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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.

Brewster Staff | Competent, Committed, Caring

Our greatest asset is caring, competent and trustworthy staff.
-- One of Brewster's Guiding Principles.

For more than 50 years Brewster Place has been known for excellence. That reputation is totally dependent on the people who provide our services. The fact that we are known for quality services is based directly on the individual good work of our staff members day after day, 24 hours a day, seven days a week, 365 days a year. More than anything else, Brewster Place is excellent because our staff members are excellent.

A caring, competent and trustworthy staff dedicated to person centered care does not just happen. We have policies to empower staff and have a dedicated focus on targeted selection, rigorous orientation and training, meaningful compensation, and selective retention. With this dedicated focus, we provide quality that people can trust.

Employee health is an area that Brewster has been both innovative and proactive, even before the Affordable Care Act (Obamacare) and the new era of Health Insurance Exchanges came about.

Several years ago Brewster began paying the entire cost of an employee's health insurance when it became evident that the employee share of the benefit was keeping many employees from taking the coverage. Other changes we wanted to make were not possible, though, since the big insurance companies offer only a few types of plans and a group as small as Brewster isn't allowed to customize to meet our needs.

Becoming self-insured in 2014, however, allowed Brewster to customize our employee health insurance plan to ensure that our staff had the type of coverage benefits that work best for them. Three major changes came with the new self-insurance:



Continued on page 3...



By Eileen McGivern, BSN, RN
Vice President Wellness and Community Initiatives

Hello everyone! We are off to a great new year with a lot of exciting changes on the Brewster Place campus. Many Brewster Place residents have called regarding the **BeWell** program. **BeWell** is a team approach to support Brewster Place residents to stay independent and safe in their on-campus homes. Our team consists of **Support Coordinators** along with staff members from Brewster Place departments such as Housekeeping and Environmental Services, Transportation and Security, Home Health, Physical and Occupational Therapy and Wellness.

We also utilize outside preferred vendors to assist with things such as bathing, dressing and home-maker services in your Brewster campus home. Our **BeWell** staff serve to monitor and oversee the care these vendors provide.

In addition, staff can assist you with transitions you are experiencing such as new residents moving to Brewster Place or residents who are transferring from Brewster rehab back to their Brewster campus homes .

Referrals can be made by calling the **BeWell** number at 274-3395. Our goal is to call you back within the hour. The initial consultation with the **BeWell** Consultant is free to residents. We will assist you in developing a plan to stay as safe and independent as possible. All services that are utilized will appear on your monthly bill. Please call with any further questions and we look forward to serving you! ■

Public Service Announcement By the Numbers

We hope by now you have seen the PSA that LeadingAge Kansas produced using volunteer actors from Brewster Place. It ran on WIBW for a few weeks and we showed it at our PSA Premier Party in January. The topic of the PSA was elder financial abuse and how it is now a criminal offense to financially abuse elders in Kansas. LeadingAge Kansas provided us with some statistics about how often this important PSA has been viewed around our state.



- Played 3,485 times on TV in every corner of Kansas
- Played on 37 radio stations
- Facebook post reached 13,376 people
- Facebook post was shared 209 times
- Video played 3,100 times

Elder Abuse Statistic
Elders who experience even moderate forms of abuse (such as financial), have a 300% higher risk of death in 12 months. ■

We are not protecting a bank account — we are protecting a life.

Wellness WEDNESDAY

Physical Wellness

Elise Leonard, PTA, Therapy Director

A New Program: Tune Up Tuesdays

Wednesday, February 4

11:00 am Main Lounge

Many of you know Elise as she is the director of Brewster's therapy department. The therapy team is starting a new program called "**Tune Up Tuesdays**" and Elise will explain what the program is all about. Join us with your questions and ideas. ■

Cupid's Valentine's Day Dinner

Saturday, February 14 at 5:00 pm

Brewster East Dining Room

Menu

Beef Tenderloin

Twice Baked Potato

Fresh Asparagus

Dinner Rolls

Spring Mix Salad with Raspberry Vinaigrette

Red Velvet Pie

Seating is limited to 80.

Please call 274-3359 for reservations.



Continued from page 1...

- Creation of a pharmacy plan that makes prescription drugs affordable to all staff. Under our new plan the use of “maintenance drugs” — those used to maintain health for people with chronic conditions like high blood pressure, high cholesterol, or diabetes — is encouraged and rewarded. Employees covered by Brewster’s plan pay a very small co-pay for a 90-day supply of these types of drugs.
- Zero dollar co-pay for routine and preventive doctor visits. While higher paid staff members pay \$30 for a visit to the doctor, employees for whom the copay could keep them from seeking early intervention or preventive care do not have a copay.
- Emphasis on employee responsibility for their own health and wellness. All covered employees receive free biometric screenings to identify health concerns and individual risk factors. The test results give employees valuable feedback to know what they need to be working on to improve their health and reduce risk of developing additional problems.

Unfortunately, 2014 was a high claim year for our health plan with several staff members experiencing serious health problems that resulted in very high medical bills. If we had stayed with a fully funded standard insurance plan, our renewal rates would have been unaffordable or we may not have even been given the option to renew.

However, since it was the first year of self-insurance and we

had the added expense of funding reserves for a new plan, our budget and staffing plan for this year provided some real challenges. The resulting staffing changes made in 2015 were designed to help Brewster focus and support staffing at the front line level and to keep a healthy workforce.

This year the higher paid staff, those who are not eligible for the \$0 co-pay benefit, will pay \$50 per month for individual employee health insurance. Most staff members continue to receive fully paid individual health insurance coverage.

A reduction in force was confined to director level positions. Some scheduling changes in the Brewster Health Center will allow us to staff more efficiently by having direct care staff available at times when they are most needed, but no direct care staff were laid off or had reduced hours.

Other staff related budget changes for 2015 also tried to insulate direct care staff from the higher costs of employee benefits. Brewster has provided a generous 8% match

of employee contributions to their 403(b) retirement plan, but this year the benefit was reduced to a 6% match. Since many staff in the lower pay ranges could not afford to put 8% of their pay into a retirement plan anyway, those that were contributing less were not affected by the match reduction.

Brewster sees all of our employees as an investment. Whether they stay with us a few years or just a few weeks, they cost us money and time, with the average cost to replace a staff member around \$4,000. Brewster is working very hard to ensure that the money we are spending on staff retention is focused on providing for them so we are in a better position to provide for our residents.

The health insurance benefits for some staff, like the \$0 copay for physician office visits, is made possible through the generosity of the Brewster Foundation’s Employee Assistance and Support Fund. That benefit cost Brewster less than \$15,000 last year, but the benefit of having a healthy workforce on the job is invaluable. ■

At the Movies BPTV 23

Thursdays at 2:00 pm

February 5

“Alive Inside: A Story of Music and Memory” (2014 documentary)

February 12

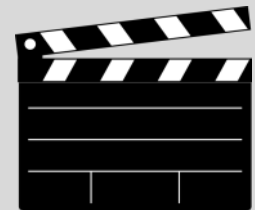
“Last Chance Harvey” (2008 romance)

February 19

“The Notebook” (2004 drama)

February 26

“Safe Haven” (2013 romance)



ALIVE INSIDE

A Story of Music and Memory

by Deb Webb, OT



“People actually awaken and can sing the music when they hear it — a wonderful thing for families and caregivers to experience after watching their loved ones’ transformations into strangers.”

One day last November while watching television, a documentary came on called, “**Alive Inside: A Story of Music and Memory.**” This intriguing film was instantly captivating and emotionally moving. The film, produced by Michael Rossato-Bennett, tells the story of an innovation in therapy that helps Alzheimer’s and dementia patients recall memories.

In 2006, Dan Cohen, an information technologist with an educational background in social work, had an idea. He founded the **Music and Memory Initiative.** While volunteering at a local nursing home in New York, he brought in iPods (small electronic devices that can store and play music from any genre) and a set of headphones.

Cohen interviewed the elders and their families to determine their favorite music and developed the information into a personal playlist they could listen to. That was the key to the success of Cohen’s experiment. It was a huge hit with residents, staff and families.

Amazingly, residents who had been minimally responsive to their environment were awake and talking, stimulated by the music they loved and the memories generated by the familiar sound in their ears.

This became the framework for a bigger effort. In 2013, the Wisconsin Department of Health Services launched the Music and Memory Initiative, which enabled 100 Wisconsin nursing homes to become Music and Memory certified. Since then, thousands of facilities in the United States, Canada and Europe have become certified.

In January 2014 “Alive Inside” was screened at the Sundance Film Festival with phenomenal reviews and received several awards.

After watching “Alive Inside” (an emotional experience to say the least) we began to ask ourselves if we could do this at Brewster Place? We learned this program is also part of the National Cultural Change for Person-Centered Care which is the philosophy of care we use at Brewster Place.

With much enthusiasm Brewster Health Center is now in the process of becoming **Music and Memory Certified**, and here is why: Alzheimer’s damages the ability to remember facts; however, it cannot damage the lasting, profound link between musical memory and emotions that activates whenever a song takes us back to an impactful life event.

If you care to play along for a moment, ask yourself if your

memories are connected with a specific life event when you think of the following list of songs:

Over the Rainbow
Judy Garland, 1939

Moonlight Serenade
Glenn Miller, 1939

A-Tisket-A-Tasket
Ella Fitzgerald, 1938

I’m looking Over a Four Leaf Clover
Art Mooney, 1948

Chickery Chick
Sammy Kaye, 1945

If these songs don’t illicit memories for you, then maybe others will. We hope you will tune in to BPTV 23 to view this wonderful documentary:

ALIVE INSIDE

A Story of Music and Memory

Thursday, February 5
2:00 pm on BPTV 23

From the Chaplain

by Chaplain Roger Jackson, M.Div.

I don't know about you, but for me, winter is depressing. When it's cold day after day and with little to no sunshine, it's depressing. But there is hope; hope in a brighter tomorrow. Spring is on its way, and I can't wait until it gets here. With spring comes the celebration of the Easter season. And as Christians, it is because of Easter that we can have hope — hope in a new life.

So, let me ask you, how do you prepare for Easter? Now, in our society it seems like we prepare for everything, at least the department stores do. Think about it; we do a pretty good job in preparing for Christmas. There are signs everywhere that something special is going to happen. We hang wreaths, light candles, trim the tree, wrap gifts, and on and on. But to prepare for Easter, what do you do? If you're a real fanatic, you dye a few eggs and buy a new outfit. Then you're done. All set.

But to Christians, Easter is the most important day of the year, or it should be. It's the day we celebrate the central event of history, the day Jesus rose from the dead in order to make eternal life possible for you and me. For centuries, Christians have prepared for Easter by observing Lent, a period that begins on Ash Wednesday, which this year is February 18, and concludes on Thursday, April 2. Traditionally, many people prepare for Easter by making this a period of repentance, denying themselves a particular pleasure, like giving up

How Do You Prepare for Easter?

chocolate or soda during lent. Some take on a new task of service during this time, like volunteering at Doorstep or the Rescue Mission once a week to indicate their repentant spirit and prepare themselves in heart and mind for the celebration of Resurrection Sunday! But we don't do that much anymore.

Another way we can prepare ourselves for Easter is to

read our Bible more or get involved in a Bible study during Lent. I want to invite you to a seven week Bible study called "Final Words from the Cross" that will explore the dying words of Jesus for our lives today. I hope you will come to this exciting Bible study that will help you prepare for Easter. ■

Lenten Bible Study
Final Words from the Cross
by Adam Hamilton
Mondays
February 23—April 6
3:00 pm
Main Building Chapel



Osher LIFELONG LEARNING INSTITUTE

AT THE UNIVERSITY OF KANSAS

Miracle Drugs, from Opium to Penicillin and Beyond Tuesdays

February 17, 24; March 3
6:45 pm Lobbies

This course will present landmarks in drug discovery, beginning with the history of opium and its derivatives, and culminating in the development of modern medicines that relieve suffering and save lives.

The Soldier State: From Coronado to Ike Wednesdays

February 18, 25; March 4
2:00 pm KAC

Long before it was the Sunflower State, Kansas was the Soldier State. Dwight Eisenhower, Fred Funston and Richard Myers are among the soldiers who have called Kansas home. Others fought here and still others trained here, men like Douglas MacArthur and George Patton. Years earlier, Satanta, Tall Bull and Roman Nose became legendary when they defended their ancestral homes. A disproportionately high number of Kansans serve in the military and many veterans call Kansas home today.

*Lifelong
learning!*

BrewsterConnect

By Eileen McGivern, BSN, RN
Vice President Wellness and Community Initiatives

What a great start to the New Year! We have had a real surge in numbers of new members joining BrewsterConnect. We welcome you and hope you will enjoy all the many benefits of BrewsterConnect.

In addition to the opportunity to attend as many fitness classes as you choose, we offer a chance to reconnect with your “inner artist” and try our art classes such as watercolor and oil painting, quilting, crafts, craft painting and wood carving. In addition, our educational lectures and Wellness Wednesdays provide a chance to meet like-minded people and hear information to keep your mind and body strong.

Our preferred vendors provide discounts to BrewsterConnect members for needed services in members’ homes which include lawn and snow removal, handyman services, appliance repair and much more.

This month we are happy to add to our preferred vendor list “Home at Last.” This fine furniture store is located in Fairlawn Plaza in Topeka. Dan Brungardt is the owner and he is committed to providing excellent customer service as well as quality goods for your home. Dan is also available for consultation for downsizing and space planning. His ability to make recommendations for items based upon scale and space as well as accessibility and function of furniture is very helpful. Call Dan at 785-215-8089 if you are interested in his services or have any questions.

Additional services available include our **transportation packages** which allow you to be driven from home to Brewster Place and back, schedule door to door transportation to Kansas City International airport and more. Our **technology** offerings provide systems that can provide medication reminders, assist with fall prevention and alerts. Call us at 274-3303 to strategize what additional services we can provide. ■

Arts & Crafts News

Exciting News from Fairlawn Plaza **First Friday Artwalk in March**

If you didn’t know, Fairlawn Plaza is now a stop on the First Friday Artwalk map. Recently Joline Kovarik, Arts & Crafts Coordinator, received a phone call from the folks at Fairlawn Plaza



inviting our residents to display their artwork in the **March First Friday Artwalk**. We encourage all resident artists to participate. We will have more information in the days ahead, so stay tuned!

Volunteer Your Time and Talent! **Starting from Scratch for the Bazaar**

It’s a new year which means we are starting from scratch making items for the Annual Holiday Charity Bazaar that is held each November. If you didn’t know, proceeds from the Bazaar are given to six local charities: Topeka Rescue Mission, Salvation Army, Let’s Help, Meals on Wheels, Marian Clinic and Doorstep. It takes many hands and many volunteer hours to create the items sold at the Bazaar. How can you help? Join us for one or more of these classes — give as much time as you want — it’s all for a great cause and the fun and fellowship is included:

Workshop & Quilting

Monday—Wednesday—Friday
10:00 am MB Penthouse Art Studio

Knitting Club

Tuesdays at 10:00 am Main Lounge

Craft Painting

Mondays at 1:30 pm BE Art Studio
Thursdays at 10:00 am BE Art Studio

Trash & Treasure Sale Volunteers Needed

Twice a year we have our Trash & Treasure Sales that support programs and funds on the Brewster Place campus including the Benevolent Care Fund and Employee Christmas Fund. Even if you can volunteer an hour or two, your help would be appreciated.

For more information or questions about any of the above items, please call Joline at 274-3317. She’d love to get you started on something **NEW** in 2015! ■

Memorial Giving

Memorialize your life, or remember or honor a friend or loved one, while helping secure the future of Brewster.

When somebody passes away the list of things left for the remaining family can sometimes be endless. Simply planning ahead can remove one of those tough decisions from your family. List an organization for your memorial gifts. This is one of the easiest gifts you could make. It is simply asking those that care about you to make a contribution in your name to a cause that you believe in. Families are left to wonder what organization they should name as a memorial tribute to their loved one. Don't let them wonder. Be clear about your memorial recipient. A memorial of any size is appreciated by the Brewster Foundation and many other organizations.

Listing an organization as a memorial tribute in an obituary is such a wonderful and lasting gift. Do not let this last

chance to give to an organization you are passionate about pass. Keep your intentions clear and let your family or Durable Power of Attorney know of your memorial intentions.

When the Brewster Foundation is named as the recipient of memorial donations in an obituary, the names and addresses of all donors are supplied to the family. In addition, your name would be listed, as a

lasting tribute, as someone who gave a lasting contribution to the Brewster Foundation.

If you choose Brewster Foundation as the recipient of you or your loved one's memorial, the following may be stated in the obituary to indicate your wishes: "Memorial donations may be made to the Brewster Foundation, 1205 SW 29th Street, Topeka, Kansas 66611."

New Ladies Resident Lunch

In January, the Brewster Foundation hosted a luncheon for our new ladies who moved in between July 2014 and December 2014. This luncheon has been a long tradition at Brewster Place as a way to welcome new ladies with a fine lunch and great company. As with every great tradition, we are looking at ways to make it better. In 2015 we hope to have lunch a little more often to insure that new residents feel welcomed sooner.

In addition plans are being made to have a lunch for men, because they like lunch too. This has been such a great way to get to know one another and we look forward to an expanded schedule in 2015. ■



Stone House Open House Set for February 3

The walls are up, doors hung, carpet laid and the paint is dry! Now is your time to come and visit the Stone House. Tours will be provided and you will have a chance to walk through this iconic building. Transportation will begin just before 1:00 pm and continue on a rotating basis making sure everybody has a chance for a visit. Be sure to add this to your schedule and plan to see us at the Stone House. ■

Tuesday, February 3

1:00 pm—3:00 pm

The Brewster shuttle will run during the event.

See you there!

www.BrewsterLiving.org



The Dwight D. Eisenhower Presidential Library and Museum

Thursday,
February 26
12:00 pm



This month we begin an KU Osher Lifelong Learning class called “The Soldier State: From Coronado to Ike.” In conjunction with this class, we are taking a day trip to Abilene to visit the Dwight D. Eisenhower Presidential Library and Museum.

The Dwight D. Eisenhower Presidential Library and Museum is one of “The 8 Wonders of Kansas” because it tells of the remarkable lifetime achievements of Dwight D. Eisenhower, five-star General and President of the United States. Dwight D. Eisenhower commanded the greatest amphibious military operation in

history, the 1944 Allied invasion of Nazi controlled Western Europe. His many military achievements are interpreted superbly in the galleries at the Eisenhower Museum. He is the only five-star General to become President of the United States.

(kansassampler.org/8wonders)

We can’t go to Abilene and not stop at Russell Stovers and on our way home we will dine Dutch treat at the Brookville Hotel. Tickets for the museum are \$9 and transportation is \$13. Please call Jeanene at 274-3398 for reservations. ■



Above: Lou Arnold attended the Brewster Foundation New Ladies Resident Luncheon. The Foundation hopes to have these luncheons more often and also have luncheons for men as well. A great time was had by all!

Right: Georgia and Dean McKeever accepted their Oscars for participating in the LeadingAge Kansas PSA. We had a wonderful party to thank our resident actors!

Mile
WIDE
Smiles
Equals
Happy!



Above: Wellness Specialist, Julie Schmanke, had some fun with Bobbie Smelter and her daughter Sindi in the Winchell Wellness Center. The two adorable kids are Sindi’s grandchildren. Wellness includes exercise, laughter, family, kids, friends and oh-so-many other things!



Resident Birthdays

Dorothy Bennett	3
Tom Rempel	6
Nadine Manley	8
Phyllis Butler	10
Jane Stephens	10
Gary Wilder	11
George Paris	12
Evelyn Beaty	13
Beverly Martin	15
Lawrence Brock	18
Elmer Davis	18
Dorothy Mergenmeier	18
Jack Barron	19
Alice Eisele	21
Dean McKeever	21
Liz Kiene	22
Beverly Hammond	23
Phyllis Allen	24
Dick Fuller	25
Connie Smith	25
Jan Seagraves	26
Robert Harrington	27
Dorothy Pooler	28
Patsy Walz	28
Donna Low	29

Anniversaries

Jerry and Jean Hinton	2-1-47
Gilbert and Audrey Singleton	2-5-47

New Residents

Betty Meyer	MB 509
Jean Grecian	MB 419
Dorothy Dalton	MB 512
Rose Albert	MB 210
Virginia Tevis	MB 201
Leona Brinkmeyer	MB 520

Transfers

Vada Drayer	MB 211
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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

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Brian Massek	MB	6
Larry Riggins	SH	16
<u>CCTP</u>		
Tommy Robinson	CCTP	1
Carly Hooker	CCTP	1
<u>Community Relations</u>		
Phyllis Lansford	SH	16
Jeremy Hall	MB	2
Amanda Brown	BHC/SH	2
<u>Dining Services</u>		
Manuel Martinez	BHC	12
Robert Hill	MB	4
Michele Bleakley	MB	1
<u>Environmental Services</u>		
Tom Heideman	Campus	1
<u>Health Services Administration</u>		
Roger Jackson	MB	1
<u>Health Services</u>		
Sherry Greenly	BHC	6
Brenda Massey	BHC	9
Torri Bream	BHC	1
Jodi Buchmeier	BHC	4
Connor McVay	BHC	1
Cassandra Jackson	BHC	2
Robin Williams	BHC	15
Tonya Blatt	BHC	11
Derick Siwila	AL	5
Debbie Young	AL	1
Deb Richmond	HH	17
<u>Security/Transportation</u>		
Jerry Clubb	Campus	7
Maxine Gilbert	MB	8
Lee Decker	Campus	9
<u>Rehab</u>		
Clinton Pierce	Rehab	1
Alley Marlow	Rehab	2
Ashley Baker	Rehab	3
<u>Resident Services</u>		
Julie Schmanke	MB	5

In Memoriam

Mrs. Jean Holcomb	1-14-15
Mr. Ronald Martin	1-22-15
Mr. Otis Bricker	1-25-15