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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



The Brewster Health Center is accredited by The Joint Commission.

A Year of Success and Thankfulness

This past year has truly been another great year for Brewster. As we look back over the year, we have so much to be proud of and to be thankful for.

St. Francis Health Family Medicine and ReadyCare at Brewster Place

We opened St. Francis Health Family Medicine and ReadyCare at Brewster Place in January, and the facility has exceeded our expectations in its beauty and functionality. St. Francis has been great to work with and the value of having primary care services available on our campus seven days a week is immeasurable.

High Quality Health Care

The Brewster Health Center maintained its Five Star quality rating from CMS and Joint Commission Accreditation, making it the only facility in this region with the dual distinction.

PEAK Award

The Brewster Health Center was selected by the Kansas Department for Aging and Disability Services for the second year in a row as a PEAK Mentor Level facility. This award at the mentor level means other Kansas nursing facilities come to us to learn how to develop a culture of person centered care.

Capital Care Transitions Coalition

Our care transitions Medicare demonstration project to prevent re-admission to the hospital achieved excellent results with an average 30-day readmission rate of 2.4%. The low rate compares with a local readmission rate without interventions of around 17% and a national rate exceeding 20%. The Capital Care Transition Coalition that Brewster leads includes Stormont-Vail and St. Francis health centers and is the only such program in Kansas. More than 1500 Medicare patients will be served by the coalition this year.

Anniversary Celebration

We celebrated our 50th anniversary this year, marking 50 years of Brewster Place serving Topeka and northeast Kansas.

Feasibility Studies

We completed two feasibility studies on a positive note and are poised to expand our mission in 2015 with additional programs emphasizing health and wellness.



You Are Invited! Town Hall Meeting

“A Year in Review
and 2015 Preview”
with
President and CEO
David Beck

Tuesday, December 16
10:00 am
Main Building
Klinge Activity Center

Getting to Know Our Residents | by Kevin Doel, Director of Marketing

Having had nine relatives and many friends live at Brewster Place over the years, where else



could Betty Geiser spend her golden years but here? Betty's Brewster connections run deep, especially since her mother lived here for nearly a decade and Betty has many fond memories of playing the piano for residents at the Brewster Health Center.

Betty grew up north of Topeka across from Seaman Congregational Church, where she started playing the organ in 1948 – the same year she graduated from Washburn University with a degree in music. Teaching music in a school seemed like a natural direction, but after three years of doing just that it was clear that wasn't a good fit for her. Betty spent the rest of her career teaching private piano lessons, serving as an interim organist for various churches, and directing choirs at church.

For many years, Betty also enjoyed playing the piano with an orchestra for the Dorothy Thomas Dance Reviews which were held at Municipal Auditorium.

Betty is one of three siblings. Her brother Russ is still living, but her sister Viva died in 1990.

She was married in 1950 for 34 years and raised two daughters. Gaylene, the oldest, now works for the Brewster Foundation and the youngest, Kimberly, lives elsewhere in Kansas. She now has three grandchildren and five great grandchildren. She is thankful for email so she can get pictures of the great grandchildren who live far away.

Now that she has finally made her move to Brewster Place, she is happily settling in. Betty enjoys the company of her many friends here and attending the musical and social programs in the main building.

"I've always wanted to live at Brewster, and now here I am. I am really enjoying it!" ■

Betty Geiser

1205 SW 29th St., Apt. 530

Ph. 272-9846

Brewster Place Annual Holiday Charity Bazaar HUGE Success

Brewster Place not only endeavors to provide opportunities for an optimal quality of life for our residents, we also are committed to the greater community as well. The Annual Brewster Place Holiday Charity Bazaar is one of the biggest ways we give back to the Topeka community each year. Thanks to the hundreds of volunteer hours all year long by residents who diligently work to make the hand-crafted items, the Bazaar has provided thousands of dollars of much-needed support to Topeka charitable organizations over our 50 year history.

This year the grand total was \$8,063.45 making it our best year in some time. Thank you everyone who shopped this year and please know your purchases will help others in need.

We cannot forget to mention the wonderful guidance, support, knowledge and creativity of Joline Kovarik, Arts and Crafts Supervisor, who leads her group of elves every week of the year with the goal of making the Bazaar successful. Together they work as a team in friendship, fellowship and fun to create unique and wonderful treasures for all to enjoy. By the way, they begin again in January to work on Bazaar 2015. Joline always welcomes new elves to the fold and would love to have YOU join the group. Give her a call at 274-3317 if you have any questions. As Joline says, "no experience necessary and I can find something for everyone to do." ■



Jim Banks not only secured all volunteers for the Bazaar, he also worked at the cash table. Lillie DaMetz is our faithful "money counter" each year. Thank you!

LeadingAge Kansas Partners with Brewster to Create PSA

you

Recently you may have noticed a group of Brewster Place residents gathered in the Main Lounge surrounded by lights, cameras and a production crew. You might have wondered if they were shooting the first episode of “The Brewster Place Chronicles.” Although that would be a great show, the actual purpose was to shoot a public service announcement for LeadingAge Kansas about elder financial abuse.



LeadingAge Kansas is an association of 160 not-for-profit aging services providers dedicated to serving the needs of aging Kansans. They advance policies, promote practices and learning that empowers members to help seniors live fully as they age. Brewster is a proud member of LeadingAge Kansas and LeadingAge. (LeadingAgeKansas.org)

LeadingAge Kansas received a grant from the Kansas Department for Aging and Disability Services

(KDADS) to create a 30 second public service announcement (PSA) called “You Are Not Alone” concerning the problem of elder financial abuse. The PSA be aired across Kansas during December and into January 2015. Thanks to a new law in Kansas, financial abuse of an elder person is now a serious crime and the PSA will help get the word out to elders and their families.

*are
not
alone*

LeadingAge Kansas contracted with a local company, Gizmo Productions, and asked for Brewster Place to provide the volunteer talent. We asked and several residents happily volunteered. We look forward to having a viewing party sometime in January, so please stay tuned for more information. Thanks again to LeadingAge Kansas for leading the way in protecting our older family members and friends and thank you also to our resident volunteers for lending their time for this worthwhile project. ■



**Merry Christmas from Dining Services
Special Christmas Lunch
Thursday, December 25**

Noon Meal

Main Building Dining Room

Holiday Meal Price

\$13.85

(please call 274-3340 for reservations
if you have more than two in your party)



**At the Movies
BPTV 23
Thursdays
2:00 pm**

December 4

“Chef” (2014 comedy)

December 11

“City Slickers” (1991 comedy)

December 18

“The King and I” (1956 musical)

December 25

No movie today.

Bptv 23

The Not-for-Profit Difference | 2015 Volunteer Board Members

Not-for-profit organizations like Brewster manage financial resources in accordance with our missions. As a faith-based organization founded by four local Congregational churches, we follow in the churches' rich tradition, and their long-standing values are reflected in our governance and management.

Community oversight is a clear difference for not-for-profits like Brewster. Brewster management is accountable to a volunteer board of directors who donate their time and talents to ensure that ethical management, financial integrity and quality services are maintained.

Brewster **Board of Directors**

Executive Committee

Cindy Hornberger, Chair
Mike Land, Chair-Elect
Gary Alexander, Secretary
Mike Jones, Treasurer
Dwight Parman, Immediate Past Chair
Becky Dickinson, Director at Large
Chuck Engel, Director at Large

Board of Directors

Glenda Bower
Mike Clutter
Jerry Cordill
Max Halley
Terry Harbert
Dean Ferrell
Melissa Masoner
Elizabeth Ross
John Salisbury
Tobias Schlingensiepen
Gayle Vernon

Brewster Foundation **Board of Trustees**

Stacy Smith, Chair
Connie Brown, Immediate Past Chair
Steve Hall, Secretary
Barry Bray
Jack Dicus
Richard Harmon
Nolan McKenzie
Ed Soule

BrewsterConnect **Board of Managers**

Max Prosser, Chair
Paula Ellis
James Rider
Vicki Schmidt
Connie Wood

Resident Council

Mary Muilenburg, President
Martin Woner, First Vice President
Georgia McKeever, Second Vice President
Jan Seagraves, Secretary
Betty Fenton, Immediate Past President

Thank you for your service!

BINGO! Ideas Wanted!

The new year is approaching and Jeanene Johnson, Activities Coordinator for Independent Living, would like your input. Every Wednesday evening at 7:00 pm we have Delta Gamma volunteers who call BINGO for us — alternating between the Klinge Activity Center and Brewster East. Over the past few months we have had fewer participants at Brewster East and are wondering if we should discontinue BINGO at Brewster East or perhaps rework our BINGO schedule?

Jeanene is open to ideas regarding the BINGO schedule as well as other activities and events you would like to see on the calendar. Please give her a call at 274-3398 to express your ideas. ■

Please note: We will not have BINGO during December.

From the Brewster Diversity Team

Celebrate Kwanzaa

Kwanzaa is a week-long celebration that honors African heritage in African-American culture. It is observed



December 26 to January 1, culminating in a feast and gift-giving. Kwanzaa has seven core principles. One of the principles is celebrated each of the seven days of Kwanzaa. The principles include: unity, self determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. The Brewster Diversity Team is planning an event to celebrate this wonderful week. Stay tuned for more information. ■

From the Chaplain | 'Tis the Season

by Chaplain Roger Jackson, M.Div.

The Christmas season is upon us. This is the time that we put up Christmas trees, lights and all the other decorations, writing and sending Christmas cards, shopping, baking cookies and candies and making plans for the big feast. My hope is that you will be able to experience the true meaning of Christmas this season.

The events that took place over 2000 years ago in a faraway town called Bethlehem are why we celebrate Christmas. On that one starry night is when *Love Was Born*. But the story begins in the small town of Nazareth. "God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary" (Luke 1:26-27). The angel had told Mary she was going to miraculously bear a Son. In one way, this was unbelievable news to Mary. She was a virgin engaged to be married. Becoming pregnant would shame her before her parents, her husband-to-be and her entire village. Perhaps that explains why Mary hurried off to live with her cousin Elizabeth for the first few months of her pregnancy.

Now Joseph was a righteous man, so he had decided to divorce Mary privately rather than exposing her to public disgrace. Breaking an engagement in those days required a divorce. But the angel of the Lord appeared to Joseph and explained that the child Mary was carrying was the creation of the Holy

Spirit. He told Joseph not to be afraid and to name the child, Jesus, for He would save His people from their sins. Joseph decided to go through with the marriage, but before the wedding ceremony, he was sent out of town to register in his ancestral hometown of Bethlehem, many days' journey to the south. Even though she was in the advanced stages of her pregnancy, Mary traveled with Joseph. After they reached Bethlehem, Mary "... gave birth to her first born, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn" (Luke 2:7).

There is sadness to the fact that the baby had to be

wrapped in strips of cloth and laid in a manger. Most mothers busy themselves for months before preparing a room for the baby. We hold baby showers to be sure that when the child is born they have lots of clothing, usually far more than they can wear. It was not much different in Mary's day for the birth of a son was reason for a great celebration. But Mary and Joseph were alone, far from home and their initial visitors were barnyard animals. But soon God sent some strangers to celebrate with them. They were a group of smelly shepherds who were keeping watch over their sheep just outside Bethlehem.

I hope you truly experience Christmas this year. ■

CHRISTMAS EVE

Wednesday, December 24
2:30pm
Brewster Health Center FLR
4:00pm
Assisted Living Chapel



SERVICES

Love was born for every one of us! Come and be a part of one of our Christmas Eve services.

grief support

The **Grief Support Group** is open to residents, family members and staff to help you cope with a loss in your life.

Wednesday, December 3 (first meeting)

3:00—4:00 pm

Monarch Living Room (Assisted Living)

The group will meet the first and third Wednesdays each month.

Facilitator: Chaplain Roger Jackson, M. Div.

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

We are excited to roll out our re-branded BrewsterConnect (formerly Brewster at Home)! As mentioned in previous communications, current members will not notice any changes to their memberships. It is our hope that even more people will see the fantastic benefits a membership offers!

BrewsterConnect members have access to all activities on campus, fitness classes and wellness education, arts and crafts classes and studio time, and attending our varied list of off campus day trips. Members have access to transportation, technology to stay safe at home as well as medication reminders. Members also have access to our preferred vendor list of services, many of whom provide a discount to BrewsterConnect members for their services.

The holiday season is one of the busiest times of the year for everyone. At BrewsterConnect we get many calls from adult children who have visited parents and are concerned about their parents. For example:

“Mom isn’t as active as before and I am concerned about her balance and falls.”

“Dad doesn’t have the connections with people since he retired and seems isolated.”

“Who would you recommend to make some changes to my parents’ home to make it safer and more accessible?”

“I have heard that Brewster has transportation to the Symphony and Topeka Civic Theater, my parents hate to drive at night.”

If you are asking some of these same questions about your parents, you might consider a membership to BrewsterConnect. What a wonderful gift or stocking stuffer for someone you care about. If you would like more information or to find out how to become a member, please call BrewsterConnect at 274-3303. ■

Healthy Tips to Help You Enjoy the Holidays



Raise Your Mood with Sunshine

Sunlight stimulates the production of feel-good serotonin and also helps relieve seasonal affective disorder (SAD). Spend time outdoors or even near a window on sunny days.

Take a Whiff of Citrus

Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood.

Do Less, Enjoy More

We go overboard to please others during the holidays. Instead of worrying about everyone else, take care of yourself by saying “no” at least once and maybe more!

Laugh

Laughing reduces stress hormones and helps immune cells function better. So spend time with your friends and family and laugh!

Dip Into Some Honey

You will get an instant kick and energy for the long haul. Research shows that honey’s antioxidant and antibacterial properties may improve your immunity as well. The darker the honey, the better.

Listen to Music

Research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. That not only calms you down but is good for your heart too.

Exercise

If you are feeling down during the holidays exercise might be the last thing you want to do but research shows that exercise can boost your mood for up to 12 hours. Don’t miss exercise class!

Think Positive

Negative thinking can trigger your body’s stress response. (borrowed from www.health.com) ■

Books for Kids Event Held

Generous donors continue to help the Brewster Foundation with our goal of making life better for our residents, staff, and the community. Due to a generous donation, the Foundation was able to purchase several hundred books with the purpose of getting them into the hands of our young readers.

To accomplish this, the Foundation hosted its second Book Event for Kids on Saturday, November 1. This event was earmarked for the children and grandchildren of our staff members. The book give-away was held in the Brewster Health Center Fink Living Room.

Children who attended were able to select from books of all reading levels, and were happy to add to their at-home reading library. Refreshments were served and children participated in story time with Gaylene Dibbern, Foundation Associate. The Foundation will be hosting more book events in the future. Look for information in the *Brewster News* and on bulletin boards around campus.

Thank You Brewster Service Fund

The Brewster Foundation wishes to thank the Brewster Service Fund for their donation to the Benevolent Care Fund. The Brewster Service Fund committee gives a portion of the money made at the annual Trash & Treasure Sales to this very important fund. We appreciate their generosity and all of those residents and staff who make the Trash & Treasure Sales and donation possible. Thank you.

SARA Device Donation Comes to an End

If you have attended a meeting or coffee group during the past few months, you are aware that the Foundation has been counting the number of residents wearing their SARA (Situational Awareness and Response Assistant). An anonymous donor wanted to promote the importance of residents wearing their SARA device, so offered to donate money to the Foundation’s Benevolent Care Fund based on the number of residents wearing them at several different events. While we never reached 100%, the number of residents wearing their device did increase. The program earned over \$850 and, just as important, we think the donor achieved their goal of encouraging residents to think about safety and wellness by wearing their SARA device. The Brewster Foundation continues to promote the importance of wearing this emergency monitoring device at all times, so that help can be summoned quickly when needed. Please encourage your friends and neighbors to wear their device at all times. Your safety and health may count on it!

Upcoming Events

Tuesday, December 9, 10:00 a.m. – “News and Views”
 “News and Views” with Kevin McFarland will be held at 10:00 a.m. in the Chandler Sun Porch, adjacent to the Main Dining Room. News and Views is a quarterly event sponsored by Brewster Foundation, and provides an informative, fun time with Kevin McFarland discussing current events mixed with a bit of humor.

Friday, January 30, 2:00 p.m. – “Titanic Remembered”
 Join us in the Main Lounge for a presentation by Brian Adams from the Topeka Public Library’s Speakers Bureau. This presentation is sponsored by the Brewster Foundation for the enjoyment of our residents. ■

Important Reminder for Residents and Family Members of Residents...

Please be sure to call Security at 274-5000 if you or your loved one plan to be away from your Brewster Place home during the holidays (or anytime) due to traveling or for any admission to the hospital. If you desire, we will make a courtesy visit during your hospitalization and will be available to assist with any discharge planning you will need as you return to campus. Thank you!

KAPPA KAPPA GAMMA HOLIDAY HOMES TOUR

Thursday, December 4

Leave Brewster Place at 9:30 am

Please call Jeanene at 274-3398 for reservations.

Join Jeanene Johnson, Activities Coordinator, for the 63rd annual Kappa Kappa Gamma Holiday Homes Tour. This year, four of Kansas City's finest homes are on display, decorated for the holidays by outstanding local florists. The tour has raised about \$1.9 million for area non-profits and the Kappa Foundation since its inception.

We will tour a 1950s American Craftsman, a Tudor Revival built in 1929, a 1922 Traditional Colonial and a New Traditional built in 2011.

Beneficiaries of the Home Tour in 2014 are SAFEHOME — a non-profit dedicated to breaking the



cycle of domestic violence; **Kansas City Community Gardens** — dedicated to providing self-help and educational assistance to low-income people, children and community groups — teaching them to grow their own food from garden plots; and the **Kappa Kappa Gamma Foundation** — which provides educational scholarships for undergraduate and graduate women and focuses on preserving Kappa history. Join Jeanene for this wonderful day trip! ■

From the Bazaar to Ballet “There’s More to Experience!”



Above: Jan Burnett and Wanda Meyer are both wonderful artists and volunteered many hours of their time to make the Annual Brewster Place Holiday Charity Bazaar a success.

Right: We like to have fun at Brewster Place and we very much appreciate our residents who say “Yes” when we ask them to help out. Adele Wallace, Jim Banks and Betty Sisk played our ballet dancers for a photo shoot. This photo was used in several “Nutcracker” program ads in Topeka — supporting our youth and the arts in our community!



*“There’s a million things I want to do;
people to meet, worlds to explore.”*

-Clara from The Nutcracker

Resident Birthdays

Barbara Langham	3
Bev Northrop	3
Adrian Allen	4
Naomi Mick	4
Earl Butler	5
Dolores Lewis	5
Roland Bonjour	6
Marjorie Murphy	7
Peter Packard	7
Waunita Shoemaker	9
Ellen Graham	10
Johanna Roney	10
Vada Drayer	11
Betty Craig	12
Edna Fluke	12
Jack Collins	13
Audrey Singleton	14
Lila Jones	15
Irv Rosen	15
Bart Ramsey	16
Gene Rapstine	17
Nickie Stein	17
Betty Jo Marling	21
Fran Olin	23
V Thompson	23
Bette Bossler	24
Lorene Kring (Happy 100th Birthday!)	24
Sydney Fluke	27
Maxine Horton	28
Laura Semler	28
Margean Cress	29
Frank Rice	29
Harriette Ramsey	30
Lenora Anderson	31
Lela Paden	31

Anniversaries

George and Len Marschall	12-20-59
Dean and Georgia McKeever	12-21-85
Dick and Donna Crawford	12-31-50

New Residents

Elsie Wessel	North Terrace 14
Wilma Naethe	North Terrace 23
Dan and Theresa Cain	Aspen 2
Barb Larson	Cedar 205
Guido and Margaret Tesi	Cedar 203

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Karen Jackson	BE	2
<u>Dining Services</u>		
Victoria McPherson	BHC	8
Gerald Winn	MB	2
<u>Environmental Services</u>		
Sharon Petrone	MB	12
Kay Kempton	BE	11
Danny Moss	MB	11
<u>Health Services</u>		
Rosalind Loggins-Gay	BHC	7
Alma Quiroz	BHC	14
Julian Vann	BHC	2
Melissa Smith	BHC	3
Marcus Hill	BHC	7
Lynnise Livingston	BHC	10
Tamatha Roberts	BHC	1
Olivia Delgado	BHC	4
Hanna Lincoln	BHC	3
Maria Ramirez	AL	5
<u>Rehab</u>		
Tonya Sims	Rehab	1
Kristin Webb	Rehab	3
<u>Security/Transportation</u>		
Denise Coleman	Campus	7
<u>Therapy</u>		
Stephanie Unekis	BHC	3

In Memoriam

Mrs. LaVonne Blankenship 11-13-14

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

Janis Swanson, Editor | janiss@BrewsterLiving.org