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## 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.

## Cheers to Volunteers | Celebrating Service

**V**olunteers are priceless. The work of volunteers is invaluable to the organizations and people they serve. Non-profit organizations like Brewster cannot exist without its volunteers. Brewster Place has a varied volunteer program that is coordinated by Maxine Gilbert, Volunteer Coordinator for Independent Living, and Margaret King, Volunteer Coordinator for Brewster Health Center.

Resident volunteers also work thousands of hours each year preparing for the Annual Brewster Place Holiday Charity Bazaar. In addition, residents volunteer their time all around campus in a variety of ways. Whether it's serving on

Resident Council as an officer or committee chair or working the front desk at Brewster Health Center, Main Office or the Stone House, our volunteers are visible and vital. Many times residents come up with their own way to volunteer. Residents have planned, planted and maintained beautiful gardens in different locations on campus. We even have a retired pastor who serves communion to residents at Brewster Health Center. In total during the year 2016, residents volunteered over 7,500 hours in service to Brewster Place. Our resident volunteers are incredible — serving with commitment, passion and energy.

Just as vital to Brewster's mission are the many talented leaders from the Topeka community who serve on our three boards — Brewster Board of Directors, Brewster Foundation Board of Trustees and the Brewster at Home Board of Managers. Their expertise, energy, dedication and commitment to Brewster's mission is exemplified by the many hours they spend working on our behalf.

In conjunction with **National Volunteer Week April 23—29**, we are going to celebrate our volunteers at a special event, "Cheers to Volunteers!" Whether you volunteer or not, you are invited to attend this celebration in grateful thanks to all who give of themselves and their time and talents. This event will also have a very special surprise, so don't miss it! ■

## Cheers for Volunteers

Wednesday, April 23

3:00 pm | KAC

Please join us for light hors d'oeuvres, libations and a special presentation.



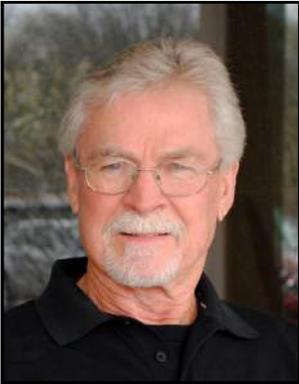
National Volunteer Week  
April 23—29, 2017

THANK YOU  
for your service.

## Welcome Back, Tim!

By Eileen McGivern,  
Vice President Wellness and Community Initiatives

The Wellness Department at Brewster welcomes back **Tim McManus** to our team as our **Wellness Support Specialist**. Tim will work with



Brewster Place residents, providing home visits, and connections to services and resources.

Tim was previously the Director of Brewster at Home, and was involved in the development of this program. Prior to that, he owned a Home Instead franchise.

Many of our residents know Tim as a former colleague from his time at Menninger's as the Director of Human Resources.

We are thrilled to have Tim join us again and look forward to tapping into his enthusiasm, caring, and knowledge of all things senior! Tim's office is located in the Main Building and he can be reached by calling 274-3310. ■

## Friday *Flash* Brain Train

**Team Jeopardy "Easter"  
and Brain Games  
Friday, April 14  
1:30 pm | KAC**



**Team Jeopardy "Spring"  
and Brain Games  
Friday, April 28  
1:30 pm | KAC**

You are invited to join Valerie Huss, MS, CCC-SLP, and Jamie Fritz, Activities Coordinator, for the **Friday Flash Brain Train**. We will begin each session with Team Jeopardy followed by some fun brain games. ■

## Caregivers Support Group

encourage. lift. support one another.

**Tim McManus, Wellness Support Specialist**, is now facilitating the **Caregiver's Support Group** at Brewster Place. Being a caregiver is one of the



most challenging things a spouse, parent, child or friend can do, and we want to provide needed support for residents and friends of Brewster. **Topics will include such things as:**

- Understanding and dealing with memory loss
- Managing difficult behaviors
- Caring for oneself
- Managing medications
- Community resources

The group will meet the **third Monday of each month at 10:30 am in the Chapel on Main Street**. The next meeting is **Monday, April 17**. If you have questions about this group, please call Tim at 274-3310. ■

## Creative Card Making

**“You can't use up creativity. the more you use, the more you have.”**  
-maya angelou

**W**e are declaring **Friday, April 14** as **"Creative Card Making Day"** at Brewster Place! Join Joline Kovarik, Arts and Crafts Supervisor, at 10:00 am in the Penthouse Art Studio to make cards for the Annual Holiday Charity Bazaar in November. Come join the fun! No talent is needed! We will serve a light lunch at noon. **Please make a reservation if you plan to stay for lunch by calling Joline Kovarik at 274-3317.**

# Let's Go South to Wichita

Thursday and Friday, April 20 and 21  
Brewster bus leaves at 8:45 am on April 20



We invite you to join Jamie Fritz, Activities Coordinator, for this overnight excursion to Wichita. Reservations have been made at the **Hotel at WaterWalk** where breakfast and a welcome cocktail are included. **Hotel is \$110.45 for a single; \$55.23 for a double (share a room). Travel fee is \$50.** We need a minimum of eight reservations to go. Please call Jamie by April 15 if you would like to reserve your spot.

## Trip Highlights:

- Spice Merchant & Co.
- Botanica, The Wichita Gardens
- Wichita Art Museums
- Yummy restaurants
- Shopping too!

## Volunteer Opportunities at Brewster Place

In preparation for our celebration of volunteers in April, last month we distributed a survey to residents about their volunteerism at Brewster Place. As part of this survey, we listed volunteer opportunities at Brewster Place. This list is not all-inclusive, but will give you an idea of the variety of opportunities.

### Brewster Health Center

- **Reception Desk** — Greet visitors and residents, give directions and sort mail (half day slots are available).
- **Events** — Help with big events such as Block Parties and the Fall Parade. We also need help at smaller events — such as pushing wheelchairs on trips to outside venues such as zoos or concerts.
- **Friendly Visitor** — Visit one on one or in small groups. Read, do crafts, play cards, perform music or just visit.

If you are interested in volunteering at Brewster Health Center, please call **Margaret King**, BHC Volunteer Coordinator, at 274-3312.

### Main Building Office

- **Reception Desk** — Cover the lunch hour (12:00—12:30 pm). Back-up help is also needed during vacations, appointments, meetings, etc.

### Stone House

- **Reception Desk** — Greet visitors to the Stone House and assist staff with mailings or other duties as needed.

### Resident Services

- **Events** — Help with big and small events as needed.
- **Birthday Party** — Help set-up and serve at the monthly Birthday Party.

If you are interested in any of these opportunities, please call **Maxine Thuston**, IL Volunteer Coordinator, at 274-3374.

### Brewster Bazaar Preparation

- Craft painting
- Sewing
- Hand quilting
- Crafts
- Crocheting
- Knitting
- Embroidery
- Card making

### Brewster Bazaar Event

- Bake Sale helper
- Make items for Bake Sale
- Table Chairman
- Sell tickets for Quilt Raffle
- Cashiers
- Sackers

### Trash & Treasure Sale

- Pricing before the sale
- Organizing at sale time
- Set-up for sale
- Cashiers
- Sackers
- Tear down after sale

If you are interested in volunteering for the Bazaar or Trash & Treasure Sales, please call **Joline Kovarik** at 274-3317. ■

Thrive. Bloom. Flourish.

# From the Chaplain | Christian Symbols

by Chaplain Roger Jackson, M. Div.

In February, I began to share the significance of the symbols on the stained glass banners in the Main Street Chapel. This month, I will conclude this series by sharing the last six Christian symbols. Stop by and view our beautiful banners in the Chapel.



**Star of Bethlehem**—This star is a symbol of the birth of the Savior, Jesus Christ. In Matthew 2, the Magi (or wise men) followed a star toward Jerusalem in search of the newborn King. From there, the star led them to Bethlehem, to the very location where Jesus was born. When they found the child with his mother, they bowed down and worshiped him, presenting him with gifts of gold, frankincense, and myrrh.



**Lamb**—The Lamb of God represents Jesus Christ, the perfect, sinless sacrifice offered by God to atone for the sins of all people. Jesus Christ is the Lamb of God. Isaiah 53:7 says, “He was oppressed and he was afflicted, yet he opened not his mouth; he was led as a lamb to the slaughter....” And John 1:29 reads, “The next day John saw Jesus coming toward him and said, ‘Behold! The Lamb of God, who takes away the sin of the world!’”



**Bible**—The Holy Bible is the Word of God. It is the Christian’s handbook for life. God’s message to mankind—God’s love letter—is contained in the pages of the Bible. We find these words in 2 Timothy 3:16: “All Scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.”



**Crown of Thorns and the Three Nails**—The crown of thorns and nails is the symbol of the sin and suffering carried and felt by Jesus during his crucifixion on the cross. Matthew 27:29 reads: “When they had twisted a crown of thorns, they put it on His head, and a reed in His right hand. And they bowed the knee before Him and mocked Him, saying, ‘Hail, King of the Jews!’” Then in John 19:18, it says, “There they nailed him to the cross.” The crown of thorns and the nails represent the suffering of Jesus Christ, the King of Kings and Lord of Lords.



**Communion**—The bread and wine is the symbol of the body and blood of Christ, which we call the Lord’s Supper or Communion. Bread represents the physical body of Christ. At the Last Supper, Jesus broke bread, gave it to his disciples and said, “This is my body which is given for you...” (Luke 22:19). Wine represents God’s covenant in blood, poured out in payment for humankind’s sin. Jesus said, “This cup is the new covenant in my blood, which is shed for you.” (Luke 22:20). Believers partake of communion on a regular basis to remember Christ’s death and resurrection.



**Lily**—The white lily known as the Easter lily has long stood as a symbol of purity, hope, innocence and peace. The Easter lily is a Biblical flower commonly associated with the resurrection of Christ. The lily signifies rebirth and a new beginning. It is said that beautiful white lilies sprang up in the Garden of Gethsemane where Jesus wept in the last hours before he was betrayed by Judas. Today, Easter lilies grace homes and churches each spring as a symbol of purity, joy, hope, and life. ■

## Bible Study Continues

### “24 Hours That Changed the World”

by Adam Hamilton

**Mondays, April 3—April 24**

**3:00 pm | Chapel**

In this seven week video series, Adam Hamilton combines biblical story, historical detail, theological analyses, spiritual insight, and pastoral warmth to retell the narrative of Jesus’ last and greatest hours. Everyone is welcome even if you haven’t attended earlier sessions. ■

Walk with Jesus on his final day.

Sit beside him at the Last Supper.

Pray with him in Gethsemane.

Follow him to the cross.

Desert him. Deny Him.

“Just as the  
Son of Man  
did not come  
to be served,  
but to serve,  
and to give his  
life as a  
ransom for  
many.”  
-Matthew 20:28

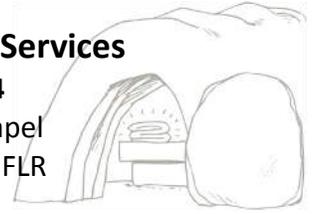
## Holy Week Services

### Good Friday Services

**Friday, April 14**

11:00 am | Chapel

2:30 pm | BHC FLR



### Easter Sunday Services

**Sunday, April 16**

2:30 pm | BHC FLR

4:00 pm | Chapel



Christ is Risen!  
He is risen indeed. Alleluia!



AT THE UNIVERSITY OF KANSAS

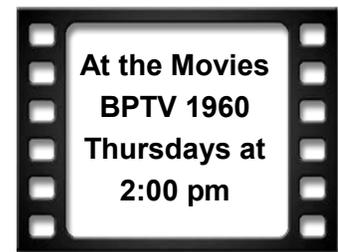
### Mary Cassatt, Thomas Eakins, and Winslow Homer: Three Great American Masters from the 19th Century Wednesdays, April 5, 12, and 19

**2:00-4:00 pm—Chapel**

We will study the great oil paintings of Cassatt, Eakins, and Homer along with their accomplishments in other areas of art and art media. We will discuss Cassatt’s 10-color intaglio prints from the 1890’s, which many in the print world consider to be some of the finest of this type of color printing, as well as her involvement with the French Impressionists. We will cover Eakins’ work in photography and his revolutionary approach to teaching life drawing. Finally, we will review Homer’s work in watercolor as an illustrator covering the Civil War for *Harper’s* magazine and his work in etching. Homer is “the” watercolorist by which all American watercolorists will forever be judged.



**Dan Kirchhefer** will facilitate this class. He is an artist and Professor Emeritus who taught drawing, printmaking, and the history of American Art at Emporia State University. ■



**April 6**

“The Thomas Crown Affair”  
(1999 romantic drama)

**April 13**

“Gravity” (2014 suspense)

**April 20**

“42” (2013 biography)

**April 27**

“The Thrill of It All”  
(1963 romantic comedy)



**A** potential taxable event may be in your future. Plan now to make the most of your investment. If you are a holder of Westar stock (WR), you may have a taxable event that could impact you. Westar is in a merger with Great Plains Energy. As part of the merger, Westar shareholders will receive two things: 1) a cash amount of \$51 per share; 2) shares in Great Plains Energy.

As would be expected, Great Plains Energy and Westar put out a wonderful 288 page document that explains the merger and details of many of the programs. One very important issue of the merger is the capital gains tax implications for the shareholder.

If you hold Westar (WR) stock, you will be receiving that \$51 per share, plus Great Plains Energy stock. You will have to pay any capital gains taxes on that payout of the \$51 per share. For some people, that could be a significant tax.

One meaningful way to limit that tax issue is to make a donation of some or all of your held shares to a non-profit organization. You would be able to receive a tax deduction, and make a phenomenal impact on an organization that you care about. The Brewster Foundation is a non-profit organization that can accept contributions of stock. The Brewster Foundation uses the proceeds to further the mission of Brewster. The donor will receive all legal benefits of the donation of stock and the knowledge that they are making a difference because of their kindness.

Please feel free to contact me at 274-3327 if you have any questions. This should not be taken as investment advice, rather information to make you aware. As always, check with your tax and investment professional to make sure a contribution of this type fits into your overall tax and investment strategy. ■

## The Foundation Forum



### **Topeka Zoo and Conservation Center**

Thursday, April 6  
10:00 am | BE CR

### **Walk at the Zoo**

Thursday, April 13  
10:00 am | Lobbies  
Please call Jamie at 274-3398 to go along.

**T**he animals are on the loose! Well, not really, but on Thursday, April 6, we will have some visitors from the Topeka Zoo and Conservation Center. The Foundation Forum is held at 10:00 am on the first Thursday of every month in the Brewster East Community Room. We are excited to host representatives from the Topeka Zoo to talk about the animals and some of the exciting changes that are happening at the zoo. If you've never joined us for a Forum presentation, plan to give it a try this month. As a follow-up, Brewster Place will be providing a bus on Thursday, April 13 at 10:00 am to take a "Walk at the Zoo." Residents can tour the zoo for an actual look at the animals and see the future plans at the zoo! Please call Jamie at 274-3398 for reservations. ■

**For more information about the Brewster Foundation please contact:**

**Jeremy R. Hall, Director  
785-274-3327  
Gaylene Dibbern,  
Development Associate  
785-274-3328**

Visit us on the web at  
[BrewsterLiving.org/  
Foundation](http://BrewsterLiving.org/Foundation)

# STRIDE TO THRIVE WALKING PATHS

In March we debuted the Stride to Thrive Walking Paths Maps to residents and staff. Our kick-off walk was a huge success with 18 residents attending. Julie Schmanke, Wellness Specialist, lead walkers on the path called “Willna’s Walk” which leads you around the Main Building as well as Oak, Maple and the Birchwood Cottages. It was a beautiful day and everyone is excited to continue on this wellness journey.

We have mapped out nine outdoor paths and seven indoor paths. Large colorful maps are available to anyone who would like to participate. Maps indicate how many laps it takes to complete one mile. To keep the momentum going, Julie will lead walks two times a week — Mondays and Wednesdays at Noon. Please meet her outside the Winchell Wellness Center for this half-hour walk (as always, we urge you to complete only as much as you can).

Color maps are available in the Main Office, Brewster East Business Office or the Brewster Health Center Therapy Room. As we move forward, we will be adding signage around campus as well as fun walking challenges for both residents and staff. Join us and **Stride to Thrive!** ■

**Stride to Thrive with Julie**  
Mondays and Wednesdays  
12:00 pm | WWC (meet)

Join Julie Schmanke to walk different paths on the map. Meet new friends and enjoy the exercise!

Walking path maps are available in the MB Office, BE Office or BHC Therapy Rm

## Kaw Valley Bank News

Residents may have read the recent article in the Topeka Capital Journal about the change of ownership for Kaw Valley Bank. Kaw Valley maintains a branch in the Main Street area of the Main Building.



**KAW VALLEY BANK**  
*Trust the strength of the K&W.*

Brewster residents can expect the same great service they have come to know from the Kaw Valley staff moving forward. “There are no changes anticipated for our Brewster branch,” said Robert Maxwell, Executive Vice President at Kaw Valley Bank. “We enjoy our relationship with Brewster and for now, it’s business as usual.”

The Kaw Valley Bank on Main Street is open on Monday, Wednesday, and Friday from 9:00 am to 3:00 pm. ■

## New Volunteer Badges

As part of enhancing our volunteer program, we are going to start providing volunteer badges similar to those that staff wear. Volunteers have an important job to do, and we want their role to be recognized as they serve.

Volunteer Coordinators, Margaret King and Maxine Thuston, will work with the Resident Services Team and the IT Team to create a list of volunteers, take photos and create the badges. Janis Swanson, Director of Resident Services and Community Relations, will take photos of our volunteers. Badges will be distributed as we get them done. ■



# Why Do You Volunteer? | Let Our Residents Speak to You

Answers from a Volunteer Questionnaire

“Being with others helps pass time. Enjoy being around people.”-Jo Bonjour “Stress reliever for myself and because others enjoy the result.”-Kathy Howard “To help a good cause; to have a chance to interact with others who are helping to do good.”-Lonna Reinecke “My responsibility as a resident and our way of donating to the Foundation.”-Pat Finson “I volunteer because life is more contented when helping people. I need the social contact for my mental wellbeing.”-Bob Parman “It makes me feel like I’m a part of Brewster. Makes me feel good and lets me see people I don’t usually see. I like working with people.” -Naomi Brooks “Something to keep active. To be around people. So proud to be a part of the community.”-Elsie Wessel “Because it was clear to me that residents who volunteer to boost the function of Brewster feel more comfortable because of their involvement.” -Freida Schriener “I am helping someone else and it makes me feel good about myself.”-Marilyn Hypse “Belief in causes, helping people, loyalty, building Brewster community, activist.”-Diana Siegal “I like to feel helpful and do things to help my community.”-Lois Fensler “Support resident concerns and input to long range planning of Brewster Place.”-Bill Harlow “Companionship with other residents and love working with books.”-Rosemary Harlow “Enjoy it! Be involved! Meet people.”-Gloria Barron “I have always received more from volunteering than I have given.”-Mary Lou Mitchell “Help people — fill a need — use experience I’ve gained through my lifetime — work with others to help (and also I learn skills by working with others). Someday I may need help from a volunteer.” -Ruth Jacobsen



## Celebrations and Congratulations!



**Above:** Congratulations to Jack Renander for receiving the Best in Show ribbon at the Art Is Ageless Show in March. Jack, along with other Brewster Place artists, submitted several pieces.

**Right:** We don’t let any holiday go by without a little celebrating! Jean Ragan, Phyllis Allen and Adele Wallace joined a big group at the St. Patrick’s Day Social in March. Great fun for sure!

**Right:** Congratulations to President and CEO David Beck on receiving his 20 year service award from Brewster board member, Chuck Engel. We thank David for his vision, steadfast service and commitment to Brewster’s mission.



## Birthdays

Jan Burnett	1
Michael Lucas	1
Barbara Noe	1
Maxine Taylor	1
Doris Davis	3
Marion Knight	5
Barbara Wildrix	5
Patricia Beason	9
Nancy Roseberry	9
Dwight Thomas	9
Mary Lou Heckathorn	10
Rosemary Bradbury	12
Doris Peery	13
Jane Beamand	16
John Thiele	17
Elizabeth Stubbings	18
Doris Davidson	23
Carlos Mora	23
Juanita Hopkins	25
Naomi Brooks	27

## Anniversaries

Carl and Johanna Roney	4/10/1949
Bill and Daisy Douthett	4/14/1946
Dwight and Irma Thomas	4/15/1950
Richard and Erna Nichol	4/24/2004

## New Residents

Ona Maydew	MB 312
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## Transfers

Terry Salley	NT 23
Gary & Judy McGinness	BE G-3

## Staff Anniversaries

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

Department	Location	Years
<b><u>Community Relations</u></b>		
Janis Swanson	MB	17
<b><u>Dining Services</u></b>		
Esteban Tetuan	BHC	1
Ernest Llamas	MB	1
Robert Uitts	MB	1
<b><u>Environmental Services</u></b>		
Matt Burns	MB	14
<b><u>Health Services</u></b>		
Kaileigh Gray-Milligan	BHC	1
Anny Haney	BHC	7
Bailey Matavosky	BHC	1
Lynzie Reynolds	BHC	2
Nathisha Johnson	HH	1
<b><u>Rehab</u></b>		
Denise Forgy	Rehab	5
<b><u>Security/Transportation</u></b>		
Yvette Brooks	MB	2
Ernest Reed	Campus	5
Dawn Means	Campus	3
Peter Campain	Campus	1
<b><u>Therapy</u></b>		
Richard Dinneen	BHC	8
Susan Calderwood	BHC	2
Barb Bleich	BHC	3
Carla Howe	BHC	3
Brooke Schmidtberger	BHC	5
<b><u>Wellness</u></b>		
Jenny Lamb	MB	1

## In Memoriam

Mrs. Joyce Gartner	3/01/2017
Mrs. Naomi Mick	3/04/2017
Mrs. Mary Ann Haugsness	3/04/2017
Mr. Stephen Minter (former resident)	3/04/2017
Mr. Homer McElroy	3/09/2017
Mrs. Edna Fluke	3/22/2017
Mrs. Carlene Allen	3/26/2017

**Thrive.**  
**Bloom.**  
**Flourish.**  
*Live enriched.*  
*Every day.*

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](http://www.BrewsterLiving.org)**

Janis Swanson, Editor

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