



## In this issue:

- 2 New Residents  
At the Movies...  
BE Tailgate Party
- 3 New Residents cont.  
St. Francis Family  
Medicine at Brewster  
Place Hours/Services
- 4 TALK About Books in  
Kansas
- 5 Chaplain's Message  
International  
Forgiveness Day
- 6 Meet Our Members  
Wellness Wednesday:  
Essential Oils
- 7 Brewster Foundation  
Free Bus Route
- 8 Trash & Treasure Sale  
Photos

### 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



## Celebrate Artists! | 50th Anniversary Art Exhibit

Brewster has a long history of supporting the arts, but from its early beginnings 50 years ago many wonderful artists have called Brewster Place home. One such notable artist was Avis Chitwood, Brewster resident from 1964—1994, who taught etching and watercolor in the Art Department at Washburn University. She continued to create beautiful art well into her 90s.

Other more recent Brewster artists who have shown and sold their works include Betty Bowman, Bert Tyrrell, Alberta Cowles, Jan Burnett, and Dorthy Bennett.

Today, the artistry of Brewster Place residents continues to flourish. Art classes taught by Joline Kovarik, Brewster's Arts and Crafts Coordinator, offer a great way for artists to develop their skills and connect with others who have a passion for art.

"Residents who never had time in their younger years to use their creative side now have time and a place to do so," says Joline. "You do not have to be a great artist to enjoy painting, woodcarving and just learning about art."

Recently, a group of Brewster Place artists traveled to the Ensley Gardens at Lake Shawnee for a Plein Air painting day. "Plein Air" is a French expression which generally refers to painting in the open air. Our resident artists spent hours painting the beautiful flowers, structures and landscapes of the gardens.

### Celebrating the Artistry of Brewster

As part of our 50<sup>th</sup> anniversary celebration, Brewster Place will be hosting an Art Exhibition showcasing the artistic works of our residents. In addition, Cally Krallman, a local artist, will also showcase her work at the Brewster Art Exhibition. Cally's grandmother, Mary Marsh, lived at Brewster Place for many years and Cally has donated several of her paintings to Brewster Place.

The art exhibition will be held Sunday, August 17, from 2:00—5:00 pm. This will be a free event and open to the public.

Any artists who would like to showcase their works should contact Joline Kovarik at [jolinek@brewsterplace.org](mailto:jolinek@brewsterplace.org) or 274-3317. ■



*"Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing."*

*-Georgia O'Keeffe*

# Getting to Know Our Residents

by Kevin Doel, Director of Marketing



**John Adams**

1205 SW 29th St, Apt. 519  
Ph. 274-5589

John Adams moved into Brewster Place in September 2013 with the goal of making new connections and enjoying a vibrant social life. His favorite things to experience at Brewster Place are getting out to the theater or dinner with other residents.

“I lived in an apartment before moving to Brewster Place, but I really was looking for a community and connections to other people, not just a home,” John says.

John was born in Chillicothe, Missouri, but his father’s business brought the family to Topeka when John was just five years old. He attended Washington University in St. Louis for two years before transferring to Columbia University in New York where he graduated with a degree in Architecture.

His career in architecture was spent with local architectural firms, including what is now Tevis Architects. He even had a hand in the design of the Brewster Place Main Building!

During his younger days as a student of Topeka High School, John took a French class and continued those studies in college. He has enjoyed several trips to France, particularly the art galleries and restaurants in Paris.

When asked if he thought the French lived up to their reputation of being snobbish and rude, he said he did not have that experience at all.

“If you speak a few words of their language, it goes a long way to making a friendly connection.”

John’s apartment is full of great pieces of art that he enjoys, including a number of pots that he sculpted himself. ■

## Brewster East Tailgate Party Saturday, August 16

**5:15 pm**

Brewster East Dining Room

### Menu

Pulled Pork Sliders

Hot Dogs

Crinkle Cut Sweet Potatoes

Cole Slaw

Deviled Eggs

Chocolate Chip Cookie with Ice Cream



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



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



### At the Movies

**BPTV 23**

**Thursdays**

**2:00 pm**

#### August 7

“Heaven Is for Real” (2014 drama)

#### August 14

“Chocolat” (2000 romantic drama)

#### August 21

“Girl with a Pearl Earring” (2003 drama)

#### August 28

“Easy Virtue” (2008 romantic comedy)

If you have a movie suggestion, please let Janis Swanson, Communications Coordinator, know by calling 274-3389 or emailing her at: [janiss@brewsterplace.org](mailto:janiss@brewsterplace.org)

## Getting to Know Our Residents

by Kevin Doel, Director of Marketing

Mary Lou Kiene enjoyed her beautiful home she lived in prior to moving into her Brewster



East apartment in September 2013, but it had four levels of stairs and her children encouraged a move to Brewster Place.

“I chose Brewster Place because it’s the best place in town, and I know people who live here and they all like it here.”

Mary Lou was born in Kansas City, Kansas but moved to Topeka when her father became a manager of the Palace Clothing Company in Downtown Topeka. He later worked for the Ray Beers clothing store downtown.

She met her husband, William R. Kiene, after he returned from service in World War II and they married here in Topeka. He was an architect and partner in the firm Kiene & Bradley and was instrumental in the design of buildings such as the Kansas Supreme Court building and the Bank of America

tower. William passed away in 1979. She has three children: Carol McCoy, Matthew Kiene and Annette Kiene, plus five grandchildren and one great grandchild.

While her degree from Washburn University is in Education and she worked briefly as a teacher in the Topeka Public Schools, most people know of her from her career as an interior designer. She and her husband opened Design Forum in the 1950s, originally as a part of William’s architectural firm. She continued her work as an interior designer into her 70s.

Mary Lou’s apartment reflects her knack for interior design, with beautiful furnishings and art she has collected. An avid reader, Mary Lou also enjoys going out to lunch and dinner with friends.

Among her favorite memories are serving as an original member of the Women’s Board at the Mulvane Art Museum, and traveling with her husband throughout Europe, including Sweden, Switzerland, Germany, England and France. ■

**Mary Lou Kiene**

900 SW 31st St., Apt. 224

Ph. 266-7115

## St. Francis Family Medicine and ReadyCare at Brewster Place

1101 SW 29th Street | 785.379.4600 | Topeka, KS 66611

### St. Francis Family Medicine and

### ReadyCare at Brewster Place is

accepting new patients and walk-ins are welcome. To schedule an appointment, please call 785.379.4600. The clinic has full-service primary care and ReadyCare services.

### Providers

Dennis Tietze, MD

Chester Davis, MD

Loretta Hoerman, PA-C

Kim Vosburgh, PA-C

***In an emergency call 911.***



### Hours

**Monday—Friday**

8:00 am—8:00 pm

**Saturday and Sunday**

10:00 am—6:00 pm

### Services

#### Wellness

- Vaccines
- Employment, school, camp, sports and daycare physicals

#### Assessment and Treatment

- Illnesses, aches and pains
- Minor injuries
- Infections and skin conditions

#### Diagnostics

- X-ray
- Lab services
- Radiology
- EKG

#### Access

- Physical Therapy
- Rehabilitation

## Do You Love to Read? | Join Us for TALK About Literature in Kansas

The Kansas Humanities Council (KHC) is a non-profit organization that connects communities with history, traditions, and ideas to strengthen civic life. Since 1972, KHC has been a partner and advocate for the cultural life of the state.

Democracy demands wisdom and vision in its citizens, and the humanities provide a way to gain both. Healthy communities depend on the humanities to provide a forum for the exchange of ideas and viewpoints about historical and contemporary topics, opportunities to deepen understanding of our shared heritage, and encouragement for innovation in civic life. ([kansashumanities.org](http://kansashumanities.org))

Talk About Literature in Kansas (TALK) is a program of KHC for every Kansan who loves to read and discuss good books. Each TALK series is built around an entertaining and thought-provoking topic of interest to adult readers. The books in each series are selected for reader appeal, literary quality and relevance to the series theme.

TALK provides exciting programs for local libraries, retirement communities, historical societies or other nonprofit groups. KHC provides multiple sets of books free of charge and discussion leaders. Brewster Place has participated in the TALK program for many years and we are excited to offer the Fall 2014 Series entitled, "Middle Eastern Culture and Society."

The Middle East can seem so far from daily life in Kansas. The information we receive is often through images in the media that become stereotypes generalized to all people of the region – terrorists, fundamentalists, women who suffer gender inequality. Just as we in Kansas are frequently called upon to defend our state's diversity and rich culture, so too the Middle East is a diverse region with multiple histories, cultures and peoples of varied backgrounds.

While the region has long been a significant part of the daily news, people have failed to look beyond the media headlines to the vast amount of information to be found about the region. This series of books moves beyond stereotypes to delve into the

complexities of the region's people and cultures.

This set of fiction and non-fiction explores twentieth-century Iran, Egypt, Israel, and their neighbors. The four books complement each other by telling us broadly about the contemporary history of the region, the role of women, and the role of religion in society. By learning about the diversity of religions, societies, and histories of the re-

gion, readers will move beyond current impressions of a homogeneous region to see greater diversity and interconnections. ([kansashumanities.org](http://kansashumanities.org))

The first book in this series is "The Israelis: Ordinary People in an Extraordinary Land" by Donna Rosenthal. Living in a state frequently at war within its territories and with its neighbors, Israelis have had to adjust to a climate of fear. Young people, who face compulsory military service, lead lives that are necessarily entwined with religion and politics. A nation of immigrants, Israel is much more religiously and ethnically diverse than many would guess.

Discussion on this book will be Wednesday, August 27 at 3:00 pm at Brewster East. Our presenter is Nancy Hope, associate director for the Kansas Consortium for Teaching About Asia. Please call Jeanene at 274-3398 to obtain your book. ■



### Other Books in the Series

**Persepolis: The Story of a Childhood**  
by Marjane Satrapi

**My Prison, My Home:  
One Woman's Story of Captivity in Iran**  
by Haleh Esfandiari

**The Yacoubian Building**  
by Alaa Al Aswany



## From the Chaplain | The Joy of Forgiveness

by Chaplain Roger Jackson, M.Div.

In the award winning film called “The Mission,” Robert DeNiro plays a mercenary who has taken shelter in the local church after killing his brother in a fit of jealous rage. He eventually leaves the church and heads to a mission post located above the waterfalls in a South American jungle. Because of what he has done and how bad he feels, he ties himself to a several hundred pound net of items that represents his sinful life. He feels compelled to drag this sack of sin around with him as a way to do penance. The rope chokes the very life out of him, leaving him feeling terrible and unsure what to do with his sin and the shame that comes with it.

Have you ever felt like that? I suspect that some of us are bound to some transgression today. Others of us are gasping under the guilt of things we did several years ago. What do you do when you realize that you’ve messed up? Where do you go when you’ve failed? Where do you turn when you’ve hurt those closest to you? Do you grab some rope and hitch it up to your sin pile and start dragging? Or, is there something better?

According to **Psalm 32** there is something better. **Psalm 32:1** says, *Happy are those whose transgression is forgiven, whose sin is covered.* The very first word we see is “happy” or in some translations it is “blessed.” This has a very rich meaning that cannot be defined with just one word. We could say, “How happy!” or “Congratulations to,” or “Good for the one who,” or “Oh, the bliss

of!” In addition, this word is in the plural so we could say, “Oh, the multiple of happiness, the bundles of blessings to the one whose transgressions are forgiven, whose sins are covered.”

If you and I mess up, we know that God will forgive us and we can have joy in our heart again. But what about the person who did us wrong, who said something that offended us, who hurt us in some way and we cannot find it in our heart to forgive them. Wow! This happens so many times. I have seen siblings not talk to each other for 50 years because of something that was said, and they go to the grave with an unforgiven

heart. I have seen co-workers who are conniving and vindictive to others who have hurt them, even to the point where both parties lose their jobs. I have seen families who have been torn apart and destroyed because of being unable to forgive.

No joy is found in refusing to forgive. If God can forgive us for the many sins in our lives by sending Christ Jesus on this earth to die for them and give us joy, then surely we can forgive others who say or do things that hurt our feelings. Who do you need to forgive? Who do you need to give some joy? ■

### International Forgiveness Day — August 3

The **Worldwide Forgiveness Alliance** has as its mission to evoke the healing spirit of forgiveness worldwide. They declare that “forgiveness is the greatest healer of the all” (Dr. Gerald Jampolsky) and that “without forgiveness there is no future.” (Archbishop Desmond Tutu).



One of Brewster’s core values is relationships. We believe relationships grow and blossom with forgiveness and the **Brewster Diversity Team** has decided to help us all develop better relationships by celebrating International Forgiveness Day.

Coming to an employee break room near you (BHC, Brewster East, Assisted Living and Main Building) will be a wreath and ribbons in Brewster’s colors.

We invite residents and staff to tie a ribbon on the wreath for each person he/she wishes to forgive or wants forgiveness from. As you tie your ribbon on the wreath, a silent prayer or meditation granting or requesting forgiveness is offered. No one will know the specifics of your request.

The wreath will start at BHC and move to Brewster East, Assisted Living and finally the Main Building. It will be at each location for about a week. Once the wreath has been at each location, it will be hung in a public area with signage explaining its significance and meaning. ■

## Meet Our Members

by Julie Schmake, Member Relations

Joyce Gartner has joined Brewster at Home and we'd like to introduce you to her. Joyce was born and raised in Topeka and enjoyed a long career as a registered nurse and public health nurse.



Joyce has many memories of sitting on her grandparents' porch as a child and watching a cute neighbor boy ride up and down the block. Later in life their paths would cross

again when both Joyce and the young man named Tom landed jobs at Flad and Marsh, a drug store in downtown Topeka.

Joyce and Tom spent a good amount of time arguing and ended up going their separate ways — Tom to serve during the war and Joyce to school in

St. Louis. Believe it or not, their paths would cross a couple of more times before they married each other in 1953. It bears saying that Tom and Joyce realized later they were both born only five blocks apart and both were home births — destiny?

Tom and Joyce lived in Topeka and raised two children, a son Christopher who lives in Texas, and a daughter, Nancy Freund, who is an attorney in Topeka. Joyce is blessed to have three grandchildren and one great grandchild. Joyce's husband passed away in 2012, but they had 59 fabulous years together. She said that friends had encouraged her to join Brewster at Home and it has filled a void in her life.

Joyce used to cook but doesn't do much anymore. She loves to have fun and misses some of the social things she and her husband did together. Joyce attends our Friday Socials regularly so if you see her, introduce yourself! ■

## For Your Wellness | Essential Oils, Aromatherapy and Seniors

By Eileen McGivern, BSN, RN, Director of Strategic Community Initiatives

### emotional WELLNESS



**Wellness Wednesday**  
Wednesday, August 6  
11:00 am  
Main Lounge

Have you ever noticed smelling something that evokes a memory of times gone by? The scent of sage might remind you of your mom mixing up the stuffing for the holiday turkey. Such a memory can elicit a physical response, such as your mouth watering, when you think of that delicious stuffing! Scents can indeed be powerful! Researchers are looking into the power of scents and specifically what role aromatherapy can play in lives of seniors.

**Aromatherapy** is defined as a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of altering one's mind, mood, cognitive function or health. Scientific studies are ongoing to show evidence of efficacy in such areas as antimicrobial (substances used to treat a microbial infection) research. So far, tea tree oil has demonstrated antimicrobial effects. With antibiotic resistance growing, scientists are looking at plant materials for solutions.

Aromatherapy appears to work two ways. First, it influences the limbic system in the brain via our olfactory system. The other mode is through our skin via absorption. While aromatherapy does not cure conditions, it is suggested that it helps the body find a natural way to cure itself and improve immune response.

Please join us for this informative Wellness Wednesday. Please invite a friend, too! ■

*There's more to experience!*

**The Gift of Education and Training**

A very generous gift to the Brewster Foundation has made it possible for us to send nine Brewster Health Center staff members to Kansas City to attend the Pioneer Network National Conference.

August 4—7 these valuable employees will be attending educational sessions that will further their development in delivering person-centered care. The Pioneer Network Conference is the nation’s largest conference focused on culture change and person-centered living for senior adults.

Conference attendees were announced in July at a reception that featured a chocolate fountain and recognition for the participants. Why the chocolate fountain? Because if you didn't know, Kansas City is the City of Fountains!

Each day of the conference staffers will attend a variety of sessions. Days will be full of learning and new experiences and as a special treat, each night the group will be chauffeured to a fine restaurant to relax and reflect on the day’s events. Look for a summary of their experiences in the next issue of the Brewster News. ■



**Conference Attendees (l-r):** Brenda Dobler, Marta Robinson, Angala Anderson, Anny Haney, Jodi Buchmeier, Deb Steinhauer and Deb Wells. Not pictured: Whitney Walker and Tina White

**The Gift of Music**

Over the past several months a small campaign to raise funds for a new Chapel organ has occurred. The campaign was a success and the organ was delivered in late July. To celebrate and dedicate our new organ, a special service will be held on August 24 at 4:00 pm in the Chapel. During the Vespers service, we will have a special dedication of the new Ahlborn Galanti organ. The organist will play special music for all to enjoy and to give thanks for the new instrument. Thank you, to all who made this gift of music a reality! ■

**For more information about the Brewster Foundation:**  
 Call Jeremy Hall, Director  
 785-274-3327  
 or email him at  
[jeremyh@brewsterplace.org](mailto:jeremyh@brewsterplace.org)  
**Visit us on the web at:**  
[BrewsterLiving.org/Foundation](http://BrewsterLiving.org/Foundation)

**Free Bus Route Reminder**

**Tuesdays and Thursdays**

**8:00 am—5:00 pm**

Residents and Brewster at Home members can use the bus route leaving from Brewster Place for free on these days. The route is as follows:

- A. Brewster Place
- B. Stormont-Vail Healthcare
- C. St. Francis Health and Medical Facilities
- D. Tallgrass Medical Center
- E. Westridge Mall
- F. Hobby Lobby/Michaels
- G. Colmery-O’Neil VA Medical Center



If you live and work at Brewster Place, BPTV 23 is your source for the daily schedule, activity updates, news, music, worship services, movies and fun photos!

**Audio Announcements**

Monday—Friday from 8:00—8:30 am.

# TRASH & treasure SALE

**Friday and Saturday  
August 8 and 9  
9:00 am—3:00 pm**  
Main Building lower level  
Klinge Activity Center

Open to the public!  
Invite your friends and family!

The semiannual **Trash & Treasure Sale** is upon us once again and as the old saying goes, "One person's trash is another person's treasure." Residents, staff and friends have donated items they no longer need or use so that our Trash & Treasure Sale can be successful. From fine jewelry to antiques, kitchen items, clothes, books, electronics, and anything and everything you can think of, this Sale is not one to miss.

Whether you are shopping for yourself or thinking about furnishing a college apartment for your kids, you are sure to find something you just can't live without!

Staff and residents work all year long collecting, organizing, pricing and storing items for the Sale which benefits the **Brewster Service Fund**. This Fund is run by residents and each year they allocate money for programming and special projects at Brewster Place. Shopping at our Trash & Treasure Sale not only helps you, it also helps the residents of Brewster Place.

We would like to dedicate this Trash & Treasure Sale to the memory of Mrs. Margaret Senne who worked tirelessly for many years as a resident volunteer preparing for and working at Trash & Treasure Sales. Her tenacity, attention to detail and work ethic will be long remembered and cherished. ■

“*Smile*  
with your lips,  
*smile*  
with your eyes,  
*smile*  
with your heart  
and soul and your life.”  
-Terri Guillemets



**Left:** Resident Georgia McKeever (center) was joined by two of her childhood friends from Haven, Kansas. These gals have been lifelong friends and had a great time being together and sharing stories as well as enjoying our beautiful campus. Great smiles too!



**Left:** Martin Woner worked out in the Brewster East Wellness Center. The Center is full of state-of-the-art equipment and is open 24/7 for residents, Brewster at Home members and staff.

**Right:** Ann Cousins joined a large group of residents for our Annual 4th of July Parade. It was a great way to start the day of celebrations!





**Resident Birthdays**

Don Patterson	1
Beverly Johnson	2
Irma Johnson	3
Lawrence Gerety	4
Mary Patterson	4
Phyllis Krause	5
Donnie Cousins	6
Joan Walrafen	6
Beverly Rasmussen	7
Vern Belke	8
Richard Ellison	9
Dean Rinner	9
Wilda Brock	10
Barbara Fernkopf	10
Ruth Jacobsen	11
Mary Mills	11
Nadine Yenkey	14
Mary Kresie	15
Bud Burris	16
Rosaileen Griffin	17
Jim Roach	17
Rowena Scarboro	19
Jean Hinton	20
Juliette Burnett	21
Ann Gregg	21
Betty Rosen	21
Darline Peterson	22
Gene Shoemaker	22
Monna Bulkley	22
Jane Ryan	24
Mary Ann Haugsness	25
Maxine McDaniel	27
Kathy Howard	28
Royce Walz	29
Lew Mills	30

**Anniversaries**

Jim and Alice Barron	8-11-54
Jack and Polly Collins	8-15-53
Roland and Jo Bonjour	8-18-57
Chuck and Kathy Howard	8-18-51
Earl and Phyllis Butler	8-19-56
Chuck and Mary Lear	8-20-47
Peter and Elizabeth Packard	8-21-54
Bob and Helen Sparling	8-21-49
Jim and Marilyn Stanton	8-28-92
Martin and Lorice Ann Woner	8-31-52

**Staff Anniversaries**

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Administration</u></b>		
Leslie Blake	BE	6
David Beck	MB	18
<b><u>Capital Care Transitions Coalition (CCTP)</u></b>		
Pat Wilson	CCTP	39
<b><u>Dining Services</u></b>		
Evelyn Castro	BHC	8
Junior Zamora	BHC	5
<b><u>Environmental Services</u></b>		
Caleb Cowan	BHC	3
<b><u>Health Services Administration</u></b>		
Samantha Royles	BHC	8
<b><u>Health Services</u></b>		
Krystal Hall	BHC	3
Michelle Brady	BHC	5
Faith Nelson	BHC	8
Marie-Claire Yundze-Webster	BHC	1
Sarah Gaut	BHC	6
Helen Teater	AL	4
<b><u>Resident Services</u></b>		
Eileen McGivern	MB	3
Joline Kovarik	MB	19
<b><u>Security/Transportation</u></b>		
Jason Boyd	MB	5
Raymond Miller	Campus	3

**New Residents**

Doris Davidson	Maple 203
Betty Geiser	MB 530
Betty Bomar	BE G8

**Transfers**

Bob and Beth Sparling	MB 510
Willna Zweifel	MB 222
Beth Hiller	BHC
Laurita Dinkel	AL
Bert Tyrrell	AL
Melvin and Dorothy Mergenmeier	AL
Ruth Rockhold	AL

**In Memoriam**

Mrs. Leona Casebeer	7-8-14
Mrs. Margaret Senne	7-11-14
Mrs. Lois Munger	7-21-14
Mr. Duane "Bill" Koppenhaver	7-23-14