



## WORKING TOGETHER

## SUPPORTING EACH OTHER

BY JOE EWERT  
PRESIDENT & CEO



### 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.

The afternoon of March 3 was one of great joy for me as Brewster hosted a fundraiser for our **Veterans Hall of Honor**. We had a nice meal, music, dancing, and a chance to tell stories and talk about the importance of remembering. There wasn't a single empty seat and contributions began coming in immediately. I was feeling inspired knowing this important project was moving forward. At the time I was unaware that 12 people in the United States were diagnosed with a novel virus the very same day. This new virus would soon become something I studied day and night.

On March 3, there were 51 confirmed cases of COVID-19 in the United States — a number that barely registered in my mind. I had no idea that two days later I would be requesting an inventory of all our hand sanitizer, masks, and gowns, and receiving reports from my team and our vendors at the close of the week that these items were remarkably unavailable.

Twelve years ago I was the nursing home representative on the Kansas Pandemic Flu Task Force convened by the Sebelius administration. The group included healthcare professionals, state and local emergency and disaster officers, and many others. We studied pandemics and potential impacts on communities and offered recommendations of areas that needed strengthening in the state. It is interesting to me now to see the progress that has been made in the last decade, especially with regard to planning and training at the organizational and community level.

Brewster has invested important resources into preparing for emergencies and disasters of all kinds. This investment is proving to be invaluable each day. At the same time, it seems we as a nation still need progress in other areas like the supply chain of high demand medical supplies. Things are changing continually during this uncharted time. In fact, as I finished writing this paragraph, I received a call from Jayhawk Pharmacy who has managed to secure us a large shipment of needed items like masks and gowns. This very moment I am overwhelmed with thankfulness and hope.

Each day I continue to find many reasons to be thankful and hopeful. I am thankful for the strength of our community and the strength of both our campus operations and the Brewster Foundation which allows us to provide things like free personal shopping for residents and to provide groceries on campus for staff. It allows us to maintain staffing levels that help us venture further in our efforts to protect our campus and offer the best services we can under these unique conditions. I am thankful we have the neatest, smartest, and most supportive people living at Brewster Place. The words of support, encouragement,

*continued on page 4...*



## FROM the CHAPLAIN

REV. ROGER JACKSON, M.DIV

**W**e stand in the middle of what is perhaps the worst medical crisis in our lifetime. The coronavirus has proven to be deadly in some cases, dangerous in others, and its presence has caused significant stressors to communities across the globe. Markets have seen daily collapse, cities and states have issued stay-at-home orders, and the burden on portions of the workforce is immense. And if all that wasn't bad enough, March Madness, baseball, basketball and the Olympics have either been postponed or canceled.

Should we be afraid? How do we respond? What do we do? What do we say? What does our faith look in times like these? Paul says in 2 Timothy 1.7: *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."* So if not fear, then what? Paul answers this question for us. **Power. Love. And a sound mind.**

### **The Spirit of a Sound Mind**

Even if we are not to be ruled by fear, it doesn't mean we have to be stupid. This virus is dangerous and deadly — especially for those of us who are vulnerable — we have to do our best to protect ourselves from it. Brewster has adopted extensive safety protocols to help keep us safer. We must be smart in the midst of potential danger and having a sound mind means discerning the difference between what is rational and what is emotional. Social media, for example, thrives on emotional reaction. Who has contracted the disease! Who is to blame for all of this! If you feel like fear is grasping you during these days, the first thing to do is limit the power of the "fear box" that is your phone, computer and social media. Don't let emotion overwhelm you. For God has given us a spirit of a sound mind.

### **The Spirit of Power**

Times like these can make us feel powerless. So we buy toilet paper and sanitizer, thinking it will help us? There are things we can do to use the God given power within us. We can wash our hands, take vitamins, eat healthy foods, exercise and walk around campus in good weather. We need to use the power God has given us to take care of ourselves. Take care of yourself. Use the spirit of power that God has given you.

### **The Spirit of Love**

The spirit of love suggests that we shouldn't judge others during these days. I judge you because you are wearing a mask and you judge me because I'm not wearing a mask. Or I judge you because you look sick or you made a choice to go off campus. We need to love, not judge. All of us are trying to figure this out so we must treat each other gently during these days. God has given us a spirit of love. Care for one another during these days.

God has not given us a spirit of fear, but of sound mind, of power, and of love. Receive these gifts. Know that you are blessed. Even in these days. You are blessed. ■

Portions used with permission  
Rev. Dr. Matt Sturtevant, [https://  
firstbaptistlawrence.com/a-spirit-of-fear/](https://firstbaptistlawrence.com/a-spirit-of-fear/)

## **VIDEO BIBLE STUDY**

### **The Case for Easter**

By Lee Strobel

**Sundays, April 5, 12, 19, 26**  
**2:00 pm | BPTV 1960**

# WELLNESS AND RESIDENT SERVICES

## How You Can Help Others SERENA KENT, LMSW, DIRECTOR

It is normal to feel overwhelmed with the current happenings in the world. It is also a normal human reaction to want to help. It is a testament to the fact that we are stronger together.

Much of the world is under restrictions which can significantly limit the amount of physical help that people can provide. However, the impact of kind words and letting people know that you appreciate them can go a long way.

Please join me in writing thank you letters and cards to hospitals, grocery

stores, mail carriers, fire fighters, EMT's, and to Brewster employees. This is something anyone can do and we invite you to help. If you are interested in writing messages of encouragement and thanks, please call Chelsy at 274-3394. Cards and paper will be provided. Once finished with your notes, call 274-3394 to have your cards picked up. We will take care of delivery to the appropriate staff, agencies, stores or hospitals. Thank you! ■

---

## Pen Pal Program

In an effort to keep children and seniors connected during this difficult time, we have put out a request via Brewster's Facebook page for the greater community to work together with us on a special pen pal program.

We have invited kids in the community to write a letter, make a card, or show their artistic side through a painting or drawing, and send to Brewster Place where they will be distributed to residents. In return, we will work with residents on writing letters, making cards or drawings to send to the kids at home.

While kids are home schooling, this gives them a great lesson in implementing acts of kindness as well as being aware of their feelings of gratitude when they receive a letter or note back.

It's important to keep generations connected and this program gives everyone something to look forward to. The added bonus is that it can help kids with reading, writing, spelling, and teaches them how to mail letters — the old fashioned way!

Chelsy Wessel, Wellness Case Manager, is the contact person for this program. You can reach her at 274-3394. ■

---

## Art a la Carte

Whether you already enjoy using your creative skills already or you need something to keep you busy during this time at home, Kris Saia, Creative Arts Coordinator, has something for you with her Art a la Carte. She has greeting cards to color and send, easy watercolor projects, crossword puzzles and brain teasers as well as magazines and library books to share.

Get crafty with Kris while in your nest by calling her at 274-3317 for details. ■

---

## Please note...

### Intergenerational Programs

All intergenerational programs are canceled during this time.

### Osher Lifelong Learning

The April Osher class has been canceled. In addition, the summer session of Osher will begin in July instead of June. Stay tuned!

### Nail Clinic

There will be no Nail Clinic until further notice.

## DINING SERVICES

We want to thank everyone for their patience as we have adjusted to having the dining rooms closed and serving meals to individual homes. Our current system of meal ordering and delivery seems to be working well and we will continue that for the foreseeable future.

### **Please note:**

- Beginning April 5 the new spring/summer menu cycle will begin.
- We are adding another entrée to lunch and supper to increase your choices available during this safe-at-home time.

## YOUR SAFETY

The Safety Committee is not meeting right now because of social distancing protocols but I want to encourage people to continue communicating Safety issues to their building representative and they will make sure that they are turned in to Ron Dean and addressed. ■

*continued from page 1*

and offers of help from residents across campus has been truly incredible.

The past few weeks have been hard on everyone. In an effort to keep folks healthy, we have had to close down and cancel the very things we have worked hard to build to keep us healthy and happy — including wellness centers and exercise classes, wide varieties of meal options, world class activities, and of course, social interaction.

My team of dedicated staff have gone above and beyond to establish protocols and practices to keep everyone on campus safe. It is quite something to witness the tireless work of so many to assure our community is protected to the greatest extent possible while also working for alternate ways to provide relief to the monotony and anxiety that comes with social distancing.

## TEAM BREWSTER

The staff of Brewster Place are going above and beyond during this unprecedented time. The following are just a couple of programs that are helping staff stay healthy and adhere to social distancing.

### **Food Pantry**

Brewster is providing basic grocery items to staff for purchase/pickup weekly. Keeps them from having to go to the store, and they can have it payroll deducted to help through this time. The Foundation Employee Assistance fund is subsidizing a portion of their purchase each week as well.

### **Meals**

In addition, Brewster is providing one meal per week for staff to show appreciation for all of their hard work. We are selecting locally owned establishments to provide these meals to assist those businesses during this time as well. ■

The Kansas Department of Health and Environment is currently predicting COVID-19 will peak in Kansas the last week of April. This means we could have another eight weeks of this modified lifestyle we've adopted, but no one can know for sure. ***What I do know for sure is that no matter how long it takes for the virus to run its course, we will be here for you even longer.*** In the meantime, please do not hesitate to reach out if you have a need, no matter how small you may feel it is, even if it's just to talk. While we may be highly rigid in our defense of health and safety, our favorite thing is still finding a way to fulfill your needs, and hearing from you is the highlight of my day. ■