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The Market on Main Street Set to Open

In mid-April, Brewster Place will unveil the new Main Street on the garden level of the Assisted Living building. Highlights of Main Street include the Winchell Wellness Center — which will offer exercise equipment, exercise classes, and physical therapy services — a hair salon, Kaw Valley Bank, and the long-awaited reopening of the Market and the Market Pavilion.

The new Market on Main Street will offer Brewster Place residents an additional meal option on campus as well as a store that will carry some of the grocery and sundry items our Brewster Place residents rely on. The Market will be open Monday through Thursday as well as on Saturdays from 8:00 am—2:30 pm. On Fridays, hours of operation will be 10:00 am—6:30 pm.

A hot breakfast option will be available from 8:00 am—10:30 am every day but Friday. Brewster Place residents and their guests will be able to select from all of their favorites, including an egg entrée, breakfast meats and potatoes, hot oatmeal with yummy toppings, fresh bakery items, and popular cold cereals. We are in the final stages of selecting a premium coffee vendor who will outfit the Market with great beverage alternatives.

Lunch service will run from 11:00 am—1:30 pm and will provide a plethora of offerings:

- ◆ Two homemade soups daily
- ◆ Two specialty sandwiches daily, with one being a hot panini, plus a sandwich station for custom sandwich preparation
- ◆ A salad bar that will rotate daily as well as fresh fruit, yogurt, cottage cheese, nuts, and composed salads

Each Friday the Market will offer the lunch items listed above as well as a delicious hot dinner option directly following the weekly Friday Social.

In addition to traditional meals, the Market will also offer grab and go selections of yogurts, juices, protein drinks, fresh fruit, and more. Additionally, the Market will carry a small grocery line for residents to make purchases of snack items, cereal, dairy items, and fresh fruit. Convenient sundry items, such as bathroom tissue, toothpaste, paper towels, and the

Opening April 11



the Market

on Main Street

Our 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.

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer

Charles (Chuck) and Myra Sodergren moved to Brewster Place in September, 2015. Myra and Chuck's grandfathers came from Sweden. In Swe-



Chuck & Myra Sodergren
1205 SW 29th St., Apt. 207
Ph. 266-2588

den, there were many people named Anderson, so Chuck's grandfather changed his name to Sodergren—which means south (Soder) side of the lake (gren) where he lived. Myra was from Los Angeles, California. Her pastor from Lindsborg, Kansas and Bethany College talked about Bethany, inspiring

Myra to come there her freshman year. Chuck, from Topeka, graduated from Topeka High School. His senior year at Bethany College, he saw Myra standing in the lunch line. He knew "right away that she was what he had been waiting for." He says his future happiness was ensured when she agreed to date him and later to marry him.

Chuck graduated from Bethany College in 1956 with a bachelors degree in education. Later he earned his master's degree in education from the University of Kansas. He and Myra were married in November, 1956. While in the Marines, Chuck was stationed at the El Toro Marine Base close to Santa Ana, California. He served as a hospital corpsman for the Navy. In college Chuck took part in football, basketball, and track. He sang in the Lindsborg Messiah Chorus.

Chuck was principal of East Indianola Elementary School for nine years, and for 21 years at Logan Jr. High in the Seaman district. In retirement he was President of the Sunrise Optimist Club and started their youth baseball program; served on the Friends of the Library Board; the Library Book Sale; Meals on Wheels; and the Shawnee County Retired Teachers Association. Chuck likes to write and writes a poem every day. He has written two books.

Myra enjoys sewing. She babysat her grand-

children, worked for Dr. Morris for 13 years, and also worked for Cotton O'Neil.

Chuck and Myra have four children: Janice, whose husband is Office Manager for Electric Workers Union; Jane has a degree in teaching and works with her husband in their business, A & A Truck and Auto Salvage; son Steve teaches math at Allen County Community College; youngest daughter, Janeen, teaches at Elmont Elementary and is an Instructional Coach. They have ten grandchildren and five great-grandchildren. On Sunday mornings, the entire family goes to church at Trinity Lutheran Church. After church the family enjoyed dinner at Myra and Chuck's. Chuck says Myra put out a lot of effort and good food. Since their move to Brewster Place, the Sodergrens' daughters take turns with the Sunday dinners. They heard of Brewster Place and liked that there is care for all stages of life. ■

Hello Spring Dinner at Brewster East
Saturday, April 9 | 5:00 pm
Brewster East Dining Room

Menu

Herb Crusted Beef Tenderloin
Strawberry and Mandarin Orange Salad
Cranberry Wild Rice
Bacon Wrapped Asparagus
Crescent Rolls
Lemon Berry Cake



Please call 274-3359 for reservations.
Space is limited to 80 people.



If you see this symbol and you have T-coil enabled in your hearing aid, switch to T-coil mode and hear better. T-coil is available in the Chapel.

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer



Ada Bishop

1205 SW 29th St., Apt. 319
Ph. 274-5520

Ada Bishop moved to Brewster Place in August, 2015. She was born in Osage County near Overbrook. She and her twin sister attended high school in Overbrook. Her sister now lives in Florida. Ada and her future husband met in high school. After marrying, they moved to Topeka in 1950. Ada lived in the house they bought for 60 years. Ada “worked at home.” As an at-home mother, she was handed many jobs. She was room mother many times over, a den mother for her sons, a Girl Scout Leader for her daughters, and held offices in her church. Her children started grade school at Southwest School, now Whitson, then attended the new McCarter Elementary, followed by Landon Junior High, and Topeka West High School. Later, as a single mother, Ada took in sewing and alterations. She did babysitting for women who worked. Ada’s seamstress skills, mostly self-taught, were appreciated. After retirement customers still called.

Ada’s second husband died in 1991 at only 67 years old. This past year her oldest daughter, Connie, sadly “didn’t wake up one morning.” Her son, Bob, lives in Stull, Kansas. He is retired from KPL. Her son, Joe, lives in the Carbondale area. He has his own business remodeling homes. Ada’s daughter, Beth, an Emporia State University graduate, is a guidance counselor at Rossville High School. Ada has nine living grandchildren and one grandchild who is deceased. Her great-grandchild came to their last year’s Christmas Eve gathering when she was one week old. All live within 30—40 miles of Topeka.

Ada and her children toured retirement homes. Then, they said that Ada should make the decision. She looked at Brewster Place, talked to Phyllis Lansford, and decided that very day on Brewster Place. She enjoys playing Bingo, reading, and solitude. She and her daughter shop for books to buy and read. ■



The Bible and Science

Wednesdays, April 13, 20, and 27
2:00-4:00 pm | Chapel

How much in the Bible, if anything, has scientific validity? Should we expect the Bible to speak to such issues at all? In this course, we will look at the creation stories in Genesis, the story of Noah and the flood, the narrative of the Exodus from Egypt, the accounts of Jesus’ miracles, and a number of other biblical wonder tales. We will examine selected biblical texts which have caused mischief among believers and non-believers alike.

Instructor

Barry Crawford, Ph.D. is a professor of religious studies at Washburn University. ■

...continued from page 1

like, will be stocked for purchase. A line of greeting cards will also be available.

The Market is open to everyone. Those who are a part of Catered Living in our Main Building are welcome to enjoy breakfast or lunch in the Market as part of their dining package. We are planning an official Grand Opening of Main Street for May. Stay tuned for details! ■



Community Based Programs | Helping You Remain In Your Home

By Eileen McGivern, BSN, RN Vice President of Wellness and Community Initiatives

What a year we have had with Brewster at Home! Brewster at Home is the overarching entity that houses BrewsterConnect and Live Well at Home by Brewster, both of our community based programs that serve people in the greater community.

In addition to the name change to reflect what BrewsterConnect actually is, (a membership to connect community members to all Brewster Place has to offer; including wellness initiatives, intellectual and social offerings, access to our vetted vendor network, plus technology) we have added a new business line to Brewster at Home. **Live Well at Home by Brewster** is our Life Care program for reasonably healthy people who want to remain at home and live out their lives in their own home.

Live Well at Home provides a wellness support specialist who is your partner in facilitating healthy aging as you remain in your home. Emphasis on wellness and healthy aging begins upon joining and continues for as long as you are in the program. Wellness support also includes connecting you to resources to remain healthy and well, provides health care system/insurance/Medicare navigation, care management, and expertise as your needs change. Since the emphasis of Live Well at Home is remaining at home, there is a component that provides facility-based services if you should ever need that level of care.

How does Live Well at Home work? Members pay a one-time membership fee (similar to a contract buy-in to a Continuing Care Retirement Community) and a monthly fee. The fees may be tax deductible as a pre-paid medical expense (check with your tax advisor). Your monthly fee will never change no matter the level of services needed to remain in your home. This could be up to 24 hour care in your own home! Live Well at Home provides an excellent way to have peace of mind, fix future health care costs, and protect your hard earned assets.

We've gathered a few comments from some of our members about their experience:

"When one of my prescription medications jumped \$250 per month, my wellness support specialist was able to contact my doctor and find a substitute medication to meet my needs."

"Our Live Well at Home membership was combined with our long-term care insurance policy, providing us discounts on our membership fees, and we will have virtually no out-of-pocket costs, whatever our needs may be in the future."

"As I do not have any children or family, the wellness support specialist is invaluable to me as I age in my home."

Deciding which Brewster at Home program meets your needs for staying in your home is an individual decision. How do you see your healthy aging plan? What discussions have you had as a couple or with your family regarding how you wish to "age in place?" If we can be of assistance, please give us a call. ■

Live Well at Home by Brewster

Dennis Grindel, Program Director | 274-3394

Community Based Initiatives

Eileen McGivern, Vice President Wellness and Community Initiatives | 274-3393

BrewsterConnect | 274-3303



April 7
Bridge of Spies (2015 biography)

April 14
Spotlight (2015 biography)

April 21
Trumbo (2015 biography)

April 28
Suffragette (2015 biography)

From the Chaplain

by Chaplain Roger Jackson, M.Div.

Let Us Seek to Be Transformed

*Therefore, if anyone is in Christ, the new creation: The old has gone, the new is here!
2 Corinthians 5:17*

Spring has officially arrived! We have seen evidence of flowers blooming, trees budding, bushes bursting in color, grass greening, and birds singing. With that in mind, I read a devotional on Facebook the other day, and I'd like to share a portion of it with you. May you be blessed by "Transform."



"It's pretty amazing to think that the beautiful butterfly in this picture was once a caterpillar. To go from being an organism whose modes of transportation are creeping and crawling to an organism whose main mode of transportation is flying! Once the caterpillar has changed to a butterfly it can never go backwards; the old has gone and only the new remains."

"If only our human bodies and minds were designed this way! If once we accepted Christ there was a complete physical transformation so that there was no way to ever fall back into our old ways, to keep ourselves from creeping and crawling when we could be flying!"

"I know I have seen in some a physical change, albeit not as extensive as that of a caterpillar to a butterfly, but for all of us there should be and is a spiritual change... if we allow the Holy Spirit to work and move in

and amongst our lives to transform us."

May God bless us all in this new season as we move forward in faith, seeking to be transformed into God's new creation. ■

Brewster Service Committee Allocates Funds

The Brewster Service Committee consists of 10-12 residents who volunteer in our arts and crafts program, the Annual Charity Bazaar or the Trash & Treasure Sales. The committee meets twice each year to fulfill its purpose of determining how the proceeds from the Bazaar and Trash & Treasure Sales should be disbursed. Chairperson of the 2016 committee is Jan Burnett. Joline Kovarik, Arts and Crafts Coordinator, is the staff representative. ■

GIVING what we can

*We are
enriched by
our work
and
humbled
by giving
to others
in need.*

In October, 2015, proceeds from the Trash & Treasure Sales were distributed as follows:

- ◆ Bazaar supplies — \$3,000
- ◆ Brewster Singers — \$300
- ◆ Activity programs — \$400
- ◆ Brewster Health Center Christmas gifts — \$1,000
- ◆ Rehab Christmas gifts — \$200
- ◆ Assisted Living Christmas gifts — \$300

In January, 2016, proceeds from the Annual Holiday Charity Bazaar were distributed as follows:

- ◆ Ronald McDonald meals — \$500
- ◆ Let's Help — \$1,600
- ◆ Topeka Rescue Mission — \$1,600
- ◆ Salvation Army — \$1,600
- ◆ Meals on Wheels — \$1,600



facebook.com/brewsterplace.org

Words from Wellness

by Eileen McGivern, BSN, RN

Vice President Wellness and Community Initiatives

Spring has sprung and that includes new spring opportunities for wellness at Brewster Place! The new Back in Balance class held every Saturday morning at 9:30 am in the Brewster East Wellness Center has been well attended. Ken Schmanke is leading that class with the goal to increase balance and core strength in participants. Fall prevention is the expected outcome of this fun class.

By press time the Winchell Wellness Center on Main Street will be open with expanded space, a new sound system, restrooms and natural lighting! It will be a great place to work on your wellness goals.

Please mark your calendar for our Wellness Fair scheduled for June 1 from 10:00 am to 2:00 pm in the Klinge Activity Center. We will host a variety of wellness vendors from all across Topeka. Some of the offerings will include massage, Topeka Ear Nose and Throat, Rick's Advanced Dermatology/Radiance Medical Spa, Apollo Medical Supply and many more. We look forward to seeing you there! ■

Volunteers Needed!

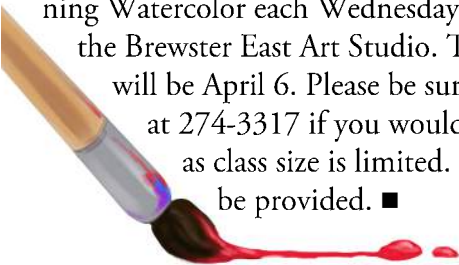
A big thank you goes out to all of the volunteers who helped with the Trash & Treasure Sale. In addition, thank you to those who donated items. The Trash & Treasure Sale happens twice a year and there is much work to do all year long. We are in need of volunteers who could work daily in the Trash & Treasure storeroom, pricing and sorting items as they come in.

If you like to make a difference and have fun, we also need volunteers to make items for the Annual Holiday Charity Bazaar held each November. Volunteers work Monday, Wednesday, and Friday mornings with Joline Kovarik, Arts and Crafts Coordinator, in the Penthouse Art Studio. If you prefer, you may also work on projects in your home and we can provide materials for you. As you may know, proceeds from the Bazaar go to charitable organizations in the Topeka community. This is our way of giving back — please join us!

If you are interested in either of these opportunities, please call Joline at 274-3317. ■

Beginning Watercolor

Joline Kovarik, Arts and Crafts Coordinator, will continue her series of beginner art classes in April. This month she will be teaching Beginning Watercolor each Wednesday at 1:30 pm at the Brewster East Art Studio. The first class will be April 6. Please be sure to call Joline at 274-3317 if you would like to attend as class size is limited. Materials will be provided. ■



WANTED! Mahjong Players

We are looking for those who play or would like to learn to play Mahjong. Mah-jong or Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. In all, there are 144 tiles, of which 36 tiles are in the Bamboo suit, 36 in the Circle suit, 36 in the Character suit, 16 Wind tiles, 12 Dragon tiles, and 8 bonus tiles (4 Flowers and 4 Seasons). Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Please call Jamie at 274-3398 if you are interested or for more information. ■

Spring Safety Reminders

Weather Radios

Springtime brings thunderstorms and possible severe weather. It also means it's time to check your weather radio. If you need new batteries or help checking your weather radio, please call Security at 274-3370.

Lock Your Vehicles

Remember to lock your vehicle and do not leave valuables in your car. Brewster Place security makes frequent patrols and checks vehicles at night. ■

It is a sad but true statement that there are people in this world who are ready to take advantage of others. Some of the scams and deceptive activities are geared toward senior citizens. Perhaps the scammers have the idea that seniors are an easy target. This does not have to be the case if seniors and their families are vigilant and savvy about the scams and fraudulent activities that are popular right now.



The list is long including Medicare and health insurance scams; counterfeit prescription drugs; funeral and cemetery scams; telemarketing and phone scams; charity scams; Internet fraud; investment schemes; and sweepstakes and lottery scams, to name a few. As soon as consumers figure out which scams are being perpetrated on them, the unscrupulous scammers figure out something new.

The most important thing we can do is be aware of potentially harmful situations and learn how to prevent becoming a victim. There are many websites and/or articles that give guidance as to how to stay safe from scam artists. Most articles outline identical lists of scams as being the most prevalent, and give the same strategies for staying safe.

By following these guidelines, you can reduce the likelihood of becoming a victim of a scam. Always remember that if an offer seems too good to be true, it probably is! And, it is always in your best interest to verify the identity and legitimacy of an organization or a request for money.

Be Suspicious

This can be hard for those of us who are generally trusting, however, unsolicited phone calls, letters, and e-mails that promise big benefits are things to avoid.

Ask Questions and Get Information

Know who you are doing business with. Get names, addresses, phone numbers, and a website for the person you are talking to.

Avoid Making Hasty Decisions

Telemarketers are paid to be pushy. If they pressure you to make an immediate decision, hang up the phone. Do not make decisions to hand over money without doing your research.

Check the Better Business Bureau

The Better Business Bureau is a fantastic tool for confirming the legitimacy of charities, financial institutions, businesses, and other organizations. If a company isn't registered with the Better Business Bureau, it could be fraudulent.

Invest Carefully

It is extremely unwise to invest with a random acquaintance or someone who knocks on your door. A certified financial advisor is your best option for good advice and assistance in making wise investments.

Don't Pay to Play

Never provide money to gain a prize. If someone asks you for your bank routing number to deposit funds, or for shipping and handling charges to send you a free prize, it's almost certainly not legitimate.

Be Familiar With Online Safety

NEVER share personal information like social security numbers, bank routing numbers, or other private information with anyone online. If you get an e-mail that says your bank is requesting information, call your bank first. ■

The Forum

"Pope Francis: Religion and Politics in America"

with Rev. Tobias Schlingensiepen

Thursday, April 7 | 10:00 am
Brewster East Community Room

We hope you will plan to attend this fascinating discussion with Rev. Tobias Schlingensiepen from First Congregational Church.

If you have suggestions for future Forum speakers or topics, please contact Jeremy Hall, Brewster Foundation Director, at 274-3327. ■

The Edith Lessenden Chandler Recital Series Presents Duo Kaspiana

We invite you to be our guest on Sunday, April 10 at 2:30 pm in the Main Lounge for another wonderful concert in The Edith Lessenden Chandler Recital Series sponsored by the Emporia State University Department of Music and the Emporia State University Foundation. This recital series is underwritten by Drs. Marged Lessenden Amend and Douglas J. Amend.

Duo Kaspiana is named for the Caspian Sea, which is located in the region where the Eastern world meets the Western world. Pianist, Maya Tuylieva, was born and raised on the Eastern shore of the sea in Turkmenista (former USSR), and violinist, Diana Seitz, on the Western shore in Azerbaijan. When they met in Kansas, where East meets West, it was a natural fit to perform together. Their mission is to introduce the music of their side of the world.



Diana Seitz made her first public performance as a soloist with a chamber orchestra in Moscow at the age of nine. As a teen, she became a laureate of the Azerbaijan National Violin Competition and appeared as a soloist with the National Azerbaijan Philharmonic Orchestra. Diana appeared with the National Philharmonic Orchestra of Azerbaijan, Valley Symphony Orchestra, Kinnor Philharmonic Orchestra, and Kansas City Civic Orchestra.

Dr. Maya Tuylieva won her first competition at the age of six and made her national debut with a live performance on Turkmen National Television at the age of eight. She has won numerous state and national competitions and has performed as a soloist and as a collaborator on stages such as Carnegie Hall, Kitayama Shimin Cultural Center in Japan, and also on prominent stages in Russia, Italy and Turkmenistan. ■



Karaoke March Madness and Spring!



Left: Benny Meyer joined a large group in the new Main Street Pavilion for a March Madness Kick-Off Party complete with grilled hot dogs. **Right:** If it's spring we usually find Kathy Howard outside tending her gorgeous garden. Thank you, Kathy, for adding beauty to our campus!



Left: Margaret Fowler and Carlee Wilson attended Social at Brewster East followed by Karaoke Night! It was a lot of fun and we promise to improve our singing!



Birthdays

Jan Burnett	1
Maxine Taylor	1
Doris Davis	3
Marion Knight	5
Barbara Wildrix	5
Robert Keeshan	9
Nancy Roseberry	9
Mary Lou Heckathorn	10
Marcella Eschenburg	11
Rosemary Bradbury	12
Lane Ruehlen	12
Doris Peery	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

New Residents

Walt David	MB 502
Dwight and Irma Thomas	SM 102
Martha Williams	BE 124

Transfers

Joyce Gartner	BE 302
Pat McEwan	BHC
Jerry and Judy Reed	Aspen 6

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

Janis Swanson, Editor

Janis.Swanson@BrewsterLiving.org

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	16
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Environmental Services

Matt Burns	MB	13
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Health Services

Rannveig Haney	BHC	6
Chantal Rogers	BHC	2
Lynzie Heiniger	BHC	1
Krista Miller	AL	4
Ryan Bernasek	HH	1
Joan Reed	HH	3

Rehab

Elizabeth Stratman	BHC	1
Denise Forgy	BHC	4

BeWell

Anne Flynn	SH	1
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Security and Transportation

Yvette Brooks	Campus	1
Ernest Reed	Campus	4
Dawn Means	Campus	2

Therapy

Richard Dinneen	BHC	7
Susan Calderwood	BHC	1
Barbara Bleich	BHC	2
Carla Howe	BHC	2
Brooke Schmidtberger	BHC	4

In Memoriam

Mrs. Doris Dillinger	2-12-16
Mrs. Teresa Gordon	2-14-16
Mr. Gene Rapstine	2-16-16
Mrs. Willna Zweifel	2-22-16
Mr. Max Kiene	3-1-16
Mr. Lawrence Gerety	3-16-16
Mr. Wendell Yockey	3-19-16
Mr. Dale Mazachek	3-20-16
Mrs. Evelyn Siegel	3-27-16