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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.

Hearing Loop Technology Coming Soon

Brewster adheres to a culture of wellness and we strive to provide opportunities that provide our residents with an optimal quality of life. The wide variety of programs, events and classes we provide allow our residents to feel a connectedness to a community of caring and supportive people. As we age, however, being able to hear becomes more of a problem — whether it’s in a one-on-one conversation or listening to a speaker in a group setting. Did you know that by age 65, one out of three people has a hearing loss? In fact, 20 percent of adults in the United States report some degree of hearing loss. It becomes hard to feel connected to others when hearing loss is an issue. As Helen Keller so poignantly expressed, “Blindness cuts us off from things, but deafness cuts us off from people.” (hearingloss.org)

Thankfully we are blessed to live in a time when technology has been developed that allows improvement in the effectiveness of hearing aids in a large room setting. We are also blessed to have forward-thinking residents like Larry Brock who brought forward the idea of having this technology at Brewster Place. After researching the technology and its benefits, we are pleased to announce that Brewster Place will have **hearing loop** technology added to the new Chapel in the renovated Main Street area.

Hearing loop is a hidden wire that circles a room and is connected to its sound system. The loop transmits the sound electromagnetically. The electromagnetic signal is then picked up by a telecoil in an individual’s hearing aid or cochlear implant. In order to use the system, the individual simply flips a switch on his/her hearing aid or cochlear implant to “T” to activate the telecoil. No additional equipment is needed if your hearing aid or cochlear implant has a telecoil.



When you see this sign in a public area (including the Brewster Chapel once completed) it means that a hearing loop system is in place. The user can then turn his/her hearing aid to the ‘T’ position and enjoy an instant connection to the audio signal that is being transmitted.

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Getting to Know Our Residents

By Phyllis McMahan, Resident Volunteer



Betty Meyer

1205 SW 29th St., Apt. 509
Ph. 273-5964

Betty Meyer moved to Brewster Place in January. Born in Des Moines, Iowa, she moved to Topeka when she was 12 years old. She graduated from Topeka High school. At Washburn University her major was home economics. She met her future husband, Keith Baird, in history class while at Washburn. He passed away suddenly in 1971 at age 48.

Betty was school secretary at Stout Elementary school for 15 years. In 1978 she married Ferd Meyer. Ferd graduated from Kansas University with a degree in electrical engineering. He worked at KPL (now Westar) for 42 years. Ferd liked to refinish antique furniture. In Betty's living room sits a chest they bought at an auction for one dollar. Ferd refinished it and matched and created a new door out of a piece from the back of the chest. Betty enjoys counted cross stich. She has also knitted a wool blanket for each of her eight grandchildren. She is currently knitting items for the Brewster Bazaar.

Betty's oldest son, Keith, is a graduate of Kansas State University. He is a veterinarian and lives in Hastings, Nebraska. Son Kenneth lives in Topeka. He loves to trek to Petersburg, Alaska each year for salmon fishing. On his boat are large containers holding ice. The salmon are caught, placed on ice and sold to canneries. This year his 24 year old son is working with him. Betty's third son, Jeffrey, also lives in Topeka and is retired after 32 years with Hill and Company. Betty has eight grandchildren. ■

Teresa and James Gordon moved to Brewster Place in April. Teresa grew up in Eudora, Kansas and graduated from high school there. Jim, from Topeka, graduated from Topeka High School. They met



Jim and Teresa Gordon

1211 SW 29th Street
South Maple, Apt. 102
Ph. 274-5543

at Kansas University in physics class. Teresa graduated from KU with a degree in physics. Jim earned his PhD in physics from KU.

The Gordons were married in 1963 and lived in Topeka for

two years before moving to Colorado Springs for six years. They next moved to Los Alamos, New Mexico for Jim's work. After retiring they moved to Baldwin City to help care for Teresa's mother. Their mothers were born the same year with Teresa's mother living to 98 and Jim's living to 95.

Teresa likes to cook and bake bread. She enjoyed gardening and misses her strawberries. Jim created and built beautiful Mission style furniture out of oak. Two matching end tables are in their living room and a Hoosier cabinet is situated in the kitchen.

The Gordon's son, Michael, followed in his father's footsteps. When he was in high school he was very impressed by a large magnet that was moved by train and then transported by truck to an electrical plant in Los Alamos. After retiring from the submarine service in the Navy, Michael returned to Los Alamos as manager of electrical work with that large magnet. He retired from the military on a Monday, had a job on a Tuesday and a raise on a Wednesday! Michael's son now works with him. He has another son in high school. The Gordon's daughter, Kathy, is a computer expert and lives with her husband and two dogs in El Paso, Texas. ■

There's more to experience!

Now that I've been at Brewster for a few months, I'd like to share some of my thoughts and also explain my role on the BeWell team.

First, I want to thank everyone for welcoming me to your community and into your homes. I've enjoyed getting to know you all and learning about your thoughts for making Brewster Place an even better community. For those of you I haven't met yet, I look forward to talking with you and learning more about you and your spiritual journey.

As Wellness Support Specialist, I am part of the Brewster BeWell team. BeWell is an interdisciplinary team that serves our independent residents on campus. BeWell offers a team approach to meeting all the elements of wellness — spiritual, physical, etc. — and in doing so supports our residents in staying safe and independent in their on-campus home.

My position at Brewster is designed to fill a particular need — the spiritual health of those living independently in this community. Brewster Place has always focused on meeting all of the needs of its residents and that includes their spiritual lives. We believe that the best quality of life comes when all of the needs of individuals are met and I believe we are by nature spiritual beings.

This position fits my personal belief system well since I am ordained as a Deacon in the Episcopal Church. And, though I'm new to Kansas, I've been ordained for more than ten years and previ-

ously served as a chaplain in a continuing care retirement community in Pennsylvania.

At Brewster Place, I am not directly connected to the chaplain's office, though I do meet regularly with Chaplain Roger and work collegially with him. Part of the reason is the funding for my position. It is funded separately from the chaplain's office, through a bequest from Miss Evelyn Meade, a longtime resident of Brewster Place. She wanted independent residents to have a resource to talk about spiritual issues and concerns.

Coincidentally, Miss Meade was a member at Grace Episcopal Cathedral — where I serve as Deacon. That really is a coincidence but I've also come to know that God does indeed work in mysterious ways. After all, what are the odds that this New York girl would end up in the plains of Kansas with the experience they were looking for at Brewster Place

at exactly the right time?

Right now, I'm continuing to meet as many residents as I can and hear about their concerns. As I continue those visits, I'm working on a plan for the ways in which BeWell and Brewster Place can better meet your spiritual needs and continue to enrich your life here in our community. I should note, however, that it is not my job to try to attract anyone to any particular set of beliefs. In fact, I personally believe that there are many paths to God. It is my job to walk with you on your personal journey, to offer support and assistance and to offer you a sympathetic ear to listen and to talk about your thoughts and concerns.

Again, thank you for the generous welcome at Brewster Place. It's great to be part of the BeWell Team and I look forward to many discussions with all of you as we walk on this journey together. ■



BrewsterConnect

Why join BrewsterConnect?

BrewsterConnect is a fabulous way to get connected to the benefits of Brewster Place while maintaining your current home! Give us a call at 274-3303 for membership information!

TRASH & treasure SALE

Friday and Saturday
August 7 and 8
9:00 am—3:00 pm
Klinge Activity Center

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

All proceeds benefit the Brewster Service Fund.

WELLNESS Wednesday



Wellness Field Trip
Lawrence Mercantile
Co-op "The Merc"

Wednesday, August 5 | 10:15 am | Lobbies
 Please call Jeanene at 274-3398 for reservations.

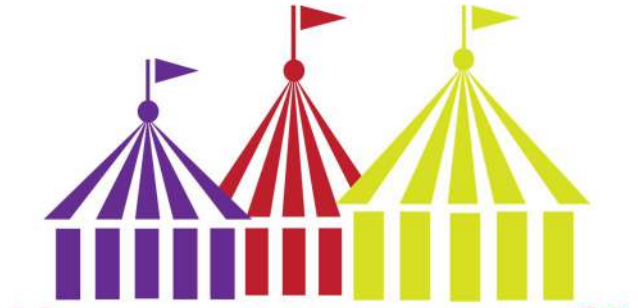
Let's go on a wellness field trip. We will go to the Lawrence Mercantile Co-op. The "Merc" specializes in fresh, organic produce, minimally processed meats and an amazing deli. They partner with local growers and suppliers. We will tour and hear about all the offerings and then stay for lunch. ■

TUNE-UP Tuesday

Tuesday, August 11
11:30 am
Main Lounge

This month's Tune-Up Tuesday will be in the Main Lounge. This event gives you the opportunity to have your canes, walkers and wheelchairs adjusted to the proper height, check and fix the brakes and change tennis balls or skis. The Brewster Therapy Team will be on hand to make these important adjustments. ■

Mark Your Calendars!



A Brewster a'Fair
 2015 Brewster Place Community

FAIR

Wednesday, Thursday and Friday
September 23, 24 and 25

Events

- Veterans Wall of Honor
- Fair King and Queen Coronation
- Brewster Place Outstanding Citizen Awards
- Brewster Place Outstanding Staff Awards

Contests

- Cow Patty Toss
- Rolling Pin Toss
- Fish Casting
- Jigsaw Puzzle Contest (team event)
- Watermelon Seed Spitting
- Collector's Parade
- Car Racing (Pinewood Derby)
- Pet Show

Projects and Exhibits

- Art and Photography
- Baked Goods
- Creative Writing
- Fruits and Vegetables
- Plants and Flowers
- Textiles and Crafts
- Woodworking

Nomination and Entry forms will be available in late August. Stay tuned to BTPV 23 and the September issue of the Brewster News for more details!

by Chaplain Roger Jackson, M.Div.

Last month, we began a conversation about being healthy in every aspect of life. I specifically talked about spiritual health by sharing Acts 2:42, which reads "They were continually devoting themselves to the apostles' teaching and to the fellowship, to the breaking of

bread and to prayer." Every person who follows Jesus and desires spiritual health must be devoted to teaching, to fellowship, to breaking bread, and to prayer.

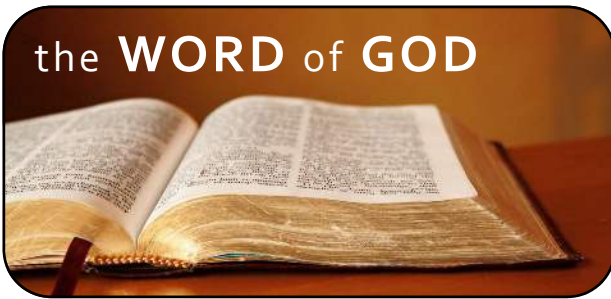
The first key to being spiritually healthy is devotion to teaching. Christians devoted to the teaching of the Word of God are like the Bereans that we read about in Acts 17:11. "Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined

the Scriptures every day to see if what Paul said was true." Luke gave the Jews at Berea undying fame by characterizing them as being "more noble" than the Thessalonians. They tested what Paul taught against the teachings and truths of the ancient scripture texts. Rather than judge what he said by political and cultural consideration, they were captivated by what he said as it agreed with the Word of the Law.

The Bereans "received the message with great eagerness." In other words, they were ready to listen attentively and respectfully. They were willing to hear it, comprehend it, and apply it to their lives. Their hearts were hungry to know God's will for their lives.

A spiritually healthy individual will be devoted to the teaching of the Word of God. He or she has an eagerness of mind and an openness of heart to seek and hear what God's will is for his/her life. That individual will read, study, pray, and meditate on the scripture, positioning himself/herself to hear the Holy Spirit speak through the text and the practice of prayer. A spiritually healthy individual will anticipate and expect the Lord to have something specifically for him/her.

Let me ask you — are you devoted to the teaching of the Word of God? Are you eager to read the Word and hear the Word? Are you applying the Word to your life? Can people who see your life say, "There goes a devoted man or woman of God with high regard for the truth?" ■



August 6

"Fort McCoy" (2014 indie drama)

August 13

"The Prize Winner of Defiance, Ohio" (drama)

August 20

"Believe in Me" (2006 inspirational sports drama)

August 27

"The Lost Prince" (2003 British TV drama)

Your Estate Plan Check-Up

by Jeremy Hall, Vice President
Development and Community Relations

Are you ready for your check-up? It seems like the medical profession is very good about making sure you have a checkup. Dentists send a note reminding you to come in every six months to ensure that your teeth are in good shape. Doctors want you to have a yearly physical to make sure you are healthy. Those checkups are important! They can help your doctor detect potential problems early. Although we do care about your health, and want you to make sure you go to your medical checkups, this article is about a different kind of check up — your estate plan check-up! How long has it been since you have done a check-up?

Unlike the medical profession, most people are not on a schedule to have their estate documents reviewed. We believe, however, it is just as vital to keep legal documents updated as well. Over time, things change. If you have a trust document that lists a home you no longer own, it is important to get that document adjusted. Getting on a schedule for review is a good plan to have. Keeping your documents healthy is the first step to assure your wishes are taken care of when you are not able to make those decisions.

How often should you have a document checkup? The time varies. For some people it may be good for multiple years. For others, changes occur more quickly. When you have a medical concern, you get it checked out. The same should be true for your legal documents. When certain key things happen in life, it is essential to review what you have in writing and make changes as necessary. According to Katie Price, Vice President and Trust Officer for CoreFirst Bank & Trust, it should be done at a minimum of every five years and more frequently if life changing events occur. The following are things to consider as you go through this process.



Last Will and Testament

A **will** is one document to have in place to make sure that your last wishes are followed. It can determine what happens to your assets, how property is to be distributed, what is to happen to your pets, and even address any debts you may have. An annual review gives you the opportunity to make sure that you are comfortable with the way your assets will be dispersed. This would also be a time to address any changes in your assets. Remember to consider whether you still want the same executor and if that person is still willing and able to take on this role. As well, make sure beneficiary designations are up to date, names are correct, and addresses have been changed so that contact may be made easily.



Living Trusts

Living trusts, unlike a will, assist you in avoiding the lengthy and costly probate process. It is also a document that distributes your assets to your beneficiaries. However, as life changes, your living trust should reflect these changes. For example, have you married or divorced? Have you lost your spouse? Did you buy or sell property? Do you want to change your successor trustees or your beneficiaries?



Living Will

A **living will** is a document that gives directions to your loved ones and health care providers regarding your wishes should a life-sustaining decision need to be made. You can make decisions for yourself about life support, medication, comfort measures, tube feeding, etcetera, if you become terminally ill and are unable to speak for yourself. It is also advisable to name a Power of Attorney for Health Care decisions, which is often included with your Living Will. This individual can make sure that your wishes are followed.



Power of Attorney

Many times, people fail to plan for the unanticipated events in life. If you are faced with an illness, absence, or a decline in mental status, you can be prepared by designating someone you trust as your **Power of Attorney**. They are then your chosen representative to handle important, specific affairs if you are unable to do so.

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Main Street Construction Timeline

The Main Street renovation project on the lower level of Assisted Living is on schedule and taking shape. Residents who live in Oak and Maple have a bird's eye view of the outdoor construction and we are sure those inside can hear the rumble of construction taking place.



Phase I — Under construction now until November 1, 2015
Includes new Chapel and Social Area

Phase II — November 1, 2015—January 15, 2016
New Market, Bank, Staff Break Room, Security and Hallway

Phase III — January 15—March 15, 2016
New Wellness Center, Therapy Office and Treatment Room, and Beauty Salon

The **Assisted Living apartments** at the west end of the hallway were completed in-house. The **Home Health Office** will move to the first floor of Assisted Living and will be completed in-house as well. ■

If you happen to be out and about, please stop the lower level of Assisted Living (west hallway) to see the floor plans, timeline and inside finishes for the project. There are five areas of construction and renovation. The following is the timeline for completion:

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In review, it is important to do a regular examination of the plans you have in place. And, of course, if key changes occur in your life, plans should be checked at that time. Look over your legal and financial documents to be sure that what you have in writing is what you really want. If not, update as needed. It is wise to consult an attorney or financial planning representative to assist with your regular review. They are aware of any new laws or special circumstances that may assist you in keeping your estate plan up to date.

Finally, be sure to tell someone about the plans you have in place and where your documents are kept. If something were to happen to you, your loved ones are already going through a difficult time, and searching for needed documents is an added stressor that is unnecessary. Also, be sure that you have named a recipient for your memorials. Often family members aren't aware of what is important to you, and if you designate your memorial while still living, you can be sure that you are remembered in the way you want to be remembered. ■

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You might be asking yourself, what does this technology do for me? Today's hearing aids enhance hearing in conversational settings, but for many with hearing loss, the sound becomes inaudible and unclear when live speakers or recorded broadcasts are at a distance. There is often room noise and sometimes room acoustics cause sound to reverberate.

The hearing loop transfers sound signals *directly* to hearing aids and cochlear implants equipped with a telecoil. This makes it possible to hear clearly in any room equipped with this technology. Currently about 72% of hearing aids are equipped with the necessary telecoils. All new cochlear implant models now have telecoils. For those who do not have these telecoils in their devices, hearing loops come with portable receivers and headsets. You might be asking yourself if there is a cost to use this technology. There is no cost to the user with the telecoil-equipped hearing aid.

Our initial goal at Brewster Place is to include the hearing loop in the redesign of our new Chapel. In the future it might also be added to the newly designed wellness center as well as other areas on campus. As always, we strive to continue to make our campus — both inside and out — accessible and easy for everyone to enjoy. ■

MARIANNA KISTLER
BEACH
 MUSEUM OF ART



Photo from beach.k-state.edu

Wednesday, August 26
 8:30 am | Lobbies

The Marianna Kistler Beach Museum of Art collects art of the region and brings art and artists from around the world to the heart of Kansas. Situated on the campus of Kansas State University, this remarkable museum offers an in-depth look at Kansas art and brings art and artists from around the world to the heart of Kansas. The regional art in the collections — as well as art generally — provides a rich terrain for discussions across disciplines.

We will view the exhibit **“Stan Herd: Cairns on the Beach.”**

Throughout the fall 2014 semester, Kansas artist Stan Herd worked with students from the K-State departments of Art and Landscape Architecture and Regional and Community Planning to design and install a temporary outdoor installation.

Inspired by the artist's encounter with stacked rock sculptures in woods near Perry Lake, "Cairns on the Beach" highlights the natural beauty of our region's geology and pays homage to the long history of built stone structures in Kansas. Herd, who is best known for his work as a crop artist — arranging rocks, dirt and plants into compositions best seen from above — acted as lead artist on this collaboratively designed project. He consulted with masons and carvers in the region to learn stacking techniques and source local stone. (borrowed from beach.k-state.edu)

We will also have a docent-led tour of the museum's permanent collections. Lunch will be Dutch treat at a Manhattan eatery. Transportation is \$13. Please call Jeanene Johnson, Activities Coordinator, at 274-3398 for reservations. ■

Art Plays an Important Part!



Above: Gloria Barron takes part in Joline Kovarik's art classes each week. These classes not only help resident's tap into their creative side, they also allow residents to form lasting friendships and feel the sense of accomplishment from learning something new.

Above Right: Waunita Roseberry and her daughter had a great time at our Collaborative Art Experience in July. Artist Carol Bradbury will take our creations and form beautiful art pieces for all to enjoy.

Right: Jack Renander is a great example of not being afraid to learn something new. He's a wonderful artist.



Photo courtesy of Carol Bradbury



Resident Birthdays

Don Patterson	1
Beverly Johnson	2
Lawrence Gerety	4
Mary Patterson	4
Phyllis Krause	5
Don 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
Martha Herrick	13
Nadine Yenkey	14
Mary Kresie	15
Bud Burris	16
Marjorie Lloyd	16
Rosaileen Griffin	17
James Roach	17
Rowena Scarboro	19
Jean Hinton	20
Ann Gregg	21
Betty Rosen	21
Darline Peterson	22
Eugene Shoemaker	22
Monna Bulkley	22
Jane Ryan	24
Mary Ann Haugsness	25
Maxine McDaniel	27
Kathleen Howard	28
Royce Walz	29
Lew Mills	30

Anniversaries

Jack and Polly Collins	8-15-53
Roland and Jo Bonjour	8-18-57
Chuck and Mary Lear	8-20-47
Peter and Elizabeth Packard	8-21-54
Bob and Beth Sparling	8-21-49
James and Teresa Gordon	8-24-63
Jim and Marilyn Stanton	8-28-92
Jerry and Judy Reed	8-31-52

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Leslie Blake	BE	7
David Beck	SH	19
<u>Community Relations</u>		
Eileen McGivern	SH	4
Gaylene Dibbern	MB	1
<u>Dining Services</u>		
Evelyn Castro	BHC	9
Jr. Zamora	BHC	6
Karrie Moody	MB	1
<u>Environmental Services</u>		
Caleb Cowan	Campus	4
Deb Artzer	MB	1
Ashley Myers	BS	1
<u>Health Services Administration</u>		
Samantha Royles	BHC	9
<u>Health Services</u>		
Michelle Brady	BHC	6
Faith Nelson	BHC	9
Marie-Claire Yundze-Webster	BHC	2
Sarah Gaut	BHC	7
Darius Stewart	AL	1
Helen Teater	AL	5
<u>Human Resources</u>		
Julie Linn	MB	1
<u>Resident Services</u>		
Joline Kovarik	MB	20
<u>Security/Transportation</u>		
Jason Boyd	MB	6
Raymond Miller	Campus	4
George Taylor	Campus	1
Robert Ward	Campus	1

New Residents

Rolland and Ruby Trahoon	Maple 205
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Transfers

Carolyn Adams	AL 24
Floyd Dibbern	BHC
Lela Paden	BHC
Gene Rapstine	BHC

In Memoriam

Ms. Dolores Lewis	7-18-15
Mrs. Glenna Ross	7-26-15