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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



The Brewster Health Center
is accredited by
The Joint Commission.

Recital Series Features Classical Pianist

Once again we are pleased to invite you to **The Edith Lessenden Chandler Recital Series**. This Series memorializes a well-known Topeka and Brewster Place resident who, along with numerous other contributions to society, was an avid promoter of classical music. The Emporia State University Department of Music and the Emporia State University Foundation are sponsoring this recital series underwritten by Drs. Marged Lessenden Amend and Douglas J. Amend.

Eva del Carmen Medina Amezcua is recognized throughout Mexico and Latin America as the foremost interpreter of the piano music of Mexican composer Manuel M. Ponce (1882—1948). Professor Medina received Ponce's pianistic legacy from Maestro Carlos Vazquez, recognized throughout Mexico as Ponce's "spiritual" son by virtue of his close association with and extensive work with this late Romantic Mexican composer.

A graduate of the Escuela Nacional de Musica (UNAM), in Mexico, Professor Medina has toured her native country extensively as recitalist and has devoted her performing and teaching career to divulging the piano works of Manuel M. Ponce.

Additionally, she has also studied with such distinguished artists as Gyorgy Sandor and Klaus Schilde, among others. Eva del Carmen Medina Amezcua, in addition to performing, is also professor of piano at Escuela Nacional de Musica in Mexico City. ■

The Edith Lessenden Chandler Recital Series Presents

Eva del Carmen Medina Amezcua, Pianist
Sunday, April 26
3:00 pm | Main Lounge



News from Wellness | The Truth About Fats

by Eileen McGivern, BSN, RN | Vice President Wellness and Community Initiatives

When you pick up any health magazine the chances are high that an article or study will be included about fats. With all the information available, it is easy to be confused as many of us remember the “low-fat” craze that maligned eggs, butter, olive oil and milk. Scientists have learned much about fats and the important role that fat plays in our lives. Special attention needs to be given to fats as we age. Let’s take a look at fats and inform ourselves to make better choices.

After a medical physical and lab work, our doctors may tell us to watch our cholesterol. Cholesterol isn’t fat. Cholesterol is a fat-like substance manufactured by our bodies in the liver. We also absorb cholesterol from dietary sources, usually animal sources like eggs, meat and dairy products. Our body makes enough cholesterol to build cells and produce and maintain hormone levels. Elevated blood cholesterol levels can increase our low density lipids (the bad one that clog arteries and increases the risk of heart

attack and stroke.)

Cutting back on foods that contain saturated fats may help decrease cholesterol. However, some bodies produce more cholesterol, regardless of dietary intake and this is related to our genetic makeup.

The Dietary Guidelines for Americans offer recommendations about types of fat and dietary fat intake. Total fat includes all types of dietary fat. Limit total intake to 20 to 35 percent of your total daily calories (based on a

2,000 daily calorie diet). If you were aiming for 30 percent total intake of fat, you would consume 600 calories each day from fats. To obtain the grams of fat, divide 600 calories by nine (nine is the number of calories in a gram of fat). You would limit your grams to 67 fat grams per day.

Of course, the types of fats that you consume have implications for your health. Next month, we will discuss the different types of fats and the science behind them. ■



Intellectual WELLNESS

Wellness Wednesday
Julie Myers, Curator
WU Mulvane Art Museum
Wednesday, April 1
11:00 am
Main Lounge



Julie Myers was born in Des Moines, Iowa, and grew up in Dallas, Texas. She has a Ph.D. in Art History from the University of Maryland. Her major field was American art and her minor field was the 17th-century Baroque art of Holland. She taught art history at Eastern Michigan University for 24 years. She joined the Mulvane Art Museum as curator in February 2014. ■

Tune-Up Tuesday

We want to thank everyone who participated in Tune-Up Tuesday the past two months!

Tune-Up Tuesday is hosted by the Brewster Therapy

Tune-Up Tuesday
Tuesday, April 14
1:00—2:00 pm
BE Wellness Center

Team and gives residents the opportunity to have their assistive devices (canes, walkers and wheelchairs) adjusted to the proper height, check

and fix brakes, and change tennis balls or skis.

Residents are also given the opportunity to meet therapists on staff and participate in a senior fitness test which is a combination of five tests: arm curl, sit to stand, sit and reach, back scratch, and timed up and go. Results will be compared to the average in each person’s age group and determine if a physical tune-up is needed. So far our senior fitness tests have proven to us that we have very strong residents at Brewster Place. ■

Main Entrance and Main Street Updates

Main Entrance

The new Main Entrance is near completion. The brick monument wall has been built and the Brewster Place logo along with "Retirement Living" lettering will be installed in mid-April.

Visibility at the Main Entrance will also increase as flood lights to the sign will be added soon. In addition, we have added another street light over the intersection for greater visibility. Security will also be enhanced with the addition two new cameras.

In addition to the new entrance sign, the Stone House parking lot and entry will get the final top coat of asphalt and striping completed. Landscaping is being completed near the Main Entrance as well. This spring will showcase lots of color that creates a more welcoming and beautiful atmosphere. Joshua Saunders, Groundskeeper, has been working with an outside vendor to replace mulch and laying sod so we are ready when the irrigation system is turned on at the end of April.

Main Street Timeline

Week of April 6

Doc-A-Duck computers will be moved to the Klinge Activity Center Library area

Week of May 18

Physical therapy will temporarily move to MB 216

June 15

Phase One

Construction on new Chapel and social area

November 1

Phase Two

New Chapel opens. Winchell Wellness Center closes. Relocation of classes to be announced.

January 15, 2016

Phase Three

New Market opens. New bank opens. Beauty salon closes and residents will need to use other beauty salons on campus.

March 2016

Final Completion

New wellness center, physical therapy center and salon open. ■



Jean Kesler moved to Brewster East from Silver Spring, Maryland in October of 2014. Along with Jean came her three cats — Pandora, Tiger and O'Henry. Jean recognized right away that we have many cat lovers on campus and she has decided to begin a Cat Lovers Group. The purpose of the group is to:

- Gather cat owners and friends together.
- Learn about local veterinarians and their services.
- Invite speakers from time to time.
- Share media — books, magazines, CDs, DVDs, etc. pertaining to cats.
- Discuss behavioral problems and solutions regarding our furry cat friends.
- Explore how to deal with illness, aging and euthanasia for cats.
- Share information on area pet stores and online options for pet supplies and carriers.
- Learn tips for transportation and travel.

Please contact Jean Kesler at 273-9121 or email her at kesler311@gmail.com for more if you are interested in joining this group. She is also interested in your suggestions for the group. ■



All proceeds benefit the Brewster Service Fund.

**Friday and Saturday
April 3 and 4**

9:00 am—3:00 pm

Klinge Activity Center
(Main Building lower level)

Volunteer Set-Up Schedule

Wednesday, April 1

8:00 am—3:00 pm

Thursday, April 2

8:00 am—1:00 pm

Klinge Activity Center

Open to the public!
Invite your friends and family.

- furniture
- kitchen items
- electronics
- books
- clothes
- and much more!

We Value the Companionship and Pleasure of Pets

As residents and staff at Brewster Place, we live and work in a community that is similar to a small town — we look out for each other, care for and respect each other, and try our best to follow the rules of the community. To do that, it is important to review expectations and restrictions for the good of the community.

If you didn't already know, Brewster Place welcomes small pets because we "recognize that pets can provide immeasurable pleasure, comfort and support to residents." (Brewster Resident Ownership of Pets)

Over the years we have had many residents with pets as well as having Brewster Place resident pets. Whether you own a pet or not, we hope you will familiarize yourself with our policies regarding pet ownership at Brewster Place.



Definition

At Brewster Place a pet is defined as a domesticated small animal such as a dog, cat, rabbit, or bird that is kept in the home for pleasure and companionship.

Policy

Brewster Place encourages residents to keep pets that they want and for which they are able to provide appropriate care. Resident pets are permitted as long as they do not present a threat to the safety or health of the resident or others in the community or to Brewster Place property. Pet owners are required to maintain liability insurance.

The Brewster Place Pet Committee monitors pets kept on the Brewster Place campus, both Brewster Place pets and pets owned by residents. The committee is composed of staff members and residents interested in promoting the benefits of pets and assuring that pets serve the interests of all residents. The committee is charged with ensuring that all pets at Brewster Place are properly cared for and that they are not a nuisance or a threat to the health and safety of residents, staff and visitors.

Pets may move through the continuum of care with their owners if appropriate arrangements for care can be made.

Brief Summary of Expectations

- Residents must submit an application and seek approval from administration to have a small pet.
- Documentation of current registration information and liability insurance is required.
- Alternate caretakers must be arranged for pets when owners are away.
- All pets must be kept under control.
- Pets that cause any major disturbance or threaten the health or safety of pet owners or others may be transferred to a responsible party by administration.
- Residents are liable for any damage caused by pets.
- Pet owners are responsible for cleaning up after their pets both inside and outside of buildings.
- If a resident can no longer care for their pet they are responsible for making arrangements so that the needs of the pet are met.
- Residents are required to report all bites or aggressive behavior to administration.

Dog Waste Stations

To make it easier for residents and guests to pick up after their pets, Brewster Place has provided three waste stations on campus. Bags are provided as well as a place to dispose of the bag. The waste stations are located:

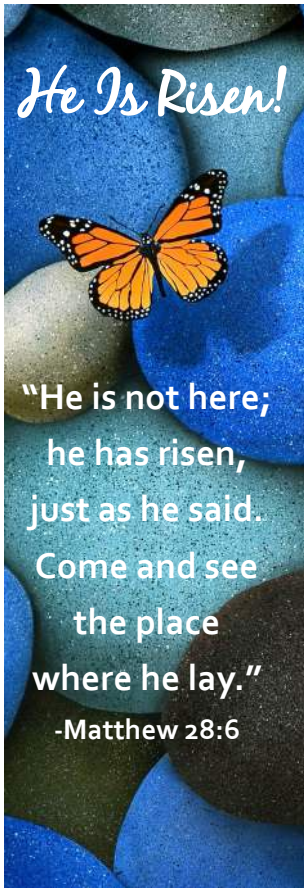
- North of Brewster East
- South side of the Stone House
- Cedar area



facebook.com/brewsterplace.org

From the Chaplain | Jesus Is Alive!

by Chaplain Roger Jackson, M.Div.



Today we find ourselves in the midst of Holy Week. Just a few days ago we observed Palm Sunday, when Jesus rode into Jerusalem followed by a crowd of people who laid down Palm branches and shouted, "Hosanna! Blessed is the one who comes in the name of the Lord!"

Maundy Thursday is just around the corner, a time for us to commemorate the last supper with Jesus and his disciples. That same night Judas betrayed him, and the trials began. Friday, we remember the crucifixion and the dark hours of Jesus' death and burial. After the mourning and the wait, Easter Sunday will come with its glorious announcement of Jesus' resurrection from the dead. Hallelujah!

I once heard about a preacher who gave the most profound and powerful Easter Sunday message. A large church was getting ready for their Easter service Sunday morning, and they couldn't find their pastor. It was almost time to start the service, and they didn't know what to do. They called the pastor's house, but no one answered. They didn't know how else to get ahold of him as this was before cell phones.

When it was time for the service to start, the worship leader began with singing a hymn but still no pastor. They collected the offering — still no pastor. The worship leader was about ready to announce that the pastor wasn't here when everyone heard a loud car roar outside and come to a screeching halt. Then they heard the car door open and close. They heard the person walking up the front steps. The church doors flew open, and they saw it was their pastor. He began to run down the aisle yelling at the top of his lungs, "He has risen! He has risen!" He then stopped and shouted, "JESUS IS ALIVE! JESUS IS ALIVE!" And then he walked out of the church.

The Easter message is simple but profound, "JESUS IS ALIVE". May you truly experience the simple but profound message of Easter this year! ■

Prison Ministry Requests Prayer Partners

Kairos Torch is a Christ centered juvenile prison ministry consisting of volunteers from a variety of churches. The Topeka chapter will be conducting a Kairos Weekend April 24—26 at the Kansas Juvenile Correctional Complex. The weekend is followed by a six month program of one hour weekly one-on-one mentoring.

You can participate in this program as a **Prayer Support Partner**. All that is asked of you is to pray for the youth and volunteers during the Kairos Weekend of April 24—26. If you are interested, sign-up sheets will be available at the Main Office, Brewster East,

and Brewster Health Center south entrance desk. We only ask that you sign your first name and first letter of your last name. Names on the list will be printed on strips of paper and made into a prayer chain that will be hung around the prison during the Kairos Weekend. It is a very dramatic way to show support and love to one another. The youth are touched that others take time to pray for them.

For more information, please contact Brewster Place resident, Paul Beck, at pbeckjr@bpmail.org. The cut-off date to sign up is Wednesday, April 22. ■



**Introduction to Digital Photography:
Know Your Camera and Create Your Shot**

Wednesdays, April 15, 22 and 29
6:30 pm Lobbies

The chief photographer for the *Lawrence Journal-World* will lead you through the tools and techniques of creative image making with digital cameras. He will explore the basic functions of a digital camera and demonstrate how to improve your photographs through simple and creative visual devices. Regardless of your brand of camera or level of experience, you will discover how to become a better photographer. The instructor will also demonstrate how to create print-on-demand photo books to share your work with others.

Instructor

Mike Yoder of the *Lawrence Journal-World* has 25 years of experience in film and digital documentary photography. Mike also writes the weekly newspaper column, *Behind the Lens*, and his photographs have been included in numerous books.

Real to Reel: How History Is Portrayed on the Silver Screen
Wednesdays, April 22, 29 and May 6

2:00—4:00 pm
Klinge Activity Center

Hollywood has frequently used history to produce movies that have gone on to win an Oscar. Some of the greatest films that grabbed the gold will be subjected to historical analysis. Beginning with *Gone with the Wind*, the Best Picture in 1939, and ending with *The King's Speech*, the winner in 2011, the course will ask: Where did Hollywood get history right? Where did they get it wrong?

Instructor

John Mack, Ph.D., teaches history online for the University of Georgia system and is an adjunct professor of history at Johnson County Community College. He has master's degrees in divinity and modern eastern European and Russian history and doctorates in theology and American history. ■

*adventures in
lifelong learning!*

Brewster Foundation Books for Kids

The Foundation held our third *Books for Kids* event on Saturday, March 7. We had 35 children attend with their parents, and we gave away about 250 books! After purchasing many new books, we were excited to get them into the hands of our employees' children and grandchildren. Thanks to an anonymous donation, we will be able to have a *Books for Kids* event twice each year for several years. The donor's goal is to expose our young people to many types of reading material and encourage a love of reading. There was a great deal of enthusiasm and excitement as the children who attended picked out books. They can take as many as they want, as long as they will read them. Several times that morning, we heard, "You mean I can really take more than one?" This event is clearly a success, and we thank our donor for the generous gift to make it happen! ■

American Cancer Society/ Relay for Life Luminary Ceremony at Brewster Place

Topeka Relay for Life
Friday, May 29

Brewster Place Luminary Ceremony
Early May (more information soon)

Registration as Cancer Survivor
April 1—April 15

Residents and staff can pick up registration forms from the Main Office, Business Office or from Angala at BHC.

All who register will be honored as well as receive a free t-shirt and a pin with cancer type.

You may also purchase a luminary bag for \$10. Deadline for this is May 29.

Questions

Please call Amanda Brown at 274-3336. ■

Spring is here and, along with fresh air, green grass, and blooming flowers, that means it is also tax time. April 15 is tax day and hopefully your taxes are done and you can enjoy the wonders of spring. This month we want to share a few facts about charitable giving.

According to a study by *GuideStar* in 2012, 50.5% of organizations surveyed claimed they received the majority of contributions between October and December. This is not hard to believe as many organizations solicit during the end-of-the-year to encourage donations to finish up the tax year. But did you know that with the rush for donations at the end of each calendar year that 22% of giving actually happens on the last two days of the year?

Charity Navigator indicates total charitable giving was over \$300 billion in 2012 — the third straight year of increased charitable giving. Of course this is a great deal of charity, yet it is still less than the level of giving before the economic downturn.

Designated funds are a great way to support a charity. Designating to a specific fund, like the Brewster Foundation's Benevolent Care Fund or a specific project fund, is a great way to offer support.

For some organizations, giving to specific funds can really impact the bottom line if all donations go toward these funds. Once designated to a fund, the gift can only be used for that purpose. This can result in increased dollars for a

specific project, yet no dollars are given to keep the lights on.

Donations to an "unrestricted fund" provides flexibility for a charity to move funds to the area of greatest need. If a donor wishes to designate a part of their gift to a specific fund, and the rest to an unrestricted fund, this assures that many needs can be met.

This type of giving leads to diversification of charitable giving. Sometimes diversification is a great thing. When investing, we are told it is important to diversify so that if one investment does poorly, we can count on others doing well to see overall investment grow. With charitable giving, that same philosophy could have unintended consequences.

If you had \$1000 and gave \$10 to 100 different charities, you would definitely be diverse in your charitable giving. The \$10 donation would have varying impact across the charities. Some national charities may not notice the impact, and smaller charities may not do much with the \$10. However, if you gave \$250 to four different charities, that would have a bigger impact on both large and small charities.

Another type of giving is through life insurance. Many people do not realize they can give to a charity through a designation on their life insurance. Some people have a life insurance policy that is paid up, yet they are not sure who to designate as the beneficiary. They have wills and trusts and other legal instruments they depend on to provide for family. A life insurance policy in this situation is a lasting gift and can have a significant impact on the charity blessed with this type of gift.

The Brewster Foundation Heritage Society is designed to give special honor to donors who make an end-of-life gift. To become a member of the Heritage Society, please notify the Brewster Foundation of your intent to give a gift through a charitable trust, gift annuity, life insurance policy, or retirement plan.

So, as you smell the sweet spring air feeling thankful that taxes are done and flowers will soon dot the landscape, do not forget these simple facts about charitable giving and the impact that you can make year round. ■



BeWell

785-274-3395

Let us help ***you or your loved*** one stay safe and independent in your Brewster Place home. Please call **785-274-3395** for a free consultation with a BeWell Support Coordinator.

Historic Fort Leavenworth



Wednesday, April 8

8:00 am Lobbies

Please call Jeanene at
274-3398 for reservations.

Established in 1827, Fort Leavenworth at Leavenworth, Kansas is the oldest active Army post west of the Mississippi. Although known for its role in the expansion of the American frontier and as the only US military maximum security prison, Fort Leavenworth's most important role began in 1881 when Gen. William T. Sherman established the School of Application for Cavalry and Infantry. That school evolved into the U.S. Army Command and General Staff College and has graduated officers such as Dwight D. Eisenhower, Omar N. Bradley and George S. Patton.

Please join us as historian and author Debra Goodrich Bisel takes us on a tour of the Fort including places we would never get to see without her! Fort Leavenworth has a number of things to offer civilian visitors including a national cemetery, museum, monuments and many interesting 19th century buildings. The Frontier Army Museum at Fort Leavenworth explains the Fort's role in the exploration and expansion of the western United States, as well as the staff college. (borrowed from kansastravel.org/fortleavenworth)

We will also enjoy a Dutch treat lunch at "Mama Mia's Italian Restaurant" after our tour. This trip includes a lot of walking so please plan accordingly. Transportation is \$13. Please call Jeanene at 274-3398 for reservations for this fun day trip.

Spring Brings Sunshine and Smiles



Above: Every month our furry friend Czar comes to visit Brewster Health Center and Assisted Living residents. Edith Newman enjoyed a little "eye to eye" conversation with Czar. Animals are amazing and can make incredible connections with humans.



Above: Martin Woner was one of about 20 gentlemen who enjoyed the Brewster Foundation's Men's Luncheon. Guest speaker was Coach Bob Chipman from Washburn University. Great stories were told and fun was had by all — not to mention a great lunch!



Above: Bonnie Rapstine was the recipient of donated quilt made by Brewster staffer, Rhonda Burns. Rhonda works in our Human Resources Department and enjoys sharing her talents with those who need a little extra snuggle. Thank you, Rhonda!

Resident Birthdays

Jan Burnett	1
Maxine Taylor	1
B Horne	2
Doris Davis	3
Marion Knight	5
Barbara Wildrix	5
Vida Beck	8
Robert Keeshan	9
Mary Lou Heckathorn	10
Beth Hiller	10
Ralph Burgess	11
Marcella Eschenburg	11
Rosemary Bradbury	12
Betty Harlow	12
Raymond "Doc" Hibbs	12
Lane Ruehlen	12
Doris Peery	13
Millie Glover	13
John Thiele	17
James Krieg	21
Peggy Ackerman	22
Ruth Johnson	22
Doris Davidson	23
Wayne Fernkopf	23
Carlos Mora	23
Warren Kinnett	26
Naomi Brooks	27

Anniversaries

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

At the Movies BPTV 23

Thursdays at 2:00 pm

April 2

"St. Vincent" (2014 comedy)

April 9

"The Good Lie" (2014 drama)

April 16

"Boyhood" (2014 drama)

April 23

"Coco Chanel" (2008 biography)

April 30

"The Short Game" (2013 sports documentary)



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	15
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Environmental Services

Matthew Burns	MB	12
Dawn Means	BS	1

Health Services

Annie Haney	BHC	5
Chantal Rogers	BHC	1
Kimberly Bation	BHC	3
Krista Miller	AL	3
Joan Reed	HH	2

Security/Transportation

Ernest Reed	Campus	3
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Rehab

Denise Forgy	Rehab	3
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Therapy

Richard Dinneen	BHC	6
Barb Bleich	BHC	1
Carla Howe	BHC	1
Brooke Schmidtberger	BHC	3

New Residents

Robert and Doris Payne	BE 223
Marjorie Lloyd	AL 11

Transfers

Phyllis Butler	MB 225
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In Memoriam

Mr. Donald "Don" Bliss	2-25-15
Mrs. Louise Salsbury	3-1-15
Mrs. Maxine Dickson	3-8-15
Mr. Charles "Chuck" Howard	3-13-15

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

The Brewster News is also available online at:

www.BrewsterLiving.org

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