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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.

Tips for Healthy Holiday Eating

We are in the throes of the holidays, so eating right can be a challenge! All the parties and events with scrumptious food as the centerpiece make it that much more difficult to maintain a healthy diet. With that in mind, here are some tips for eating healthier at all those holiday events. We've also hidden a cryptogram in the message as well—see if you can find it:

Have a large glass of water before attending holiday events that feature food. It will fill you up as well as keep you hydrated.

Ask the host if you can bring an item to add to the holiday buffet. This way you can ensure there will be something healthy for you to enjoy.

Participate in conversation with other guests. This will help keep you away from the buffet—and isn't this really what the holidays are about anyway?

Position yourself on the opposite side of the room from the buffet table. This will keep you from grazing mindlessly.

You can enjoy a handful of nuts, which contain good oils and antioxidants, but after that handful, walk away.

Okay, we're half way through. Did you figure out the cryptogram?

If not, this time pay attention to the first letter in the first word of every sentence:

Hold your buffet plate in whatever hand you typically write with. This will slow down your nibbling.

Opt for fresh fruits and vegetable selections — they'll help fill you up, and many offer a satisfying crunch.

Limit your alcohol intake to one drink; then switch to water or a low-calorie beverage. Alcohol delivers a huge dose of calories and no nutrient value.

If the party starts in the evening, don't skip dinner! Eating before you leave ensures you're not ravenous when you arrive.

Do eat with utensils to slow down your eating, and keep your utensils in the opposite hand you usually eat with.

Allow yourself one indulgence from the rich food selection. That way you won't feel cheated.

You can always take sips of water between bites. This will make your plate last longer!

Savor each bite you take and enjoy the riches of the season, which include family and good friends!

Have you found it now? The message was HAPPY HOLIDAYS! There's no reason why we have to avoid holiday gatherings if we're trying to eat healthy. These handy tips will help ensure all of us have a healthy, happy holiday! ■

h a p p y h o l i d a y s !

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Charlene Swanson moved to Brewster Place in June 2016. She was born and raised in Longmont, Colorado, and graduated from high school



Charlene Swanson
1211 SW 29th Terr.
Apt. 101
Ph. 274-5536

there. She attended Bethany College in Lindsborg, Kansas. During her sophomore year, she was the editor of the Bethany College Newspaper, and the next year became the editor of the Bethany College Yearbook. She graduated with a degree in elementary education.

Charlene met her husband, Duane, at Bethany College, where he did photography for the year-

book. Duane had been in the Navy for four years during the Korean War. He was taken off of his ship and sent to a hospital in Japan when he contracted Hepatitis. He also served on the Island of Formosa. As Charlene completed her senior year at Bethany College, Duane attended Washburn University. Eight days after Charlene graduated, she and Duane were married.

While at Washburn, they lived in the Washburn barracks for \$43.00 a month. Charlene taught that year at McCarter Elementary School. Duane graduated from Washburn University and then attended and graduated from the Master's program in Public Administration at the University of Kansas. He was on the administrative staff at the Menninger Foundation for 30 years. Duane passed away in 2008.

Charlene worked for the State of Kansas for 40 legislative sessions — two years for the Senate and the rest in the Chief Clerk's Office for the House of Representatives. Charlene was one of the organists for Our Savior's Lutheran Church for 50 years. She also did the church newsletter there for 40 years.

Charlene's two daughters, Lynda and Janis, are both graduates of Bethany College in Lindsborg, Kansas. Both live in Topeka. Janis re-

ceived her Master's degree from Kansas State University. She is the Director of Resident Services and Community Relations at Brewster Place. Lynda has a Master's degree in Library Science and is the librarian at Pauline South Intermediate School. Lynda and her husband, Phil, have two grown children each of whom are married.

Charlene's grandson, Kyle, and granddaughter, Kalyn, are graduates of Kansas State University. Charlene enjoys seeing her grandchildren and their spouses often as both couples live in the Kansas City area. Kalyn is a graphic designer and works in marketing and Kyle is a researcher in the DNA lab at the Stowers Institute for Medical Research. Charlene is proud to say she became a great grandmother for the first time as baby Scarlett was born in May 2016.

Charlene knew at some point she would move to Brewster Place. Last spring she came to visit with Phyllis Lansford to put her name on the list. A perfect apartment happened to be available, so she decided the time was right. She is pleased to be here, has settled in, and has become a part of Brewster Place. ■

Many Thanks!

A great big **THANK YOU** to all of the volunteers who put in hours creating all of the beautiful items for the Annual Brewster Place Holiday Charity Bazaar, and to those who helped put it together and take it apart.

Our total sales for the Bazaar were \$7,513.65 and our quilt sale brought in \$681. I am so proud of all of you! Now we must begin again. Classes are now in session. I invite you to check the Weekly Bulletin class schedule to see where you could help.

*Thank you from the bottom of my heart,
Joline Kovarik, Arts & Crafts Coordinator ■*

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Gary and Judy McGinness moved to Brewster Place in July 2016. Judy was born in Bartlett, Kansas, and then moved to Altamont, Kansas. In Altamont, the school was a high school and trade school combined – one of only two in the nation. Students came from Kansas City and Wichita to study there. Some of those students earned two diplomas. Judy received her business diploma and moved to Wichita to work. Gary is from Lincoln, Kansas. He was in the United States Air Force during the Vietnam War. He attended St. Benedicts College in Atchison, Kansas. After receiving his undergraduate degree, Gary moved to Wichita for graduate work at Wichita State University. He rented an apartment in a complex that Judy was managing. They married in Wichita after Gary completed his Master’s Degree in Sociology.



Gary and Judy McGinness
900 SW 31st St., Apt. G 18
Ph. 228-0618

Gary was the director of the juvenile court, and then a federal probation officer. He also did contract work for the FBI. Judy was a private secretary for an attorney, and then a legal secretary. She has been in sales and has worked as a court recorder clerk. She later became the secretary to the City Manager of Olathe, Kansas, and also the accountant. While there she taught herself to use the computer. Later, she earned a degree in electronics from Johnson County Community College, and had her own TV repair service. They moved to Topeka in 1975 for Gary to work with the Federal Court.

Gary and Judy have travelled extensively. They have taken 16 cruises, 16 bus trips, visited 50 countries, and 48 states. They enjoyed trips to Germany, Italy, Mexico, the Baltic States, and have taken four trips to Ireland. They said the weather was always perfect when they arrived in Ireland. They have a wonderful collection of Irish Santas as well as Leprechauns. Both belong to the St. Patrick’s Day Parade Committee. It meets regularly for a year in advance to plan the St. Patrick’s Day Parade.

Both find that exercise is an important part of their routine. Judy exercises with Julie each week-day morning at her 8:25 am aerobics class. Their kitty, Zoe, wakes her at 4:30 am. Gary exercises in the Brewster East Wellness Center four or five times each week.

Judy and Gary heard about Brewster Place and made the choice to join the Brewster community. Their house sold in three days, and they were ready to move into their apartment. ■



Movie and Discussion

with Chaplain Roger Jackson

The Christmas Candle

Monday, December 12 | 2:00 pm

Main Street Chapel

In the village of Gladbury, it's believed that every 25 years an angel comes on Christmas Eve bearing a miracle for one of the residents. But the arrival of a new minister with fresh ideas threatens to extinguish the age-old tradition. There will be an intermission with refreshments and discussion following the movie with Chaplain Roger. Come and join us for this inspirational movie! ■

Words from Wellness

Vitalize 360 Wellness Team — An Introduction

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



Jenny Lamb, LSCSW
Director of Community
Wellness
274-3395

Brewster Place has continued to expand its services for residents who want to “Thrive in Place” right in their own homes on the Brewster Place campus. We are excited to announce that the program formerly called BeWell — which provides services to residents to allow them to live at their most independent level — is now Vitalize 360!

Vitalize 360 is an evidence-based assessment tool that allows seniors to develop a plan for wellness and vitality. Brewster Place residents collaborate to develop an individual plan in conjunction with the Wellness Team. Various departments, who serve our residents on campus, are included in the Wellness Team. Using the information from the Vitalize 360 assessment, the Wellness Team will offer suggestions and recommendations to allow residents to live their most engaged life at Brewster Place. The Wellness Team is led by Jenny Lamb, LSCSW. Jenny began her duties as Director of Community Wellness in November. Jenny brings her experience as a medical social worker in acute care and as a licensed therapist to enhance the experience of all Brewster Place residents. Watch the Brewster News each month for more information about Vitalize 360 and how you can “Thrive in Place.” We welcome Jenny to Brewster Place. She looks forward to meeting all of you. Jenny’s office is located in the Main Building (first floor hallway). She can be reached at 274-3395. ■

Additional Yoga Class Begins in January 3!



Health You Active Yoga
Tuesday, January 3
1:00 pm | WWC
This new class taught by Kelly Sundbye is suitable for seniors who are able to do standing poses and floor work. ■

Coping with the Holidays for Residents and Families



Tuesday, December 6
11:00 am | Chapel
Because the holiday season can be especially difficult for those grieving the loss of a loved one, Chaplain Roger is offering this special time for sharing. He will also offer ways to help you make it through this season with meaning and purpose. ■

At the Movies
BPTV
Thursdays at
2:00 pm

December 1
“*Hunt for the Wilderpeople*” (2016)
December 8
“*Hanover Street*” (1979)
December 15
“*A Little Chaos*” (2015)

December 22
“*The Best of Andy Williams Christmas Specials*”
December 29
“*Love Actually*” (2003)

From the Chaplain | Christmas Is About Christ

by Chaplain Roger Jackson, M. Div.

I love Christmas! This is my holiday. Our family used to live in a two story turn-of-the-century house, and we decorated five trees, the staircase, entry-way, and front porch. Our snowmen and Nativity collections were placed throughout. It is a beautiful time of year! Christian author, Max Lucado, in his book, *Because of Bethlehem*, writes:

"I love Christmas. Let the sleigh bells ring. Let the carols sing. The more Santas, the merrier. The more trees, the better.

I love Christmas. The ho ho ho, the rooty toot toot, the thumpety, thump, thump, and the pa rum pa pum pum. The "Silent Night" and the sugarplums.

I don't complain about the crowded shops. I don't grumble at the jam-packed grocery store. The flight is full? The restaurant is packed? Well, it's Christmas.

And I love Christmas. Bring on Scrooge, Cousin Eddie, and the 'official Red Ryder, carbine-action, two-hundred shot range model air rifle.' 'You'll shoot your eye out!'

The tinsel and the clatter and waking up 'to see what was the matter.' Bing and his tunes. Macy's balloons, Mistletoe kisses, Santa Claus wishes, and favorite dishes. Holiday snows, warm winter clothes, and Rudolph's red nose.

I love Christmas. I love it because somewhere someone will ask the Christmas questions:

What's the big deal about the baby in the manger? Who was he? What does his birth have to do with me? The questioner may be a child looking at a front yard crèche. He may be a soldier stationed far from home. She may be a young mom who, for the first time, holds a child on Christmas Eve. The Christmas season prompts questions."

Lucado goes on to say:

"Because of Bethlehem, I have a Savior in heaven. Christmas begins what Easter celebrated. The child in the cradle became the King on the cross. And because he did, there are no marks on my record. Just grace. His offer has no fine print. He didn't tell me, 'Clean up before you come in.' He offered, 'Come in and I'll clean you up.' It's not my grip on him that matters, but his grip on me. And his grip is sure.

Christmas is about Christ. Christ's name occupies six of the nine letters, for crying out loud. This isn't Santa-mas, or shopping-mas, or reindeer-mas. This is Christ-mas. And Christmas is not Christ-mas unless or until you receive the message of Bethlehem."

How will you celebrate Christmas this year? Yes, your traditions may have changed; the number of people around your table might be smaller; you probably won't even put up a full-sized Christmas tree. That's okay, because Christmas is about Christ. Christmas is about celebrating *Christ*-mas and the message of Bethlehem. Merry *Christ*-mas to all, and to all a good night! ■



**The true gift of Christmas is Jesus.
Merry *Christ*-masto all!**

Winter will soon be upon us and the holidays are right around the corner. That brings us to the end of another year. As we reflect on the many things that have taken place at Brewster in the past year, it is amazing what has been accomplished!

The Main Street project was completed and opened for our residents, staff, and others to enjoy. Residents and staff are visiting the Market for breakfast and lunch, and Friday Socials in the Pavilion have been a fun time for all those who attend. Our beautiful new Chapel is a lovely place for worship and special services. The new salon and Kaw Valley Bank have been nice additions to Main Street. And, finally, our new Winchell Wellness Center has improved the capacity for more residents to

participate in exercise classes and wellness activities. Our donors helped make this happen.

We want to thank each and every one of you who have supported, and continue to support, the Brewster Foundation in our efforts to make Brewster the best it can be for our residents, staff and 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 and a wonderful New Year!

Jeremy Hall, Director

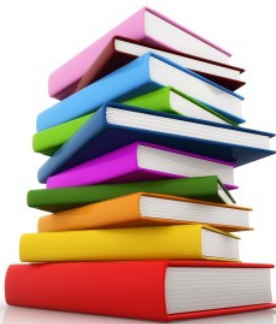
Gaylene Dibbern, Development Associate ■

Brewster Books for Kids Program

Thanks to our anonymous donor, the Brewster Books for Kids Program will continue! For those of you not familiar with the background of this program, we have a wonderful donor who feels that it is very important to make sure kids have the opportunity to have books to read — books that are theirs and that they can keep. So, with a generous donation, the Brewster Foundation was given the opportunity to fulfill this donor’s wish.

We have hosted Books for Kids giveaways since fall of 2014. About every three months, we advertise when and where and staff members may

bring their children and grandchildren to Brewster Place to pick out a few books. The smiles and appreciation shown at these events is wonderful! Thank you to our generous and kind-hearted donor for giving our children this special gift! ■



Books for Kids Event

Thursday, December 29

1:00 pm — 4:00 pm

Main Building Founders Room

This event is for staff and their children. Please join us!

bring their children and grandchildren to Brewster Place to pick out a few books. The smiles and appreciation shown at these events is wonderful! Thank you to our generous and kind-hearted donor for giving our children this special gift! ■

News & Views with Kevin McFarland

Tuesday, December 13

10:15 am | CSP

Join us for a lively discussion with Kevin McFarland about what is happening in our world. It’s always an enjoyable hour. Kevin makes things fun and gives opportunities to share or just reflect on what’s being said. If you’ve never attended a News & Views session, come and give it a try! ■



BPTV Channel 1960 or 1961

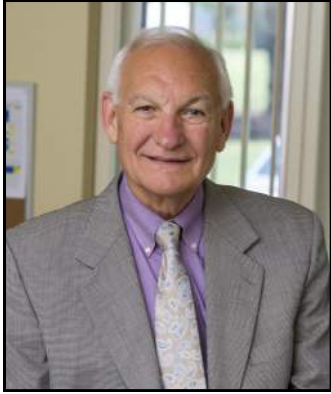
Your go-to place for daily news, announcements, updates, and fun photos!

Audio Announcements

Monday—Friday

8:00—8:30 am

Town Hall with CEO David Beck



**Town Hall with David
Wednesday, December 14
10:00 am**

Klinge Activity Center

We invite you to join David Beck, President and CEO of Brewster Place, for a Town Hall meeting. Each year at this time, David presents a review of the past year's accomplishments and previews the year to come. It's a great way to see the "big picture" of what is happening in our community. ■

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 semi-annual Trash & Treasure Sales to this very important fund. We appreciate their generosity and all of the residents and staff who make the Trash & Treasure Sales and donation possible. ■

Foundation Forum

Thursday, December 1
10:00 am | BE CR



A representative from Safe Streets will meet with us to discuss older adult safety and ways to mitigate crime that usually happens to the older generations. Please join us for this timely discussion.

Safe Streets is dedicated toward mobilizing and assisting the community with issues related to crime prevention, neighborhood work and substance abuse prevention. ■

Campus Abbreviations

A helpful list so you know where to go!

- AL**—Assisted Living
(south end of Main Building)
- BE**—Brewster East
- BE CR**—Brewster East Community Room
- BE DR**—Brewster East Dining Room
- BE Parlor**—Adjacent to the west entry area
- BHC**—Brewster Health Center
- Chapel**—Main Street
- CSP**—Chandler Sun Porch
(adjacent to MB Dining Room)
- FR**—Founders Room
(MB glass enclosed room)
- Frontier**—AL second floor
- HH**—Home Health (AL first floor)
- KAC**—Klinge Activity Center
(MB lower level)
- Lobbies**—Meet in the MB or BE Lobby to
be picked up by bus for off-campus
trips
- MB**—Main Building
- ML**—Main Lounge
- Monarch**—AL first floor
- MS**—Main Street
(lower level Assisted Living)
- MSP**—Main Street Pavilion
- Market**—Main Street
- PH**—Penthouse (MB 6th floor)
- SH**—Stone House
- TRAG**—Dorothy Trueblood Resident Art
Gallery (MB lower level)
- WWC**—Winchell Wellness Center
(AL lower level)



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Jingle Market



Jingle Market at Brewster Place
Wednesday, December 7
10:00 am—1:00 pm | Main Lounge

He's
MAKING
a LIST
AND
CHECKING
it
TWICE!

Can you believe it's that time of year again? The holidays are in full swing, and we want to make your shopping a bit easier. For the first time, we have invited various vendors to campus so you can check a few things off your list without having to leave campus! Vendors will have everything from coffee mugs to yummy munchies — from socks to toys — and much more. We are also excited to offer poinsettias for sale from **The Plant Shop**. The Plant Shop is supported employment for the Kansas Neurological Institute (KNI). The poinsettias can be purchased for your own home or in memory of a friend or loved one to be displayed in the Main Lounge. Each poinsettia will have a memorial card as well. Funds raised for the poinsettias will benefit KNI. We hope you will join us at the Jingle Market!

Vendors Include

- ◆ Brewster Place Main Street Market featuring mugs, Brewster Brew and archival framed prints
- ◆ Brewster Bazaar Items
- ◆ The Plant Shop from KNI
- ◆ Martha's Homemade Munchies
- ◆ Avon with Barbara Deeter
- ◆ Brown's Shoe Fit (buy socks for 20% off)
- ◆ Discovery Toys
- ◆ 31 Bags
- ◆ And much more!

The Little Drummer Boy

Come they told me

Pa rum pum pum pum

A new born King to see

Pa rum pum pum pum

Our finest gifts we bring

Pa rum pum pum pum

To lay before the king

Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum



So to honor Him

Pa rum pum pum pum

When we come

Little baby

Pa rum pum pum pum

I am a poor boy too

Pa rum pum pum pum

I have no gift to bring

Pa rum pum pum pum

That's fit to give our King

Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum

Shall I play for you

Pa rum pum pum pum

On my drum

Mary nodded

Pa rum pum pum pum

The ox and lamb kept time

Pa rum pum pum pum

I played my drum for Him

Pa rum pum pum pum

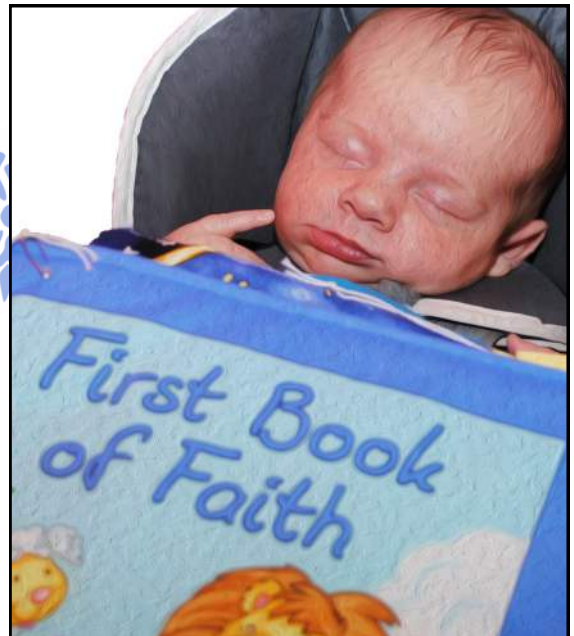
I played my best for Him

Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum

Then He smiled at me

Pa rum pum pum pum

Me and my drum



This beautiful baby boy is the son of one of our valued staff members. The **First Book of Faith** was lovingly made by one of our beloved residents. The work we do crosses generations, but the common theme we share — both young and old — is love.



Peace to you this Christmas season.
-from the staff of Brewster

Birthdays

Dorothy Dalton	1
Beverly Northrop	3
Adrian Allen	4
Naomi Mick	4
Cinnie Wahle	5
Rose Alberg	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
Nickie Stein	17
John Salisbury	20
Betty Jo Marling	21
Gwen Holmes	23
Frances Olin	23
Virginia Thompson	23
Bette Bossler	24
Lorene Kring	24
Sydney Fluke	27
Lora Horton	28
Delpha Tucker	29
Margean Cress	29

Anniversaries

Donald and Delpha Tucker	12/07/1946
George and Lenore Marschall	12/20/1959
Dean and Georgia McKeever	12/21/1985
Dick and Donna Crawford	12/31/1950

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!

<u>Department</u>	<u>Location</u>	<u>Years</u>
<u>Administration</u>		
Karen Jackson	BE	4
<u>Dining Services</u>		
Victoria McPherson	BHC	10
Kelly Chavez	MB	1
Krystal Rhea	MB	2
<u>Environmental Services</u>		
Geoff King	Campus	1
Kay Kempton	BE	13
Danny Moss	Campus	13
Kim Jenkins	MB	2
Ana Marquez	BS	1
Katie McLean	MB	1
<u>Health Services</u>		
Larice Murphy	BHC	1
Rosalind Loggins-Gay	BHC	9
Tonya Sims	BHC	3
Alma Quiroz	BHC	16
Melissa Watson	BHC	5
Marcus Hill	BHC	9
Lynnise Livingston	BHC	12
Tamatha Roberts	BHC	3
Hanna Lincoln	BHC	5
Maria Ramirez	AL	7
<u>Rehab</u>		
Kristin Webb	Rehab	5
Olivia Delgado	Rehab	6
<u>Security/Transportation</u>		
Larry Cadoret	Campus	1
Denise Coleman	Campus	9

New Residents

Stephen Minter	S 25
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Transfers

Bill and Rosemary Harlow	Cedar 204
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In Memoriam

Mrs. Oleta Schooley	10/27/16
Mrs. Marcia Matyak	10/28/16
Mrs. Shirley Rausch	10/30/16
Mrs. Bessie Kastl	11/9/16
Mrs. Helen Russo	11/14/16
Mrs. Betty Joe Morris	11/14/16
Mrs. Laura Hill	11/27/16
Mr. Jim McCune	11/28/16