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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.

The Not-For-Profit Difference Our Guiding Principles

Those we serve are the reason we exist.

Our greatest asset is caring, competent and trustworthy staff.

Excellence is achieved through shared vision and teamwork.

Continuous quality improvement is essential to meet and exceed the expectations of those we serve.

Integrity must not be compromised. Our conduct must be ethically, socially and environmentally responsible.

Fiscal responsibility demands that we maintain an affordable balance of customer satisfaction and market-driven efficiency.

Some folks would have you believe that there is really not much difference between for profit and not-for-profit retirement communities. And while it's true that "non-profit" is a tax status and not a way of doing business, there are fundamental differences between Brewster and our for-profit competitors.

Values-Driven Management

As a not-for-profit provider we manage our margin to achieve our mission. Quality is the barometer for our work, not earnings. As a ministry of the United Church of Christ, Brewster is not driven by a desire to increase profits for owners or stock prices for shareholders. All proceeds are reinvested in improving facilities, rewarding staff, and fulfilling our mission.

Community Oversight

Brewster is accountable to a board of directors whose members volunteer their time and talent to assure quality services and management. Finances are open for inspection and the board members help keep management aware of changing community needs and perceptions. Brewster by-laws also mandate resident representation on the board of directors.

Committed Staffing and Commitment to Staff

We all want a compassionate, knowledgeable and committed person taking care of us or our loved one. And we want to know that our caregivers are receiving a decent wage and important benefits for the hard work they do. Brewster invests its resources to make that a reality for every person we serve. The Brewster Health Center has the highest staffing ratios of any nursing facility in the state, and our commitment to person-centered care is based on staff empowerment.

Continued on page 5...

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer



Mary Coldsnow

900 SW 31st St., Apt. 204
Ph. 234-0750

Mary Coldsnow moved to Brewster Place in September 2015. Born in Enid, Oklahoma, she moved to the Arkansas City area when she was six months old. Mary attended Martha Washington school, a country school, through the sixth grade. Mary studied business in high school and developed a high speed in shorthand. After high school Mary moved to California and attended junior college in Modesto. She worked as a secretary for doctors in San Francisco. Her office was on the 26th floor where she felt tremors during an earthquake.

Mary then moved to Wichita, Kansas where she worked for the law firm of Alkise, Clausing and Coldsnow. This is where she met her husband, Robert Coldsnow, for whom she worked for 38 years. Mary and Robert moved to Topeka where they lived at Pepper Tree for over 30 years. Robert passed away in 2014.

Mary's Italian Greyhound, Cassandra (Cassie), stays close to her. Cassie has the physique of a greyhound, but is very small with a black, smooth, satin coat. She is a beautiful dog.

Mary enjoys reading. She has interesting maps on her wall that were her husband's. Mary's daughter, Elizabeth, and granddaughters, Meghan and Melissa, live in California. She has wonderful framed sketches of Meghan and Melissa done by an artist friend when the girls were six and four years old. Melissa recently became engaged.

Mary heard about Brewster Place when she moved Topeka and knew when the time came, this was the place for her. ■

Trash & Treasure Sale Donations

The next Trash & Treasure Sale is scheduled for April 1 and 2. We welcome your donations! You can bring your donations to the Trash & Treasure room in the Klinge Activity Center or if you need assistance, please call Kim Jenkins at 274-3399 and she will have the custodians pick it up for you. Proceeds from the Trash & Treasure Sales benefit the Brewster Service Fund which supports programming at Brewster Place. ■

Celebrate the Legend of the Stone Soup Stone Soup Lunch at Brewster East

Saturday, February 6

12:00 pm | BE CR

If you would like to attend, bring a donation of veggies (fresh, canned or frozen) and put in the box in the Brewster East Dining Room on Friday, February 5. Three pots of soup will be made — beef, chicken and broth. We ask that you not bring anything with a cream or milk base. If you have questions, please call Beverly Johnson at 274-5371. ■

BrewsterConnect

What is BrewsterConnect?

If you are not a resident of Brewster Place and would like to participate in our classes, programs and events, a membership to BrewsterConnect might be for you! Monthly membership fees are \$49 for a single membership and \$69 for a couple. If you would like to find out more, please call 274-3303. ■

Tea and Cookies at Brewster East Parlor

Thursday, February 11

2:00 pm | BE Parlor

Join us for tea and cookies in our newly decorated parlor. Let's enjoy this new light and bright space with friends, fellowship and fun! All are welcome! ■

German Settlements and Culture in Kansas

Wednesdays, February 17 and 24; March 2
2:00—4:00 pm | Chapel

Did you know that 30 percent of Kansans claim German ancestry and German is the most prevalent language after English and Spanish spoken at home in 77 counties in Kansas? Since the opening of Kansas in 1854, thousands of German-speaking immigrants have sought to better their lives here, including Pennsylvania Dutch, Volga Germans, Mennonites, Austrians and Swiss. German churches dot the prairie, and even now, many rural Kansans speak a dialect of German as their first language.

Instructor

William Keel, Ph.D., is a professor of German at KU teaching the history and culture of German settlements in Kansas and Missouri.

Upcoming KU Osher classes at Brewster Place

The Home Front During World War II
Wednesdays, March 9, 16 and 23

The Bible and Science

Wednesdays, April 13, 20 and 27

News from Therapy

Custom Orthotics

Brewster Therapy is now selling custom orthotics. You do not need a doctor's order. All you need to do is call Stephanie Unekis, Physical Therapist, at 274-3337 to make an appointment. Stephanie will cast your feet and order the custom orthotics. This is a private pay service meaning insurance will not cover the cost. Your first pair is \$270 with a second pair only being \$130. ■

Tune-Up Tuesday

Tuesday, February 16
11:30 am | Brewster East Wellness Center

Once again the Brewster Therapy Team will be available to help you with your assistive devices — walkers, canes and wheel chairs. They can make adjustments, replace worn out tennis balls and make sure you are using proper techniques during use. ■



BeWell Team

Dee Moore
Program Leader
Executive Director of
Health Services

Sharon Petrone
Anne Flynn
Ken Schmanke
Care Coordinators

785-274-3395

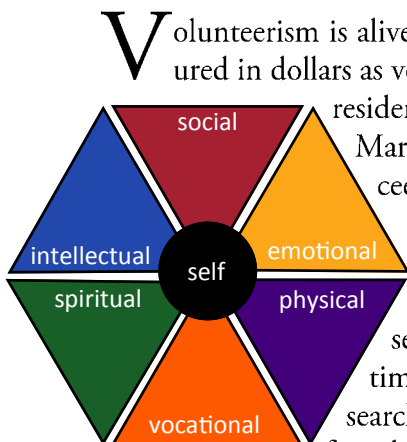
Let us help *you or your loved one* stay safe and independent in your Brewster Place home. Please call **785-274-3395** for a free consultation with a BeWell Support Coordinator.



- February 4**
"Mr. Holmes" (2015 drama)
- February 11**
"Little Boy" (2015 inspirational)
- February 18**
"Learning to Drive" (romantic drama)
- February 25**
"Chef" (2014 comedy)

Do Good. Feel Good. Benefits of Volunteering

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



Volunteerism is alive and well at Brewster Place! The benefit to the Brewster organization can be measured in dollars as volunteers provide valuable services across the Brewster Place campus. Brewster Place residents provide reception assistance at Brewster Health Care and cashier help in the Market as well as many other hours of volunteering in a variety of capacities. The proceeds made at the Brewster Place Holiday Charity Bazaar and Trash & Treasure Sales allow the Brewster Service Fund to share with local charities and the Brewster community itself. Many hours are spent by volunteers making the events successful.

Have you ever considered the health benefits of volunteering? It's not a secret that helping others makes us happy and in turn happy people spend more time helping others. We are also more likely to volunteer than to donate money. Research shows that people who volunteer have stronger relationships with their families, friends and neighbors. Happy people tend to look outward, think about needs of others and how they can make a difference in lives of others. Volunteerism provides an opportunity to focus on things besides aches and pains and preoccupation with our own problems. Some of the health benefits reported by volunteers are decreased chronic pain, decreased blood pressure and decreased depression.

Let's make volunteering part of your wellness plan. To find out more about volunteer opportunities across campus, please call Maxine Gilbert, Independent Living Volunteer Coordinator at 274-5005 and Margaret King, BHC Volunteer Coordinator, at 274-3312. With a one phone call you can find out how you can "do good" to "feel good!" ■

WELLNESS wednesday

"Grandma May Have Been a Lady, But She Worked Like a Dog"

with Sara Tucker

Wednesday, February 3

11:00 am | Main Lounge

Please join us for "Grandma May Have Been A Lady, But She Worked Like a Dog" with Sara Tucker. This program is on housework and how tasks evolved over the years as well as how plumbing and electricity were introduced. Come and reminisce about how you, your mother or grandmother took care of the home. Sara Tucker is a new Live Well at Home by Brewster member and volunteered to educate and entertain us! ■

NEW Saturday Exercise Class Back in Balance

with Ken Schmanke

By now we hope you all know Brewster's Wellness Specialist, Julie Schmanke, and her commitment to all-things wellness and expertise in teaching exercise. There's another Schmanke on campus and we are excited to announce that Julie's son, Ken Schmanke, will begin teaching a new exercise class on Saturdays.

Back in Balance

Every Saturday beginning February 6

9:30 am

Brewster East Wellness Center

Ken is a full-time student at Washburn University and also works on campus with our BeWell program. He is also very committed to exercise and wellness and wants to help you reduce your pain and lessen your chance of falling with "Back in Balance." After class enjoy a good cup of coffee while you prepare for your day. ■



Foreign Policy Association
Great Decisions 2016
 Organizational Meeting
 Friday, February 5
 2:00 pm | MB FR

The mission of the Foreign Policy Association today, as it has been throughout its 97-year history, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. Great Decisions is America's largest discussion program on world affairs. Each year, eight topics are chosen by a panel of experts and Brewster Place is proud to host a discussion group. Please join us for the Organizational Meeting on Friday, February 5 to learn more. ■

2016 Topics

- **Middle East Alliances**
- **The Rise of ISIS**
- **The Future of Kurdistan**
- **Migration**
- **The Koreas**
- **The United Nations**
- **Climate change**
- **Cuba and the U.S.**



If you live and work at Brewster Place, BPTV 1960 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

...continued from page 1

Plus Brewster offers staff more educational opportunities to staff and evaluates their satisfaction more than our for-profit counterparts. And that's what makes for a great caring ministry.

Stability

Offering care and services to seniors involves creating lasting relationships. The Brewster organization has been a part of our community for more than 50 years. Our founding churches have been a part of our community for hundreds of years. We are here for the long haul and we don't have an exit strategy to sell or close because of economic fluctuations.

Next month, the Brewster News will focus on Brewster's social accountability and commitment to the betterment of our community. ■

Brewster Serves Our Community

Ronald McDonald House

The Topeka Ronald McDonald House began as a vision. It was a vision that became a reality through the hard work and dedication of caring, concerned individuals who saw a way to help families in need. The result is a "home-away-from-home" for out-of-town families of children and young adults receiving medical care in Topeka.

Beginning in January, Jamie Fritz, activities coordinator, and residents from Brewster Place began volunteering their time in the "Meal Makers" program. They fix a hot meal and visit with the patrons. What a wonderful way to serve!

Meals on Wheels

Did you know that for several years now staff members from Brewster volunteer their time delivering for Meals on Wheels? Meals on Wheels home delivery program provides one key element in the ability to live independently for homebound, seniors and disabled individuals in Shawnee and Jefferson counties. Meals are nutritionally balanced, provide variety and are tailored to meet special dietary needs . Way to go Team Brewster!

IPad Communication Program

Gifts make a difference. It is a simple statement and one most people would not argue. No matter the size of the gift, each one has an impact and we want you to know, your gifts to the Brewster Foundation make a difference!

In the last month, the Brewster Foundation has received many gifts and, when added together, they make a huge impact on the Brewster community. This month we want to highlight a specific donation that we received to begin

2016. This gift allowed us to purchase two iPads for the Brewster Health Center. The iPads will be used for an exciting new program that will bring families closer together via the Internet.

Many residents of Brewster Health Center have family members who live in other areas of the country. By using the iPads to connect via free services such as Skype and Facetime, residents will be able to see and visit with family and friends who they may not get to see very of-

ten. For residents who may have memory issues, a typical phone call, although easily accomplished, is not as fulfilling as seeing the faces of those you love while speaking to them.

Staff will assist in setting up the connection via the iPad so residents can see and talk to their loved ones. What a wonderful difference this gift will make to our residents and their families. We thank our donor for making this important connection possible. ■

Main Street Giving Opportunities

The Main Street Lounge and new Chapel are complete and we eagerly await the opening of the Market in mid-February. As the renovation project moves forward, we want to remind you of the giving opportunities available to complete the design. The art silks being created by Bloomerang from the designs of Brewster Place residents, staff and friends, are nearing completion. These colorful silks will enhance the already elegant space.

The colorful art as well as furnishings and other smaller items provide a great opportunity for a named gift. A named gift allows you to create a lasting gift that your family and friends can see and appreciate for years to come.

Named gifts can be created in several different ways including making a named gift with a pledge of gifts over a few years. An IRA gift of a required minimum distribution is another option in making a named gift while also enjoying some very significant tax benefits.

Once completed, the Main Street renovation will be the centerpiece of our community with the Winchell Wellness Center, beauty shop, bank, Chapel, Market and lounge all in one area. Please call the Foundation office at 274-3327 to see how you can make a lasting gift at Main Street. ■



The Main Street Lounge is spacious, light and welcoming. Adding splashes of color from resident designs will enhance the spaces of Main Street. Photo borrowed from Architect One.

Brewster Foundation Board of Trustees

The Brewster Foundation is governed by a volunteer board that consists of people interested in the future of Brewster Place and the mission of the Brewster Foundation — *To raise funds in support of Brewster*. The Foundation Board can have members from the community as well as residents. By rule of the by-laws, the maximum number of people on the Foundation board is ten. Each member is elected to a three year term of service. The Board meets at least four times a year and provides important direction for the Brewster Foundation.

The current members of the Brewster Foundation Board of Trustees are: Stacy Smith, Chair; Nolan McKenzie, Secretary; and Barry Bray, Ed Soule, Bob Parman, Betty Fenton, Larry Brock, Jack Dicus, and Robert Maxwell all serving three year

terms. Board members are supported by David Beck, President; Jeremy Hall, Director; and Gaylene Dibbern, Foundation Development Associate. Larry Riggins, Brewster Vice President and Chief Financial Office also plays a vital role in working with the Foundation's finances and budgets. Also present at each meeting is a representative of BOK Financial, who currently manages the Foundation's assets and provides a financial overview.

If you have questions about the Brewster Foundation and how our Board of Trustees works, please feel free to ask. We are more than happy to talk with you about the benefits and responsibility of this important service. ■

The Forum

Thursday, February 4
10:00 am | BE CR

Mr. Leo Cangiani, Community Liason Scott Dual Language Magnet Elementary School

Mr. Cangiani will share with us the goals of the school and how they fit into the Topeka community. He will discuss dual language education in Topeka and will have a brief slideshow discussing the school and the community they serve. He will then be open to questions you may have about the school and its programs. We look forward to seeing you at this event.

Looking Ahead to March...

The Forum will host a representative from the Topeka and Shawnee County Public Library who will provide an overview of the current major projects at the library as well as events they are planning this year. Please mark Thursday, March 3 on your calendars! ■

Important Reminders...

Keep Us Informed

Please be sure to call Security at 274-5000 if you or your loved one plan to be away from your Brewster Place home 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!

Wear Your Pendants!

We urge all residents to wear their pendants at all times. If you need assistance while on campus, please push your pendant and a security officer and nurse will be there shortly. In an emergency situation, please dial 911. Help us keep you safe by wearing your pendants!

Stay Safe and Call for a Ride

During the winter months especially, we urge you to call Transportation at 274-5000 if you need a ride on campus. ■



facebook.com/brewsterplace.org

Brewster Is Proud to Support the Arts in Our Community

Entering its thirty-second season, the Topeka Festival Singers continue to uphold its well-deserved reputation as one of the region's leading vocal ensembles. Critics have acclaimed the group for its "stirring performance," "wonderful sound," and "inspired interpretation."



Topeka Festival Singers
"Home Again"
 Jeff Kready & Nikki Renée Daniels
 Monday, February 29
 6:15 pm | Lobbies
 Co-sponsored by Brewster

Festival Singers programs provide the opportunity for performer and audience alike to experience fine choral music presented through inspired performances. Whether singing works by "the Masters" or vocal jazz-style arrangement, the group strives to offer a keen awareness to the "marriage" of words and notes, drawing the listener into a fresh kinship with composer and performer. Under the direction of Dr. Kevin Kellim, the ensemble remains dedicated to their mission of providing exciting musical moments for its audiences.

As part of our commitment to the arts and our community, Brewster is proud to be a co-sponsor of the February concert entitled, "Home Again" featuring Broadway stars Jeff Kready and his wife, Nikki Renée Daniels. This incredibly talented duo returns to join the Singers for an evening of music-making that you won't want to miss! Jeff is the lead role in "A Gentleman's Guide to Love and Murder," and Nikki is the lead female role in "The Book of Mormon."

If you would like to attend this wonderful concert, please give Jamie a call at 274-3398. ■

Live Enriched



Above: Peter Packard participates in Joline's art classes and most recently has enjoyed her new Beginning Drawing Class.



Right: Naomi Brooks, Jean Lamb and Celia Eddy are wonderful resident volunteers. Whether it's cutting cake or working at Trash & Treasure, they are always ready to serve.

Right: Kyle Wylie Pickett, conductor of the Topeka Symphony Orchestra, visited with Don Moses after a special program at Brewster Place. Brewster is a proud sponsor of the Symphony.



Resident Birthdays

Dorothy Bennett	3
Tom Rimmel	6
Nadine Manley	8
Phyllis Butler	10
Jane Stephens	10
Gary Wilder	11
George Paris	12
Evelyn Beaty	13
Marianne Bloesch	13
Beverly Martin	15
Chuck Sodergren	16
Elmer Davis	18
Dorothy Mergenmeier	18
Luana Niemackl	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
Bill and Cherrie Koehn	2-11-51

In Memoriam

Mr. Raymond "Doc" Hibbs	12-31-15
Mr. Bryce Daniels	1-3-16
Mr. James "Jim" Roach	1-5-16
Mr. Harry Briscoe	1-12-16
Mrs. Lenora Anderson	1-13-16
Mrs. Maxine Noller	1-18-16
Mrs. Harriette Ramsey	1-18-16
Mr. Frank Rice	1-18-16
Mrs. Marlene Rimmel	1-19-16
Mrs. Delilah Mazachek	1-22-16
Mrs. Phyllis Krause	1-23-16

Staff Anniversaries

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

Department	Location	Years
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Administration

Brian Massek	MB	7
Larry Riggins	SH	17

Community Relations

Phyllis Lansford	SH	17
Jeremy Hall	MB	3

Dining Services

Manuel Martinez	BHC	13
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Environmental Services

Tom Heideman	Campus	2
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Health Services

Brenda Dyer	BHC	10
Jodi Buchmeier	BHC	5
Angela Goehring	BHC	1
Mya Green	BHC	1
Cassandra Jackson	BHC	3
Robin Williams	BHC	16
Tonya Blatt	BHC	12
Jacquelyn Kennedy	BHC	1
Patricia Slover	BHC	1
Derick Siwila	AL	6
Debbie Young	AL	2
Deb Richmond	HH	18

Rehab

Cassandra Joynt	Rehab	1
Clinton Pierce	Rehab	2
Ashley Baker	Rehab	4

Resident Services

Maxine Gilbert	MB	9
Julie Schmanke	MB	6
Roger Jackson	MB	2

Security and Transportation

Daniel Fields	Campus	1
Jerry Clubb	Campus	8
Lee Decker	Campus	10
Allen Reynoldson	Campus	1

New Residents

Ray and Maggie Beers	Birchwood 4
David and Rose Fritz	MB 409

Transfers

Peter and Betsy Packard	BE 207
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