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Our Mission

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.

Five to Thrive



dimensions of wellness



The Brewster Health Center is accredited by The Joint Commission.

Working Together to Achieve Something

by Jeremy Hall, Director of Brewster Foundation

Invest. This is not a new word to any of us. Investing is something that many of us have done for most of our lives. We invest in companies; we invest in ourselves; we invest in our families; we invest in our church; but more than anything else, we invest in the future. Often those investments are not for our own personal gain but for the benefit of our families, our communities, future generations, or for the greater good.

In the late 1950s, members of four Topeka Congregational churches came together to fill a need — a lack of sufficient suitable senior retirement housing in Topeka. They purchased a five-acre site with a beautiful native stone home on the south side of West 29th Street and figured out a way to build a five-story apartment building with an attached nursing home. When Redwood (formerly Main Building) opened in 1964, people in their late 60s and 70s moved

into very small apartments. The two choices we offered were a small studio (350 sq. ft.) or a larger studio (500 sq. ft.) with a partial wall to screen off a bedroom barely large enough for a double bed. The maximum age for moving in to Brewster Place was 78. At the time, small living accommodations was enough; it was what people wanted and it met the need.

The years marched on and things changed. People wanted bigger apartments, they waited longer to make the decision to move in, and when they did move in, they expected more services, dining options, health and wellness options, and a wider variety of entertainment, social, and intellectual pursuits from which to choose. In other words, the needs, desires, and expectations of residents evolved over time. And Brewster Place has been evolving over time to continue to meet the changing needs of the people it serves.

It all started with an investment. Somebody decided to invest! If you look up the word “invest” in the dictionary it says “to use, give, or devote (time, talent, etc.), as for a purpose to achieve something.” When we think of in-

NEW OPPORTUNITIES FOR A THRIVING COMMUNITY

NOW!

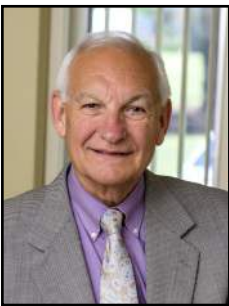
INVEST
for the greater good!

Brewster's founders were inspired to fill a need for seniors in our community. We continue to strive to meet the evolving needs of seniors both now and in the future!

BREWSTER  PLACE

Retirement Announcement

At the July Resident Council meeting, **President and CEO David Beck** announced his retirement after 22 years at Brewster. David's retirement is set for December 2018.



The Executive Committee of the Brewster Board of Directors is conducting a search for a new CEO. Resident Council President Ann Uhl and Vice President Gary McGinnis are a part of the search committee. We will keep you updated regarding both the search and a retirement celebration for David that will be planned for later in the year. ■

Security/Transportation News

National Night Out Against Crime

Saturday, August 11

4:00 pm | Redwood Veranda

Enjoy a complimentary hotdog dinner as we promote safety awareness.

New Parking Garage Reminder

The second level of the new parking garage is designated for Evergreens residents and guests of Brewster Place. Staff should park in other areas.

Speed Limit on Campus

The speed limit on the Brewster Place campus is 12 mph. Thank you for driving safely! ■

Survey Says! Brewster Health Services are Outstanding

By Lea Chaffee, Associate Administrator, Health Services

The results are in – health services at Brewster Place are excellent! The Kansas Department for Aging and Disability Services (KDADS) recently conducted their annual licensure and certification inspection of the Brewster Health Center and Brewster



Assisted Living, and the survey reports confirmed what we all knew, health services at Brewster Place are the very best. Staff at both Brewster Health Center and Assisted Living did an outstanding job and both surveys were a huge success.

Four health facility surveyors spent four days at Brewster Health Center poring over charts and records from the past year, checking systems, policies and procedures, and observing care as it was given. The Brewster Health Center was cited for seven minor deficiencies with no substandard quality of care concerns identified. These outstanding survey results will help Brewster Health Center continue its Five Star CMS quality rating.

A separate licensure survey of Brewster Assisted Living was conducted shortly after the Brewster Health Center survey was completed.

Assisted Living received two minor deficiencies with no substandard quality of care concerns.

Joe Ewert, Vice President of Health Services, is thrilled with the results and states, *"I am so very proud of the many hard working people who love and care for the residents in Assisted Living and the Brewster Health Center. Their compassion and dedication to Brewster Place residents directly led to this impressive result. I am so grateful to be a part of this team."* Thank you to everyone who works so hard to ensure Brewster provides residents opportunities for an optimal quality of life. Congratulations are in order! ■

Trash & Treasures Donations

The next **Trash & Treasure Sale is Friday and Saturday, September 28 and 29**. The last day to donate items for the Sale is **Wednesday, August 22**. Mark your calendars for Look for more information in the September issue of the *Brewster News*.

If you need assistance getting your donations to the proper location, call Kim Jenkins at 274-3399. Other questions may be directed to Kris Saia at 274-3317. ■

Creative Arts with Kris Saia

Creative Arts Coordinator

Make-It Monday

Flamingo Fun!

Monday, August 13

1:00 pm | Redwood Lounge

*Birds of a feather,
Let's flock together
And **FLAMINGLE** just for fun.
A pink celebration!
A jubilation!
Before the Summer's done!*



*Wear pink just
for fun!*

You are invited to join Kris to work on a collaborative project (similar to the US Flag we made in July), where everyone will color a paper tail feather. Kris will take the pieces and assemble them on a big canvas to sell at the Bazaar in November. A signature PINK DRINK will be served! ■

Life Figure Drawing

Monday, August 27

1:30 pm | Klinge Activity Center

We had so much fun last month — we're going to do it again! We'll be capturing quick poses from a live model — no drawing experience needed, and we'll provide the supplies. Though he doesn't know it yet, our model will be Tony Saia — Creative Arts Coordinator Kris Saia's husband. Come draw with us in this relaxed 45—minute class! ■

*let your creative
side bloom!*

From Dining Services



New Market Breakfast Menu Rotation

Beginning, Monday, July 30, we are introducing a new menu rotation in the Market.

- **Mondays: Breakfast Casserole**
- **Tuesdays: Biscuits & Gravy and Bacon**
- **Wednesdays: French Toast Bake**
- **Thursdays: Pancakes and Bacon**
- **Fridays: No breakfast served**

Shop at the Market

Enjoy 25% off any of our gift line at The Market during the month of August!

Brewster Meal Club

Say Goodbye to Dishpan Hands!

Join our Brewster Meal Club! Sign up by August 31 and enjoy a minimum of 52 FREE MEALS over the next three months on Brewster! Why be a slave to your dirty dishes when you can enjoy a good meal with friends and leave the dishes to us? Hurry! Offer expires on August 31. Contact Kelly Chavez, Culinary Arts Manager, for details at 274-3365.

Catch a Ride!

Just a reminder that if you need a ride on-campus to one of our restaurants, please call 274-5000 and a driver would be happy to pick you up. You are welcome to eat at any of the dining rooms on campus!

We believe in open seating at our restaurants. We ask that you not save seats and welcome your friends and neighbors to sit with you. Thank you! ■



From the Chaplain | Grief Is a Journey

by Chaplain Roger Jackson, M. Div.

It is probably safe to say that everyone has lost a loved one to death. You may have experienced the loss of a spouse, child, parent, or friend. Losing someone you love and care about is difficult no matter if the death was expected or not. When we lose someone we love, we then experience grief.

Molly Fumia, who has studied and written several books on the transformative nature of grief, says, "Grief is a journey, often perilous and without clear direction." And, "the experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is as inevitable as breathing, as change, as love. It may be postponed, but it will not be denied."

Fumia says it well. When it comes to grieving the death of a loved one, there are no linear patterns, no "normal" reactions, no formulas to follow. The word "grief" is derived from the French word "grève," meaning a heavy burden. Indeed, the physical, emotional, psychological and spiritual implications can be overwhelming. While grief is an expected response to a significant loss, the unfamiliar emotions that arise can lead to feelings of helplessness, fear, and isolation.

Following a death, everyone works through these stresses differently. Some are instantly devastated; others feel numb and disconnected. Some withdraw socially, while others reach out for support. What's more, just when the initial shock begins to subside, a deeper sense of reality and despair sets in. Those who grieve may need to learn new skills, adopt different habits, and adjust to daily life without the physical presence of the person who died.

Each person sets his or her own pace when grieving. There will be ups and downs, moments of relief followed by moments of anguish. The first few days after someone dies are generally the most intense, marked by chaos, strong emotions, and a "dreamlike" sensation.

Over time, a host of emotions may emerge. From guilt to remorse to anger, reactions vary from person to person. It's not uncommon for grieving loved ones to ask questions such as, *Why did this happen? Where was God? or Why didn't the doctors find the cancer sooner?*

Among those mourning a death, some find



the pain diminishes within weeks or months. They arrive at a place of acceptance, peace, and hope for the future. They reminisce about their deceased loved one instead of feeling consumed by memories. For others, the healing process persists, and it is difficult to enjoy a reasonable quality of

life. Everyday events and significant life markers are painful reminders of what could have been.

Don't grieve alone, even if the grieving process feels long and you feel isolated. It's crucial to accept support. Talking about grief is an essential part of healing. Talk to your pastor, a chaplain (me), a social worker, or a bereavement specialist. Receiving reassurance and feeling understood will help make the recovery process more complete during one of life's most challenging times.

Patricia Johnson, "Understanding the Grieving Process," accessed July 19, 2018, <https://www.focusonthefamily.com/lifechallenges/emotional-health/coping-with-death-and-grief/understanding-the-grieving-process>. ■

Chaplaincy Services

If you are experiencing grief or going through other struggles, support is here for you!

Please call **Chaplain Roger Jackson, M.Div.** at 274-3349 or drop by his office in Redwood. Conversations are confidential.

Everyone Loves a Good Movie | Enjoy These Movies in August



The Pacific follows the lives of a U.S Marine Corps squad during the campaign with- in the Pacific against the Japanese Empire during World War II. Made by the crea- tors of Band of Brothers, it follows a similar line of thought to outline the hardships of the common man during war. The Pacific is, in part, a fast-paced war series that can be enjoyed by action lovers while containing a more sensitive side when projecting the relationships (brotherhood) of Marines on the battlefield. Where The Pacific takes a new direction from its "older brother" is in its depiction of the lives of soldiers who were picked to return home to increase the sales of war bonds. In doing this it also de- picts the life cycle of returned soldiers from initial joy to the eventual feeling of regret, and to a certain ex- tent, shame felt by soldiers wanting to return to the war in service of either their comrades or nation. ■

Wednesday, August 8

Episode 1 — Guadalcanal/Leckie
Episode 2 — Basilone

Wednesday, August 22

Episode 5 — Peleliu Landing
Episode 6 — Peleliu Airfield

Wednesday, September 5

Episode 9 — Okinawa
Episode 10 — Home

Thursday, August 16

Episode 3 — Melbourne
Episode 4 — Gloucester/Pavuvu/Banika

Thursday, August 30

Episode 7 — Peleliu Hills
Episode 8 — Iwo Jima

Each episode of The Pacific will be shown at 1:00 pm in the Main Street Chapel.

MOVIE AND DISCUSSION

Do You Believe?

Monday, August 20

2:00 pm | Main Street Chapel



A 'chance' encounter with a street preacher challenges a local pastor into putting his faith to the test. How he reacts ricochets to those around him, drawing them all towards the place where they must confront an essential question for themselves: "Do you believe? Do you believe in the power of the cross?"

Intermission—Refreshments

Discussion Following

Facilitated by Chaplain Roger Jackson

Join us for this powerful and inspiring movie! ■

At the Movies on BPTV 1960

Thursdays at 2:00 pm
BPTV 1960



August 2

"The Monuments Men"
(2014 military drama)

August 9

"The Leisure Seeker"
(2017 drama based on a book)

August 16

"Film Stars Don't Die in Liverpool"
(2017 romantic drama)

August 23

"Antarctica: A Year on Ice"
(2014 documentary)

August 30

"Forever My Girl"
(2018 romance)

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The University of Kansas
Now on Brewster TV
Tune to channel 1961

vesting, we look at the prospective return on the investment. Sometimes we are looking at what that investment will put in our pocket, and sometimes we look at what that investment will do for our children or others we don't even know. The ***New Opportunities for a Thriving Community NOW*** Campaign has been a long process. Starting with a series of kickoff meetings in November of 2017, we have been working at this for almost one year. At those events we learned a great number of things: from the importance of good dining, to the value of wide parking spots, and even the importance of a barber shop. From the feedback we received from residents, we have been able to incorporate those things into the final designs.

As it has since that group of Congregationalists first started to dream of a retirement community, Brewster Place is changing. Eric Shinseki said, "If you dislike change, you're going to dislike irrelevance even more." We will constantly evolve to meet the changing needs of those we serve. Years ago, most people didn't have air conditioning. There were no caller ID options or answering machines. Cell phones were a thing of the future, and the Internet was an idea yet to be brought to fruition. We lived

without them. But now, we are so comfortable with all of these things that we become frustrated when they are not easily accessible.

We are beginning to see that changes are actually happening here at Brewster Place, as buildings rise on campus. Of course it is not the buildings that matter but what happens inside those buildings. The fitness classes, knitting groups, drawing classes, woodshop, coffee times, card games, family chats, new friends made, memories of old friends shared, meals served, concerts attended, and time spent just being together. Those things are all the result of the investment.

The goal of the ***New Opportunities for a Thriving Community NOW*** campaign is to come together to "achieve something." When we unite to make an investment and achieve something that is better than each of us expects, that is success for our Brewster community.

Take this time to consider the changes being made at Brewster Place. Think about what is happening on campus for you and for those calling Brewster Place home in the future. How can you help to impact these changes? Brewster Place is changing to meet your needs, just like our founders had planned all those years ago. Please make an investment in Brewster.



The ***New Opportunities for a Thriving Community NOW*** campaign continues with a goal to raise **\$3,000,000 in capital** and **\$1,000,000 in endowed funds** to be used for programming. Currently we are only one-fourth of the way to our goal. We have opportunities for investments of every size. The Brewster staff have pledged over \$100,000 to this campaign. Join them in being part of this change to meet evolving needs and improve the community that is your home. Please contact the Brewster Foundation with any questions 785-274-3327. ■

Foundation Forum | Topeka Flag Project

Thursday, August 2 | 10:00 am

Evergreens Community Room

The Forum will host Gabriel O'Shea, the Executive Director of Forge, the young professionals group of the Topeka Chamber of Commerce. Mr. O'Shea is coming to discuss the Topeka Flag Project and the importance and value of changing the flag for the City of Topeka. They are looking for flag designs and community involvement as the idea of community pride and the Topeka flag are discussed. Come be a part of this conversation. ■

Thank You, Thank You, Thank You!

The Brewster Wellness Committee would like to offer our sincerest appreciation to all of you who participated in our inaugural **Engage at Every Age** Wellness Fair. The Fair evolved from the vision of the wellness committee which includes representatives from many different departments all across our campus. We wanted an event that allowed for engagement and fun but also a chance to learn about the many different opportunities to enhance wellness on our campus and in our community. Additionally, we strived to make the event accessible and applicable to all our residents, members, and staff. Coupled with the vision, your participation made the Fair the success that it was with joy radiating across our campus.

Because we want to continue providing meaningful events, we want to hear from you. Please share your feedback about the Wellness Fair and offer ideas that you may have to make future fairs a continued success. You can call Jenny Lamb, Director of Community Wellness, at 785-274-3395 or email at jenny.lamb@Brewsterplace.org with your feedback or ideas.

Lastly, because the Fair was so successful in spreading our message of wellness, we want to keep it going by taking our **Engage at Every Age** message around the world. We encourage all of you to wear your Engage at Every Age t-shirt while on your travels or out and about. Send a picture of you wearing your shirt and a short description of where you are to Janis Swanson at janiss@BrewsterPlace.org. Let's see how far Brewster can go. ■

Cottonwood Villa Open House

Wednesday, August 29
10:00 am—12:00 pm

Be among the first to tour the new Cottonwood Villas. All Brewster residents and staff are welcome — and feel free to bring a friend from the community!

Refreshments will be served.

We are looking forward to seeing you there! ■



facebook.com/brewsterplace.org

Fuel for the Soul

"You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere.

Why did you spill the coffee?

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

The point is whatever is inside the cup, is what will spill out.

Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out.

It's easy to fake it, until you get rattled.

So, we have to ask ourselves,

"What's in my cup?"

When life gets tough, what spills out?

Joy, gratefulness, peace and humility?

Or does anger, bitterness, harsh words and reactions come out?

You choose!

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others."

—Author Unknown





TEAM BREWSTER

Saturday, September 29
Lake Shawnee

No one wants to hear a diagnosis of Alzheimer's disease for oneself or a loved one. Did you know that Alzheimer's disease is the 6th leading cause of death in the United States and more than 5 million Americans are living with the disease and there are an estimated 16 million caregivers of people living with the disease? (alz.org)

Brewster Place has always been committed to caring for those with Alzheimer's and other dementia. We have three dementia neighborhoods that provide specialized care for those living with this disease. In addition, we provide an Alzheimer's Support Group, Caregiver's Support Group, Gray Matters Group and other support services for those affected by Alzheimer's. We have also been a long-time sponsor of the annual **Walk to End Alzheimer's**.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease! (alz.org)

Team Brewster is getting organized for the Walk and we'd love for you to join the Team! Walking has many wellness benefits and why not walk to help others? We are planning some fun fundraising events, so stay tuned for more information. If you would like to be part of Team Brewster (either by walking, organizing or supporting the cause), please contact Dayna Babler, Wellness Committee Member, at 274-3358. ■

BrewsterLiving.org

Celebrating Independence, Wellness and Community



Left: Beverly Robards is an accomplished pianist and shared her gift of music at the Red, White and Bluester Celebration. A great time was had by all!



Left: Kaizen Marcus Hill and resident Marcene Grimes toured the booths at the Engage at Every Age Wellness Fair in July. What a wonderful event for both residents and staff. Thanks to all who attended!

Below: Resident John Reinecke sat with his daughter, Amber Wadley, at her Reiki booth at the Wellness Fair. A nice father—daughter photo!



Birthdays

Don Patterson	1
Mary Patterson	4
Ona Maydew	5
Don Cousins	6
Beverly Rasmussen	7
Dean Rinner	9
Ruth Jacobsen	11
Mary Mills	11
Martha Herrick	13
Nadine Yenkey	14
Marjorie Lloyd	16
Rosaileen Griffin	17
Pat Kratina	19
Rowena Scarboro	19
Jean Hinton	20
Betty Rosen	21
Monna Bulkley	22
Darline Peterson	22
Eugene Shoemaker	22
Larry Latta	26
Christel Marquardt	26
Maxine McDaniel	27
Nina Nelson	27
Kathy Howard	28
Royce Walz	29
Lew Mills	30

Anniversaries

Bob and Marion Knight	8/01/1953
Don and Mary Patterson	8/10/1947
Ray and Maggie Beers	8/15/1953
Jack and Polly Collins	8/15/1953
Herbert and Muriel Smith	8/18/1951
Peter and Betsy Packard	8/21/1954
Bob and Beth Sparling	8/21/1949
Jim and Marilyn Stanton	8/28/1992

New Residents

Bruce and Glenda Bower	Aspen 2
Marvin Flaming	RW 520
Michael Long	RW 525

Staff Anniversaries

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

<u>Department</u>	<u>Location</u>	<u>Years</u>
<u>Administration</u>		
Leslie Blake	EV	10
Jenny Boggs	SH	1
David Beck	SH	22
Eileen Cain	SH	7
Patrick Mitchell	BHC	2
<u>Community Wellness</u>		
Debbie Holroyd	RW	1
<u>Dining Services</u>		
Evelyn Castro	BHC	12
Eunice Downton	RW	1
Heidi Hulsether	RW	2
Rogelio Zamora, Jr.	BHC	9
<u>Environmental Services</u>		
Ashley Myers	RW	4
<u>Foundation</u>		
Gaylene Dibbern	RW	4
<u>Health Services</u>		
Faith Nelson	BHC	12
Doreen Woods	BHC	3
Donna Riddle	BHC	2
Sarah Gaut	BHC	10
Lynn Munoz	BHC	3
Jayson Quicksall	BHC	1
<u>Rehab</u>		
Josey Springer	BHC	1
Todd Kraus	BHC	1
<u>Security/Transportation</u>		
Jason Boyd	Campus	9
Raymond Miller	Campus	7
Robert Ward	Campus	4

In Memoriam

Mrs. Alice Eisele	6/27/18
Mrs. Erma Lee Nuss	7/03/18
Mrs. Betty Geiser	7/07/18
Mrs. Patty Beason	7/14/18
Mr. Harris Kent Stubbings	7/15/18
Mrs. Mary Lou Atherly	7/26/18