her 10 years of service. Congratulations to all our honorees!

## Getting to Know Our Residents | by Phyllis McMahon, Brewster Historian

**D**orothy and Melvin Mergenmeier moved to Brewster Place July 4, 2013. Dorothy was born and grew up on the family farm north of Seneca, Kansas. Melvin grew up on his family's farm south of Seneca. Dorothy and Melvin met in high school in Seneca while on a date with mutual friends. After they graduated from high school, Melvin was drafted into the service during the Korean War. He was sent to Germany for two years. During World War I, Melvin's father was in most of its major battles. Dorothy worked in the County Clerk's Office in Nemaha County two years. When Melvin returned from Germany, they were married on September 11, 1954 in St. Peter and Paul Catholic Church in Seneca.



**Melvin and Dorothy  
Mergenmeier**

900 SW 31st Street, Apt. 333  
Ph. 274-5582

Dorothy and Melvin moved to St. Mary's, Kansas, living there until they came to Brewster East. Their daughter-in-law, Madonna Mergenmeier, a physical therapist at St. Francis Hospital, told them about Brewster Place. Melvin worked at Goodyear for 36 years, car pooling to work. He then worked with geologist, Melvin Wohler, drilling soil samples for ponds and water works. Dorothy was a stay at home mom. She did hand sewing and hand quilting. After their children were older, Dorothy worked for De Vader Floor Covering in St. Mary's.

The Mergenmeiers enjoyed playing many kinds of card games with friends. They also liked going to dances, sometimes dancing until morning! They traveled extensively throughout the United States as well as to Germany, Austria, France and Italy. While in Rome they saw the Pope.

Dorothy and Melvin have three children. Cathy, the oldest, is in Wichita and works in the Social Security Office. Dennis teaches Technical Industrial Maintenance at Washburn University. Steve works at Environmental International in Las Vegas. They have eight grandchildren and seven great grandchildren. ■

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**D**oris and Ken Peery moved to Brewster Place August 1, 2014. They were born and raised in Newton and Emporia. Ken says they met at the Cradle Roll of First Baptist Church in Emporia. Later when Ken saw Doris in a red knit dress at a Baptist Youth Conference in their home church, he decided she would be a good wife.



**Ken and Doris Peery**

900 SW 31st Street, Apt. 320  
Ph. 273-1160

Doris attended Ottawa University, a Baptist university, graduating in 1951. Doris taught fourth grade in Manhattan for two years and then taught two years in Emporia. Ken was in the Navy during World War II for three years right out of high school. He was in the V-12 program at Washburn University. From there he went to New York City to Columbia University for Midshipman School. He graduated with a Commission in 1945, the same week the Japanese surrendered. Ken was then sent to China. He was assigned to a ship that was on a test run 1,200 miles up the Yangtze River. The ship was then given to the Chinese.

Ken attended Emporia State University after his discharge, graduating in 1947. From there he went to Law School at Kansas University, graduating in 1950. Ken continued to practice law throughout his work-

ing years.

The Peerys have two sons, Patrick who lives in Lawrence and, John, who lives in Maryland. John is a retired Naval Officer. They have six grandchildren and six great grandchildren. They loved to sail and with two different sail boats navigated many different lakes in Kansas and Arkansas. They have each written and published a book. Ken and his father painted a map of the world on a large wooden background. His father tracked Ken during the war by sticking pins in the map. Doris and Ken's son restored the map to preserve it for future generations. It now hangs on the west wall of the Brewster East Hobby Room.

Ken and Doris are now neighbors of Cliff and Mary Lou Heckathorn. Ken and Cliff attended the same high school. Betty Jo and Al Morris also live next door and were their Sunday school teachers. Ken said they, "chose Brewster over others." They are pleased and feel it is "faith based" and the staff are helpful. ■

# Advance Directives | Make Your Wishes Known

by Stacy Wenger, LCSW

**Advance directives** are very important for everyone to have in place. They dictate who you want making decisions for you and what your wishes are for end of life. Below explains the different forms of advance directives.

## **Do Not Resuscitate or DNR**

A do not resuscitate order, or DNR, is a medical order signed by a doctor. It instructs health care providers not to do cardiopulmonary resuscitation (CPR) if breathing stops or if the heart stops beating.

A DNR order allows you to choose before an emergency occurs whether you want CPR. It is a decision only about CPR. It does not affect other treatments, such as pain medicine, medicines, or nutrition.

## **Living Will**

This written, legal document spells out the types of medical treatments and life-sustaining measures you want and don't want, such as mechanical breathing (respiration and ventilation), tube feeding or resuscitation. In some states, living wills may be called health care declarations or health care directives.

## **Durable Power of Attorney (DPOA) for Health Care Decision**

The medical POA is a legal document that designates an individual — referred to as your health care agent or proxy — to make medical decisions for you in the event that you're unable to do so. However, it is different from a power of attorney authorizing someone to make financial transactions for you.

## **Durable Power of Attorney for Finance**

A financial power of attorney (FPOA) is a written document through which a competent adult, known as the principal, appoints and authorizes another competent adult, known as the attorney-in-fact (A-I-F), to act on the principal's behalf. Financial powers of attorney usually cover financial, business, personal and real estate matters.

Please note that some DPOA paperwork have the option of making the person designated to make

decisions for you begin immediately. The other option is the designated person makes decisions for you only when you have been deemed unable to make your own decision by your doctor. Please make sure you have the appropriate option marked based on your wishes.

You can make changes to your Durable Power of Attorney for Healthcare or Finance at any time as long as you are of sound mind.



**If you do not have any advance directives in place**, social services will gladly help you with formulating Durable Power of Attorney for Healthcare, Living Will and DNR paperwork. Brewster Place is unable to assist with Durable Power of Attorney for Finance. This will need to be completed by an attorney. Please contact Stacy Wenger, Director of Social Services, at 274-3395 or email her at [stacyw@brewsterplace.org](mailto:stacyw@brewsterplace.org) with any questions regarding your advance directives. ■

### **Brewster Social Services Team**

**Stacy Wenger, LCSW**

Director of Social Services, 274-3395

**Carol Degenhart, LMSW**

Social Worker, BHC, 274-3396

**Angala Anderson, SSD**

Social Service Designee, 274-3306

**Roger Jackson, M.Div.**

Chaplain, 274-3349

*We are here to serve you. Give us a call!*

# Wellness Wednesday | Belong

by Eileen McGivern, Director of Wellness/Director Brewster at Home

Happy Spring everyone! This month will be the last Wellness Wednesday that focuses on Blue Zones — our topic is Belong. Belonging is primal and fundamental to our sense of happiness and well being. The opposite of belonging is loneliness. In the Blue Zones study, scientists found that all but five of the 263 centenarians interviewed belonged to some faith-based community. Denomination did not appear to matter. Researchers found that attending faith-based services four times a month could add 4-14 years to life expectancy.

Successful centenarians in the Blue Zones put their families first. This was seen as keeping aging parents and grandparents nearby or in the home. This was shown to lower disease and mortality rates of any children and grandchildren living in the home as well! Children of the centenarians are more likely to commit to a life partner and grandchildren are more likely to care for their parents as they age. Finally, the world's longest living people chose — or were born into — social circles that supported healthy behaviors. Okinawans created “moais” — groups of five friends that committed to each other for life.

Research from the Farmingham Studies shows that smoking, obesity, happiness, and even loneliness, are contagious. Choose social networks that will enhance your health and happiness!

At Brewster Place we want to use the Blue Zone concepts of “Belong.” Some strategies to do so are: participate in the exercise classes, sign up for a new activity you have never tried, attend Vespers and/or Bible study, form a book club with neighbors, invite your family to social or dinner in the dining room, ask a new resident to coffee, start a walking club on the campus. Let's all reach out to one another to share the terrific “tribe” we are. By doing so, you may be increasing your life expectancy and theirs as an added bonus! ■

**BREWSTER**

**BLUE ZONES**

Belong

- Right Tribe
- Community
- Loved Ones First

**Wellness Wednesday**  
**Blue Zones**  
**Belong**  
Wednesday, April 2  
11:00 am  
Main Lounge

## Spring Trash & Treasure Sale!

furniture,  
jewelry  
clothes  
kitchen items  
electronics  
lamps  
glassware  
and more!

Proceeds  
benefit the  
Brewster  
Service Fund.

### Two-Day SALE

**Friday, April 4**

9:00 am—3:00 pm

**Saturday, April 5**

9:00 am—2:00 pm

Klinge Activity Center

### Volunteer Set-Up Schedule

**Wednesday, April 2**

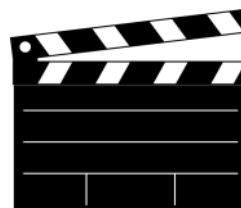
8:00 am—3:00 pm

**Thursday, April 3**

8:00 am—1:00 pm

Klinge Activity Center

*No early browsing, please!*



### At the Movies

**BPTV 23**

**Thursdays**

**2:00 pm**

**April 3**

“Nebraska” (2013 indie drama)

**April 10**

“Last Vegas” (2013 comedy)

**April 17**

“12 Years a Slave” (2013 drama—Academy Award for Best Picture)

**April 24**

“Philomena” (2013 drama)

**Bptv 23**

**First Ladies of the Civil War:  
Mary Todd Lincoln and Varina Davis**

Tuesdays, April 15, 22 and 29  
2:00—4:00 pm KAC

*lifelong  
learning!*

While Abraham Lincoln is the most beloved president, Mary Todd Lincoln remains among the most reviled first ladies. Her counterpart during the Civil War, Varina Howell Davis, led a remarkably parallel life as the wife of Confederate President Jefferson Davis. Both were the “second choice” for their husbands, both were younger than their husbands, both lost children before, during and after their presidential years, and both were reviled by the press. We’ll explore their troubled lives.

**Instructor**

**Debra Goodrich Bisel**, author and historian, has spent more than a decade researching the lives of Mary Todd Lincoln and Varina Howell Davis. She is involved in producing a documentary on their experiences. ■

## Townhome Open House



**Thursday, April 10  
4:00—6:00 pm  
2931 SW Brewster Ct.**

**Calling All Brewster Residents!**

We *invite you to invite a friend* from off-campus to tour a gorgeous four bedroom, three full bath, open floor plan Townhome. This home boasts a two car garage, fenced backyard for your furry friends, finished basement and a beautiful kitchen.

*Residents who bring a friend will be entered  
to win a special prize!*

For more information about *Brewster Place  
or Brewster at Home* please contact our  
Marketing Office at 785-274-3350.  
Or visit us online at [www.BrewsterLiving.org](http://www.BrewsterLiving.org)

## Inaugural Easter Parade at Gage Park

The Topeka Easter Parade & Family Fun Fair will be held on Saturday, April 19, 2014. A Family Fun Fair will be held in conjunction with the parade, and will blend in with the other regular activities at Gage Park, such as the zoo, the carousel and the mini-train. Churches, non-profits and local businesses will be taking part in the parade, as well as setting up booths and games at the Fun Fair. Also, bands playing at the amphitheater will be part of the festivities.

The Fun Fair will take place from 9:00 a.m. to 3:30 p.m., and the Parade will start about 10:30 a.m. The Brewster Place entries will join other parade participants in the staging area at the swimming pool parking lot at 10:00 a.m. BHC residents interested in participating should sign up with Margaret King and others should sign up with Jeanene Johnson.

The Family Fun Fair will consist of activities geared toward children and families, as well as booths, exhibits, bands, etc. Activities will include children’s games, egg hunts, face-painting, and similar other activities in and around Westlake Shelter House, the amphitheater, the carousel, Children’s Party House, and the tennis court area.

*The event is being coordinated and sponsored by Capital City Christian Chamber of Commerce (C5), along with Metro Voice Newspaper. ■*



[facebook.com/brewsterplace.org](http://facebook.com/brewsterplace.org)

**G**reetings to all Brewster at Home members! This is the time of year where we all make our “spring cleaning” lists. How about you? Now is a terrific time to utilize the preferred vendor list and complete your projects while enjoying a discount in doing so. Our list includes complete lawn services (cleanup, fertilizing, mowing, landscaping, sprinkler system upkeep), window washing, handy man service, electrician, HVAC, appliance repair, house cleaning and so much more! Marking these projects off your “to do” list will free you up to attend more activities and classes at Brewster Place. Call Brewster at Home at

274-3303 to see how we can help connect you to the services you need.

Looking ahead to May, we want to invite all members to our Wellness Health Fair to be held Wednesday, May 7 from 9:00 a.m.—1:00 p.m. in the Klinge Activity Center. We will have a great variety of community experts to share information to keep us healthy. We will also have staff from various departments from Brewster (therapy, activities, wellness and more) that you can meet and connect with to become more involved. We look forward to seeing you! ■

## Meet Our Members | Invite Your Friends to Join

by Julie Schmake, Member Relations, Brewster at Home



**D**ick Busche recently joined Brewster at Home. He lived in Seward, Nebraska before moving to Topeka in 1967. He transferred for work at Marigold Dairies where he was an office manager for 39 years before retiring. Dick was married to Lois, who passed away 15 years ago. He has two children and four grandchildren. Both of his children live in Topeka.

Brewster resident, Otis Bricker, said that Dick's claim to fame is that he lived next to Otis for about 28 years. They are good friends and Otis is the person who encouraged him to join Brewster at Home. Dick said he enjoyed the fruits of Otis' garden for all those years and they remain wonderful pals.

Dick is an historian, specifically of financial history books — he loves the stock market. He joined Brewster at Home to take advantage of the social opportunities, concerts and fitness classes. During bad weather days, you might see him walking the halls at Brewster Place. He walks one mile each day! We are enjoying getting to know Dick and hope you will get a chance to meet him as well. ■

### NCAA Championship Game Watch Parties

CELEBRATING



**T**he college hoops season is coming to an end and not a single Kansas team is left standing. Does that mean we take our ball and stay in our homes? Not at Brewster Place!

Just because our favorite teams are no longer competing doesn't mean we can't get together, have fun, and watch the Championship Game together! Join us in one of three watch party locations for munchies, good times with friends and, oh yeah, the NCAA championship game. Plus, if you're competing in our Brewster Bracket Challenge, after the game you might just be the winner of some fabulous prizes — including VISA check cards and Brewster Place t-shirts. ■

### Watch Parties Monday, April 7

Time to be announced.

#### Locations

- Main Lounge/Founders Room
- Brewster East Community Room
- Brewster Health Center Fink Living Room

**Charitable Gift Annuity Rates**

By Jeremy Hall, Director

The Brewster Foundation has offered Charitable Gift Annuities for several years. To arrive at the rates we use to pay back on the annuity, we follow the guidelines from the American Council on Gift Annuities. The Board of Directors of the American Council on Gift Annuities (ACGA) approves a schedule of suggested maximum gift annuity rates for gifts established on or after January 1, 2012. The Brewster Foundation always bases rates for our charitable gift annuity program on ACGA recommendations.

The ACGA’s actuarial consultants study the data and create an established list. The current schedule of gift rates reflects the Council’s long-standing gift residual target of 50%. As a result of this study, the rate schedule contains slightly lower rates for single-life and two-life annuities for ages 69 and younger, and HIGHER rates for both single-life and two-life gift annuities for ages 75 and older. What does this mean for Brewster Place donors? Quite simply, those 75 and older are offered the best payout rates.

Payments from a charitable gift annuity are fixed from the time the annuity contract is signed. Whatever happens to interest rates or the stock market, payments will never decrease. The Brewster Foundation is contractually obligated to make the payments. What better way to make a charitable gift, receive a sizable tax deduction, and still receive an income for life (and the life of a remaining spouse)?

**A sampling of the rates include:**

<u>Single Life</u>	<u>Two Lives – Joint and Survivor</u>		
	Younger Age	Older Age	Rate
Age 77 = 6.2	77	77-78	5.3
Age 83 = 7.4	83	87	6.7
Age 87 = 8.2	85	91	7.4
Age 89 = 8.7	91	93-95	8.8
Age 90+ = 9.0			

For your specific rate and more information on the Brewster Foundation Charitable Gift Annuity program, please contact Jeremy Hall at 274-3327. The Foundation will gladly print a financial illustration showing the amount of your payments, how they would be taxed, and the charitable deduction generated by the gift.

A Charitable Gift Annuity is just one of the ways you can join the Brewster Legacy Society. Including the Brewster Foundation in your will or trust or making us a beneficiary of a life insurance policy are others. ■



**Bunny Hop  
Brewster Easter Dinner  
Saturday, April 12**

**5:15 pm**

Brewster East Dining Room

Please call 274-3359 for reservations. Seating is limited to 80 so please call early!

**MENU**

- Medallions of Beef Tenderloin
- Sour Cream and Chive
- Twice Baked Potatoes
- Seasoned Asparagus Spears
- Mixed Green Salad with Raspberry Dressing
- Strawberry Shortcake

**Coming in May...**

- Brewster’s 50th Birthday Block Party
- Health and Wellness Fair
- Tour the State Capitol
- King Tut Exhibit at Union Station
- Symphony Show House in Kansas City
- Yak ‘n Yarn at Fairlawn Plaza
- Shopping in Kansas City
- Capital City Chorus Show
- Dinner at “Chaz on the Plaza” at the Raphael Hotel

**Watch for more specifics in the  
May Brewster News!**

*Get the most  
out of life!*



# Lindsborg KANSAS

LITTLE SWEDEN USA

Galleries | Shops | Culture | Dala Horses | Restaurants

Wednesday, April 30 | 8:00 am | Bus leaves from Brewster  
Meals are Dutch treat | Transportation is \$13  
Please call Jeanene at 274-3398 for reservations.

It's spring and time for another wonderful daytrip. We are headed to Lindsborg, Kansas, also known as "Little Sweden USA" to tour art galleries, visit the local shops, eat a delicious lunch and look for the "Wild Dala Horses" around town.

The City of Lindsborg was settled in the spring of 1869 by a group of Swedish immigrants from the Värmland province of Sweden led by Pastor Olof Olsson. They envisioned a community rich in culture, learning, religion, business and farming. These values remain strong today as evidenced by a city that is rich in the performing and visual arts; home to Smoky Valley School District and Bethany College; Baptist, Catholic, Covenant, Lutheran and Methodist churches thrive; a place where retail, industry and business thrives; and agricultural continues to play an important role in the community. (lindsborgcity.org) ■

### Our day will include...

- Birger Sandzen Memorial Gallery
- Courtyard Gallery with Midwestern art
- The Red Barn Studio (works of Lester Raymer)
- Small World Gallery (National Geographer Photography of Jim Richardson)
- Hemslöjd Swedish Gifts (watch Dala horses being made)
- Ol Stuga (great lunch spot with delicious sandwiches)
- Swedish Crown Restaurant (Swedish and American food)
- Wild Dala Horse Tour
- Visit other galleries and shops as you desire!

*Välkommen till Lindsborg!*

## Brewster Celebrates Our International Friends and St. Patrick's Day Too!



**Above:** Brewster hosted a group of Japanese nursing students and instructors who are attending Washburn University. They loved visiting our campus and we thank Eileen McGivern, Director of Wellness/Brewster at Home, for being their hostess. **Above Right:** We love to wear the green on St. Patrick's Day! Reeta Akins and Joyce Davis were certainly enjoying the day of festivities! **Right:** Brewster also hosted the China Christian Council. CEO David Beck accepted a beautiful gift from the delegation in appreciation of our hospitality.





### Resident Birthdays

Jan Burnett	1
Maxine Taylor	1
Doris Davis	3
Barbara Wildrix	5
Vida Beck	8
Bob Keeshan	9
Mary Lou Heckathorn	10
Beth Hiller	10
Ralph Burgess	11
Marcella Eschenburg	11
Betty Harlow	12
Raymond "Doc" Hibbs	12
Lane Ruehlen	12
Doris Peery	13
Millie Glover	14
John Thiele	17
Max Bennett	21
Jim Krieg	21
Peggy Ackerman	22
Ruth Johnson	22
Wayne Fernkopf	23
Carlos Mora	23
Mary Ruehlen	25
Emery Fager	26
B Horne	26
Warren Kinnett	26
Naomi Brooks	27

### Anniversaries

Eugene and Evelyn Halbert	4-1-50
Maurice and Gladys Trower	4-3-48
Carl and Johanna Roney	4-10-49
Bill and Daisy Douthett	4-14-46
Warren and Doris Kinnett	4-22-78
Dick and Erna Nichol	4-24-04
Bill and Betty Harlow	4-25-53

### New Residents

Nadine Yenkey	MB 401
Alan and Rosemary Bradbury	BE 220
Mary Kresie	MB 501
Pat Oppitz	BE 218
Jim and Mary Lagerberg	BE 205

### Transfers

Irv Rosen	MB 302
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### Staff Anniversaries

Brewster staff members who are celebrating their employment anniversaries in April!

Department	Location	Years
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#### Community Relations

Janis Swanson	MB	14
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#### Dining Services

Caleb Cowsert	MB	1
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#### Environmental Services

Matthew Burns	MB	11
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#### Health Services Administration

Lea Chaffee	BHC	4
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#### Health Services

Jennifer Shambaugh	BHC	1
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Rannveig Haney	BHC	4
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Christina Beat	BHC	1
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Gail Cheatham	BHC	2
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Danielle Graham	BHC	2
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Jamie Glasscock	BHC	5
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Kimberly Bation	BHC	2
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Liberty Beecham	BHC	1
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Krista Miller	AL	2
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Joan Reed	HH	1
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#### Human Resources

Cynthia Stotlar	MB	2
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#### Rehab

Denise Forgy	Rehab	2
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Linda Mangelsdorf-Oshel	Rehab	2
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Jason Terrell	Rehab	2
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#### Security/Transportation

Agnes Burns	Campus	2
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Ernest Reed	Campus	2
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#### Therapy Services

Richard Dinneen	BHC	5
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Brooke Hulsether	BHC	2
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### In Memoriam

Mr. Paul Huss	3-1-14
Mrs. Frances Barber	3-13-14
Mrs. Florine King	3-15-14
Mrs. Nancy Wentling	3-15-14
Mrs. Carol Kappelmann	3-19-14

The Brewster News is a monthly publication for the residents and friends of Brewster Place. It is also available online at [www.BrewsterLiving.org](http://www.BrewsterLiving.org)  
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[janiss@brewsterplace.org](mailto:janiss@brewsterplace.org)