



In this issue:

- 2 Words from Wellness
- 3 Joline Kovarik Retiring
Note from Joline...
Bazaar Grand Total
- 4 From the Chaplain
Movie and Discussion
Christmas Eve Services
- 5 Congratulations BHC!
Page one cont.
At the Movies
Please Note...
- 6 Brewster Foundation
- 7 Foundation Forum
News & Views
Thank You!
Advent Coloring Project
Writing Group
- 8 Jingle Market
Photos

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.

Kris Saia Brings New Energy to The Market New and Expanded Offerings in 2018

"It's first thing in the morning and you need a kick-start with a tall cup of coffee -- we gotcha covered. Mid-morning break times arrive just as home-made muffins and cinnamon rolls come out of our oven. Lunch-time rolls around and you crave a Panini with all the goodies on top — we'll stack it high and grill it up!" said Culinary Arts Manager Kelly Chavez who is enthusiastic about The Market on Main Street, and is glad that Brewster Place residents and employees have a quick and handy spot to grab a meal, a snack or drink, plus an assortment of sundry items throughout the work-week.

Kelly's goal for 2018 is to keep The Market fresh and ever-changing in its inventory and menu offerings, and to help with that vision, Kris Saia joined The Market staff in mid-September. "My family owned a gift shop called J.E. Dickerson's where I worked for 34 years here in Topeka, and I was Fairlawn Plaza Shopping Center's Event Coordinator for three years before coming to Brewster Place," says Kris. "My favorite part of owning our shop was buying merchandise and decorating the store; anyone who was a regular Dickerson's customer will tell you that it never looked the same two days in a row — we always had something new to offer. I hope to bring that to The Market on Main Street — watch for fresh energy, new inventory and menu items in the new year."

One of The Market's objectives is to provide convenience to Brewster Place. Aside from homemade soups and made-to-order bistro items, The Market offers a large variety of convenience items — everything from greeting cards, dish soap, toothpaste, and Chapstick to snacks, beverages and frozen meal and soup entrees when



Words from Wellness | Receiving and Giving with a Gracious Spirit

By Jenny Lamb, MSW, LCSW | Director of Community Wellness

Tis the season. Indeed we can see signs of the holiday season everywhere, and we experience all that is Christmas through each of our senses.

There's the food, decorations, music, togetherness, and of course the gifts. For many, this is the time of year in which we freely give of ourselves, our time, and material gifts to those we love and strangers alike. We've all heard the saying "'tis better to give than to receive," but I want to challenge that philosophy and explore a deeper way of thinking. While we are all called as a people of humanity to be generous and to give as we can, we are also called to be receivers.

Gifts come in many forms. They can be things, money, ideas, love, and random or intentional acts of kindness. Have you ever considered the very gift you give when you embrace that which is given to you? I have engaged in a helping capacity for all of my adult life, both professionally and personally. I have heard the words, "I don't want to be a burden" or "I'm not worth the expense" so very often. In our culture we are taught to be strong, to do for ourselves, to be independent. While being responsible and doing all we can for ourselves is important, we must know our limits and guard against what Sunada Takagi describes as, "crossing the boundary into isolating ourselves from the love and personal connection that others want to give to us." This is vital because crossing that boundary can have negative impacts on personal wellness in each dimension: physical, emotional, social, spiritual and intellectual.

Being on the receiving end of the generosity continuum is difficult in part because it calls for a level of vulnerability, which is uncomfortable for most of us. To be vulnerable is a mandatory part of our human existence and it is where we demonstrate our strength rather than our weakness. Consider these words from Brene Brown,

"When we genuinely receive, not only the gift, but also the spirit of the giver, we embark on a moment of free flowing human kindness and love."

"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable but they're never weakness." Then, when we've allowed for vulnerability and embraced what is offered we get the experience of giving our own gift back to the giver; that gift of joy found in being allowed to be a meaningful and purposeful part of another's life. We give the gift of our trust to someone who desperately wants to connect with us whether in a gift you can hold in your hands or a gift you hold in your heart. Sunada Takagi says it best when she says, "generosity is a two way street. It's an openness of heart that's just as much about graciously receiving as it is about giving."

The concept of giving through receiving is not a new idea. Even Scripture helps us understand this dynamic. Matthew 10:40-42 says, *"We are intimately linked in this harvest work. Anyone who accepts what you do, accepts me, the One who sent you. Anyone who accepts what I do accepts my Father, who sent me. Accepting a messenger of God is as good as being God's messenger. Accepting someone's help is as good as giving someone help. This is a large work I've called you into, but don't be overwhelmed by it. It's best to start small. Give a cool cup of water to someone who is thirsty, for instance. The smallest act of giving or receiving makes you a true apprentice. You won't lose out on a thing."*

This same sentiment can be found in other basic tenants of cultures and religions around the world. When we genuinely receive not only the gift, but also the spirit of the giver, we embark on a moment of free flowing human kindness and love that will be carried out into the world and felt by all with whom we come in contact.

So during this season, or any other, be mindful of what you receive and what you give and know that it is essential we commit to both acts with a loving heart and a gracious spirit. ■

A Fond Farewell to Joline Kovarik

by Janis Swanson, Director of Resident Services and Community Relations

After 22 years at the helm of “all-things creative” at Brewster Place, Joline Kovarik has announced her retirement at the end of 2017. Joline has served as Arts and Crafts Coordinator for her entire career at Brewster Place. In this role she has taught a variety of art classes including watercolor, oil, craft painting and wood carving. Joline also planned and coordinated the bi-annual Trash & Treasure Sales and Annual Brewster



Place Holiday Charity Bazaar. She worked closely with the Brewster Service Fund Committee — a dedicated group of residents who decide where and how monies raised by these events is apportioned. Over the span of her 22 year career, hundreds of thousands of dollars have been raised to benefit Brewster Place programs and charitable organizations in Topeka. Simply amazing!

The impact that Joline has had on residents, staff, and the wider Brewster community is immeasurable. How do we measure the ability to help residents find their creative spirit? How do we measure the hours upon hours of work to plan and create items for annual Bazaar? How do we measure the endless hours organizing, pricing and selling 22 years worth of “trash and treasure?” How do we measure the value of a dedicated, energetic, passionate and creative staff member after 22 years of service? We cannot!

And so Joline, what we *can* do is say a collective “**Congratulations,**” and “**Thank you**” for everything you have done for Brewster Place and its residents. We will never be able to fill your cartwheeling, dancing, always on the move **BIG** shoes, but we will try our best to carry your imaginative spirit and passion for the residents of Brewster Place creatively forward. You will be greatly missed! ■

Please note:

We are planning a Retirement Celebration for Joline in January. Stay tuned for more details!

A Note from Joline...

Dear Friends,

Little did I know on August 31, 1995 that I would still be here at Brewster Place in 2017. How fast these 22 years have gone by. I have loved my job and the residents and staff I have worked with. My life has been enriched by working here.

I have enjoyed teaching all the classes, from planning projects to helping sell the finished products. The special companionship that sewing, painting and carving together brings is so very important.

Thank you to all the staff that helped in setting up for the Trash & Treasure Sale and the Bazaar — and to my team for all the help and support. Thank you to all the residents who volunteered their time and talents.

I will love and miss you all, as I get adjusted to a new life without you.

*Fondly,
Joline*

Brewster Bazaar Total

Once again, under the leadership of Joline Kovarik, Arts and Crafts Coordinator, the **Brewster Place Annual Holiday Charity Bazaar** was a huge success. On November 10 and 11 the Klinge Activity Center was filled with beautifully hand crafted items for customers to browse and buy. The **total** for this year’s Bazaar was **\$9,026.47** and counting — wow! Thank you!

The Bazaar cannot happen each year without the dedication of all the resident volunteers who work during the year creating items to sell as well as the volunteers who work the Bazaar. The Brewster Service Fund Committee will meet this month to divide the money to distribute to local charities. In January we will update you on the list of organizations who received funds. ■

From the Chaplain

Look for a Place to Serve

by Chaplain Roger Jackson, M. Div.

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!** ■

MOVIE AND DISCUSSION



The Nativity Story

Monday, December 11

2:00 pm | Chapel

Facilitated by Chaplain Roger

intermission — refreshments
discussion afterwards

In Nazareth, teenager Mary is betrothed to the local carpenter, Joseph. Mary is visited by an angel and told that she will fulfill a prophecy and as a virgin give birth to God's son, the savior of the world. Mary's pregnancy brings her the scorn of the community and Joseph struggles to believe her seemingly outlandish story. Meanwhile, a census forces every man and his family to return to his place of birth. Joseph and Mary set out on a long journey to Bethlehem. This story is based on the Biblical account of the birth of Jesus Christ. ■

**Come and join us for this
inspirational movie!**

Christmas Eve Services

Sunday, December 24

2:30 pm

Brewster Health Center Fink Living Room

4:00 pm

Main Street Chapel

Love was born for every one of us!

Come and be a part of our Christmas Eve services.

All are welcome!

Brewster Place Resident Holiday Celebration



Tuesday, Dec 12

6:00 pm

Redwood KAC

Please join us for an elegant dessert with coffee and egg nog. Entertainment provided by Nancy Goodall from CoreFirst Bank & Trust will follow dessert.

Congratulations Brewster Health Center

We celebrate and congratulate ALL of our staff at Brewster Health Center for once again being named to U.S. News and World Report's Best Nursing Homes for 2017-18. It is indeed humbling and gratifying to be listed in this national report. Brewster Health Center received an Above Average rating.

It is also notable that nearly 40 LeadingAge Kansas members were named as top-performing and above average on this high-profile list. Our direct care staff cannot do what they do without a servants' heart. Thank you and "job well done" Brewster Health Center staff! You are awesome!

In addition, Brewster Health Center continues to maintain high standards of quality by maintaining Joint Commission Accreditation, being selected again as one of only four Mentor Level PEAK Person Centered Care awardees in Kansas, and securing a 5-Star CMS (The Centers for Medicare and Medicaid Services) Quality Rating. ■

Continued from page 1...

residents or staff want a quick dinner solution. In addition to breakfast, lunch and snack offerings, as The Market gets ready for 2018, one of the goals is to open a small gift shop, where residents and staff can purchase special gifts for the special people in their lives. "We hired Kris because of her expertise in retail operations," said Kelly. "We know that Kris' skills will be put to good use as we develop the new gift line and expand our current Market offerings."

"My background is in retail, but I'm new to the world of food service, and the kitchen staff has been great to 'break me in.' I've got good teachers in Milton Carr and Heidi Hulsether," said Kris. "Everyone has been so nice — residents and employees at Brewster are a friendly bunch."

Kris is an active volunteer and avid advocate for Helping Hands Humane Society: "Don't let me hear that you are looking for a new pet — I will bombard you with adoptable dog and cat photos!" She and her husband Tony live on acreage in rural Shawnee County with two dogs and two cats. Kris enjoys reading, drawing and painting in her spare time. Stop by today to meet Kris and see what the market has to offer! ■

Annual Town Hall Meeting with CEO David Beck

**Wednesday, December 13
10:00 am | Klinge Activity Center**

You are invited to attend a Town Hall Meeting with David Beck, President and CEO of Brewster. Each year at this time David holds this Town Hall to summarize what has been accomplished in the past year. In addition, David will present the plan for the coming year.

We have so many exciting things happening on campus with construction and programming. This meeting is a great time to come listen, ask questions and be informed about our community. ■

Please Note:

Riders of **Transportation Tuesdays and Thursdays** will note a slight increase in the fare from \$5.00 daily to \$8.00 daily starting January 1. Transportation on Tuesdays and Thursdays runs a step on/step off service throughout a loop hitting important destinations throughout Topeka. Remember, pay the fare once and travel all day! ■

At the Movies! Thursdays at 2:00 pm | BPTV 1960



December 7
"Little Women"
(1994 drama)

December 14
"Serendipity"
(2001 romantic drama)

December 21
"The Polar Express"
(2004 family)

December 28
"The Best Exotic Marigold Hotel"
(2011 comedy)

December is starting, the last cold days of 2017 are upon us, and we are engulfed with the joys of the holiday season. In that mix of catalogs, advertisements, and holiday cards, we are also receiving a number of solicitations from charities. During this time, I want to make sure that you remember the Brewster Foundation in your year-end giving plans. Gifts made to the Brewster Foundation are tax deductible, yet receiving a tax deduction is only a small part of the benefit of giving to the Brewster Foundation.

The Brewster Foundation Supports Brewster Staff

On average, the Brewster Foundation has provided \$4,500 in employee loans provided to staff in need. We are able to provide these because we have funds donated to make sure that when a staff member experiences an emergency hardship, they have a way to get funds for help. We are proud to offer these loans to take away an extra stress that some staff experience in hard times.

In addition, several times each year, the Foundation hosts a Books for Kids event and provides books to the dependents of our staff. Reading is such a vital part of any child’s development and education. This is a great time for kids to pick up an extra book or two!

The Foundation has worked on other education and development projects to provide special learning opportunities to our staff. This helps to assure that we have the most up-to-date and sophisticated staff possible.

The Brewster Foundation Supports Special Projects

The Brewster Foundation works with donors on special gifts and projects. From artwork, training sessions, named rooms, stained glass or gifts to fund special positions, the Brewster Foundation wants to work with donors to bring that philanthropic dream to life. Creating a lasting tribute to a family or organization can provide lasting memories and pride for a family. The Brewster Foundation will work with a family to find a gift and tribute that is best for you. During our current campus projects, we have multiple places that could be perfect for a named gift lasting tribute.

The Brewster Foundation Is for Brewster

The purpose of the Brewster Foundation is to “Raise Funds in Support of Brewster.” It is a very simple mission statement, but carries a very large goal. To me, that means we work for the Brewster staff, the Brewster grounds and community, but

most importantly, the residents of Brewster. Brewster is so much more than a place to live. Brewster is a thriving community with residents from many backgrounds. We work for our residents. We work to fund programming, projects, and benevolent care to continue to provide for those that call Brewster their home.

As you sort through your mail, flip through the catalogs, and display cards from friends new and old, please remember that contributing to the Brewster Foundation is a gift that will touch many lives — from residents, to staff and their families, and to our community.

Please contact the Brewster Foundation office if you need help with making a contribution. Gifts can be in the form of cash/check, stock, IRA distribution, land, or estate gifts. A gift from the required minimum distribution from an IRA can carry additional tax benefits. We look forward to talking to you about supporting Brewster, and I offer a special thank you to our continued supporters. ■

For more information, please stop by our office or give us a call!
Brewster Foundation | Redwood Info Center
Jeremy R. Hall, Director: 274-3327
Gaylene Dibbern, Associate: 274-3328

Foundation Forum

Safe Streets

with Kristi Pankratz, Executive Director

Thursday, December 7 | 10:00 am

The Evergreens Community Room

With the holidays upon us, learn how to safeguard yourself this season with tips from Kristi Pankratz, Executive Director, Safe Streets. We will discuss information to keep you safe while shopping, traveling, and just going out and about. Also, learn about financial scams that are currently going on in our community.

A Special *Thank You!*

The Brewster Foundation staff would like to thank each of you who came to one of our 18 informational programs in early November to learn more about our role in the ***New Opportunities for a Thriving Community NOW*** campaign.

The comments and feedback provided were much appreciated, and we thank you for your many kind comments about the presentation. We hope we were able to provide answers to questions and give you information that you did not know before attending. Please feel free to contact the Foundation office for any follow-up questions. This is an exciting time at Brewster! ■

Jeremy Hall, Foundation Director

Gaylene Dibbern, Foundation Associate

News & Views

with Kevin McFarland

Tuesday, December 12

10:15 am | Chandler Sun Porch

Join Kevin for a look at the events of the day or yesterday! Kevin engages us in a lively discussion about the past, present, and future with regard to current events locally, nationally, and internationally. Come for coffee and treats too! ■

Advent Coloring Project

Do you like to color? Do you need a stress reducer especially at this time of year? We have a wonderful project for everyone to enjoy.

We have purchased the Advent Coloring Journey — six large panels of paper with the Advent theme — for residents, staff and friends to color together at their leisure. On **Tuesday, December 5**, each panel will be placed at a different coloring station on campus with colored pencils available for use. All we ask is that you take time to relax, pick up a pencil or two, and color at your leisure. We'd like the panels to be completed by **Friday, December 15** at which time they will be hung near the Chapel.



Coloring Stations:

- Redwood Lounge
- The Evergreens Parlor
- Main Street
- Assisted Living
- Brewster Health Center (2)

The six panels when hung together make a beautiful, colorful mural for all to enjoy. We will also have copies of the six panels in a smaller version if you'd like to take them home to color. Let's make this Advent season colorful and bright! ■

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Writing & Reminiscing Group

A new **Writing and Reminiscing Group** has begun and we are pleased that Jennifer Pacioianu from Washburn University has volunteered to lead this group. Each month you will be given a prompt to help you narrow your thoughts. The next session is **Wednesday, December 27 at 1:00 pm (RW FR)**.

December's Prompt: Write about a memorable holiday event. (Thanksgiving, Christmas, Hanukkah, New Year's, or another) Did the table centerpiece catch on fire in the middle of dinner? Did someone unexpected show up? Did you get the best present of your life? The worst present? Did you experience a loss? Was a baby born? It doesn't have to be exciting or tragic or very unusual – just specific to you. Close your eyes, let the memory come through, and describe it in detail. Stick to one event on one particular holiday and tell us about it! ■



2nd Annual **Jingle** Market



Wednesday, December 6
10:00 am—2:00 pm | Redwood

It's that holiday time of year and whether you buy lots of gifts or just a few, we want to make your shopping experience easy and convenient. Last year we hosted our first Jingle Market and it was so well received, we are doing it again this year. Please come browse everything from munchies to jewelry to purses to candles. In addition, Joline will have a table with items from the Brewster Bazaar.

We are excited once again to offer poinsettias from The Plant Shop at Kansas Neurological Institute. The Plant Shop is supported employment for KNI. The poinsettias can be purchased for your home or for display in the Redwood Lounge in memory or in honor of a family member or friend.

Please join us at the Jingle Market to shop, mingle with friends and enjoy the spirit of the season with others! ■



Vendors Include:

- **Brewster Place Arts and Crafts featuring items from the Brewster Bazaar**
- **KNI Poinsettia Sales**
- **Avon**
- **Martha's Munchies**
- **Miracle Ear (are you in need of batteries?)**
- **Tastefully Simple**
- **Bees Knees Jewelry**
- **Purses by Peg**
- **Scentsy**
- **Blankets by Pearl**
- **Angels Gifts**
- **Greeting Cards by Tami**

Engage In Life!

It will make you smile!



Above: Marjorie Smith can often times be found coloring at Brewster Health Center. Coloring is a great way to use the creative side of your brain as well as a wonderful way to relax in the peacefulness of color and quiet. We hope you will participate in the Advent Coloring Project beginning December 5. See details inside!



Above: Chaplain Roger visited with Elsie Becker before the Thanksgiving Service at Brewster Health Center. Residents gathered to sing, hear a wonderful message, and express their gratitude.

Below: Judy McGinness and Adele Wallace participated in the recent Rocks & Wine Event. Over 60 residents enjoyed creating colorful rocks while conversing with friends — and having a bit a wine too! The rocks will be displayed outside the Winchell Wellness Center.



Birthdays

Beverly Northrop	3
Adrian Allen	4
Richard Baker	5
Cinnie Wahle	5
Rose Alberg	6
Betty Meyer	7
Marjorie Murphy	7
Peter Packard	7
Waunita Shoemaker	9
Vada Drayer	11
Betty Craig	12
Jack Collins	13
Audrey Singleton	14
Lila Jones	15
Kathryn Laird	15
Bart Ramsey	16
John Salisbury	20
Gwen Holmes	23
Fran Olin	23
Virginia Thompson	23
Bette Blosser	24
Sydney Fluke	27
Maxine Horton	28
Delpha Tucker	28
Margean Cress	29
Dusty Greene	30

Anniversaries

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

In Memoriam

Mrs. Fran Dembicki	10/26/2017
Mrs. Dorothy Dalton	11/02/2017
Mrs. Shirley Fuller	11/12/2017
Mrs. Erna Nichol	11/13/2017
Mr. Randy Ellis	11/23/2017

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Karen Jackson	EV	5
<u>Community Relations</u>		
Lisa Carter	SH	1
<u>Dining Services</u>		
Victoria McPherson	BHC	11
Kelly Chavez	SH	2
Krystal Rhea	RW	3
<u>Environmental Services</u>		
Geoffery King	Campus	2
Kay Kempton	EV	14
Danny Moss	BHC	14
Kimberlee Jenkins	RW	3
Ana Marquez	Campus	2
<u>Health Services</u>		
Alma Quiroz	BHC	17
Marcus Hill	BHC	10
Lynnise Livingston	BHC	13
Tamatha Roberts	BHC	4
Hanna Lincoln	BHC	6
Ashley Risel	BHC	1
Maria Ramierz	AL	8
<u>Rehab</u>		
Kristin Webb	Rehab	6
Melissa Watson	Rehab	6
Olivia Delgado	Rehab	7
<u>Security/Transportation</u>		
Larry Cadoret	Campus	2
Denise Coleman	Campus	10

Resident Transfers

Ann Conley	BHC
Doris Kinnett	BHC
Arlene Rothberger	BHC
Gilbert Singleton	BHC
Kent Stubbings	BHC

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

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