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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.

Life Plan Community | Contemporary Senior Living

Brewster Place has long been considered a Continuing Care Retirement Community (CCRC)— that is, we offer a variety of services and levels of care within our community for those we serve. As the needs of our residents change over time, we offer the type of care and service they require whether it be more services in their current home, or assisted living, memory care or skilled care. The award-winning care we provide sets us apart and reflects who we are as a community — but like many other CCRCs in the nation, we are much more!

In 1980, researchers estimated that there were about 100,000 seniors (less than 1% of the 70+ population) living in one of 274 CCRC-like communities throughout the United States. Today, there are about 2,000 CCRCs with about 600,000 residents, or only 2% of the 70+ population. Considering the benefits of living in a CCRC (residents live longer with healthier lives) and that residents report high satisfaction rates for living in a CCRC, the rate of market acceptance and growth of CCRCs has been slow.

For many years, a significant number of CCRCs have been concerned that the very category name used to describe them actually limits consumer interest. In particular, the terms “continuing care” and “retirement” were perceived to have negative connotations among potential residents, leaving them with the impression that communities were only for people that need care, and thus are for older, less healthy people. The potential truth of this is evidenced by the continuing increase in the average age of people moving to CCRCs over the last decade. In fact, many communities and organizations have stopped referring to themselves as Continuing Care Retirement Communities altogether, developing their own alternative wording to describe the lifestyle benefits their communities offer.

As senior living communities expand and evolve to accommodate these younger older adults, it’s time to reconsider the Continuing Care Retirement Community (CCRC). Two years ago, **LeadingAge** formed the NameStorm task force to determine whether and how to evolve the CCRC

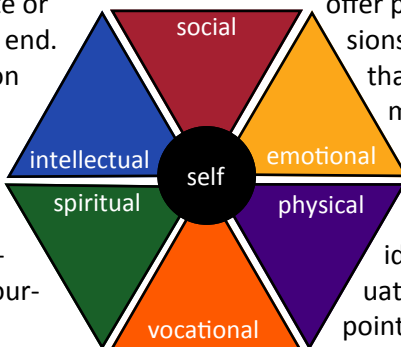


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Wellness Goals | Make Them Simple and Achievable

by Eileen McGivern, BSN, RN | Vice President Wellness and Community Initiatives

December is a special month for many of us. Regardless of what holidays you celebrate or traditions you share, 2015 is drawing to an end. Endings provide an opportunity to reflect on accomplishments from the year past and goals for the year ahead. In considering your wellness goals, how have you progressed? Remember our ultimate goal is always to progress, and we never seek perfection. Like so much in life, wellness is a journey — have you taken the first steps?



The six dimensions of wellness are:

1. **Vocational** — volunteering, teaching someone else a skill or trade, doing work that provides you a sense of wellbeing and accomplishment
2. **Physical** — strengthening, increasing mobility and balance of your body
3. **Emotional** — expressing oneself in a healthy way, receiving and giving love, friendship and caring
4. **Social** — engaging in meaningful and enjoyable interchanges with others
5. **Intellectual** — challenging and thought provoking activities that stretch your perceptions and mind
6. **Spiritual** — connectedness to a God of your understanding or expression of faith or values and beliefs that provide peace and purpose in your life

At Brewster Place we have a commitment to offer programming that touches all the dimensions of wellness. Our hope for the New Year is that each one of you will reflect on which dimension(s) of wellness you would like to focus on. We encourage everyone to make goals, even as simple as attending Wellness Wednesday each month for new ideas, committing to a physical therapy evaluation for strength and balance, make an appointment with Chaplain Roger or Wellness Support Specialist Anne Flynn, or beginning to attend exercise classes with Julie or Arts and Crafts classes with Joline. Wellness begins with one small step and we are here to help you!

If you need any assistance with goals, please feel free to contact Eileen at 274-3303. We wish you a Merry Christmas and look forward to a **Wonderfully Well New Year!** ■

*There's more
to experience!*

Brewster Groundskeeper Achieves Master Gardener Distinction

Brewster Place Groundskeeper, Joshua Saunders, recently completed the Shawnee County Extension Office Master Gardener Program. During this eight week course, attendees discussed the usage of pesticides, herbicides, insecticides and other chemical applications. Additionally they were taught pruning, hedging, turf grass maintenance, and gardening techniques by staff from Kansas State University.

“Candidates selected for the Master Gardener program receive 40 hours of training in plant science and home horticulture. The classes are conducted by Kansas State University horticulturists and local Extension personnel. Active Master Gardeners attend monthly meetings and regular advanced training sessions. They receive an in-house newsletter and timely horticulture publications. They participate in educational programs such as information booths, a speakers bureau, the Master Gardener Response Line and Garden Phone, seasonal public information sessions, school/youth programs and sick plant clinics. They also maintain several demonstration gardens.” (Topeka Capital-Journal February 2009)

Joshua said he was very pleased with the knowledgeable instructors and he hopes to be able to implement his training to continually beautify the campus at Brewster Place. Joshua has been the Groundskeeper at Brewster since October of 2014. ■



Pet Concierge Service

The winter season is approaching and we understand pet owners on campus might require a little help in caring for their pets. Please remember these services are available to Brewster Place pet owners for \$20 per hour.

Services Include:

- Walking (including waste clean-up)
- Assistance with feeding and watering
- Litterbox clean-up
- Pet sitting services while you are away for a few days
- Assist in transporting pet to veterinarian
- Shopping for your pet (food, treats, litter, over-the-counter medications)

Please call Security at 274-5000 to arrange a time to discuss the services you might need. A 24-hour notice is helpful. ■

TUNE-UP Tuesday

Tuesday, December 8

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. ■



Holiday Party at Brewster East Saturday, December 5 | 5:00 pm

Menu

Prime Rib
Twice Baked Potatoes
Green Bean Casserole
Cranberry Salad
Mixed Green Salad
Cherry Delite Dessert
Sparkling Wine

Please call
274-3359 for
reservations.
Reservations
are limited
to 80.

Christmas Lunch at Brewster Place Friday, December 25

Noon meal | MB DR

Holiday Meal Price | \$14.50

Please call 274-3340 for reservations if you have more than two in your party. Thank you!

...continued from page 1

name and brand. After listening to hundreds of consumers and industry professionals, the task force selected **Life Plan Community** as the new category name.

A **Life Plan Community** allows “planning” and “living” to merge, rather than being in opposition to one another. Having a plan in place—the security of the safety net provided by the availability of healthcare, coupled with the freedom from not having to manage all the day-to-day tasks that come with homeownership—allows for living life to the fullest. This name gives us a chance to have a conversation that is expansive and aspirational—something “CCRC” could never do.

Why are we excited to be a Life Plan Community? As you know, the senior living field is preparing for the tremendous wave of adults that will start turning 75 in about five years. Research has consistently shown that this next generation of potential residents does not respond positively to the term “Continuing Care Retirement Community.” They are self-directed planners who aren’t looking for “care;” rather, they want a life filled with possibilities and options.

Brewster is taking the lead in adopting **Life Plan Community** as the way to describe the type of work we do every day. While we are extremely proud of our healthcare services, Brewster offers so much more, and being a Life Plan Community helps us communicate that. We have large residential homes with the same amenities found in new homes today. More importantly, we offer fitness and wellness programs, fine dining, creative enrichment programs, socializing opportunities, and much more.

People that move to communities like Brewster tend to be planners, people who like to know they’ve made the decisions they need to make to ensure they have a solid plan in place for their future. A Life Plan Community like Brewster provides just what they need. It allows “planning” and “living” to merge. Having a plan in place—the security of the safety net provided by the availability of healthcare, coupled with the freedom from not having to manage all the day-to-day tasks that come with homeownership—allows for living life to the fullest. ■

The Not-for-Profit Difference | 2016 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 talent to ensure that ethical management, financial integrity and quality services are maintained.

You Are Invited to Attend...
Town Hall Meeting
"A Year in Review and Preview of 2016"
with David Beck,
President and CEO
Wednesday, December 16
10:00 am
Klinge Activity Center

Brewster

Board of Directors

Executive Committee

Mike Land, Chair
Becky Dickinson, Chair-Elect
Gary Alexander, Secretary
Mike Jones, Treasurer
Cindy Hornberger, Immediate Past Chair
Glenda Bower, Director at Large
Chuck Engel, Director at Large
Benny Meyer, Ex-officio
Diana Siegal, Ex-officio

Board of Directors

Max Halley
Terry Harbert
Dean Ferrell
Brenda Patzel
Chris Lear
Todd Pettygrove
Elizabeth Ross
John Salisbury
Tobias Schlingensiepen

Retiring Board Members

Dwight Parman
Melissa Masoner
Jerry Cordill
Gayle Vernon
Mike Clutter
Mary Muilenburg
Georgia McKeever
Richard Harmon
Connie Brown

Executive Leadership

David Beck, President and CEO
Larry Riggins, VP and Chief Financial Officer
Angela Dailey, VP and Chief Operating Officer
Eileen McGivern, VP Wellness & Community Initiatives
Joe Ewert, VP Health Services

Jeremy Hall, Director Brewster Foundation

Brewster Foundation

Board of Trustees

Stacy Smith, Chair
Nolan McKenzie, Secretary
Barry Bray
Jack Dicus
Betty Fenton
Robert Parman
Ed Soule

Brewster at Home

Board of Managers

Max Prosser, Chair
Paula Ellis
Mike Engelken
Vicki Schmidt
Edith Guffey

Resident Council

Benny Meyer, President
Diana Siegal, First Vice President
Bill Harlow, Second Vice President
Jan Seagraves, Secretary



There's more to experience! | BrewsterLiving.org

by Chaplain Roger Jackson, M.Div.

“May I be more concerned to assist the fulfillment of what the Lord is doing in another person than I am with what He is doing in me.”



service

There is a seldom noticed, yet preciously tender, lesson to be found in Mary’s actions immediately following the angel’s visit announcing her role as bearer of the Christ Child. She had been told that her cousin Elizabeth was also experiencing an unusual, though different, visitation of God’s grace: that now late in life, she was in the sixth month of pregnancy with her first child (Luke 1:36).

Now, almost immediately after she has discovered that she, Mary of Nazareth, is about to become the most unique woman in history, notice how beautifully her attention turns from herself to a need where she can serve.

She travels to help Elizabeth, and verse 56 says that Mary stayed with her aged relative and served her until Elizabeth’s baby was delivered.

This could well become our most important Christmas lesson for this year. Mary demonstrates a principle of God’s love in action: “May I be more concerned to assist the fulfillment of what the Lord is doing in another person than I am with what He is doing in me.” [*Celebrate! Daily Devotions for the Spirit-Filled Life*, Jack W. Hayford, Thomas Nelson Publishers, Nashville, 1992, page: December 9.]

As you celebrate the birth of Jesus this year, with family and friends, look for a place to serve. Search your heart, see where God wants you to serve, and then help someone this Christmas season. It might be as simple as giving some canned goods to Doorstep or toys to the Rescue Mission or a little money to Salvation Army. Or, maybe God wants you to help another family to have a Christmas that they would otherwise not have. Be a light to someone this Christmas season as Mary was to Elizabeth. Merry Christmas! ■

Special Services In December

New Chapel Blessing

December 20

4:00pm

(Blessing will take place during Vespers service)



Christmas Eve Services

December 24

2:30pm

BHC Fink Living Room

4:00pm

Main Building Chapel

Remembrance Service

Remembering residents who have passed in the last six months

December 27

2:30pm at BHC Fink Living Room

4:00pm at Main Building Chapel



December 3

“The Age of Adaline” (2015 romance)

December 10

“Where Hope Grows” (2015 drama)

December 17

“Cool Runnings” (1993 family comedy)

December 24

No movie today.

December 31

“I’ll See You In My Dreams” (2015 romance)

The end of the year is upon us. For many people this means it is time to move past this year and get ready for the next. This is not the case for the Brewster Foundation. The Brewster Foundation's purpose is to *raise funds in support of Brewster*. That means a great many projects are still to be completed before the clock strikes midnight on December 31. This year has been very busy on and around the Brewster Campus, and projects are continuing.

One of the most visible projects is the Main Street renovation on the lower level of Assisted Living. The Main Street remodel will truly change the way this area of the campus is used. The remodel will feature a new bank, beautiful Market, improved Chapel, enhanced fitness area, and a wonderful place to sit with your friends and neighbors.

Several phases of the Main Street project are in need of addi-

tional support. One unique and exciting piece of the Main Street update was the goal to create a comprehensive theme and artistic flair throughout the area. To do this, we have worked with an artist to create a very unique kind of artwork. This art was created, in part, during the community art project we had this past summer. Residents, staff and friends took time to paint on silks that are then used to make beautiful art pieces. This community art project is in need of additional funds to expand the impact of this artwork on campus.

A second area of need is adding some finishing touches to our new Chapel. One donor has given funds for a communion table and another has given a gift to help with other needs in the Chapel. These gifts are very much appreciated, yet we still need your support for other items. The new Chapel will need an altar, a podi-

um, and new chairs.

It is possible to create a lasting gift to family and your community by financially supporting either the art project or the new Chapel. A gift could be made in a lump sum, or pledged over time. Please call and discuss your interests, and we will help you find a way to make a lasting tribute to Brewster Place.

Again, we take this opportunity to thank each and every one of you who have, and continue to support, the Brewster Foundation in our efforts to make Brewster the best it can be for our residents, staff, and the community. We are truly grateful for each of you. As we are in the midst of this magical holiday season, the Foundation staff wishes you a blessed Christmas that includes special time with family and friends, and a wonderful New Year! ■

A Big *Bazaar* Thank You!

The Brewster Place Annual Holiday Charity Bazaar was once again a huge success. The grand total was \$7536.97. The proceeds from the Bazaar go to local charities in support of their missions.

Each year under the direction of Joline Kovarik, Arts and Crafts Coordinator, residents volunteer hundreds of hours to make items for the Bazaar. They begin their work in January and it culminates in November with the Annual Holiday Charity Bazaar. It truly is a community event and Topeka tradition.

The Bazaar could not happen without our wonderful residents and, of course, our dedicated customers who come for some festive shopping. Thank you for helping us be a blessing to our community! ■

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!



Coloring Club

**Tuesday, December 1
10:00 am**

Klinge Activity Center
Call Jamie at 274-3398 for more information!

The Forum | Arab Shrine

The Forum on December 3 at 10:00 am in the Brewster East Community room will feature Mr. Roger Farthing. Roger is the ARAB Shriners Public Relations Director. He is coming to speak about the things that his organization does worldwide. He will also give information as to what the Arab Shrine has done, and is working on, in our local community. This will be a good time to understand more about the Arab Shrine.

The Forum is a monthly program held in the Brewster East Community room at 10:00 am on the first Thursday of each month. This event is sponsored by the Brewster Foundation and is open to all Brewster Place residents and BrewsterConnect members. We hope you will join us for excellent programs as well as refreshments and time to socialize with your neighbors and friends! ■



Upcoming Osher Classes in 2016

German Settlements and Culture in Kansas with William Keel

Wednesdays, February 17 and 24; March 2
2:00—4:00 pm | Klinge Activity Center

The Home Front During World War II with Russ Hutchins

Wednesdays, March 9, 16 and 23
2:00—4:00 pm | Klinge Activity Center

The Bible and Science with Barry Crawford

Wednesdays, April 13, 20 and 27
2:00—4:00 pm | Klinge Activity Center



Let us help *you or your loved* one stay safe and independent in your Brewster Place home. Please call **785-274-3395** for a free consultation with a BeWell Support Coordinator.

*“Glory to God
in the highest,
and on Earth peace,
good will to all.”*

Luke 2:14

*Merry Christmas from the
staff of Brewster!*

For more information about
Brewster Place or BrewsterConnect
please contact our
Marketing Office at 785-274-3350.
Or visit us online at
www.BrewsterLiving.org

BPTV

If you live and work at Brewster Place,
BPTV is your source for the daily
schedule, activity updates, news,
music, worship services, movies
and fun photos! Don't miss out!

BPTV Channel 1960 or 1961

Audio Announcements

Monday—Friday
8:00—8:30 am.



facebook.com/brewsterplace.org

Congratulations Brewster Health Center | 2015 PEAK Mentor Award

Congratulations goes out to the staff and residents of Brewster Health Center for once again receiving the PEAK Mentor Award in 2015. PEAK (Promoting Excellent Alternatives in Kansas) started in 2002 as a



Governor Sam Brownback, Kaizen Dian Morris, Kaizen Shay Mason, Alice Eisele, Kaizen Shavonne Bennett and Secretary Bruffett at the PEAK Awards Ceremony in November.



Kansas Department for Aging and Disability Services (KDADS) is moving in expanding directions. PEAK 2.0 replaces the phrase "culture change" with "person-centered care."

The program focuses on five domains essential to person-centered care: The Foundation, Resident Choice, Staff Empowerment, Home Environment, and Meaningful Life. Congratulations Brewster Health Center! ■

recognition and education program to encourage nursing home providers in Kansas to adopt culture change. Brewster Health Center has received the award multiple times and, as a mentor facility, BHC staff mentor other adult care facilities in implementing person-centered care. There are only four Mentor homes in the state of Kansas. Secretary Bruffett from the Kansas Department for Aging and Disability Services said, "KDADS remains committed to ensuring high quality services for Kansas nursing home residents." Person-centered care nursing homes have moved away from the institutional model of nursing home care and toward a more homelike environment in which residents have a say in their day-to-day lives.

In 2012, PEAK was revised and became PEAK 2.0. Building on the successful history of PEAK, the

Why Are We Topeka's Favorite? Our Residents, Of Course!



Above: Warren Schriner volunteered his time working at the Brewster Place Annual Holiday Charity Bazaar in November. He was also lucky enough to win the Quilt Drawing!



Left: We were pleased to receive the Visit Topeka, Inc. and WIBW Topeka's Favorite Award for Independent Retirement Community and Assisted Living. Waunita Shoemaker and Johanna Roney showed off our award!



Left: Mary Lou Mitchell, Celia Eddy and Elsie Wessel weighed and packaged items for the Bazaar Bake Sale. This is a favorite volunteer job because you MUST eat the treats that aren't "up to snuff!"

Resident Birthdays

Dorothy Dalton	1
Beverly Northrop	3
Adrian Allen	4
Naomi Mick	4
Rose Alberg	6
Roland Bonjour	6
Betty Meyer	7
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
Gwen Holmes	23
Fran Olin	23
Virginia Thompson	23
Bette Bossler	24
Lorene Kring	24
Sydney Fluke	27
Maxine Horton	28
Margean Cress	29
Frank Rice	29
Harriette Ramsey	30
Lenora Anderson	31
Lela Paden	31

Anniversaries

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

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

Janis.Swanson@BrewsterLiving.org

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Karen Jackson	BE	3
<u>Community Relations</u>		
Sharon Petrone	SH	13
<u>Dining Services</u>		
Krystal Rhea	MB	1
Victoria McPherson	BHC	9
<u>Environmental Services</u>		
Kay Kempton	BE	12
Danny Moss	Campus	12
Kimberlee Jenkins	MB	1
<u>Health Services</u>		
Rosalind Loggins-Gay	BHC	8
Alma Quiroz	BHC	15
Melissa Watson	BHC	4
Marcus Hill	BHC	8
Lynnise Livingston	BHC	11
Tamatha Roberts	BHC	2
Hanna Lincoln	BHC	4
Maria Ramirez	AL	6
<u>Rehab</u>		
Tonya Sims	Rehab	2
Kristin Webb	Rehab	4
Olivia Delgado	Rehab	5
<u>Security and Transportation</u>		
Denise Coleman	Campus	8
<u>Therapy</u>		
Melissa Brandes	BHC	1
Stephanie Unekis	BHC	4

New Residents

Marianne Bloesch	MB 324
Cynthia Wahle	MB 328
Judy Cutright	MB 402
Linda Jackson	MB 102

Transfers

Charles and Myra Sodergren	MB 207
Shirley Rausch	AL 22
Garland and Nancy Roseberry	AL 21
Jane Ryan	AL G14
Harold Snyder	BHC

In Memoriam

Mrs. Lucille Harris	11-3-15
Mrs. Kay Moser	11-6-15
Mrs. Elaine Agan	11-6-15