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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.

BeWell | Health and Independence at Home

Brewster is very pleased to announce **BeWell**, a new program for Brewster Place residents who want to stay healthy and independent at home. Building on the expertise and experience Brewster has developed in our community based programs, our Brewster at Home division is bringing this new service to Brewster Place.

Brewster at Home has been a pioneer and an industry leader in providing support services to those who live at home in the larger community. The program, now called BrewsterConnect, has several years of experience helping people to stay healthy and providing access to an array of services and supports to maintain an independent life style.

A little more than a year ago CMS (Centers for Medicare & Medicaid Services) awarded Brewster at Home a Community-Based Care Transitions Project to help Medicare recipients with the transition from hospital to home and to keep them from needing to be re-hospitalized. Now Brewster at Home employs 10 Certified Transition Coaches and is certified to train transition coaches.

Many Brewster Place residents and their family members have asked about additional assistance in support of their desire to age in place in their independent settings on campus. To quote a family member, "I can't be there every day to see that all her needs are being met. You all are the experts and have the resources to connect her to those services that can enable her to live as well as possible in her apartment." Thus, **BeWell** was developed!

BeWell is a program that provides needed supports and services and coordinates them with what nearly everyone wants — to live well and at the highest level of independence. **BeWell** can also help with those transitional times when the best way to maintain your health and independence is to move to another level in Brewster Place's continuum of care.



Brewster Management Team Reorganized

Brewster will be pursuing a very ambitious business plan in 2015, and we have reorganized our management team to position us for growth. Several team members have added responsibilities and changed job titles, and all will be moving to different office locations on the Brewster Place campus. Phone numbers and other contact information will remain the same. Brewster's executive management team members with their areas of responsibility and contact information are listed to the right:



David Beck
President and
Chief Executive Officer
274-3382
DavidB@brewsterplace.org



Larry Riggins
Vice President and
Chief Financial Officer
274-3380
LarryR@brewsterplace.org

- Accounting and Finance
- Information Technology Services



Angela Dailey
Vice President and Chief Administrative Officer
274-3387
AngelaD@brewsterplace.org

- Environmental Services
- Dining Services
- Human Resources
- Quality Initiatives



Bryan McDaniel
Vice President
Health Services
274-3392
BryanM@brewsterplace.org

- Brewster Health Center
- Brewster Rehab
- Brewster Place Assisted Living
- Brewster Place Home Health Agency
- Outpatient Therapy



Eileen McGivern
Vice President Wellness and
Community Initiatives
274-3393
EileenM@brewsterplace.org

Brewster at Home Programs

- BrewsterConnect
- Live Well at Home
- Capital Care Transitions Coalition

Brewster Place Programs

- BeWell
- Resident/Patient Assessments
- Care Transitions



Jeremy Hall
Vice President
Development and
Community Relations
274-3327
JeremyH@brewsterplace.org

- Brewster Foundation
- Brewster Marketing, Sales, and Community Relations
- Resident Services

Continued from page 1...

Below are a couple of scenarios that might lead you to ask for help from **BeWell**:

Staying right where I am is what I want to do, but...

- I need help to maintain my health and independence.
- My daughter thinks I need to move to a higher level of care.
- I'm scheduled for surgery and want to return to my independent apartment.
- I'm doing OK where I am but I'm lonely or sad.

I want to move to a higher level of care, and...

- I need help to prepare for the transition.
- I need help with services until my new place is available.

Residents and family members can make self-referrals for a **BeWell Care Coordinator/Coach** to visit with them regarding their needs and goals. Based on this conversation, **BeWell** can create a personalized plan to support these goals. Although many residents will be accessing these supports to maintain their independence and increase wellness in an ongoing manner, some residents may need short term support. Following an elective surgery or a hospitalization are examples of short-term support. As you are leaving the hospital, **BeWell** will maintain contact with your hospital case manager to see that all your needs are met as you return to your independent home.

To help you learn more about **BeWell**, we will have a series of Informational Meetings in the next few weeks to give you more information and answer your questions. The first Informational Meeting will be in conjunction with the January "Coffees with David." Additional meetings will be announced through the BPTV 23 and the weekly bulletin.

If you don't want to wait for a meeting to get additional information, please call Eileen McGivern, Vice President Wellness and Community Initiatives, at (785) 274-3303. We look forward to serving you and support you all in your desire to **BeWell** in 2015! ■

**Coffee with David
Informational Meeting on BeWell**

Wednesday, January 14

10:00 am

Main Building Chandler Sun Porch

Wednesday, January 21

10:00 am

Brewster East Community Room



Did you know that for almost 15 years Brewster Place has had a closed-circuit television channel? In 2000 our first system was introduced as BPTV 5. A few years later we debuted a new system with more technical capabilities. We moved the channel to create BPTV 14. And now, of course, we have BPTV 23. In case you wondered, only televisions on the Brewster Place campus can access BPTV 23. In 2015 we expect to install another new system to keep up with technological advances.

BPTV 23 is important to Brewster Place residents for many reasons. Residents can tune in 24 hours a day, seven days a week and find out what's happening on campus. Music is streamed via the internet providing different genres and styles for everyone to enjoy. A news ticker scrolls across the bottom of the screen to keep everyone updated on national and world news.

In addition, we offer special programming throughout the week including:

Audio Announcements

Monday—Friday from 8:00—8:30 am

An audio review of the day's activities, menus, birthdays, anniversaries and schedule changes for those with vision impairment

Weekly Vespers Service

Tuesdays at 8:30 am

Broadcast of each Sunday's Vespers service

First Congregational Church Service

Thursdays at 8:30 am

Broadcast of First Congregational Sunday service

At the Movies

Thursdays at 2:00 pm

A weekly movie shown each week
See page 4 for this month's movie picks

Music

Streamed music 24/7 via internet service ■

GLEN CAMPBELL I'LL BE ME



Special Screening in Topeka
Co-sponsored by
LeadingAge Kansas and
Brewster
Tuesday, January 20
by invitation only

In 2011, music legend Glen Campbell set out on an unprecedented tour across America. They thought it would last five weeks; instead it went for 151 spectacular sold out shows over a triumphant year and a half across America.

What made this tour extraordinary was that Glen had recently been diagnosed with Alzheimer's disease. He was told to hang up his guitar and prepare for the inevitable. Instead, Glen and his wife went public with his diagnosis and announced that he and his family would set out on a "Goodbye Tour."

The film documents this amazing journey as he and his family attempt to navigate the wildly unpredictable nature of Glen's progressing disease using love, laughter and music as their medicine of choice.

Special appearances include Bruce Springsteen, The Edge, Paul McCartney, Blake Shelton, Sheryl Crow, Keith Urban, Brad Paisley, Taylor Swift, Steve Martin, Chad Smith and Bill Clinton among many others. (glencampbellmovie.com)

Sponsors of the film include Mayo Clinic where he receives treatment as well as LeadingAge, our national association for non-profit retirement communities and nursing homes.

Brewster is proud to co-sponsor the screening in Topeka, along with LeadingAge Kansas and other LeadingAge Kansas members. LeadingAge Kansas members and members of the Kansas legislature have been invited to attend this special screening. Other showings are in the works and we will let you know more as details become available. ■

"You Are Not Alone" Public Service Announcement

Premier Party!

Wednesday, January 14
3:00 pm
Klinge Activity Center

In November Brewster Place residents volunteered to be in a Public Service Announcement about the problem of elder financial abuse. LeadingAge Kansas and Brewster invite you to attend a party to view the PSA and allow us to say "thank you" for your volunteer spirit. All are welcome to attend. The PSA began running on WIBW on December 29. ■

*Thank you for
volunteering!*



At the Movies
BPTV 23
Thursdays
2:00 pm

January 8
"When the Game Stands Tall"
(2014 drama)

January 15
"Charlotte Gray"
(2001 romantic drama)

January 22
"Dolphin Tale 2"
(2014 family)

January 29
"Summer in February"
(2013 romantic drama)

If you have a movie suggestion, please let Janis Swanson know by calling 274-3389.

From the Chaplain | Happy New Year!

by Chaplain Roger Jackson, M.Div.

Happy New Year! Have you made your New Year's Resolutions yet? You know, when you think about it, all New Year's Resolutions fall into three basic categories:

1. Things to make us look better and live longer.
2. Things to make us have more.
3. Things that will help us to get along with everyone.

*In other words...
longevity, prosperity, and peace.*

I have often said that we could find an answer in God's Word for any question or situation of life if we would just look. So what is there in God's Word about New Year's Resolutions? Well, they are not called New Year's Resolutions, but I don't think you could do better. In Proverbs 3, Solomon gives us 10 principles to live by in order to have longevity, prosperity and peace.

I sincerely believe if each of us would adopt these principles and conscientiously live them out in this coming year, our lives will change. Every day make the Word a part of your life. I believe that it will change our lives, and in 2015 we will achieve longevity, prosperity, and peace. ■

*Proverbs 5 Trust in the LORD with all
your heart and lean not on your own
understanding; 6 in all your ways
acknowledge him, and he will make your
paths straight.*

Resolution 1

Verses 3-4

Always show love and loyalty

Resolution 2

Verses 5-6

Trust the Lord with all your heart

Resolution 3

Verses 7-8

Do not think you are wise enough

Resolution 4

Verses 9-10

Honor the Lord by giving your best

Resolution 5

Verses 11-12

Do not reject the Lord when he disciplines you

Resolution 6

Verses 13-18

Search for wisdom and find it

Resolution 7

Verses 25-26

Do not be afraid

Resolution 8

Verses 27-28

Do all you can for everyone who deserves your help

Resolution 9

Verses 29-30

Do not be mean to others

Resolution 10

Verses 31-32

Do not envy cruel people

Important Reminder for Residents and Family Members of Residents...

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

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

We invite you to make a New Year's resolution to make your life easier, healthier and more satisfying by joining BrewsterConnect!

Get connected to the benefits of life at Brewster Place while maintaining your current home. A membership with BrewsterConnect, starting as low as \$39 per month, provides you with access to all activities on the Brewster Place campus including health and wellness classes and resources, trips, social and cultural events, educational seminars and arts and crafts classes. In addition, members have access to transportation, technology to stay safe at home as well as medication reminders. A list of preferred vendors for help with housekeeping, home repairs, meal delivery, lawn care and computer assistance is also available.

If you or someone you know would benefit from a membership in BrewsterConnect, please call 274-3303 for more information. To the right is a list of our exercise and arts and crafts classes to give you an idea of weekly offerings on campus. Get connected — we'd love to have you be part of our community! ■

Intellectual WELLNESS

Wellness Wednesday
Julie Myers, Curator
WU Mulvane Art Museum
Wednesday, January 7
11:00 am
Main Lounge



Julie Myers was born in Des Moines, Iowa, and grew up in Dallas, Texas. She has a Ph.D. in Art History from the University of Maryland. Her major field was American art and her minor field was the 17th-century Baroque art of Holland. She taught art history at Eastern Michigan University for 24 years. She joined the Mulvane Art Museum as curator in February 2014. ■

Weekly Wellness Offerings to Help You Get Connected

Arts and Crafts Opportunities

- Workshop and Quilting
- Craft Painting
- Oil Painting
- Watercolor
- Wood Carving

Exercise and Wellness Opportunities

- Low Impact Aerobics
- General Conditioning
- Thera-band
- Balance and Breathing
- Weight Training
- Tai Chi
- Sit and Be Fit
- Stand and Be Grand
- Indoor Walking
- Wellness Centers
- Personal Training
- Blood Pressure Clinic

Social and Volunteer Opportunities

- Brewster Singers
- Social
- Trash & Treasure Volunteer
- Bazaar Volunteer
- Coffee Corner
- Knitting Club
- Cards (Pitch and Canasta)
- Pool Time
- Dominos

Spiritual Life and Support Group Opportunities

- Vespers Services
- Bible Study
- Alzheimer's Support Group
- Caregiver's Support Group
- Grief Support Group
- Tremor/Parkinson Support Group



facebook.com/brewsterplace.org

It is always exciting as we move into a new year. Many people make resolutions for things they want to work on as the New Year begins. For the Brewster Foundation, we have many things to look forward to, but first we do not want to forget the great year that was 2014!

In 2014, several exciting and innovative gifts were given to the Foundation:

- Through a very generous gift, Brewster Health Center was able to send nine staff members to the Pioneer Network Conference in Kansas City. The staff was treated to fine dinners, a top notch hotel, and four days of seminars on person-centered care. This was a wonderful trip and those in attendance returned with several ideas for improvement.
- For several months, the Brewster Foundation staff was busy counting SARA Devices. Through a rather creative gift, we received a donation based on the number of people who had on their SARA device at campus events. This was an amazing gift, as it not only was a monetary donation, but also brought an extra awareness to the importance of wearing the SARA device.
- “Reading is Fundamental.” That is the saying many of us remember from school, and a donor to the Brewster Foundation agrees. As a result of this donation, the Foundation purchased 800 books and kicked off a program called *Books for Kids*. These books were distributed at two events this year to the dependents of staff. Both of the events included snack and story time, including a story read by Brewster CEO, David Beck. We are fortunate to have enough books to continue this program through all of 2015.
- In July, the Foundation helped to complete the purchase of a new Chapel Organ. The new organ was sent from Italy and has been creating joyful music since its arrival. This project was truly grass roots as every donation for this project came from those wanting a new organ. It was paid for by direct donations for the project. The organ was dedicated with a small concert and some great Italian desserts.
- In September, we received a call from the family member of one of our late residents. She wanted to donate therapy dolls in memory of her mother. Truthfully, we did not know anything about therapy dolls. We then learned that therapy dolls are used by those that suffer from memory loss as a great calming tool. Patients with memory loss often become connected to these dolls, as it reminds them of nurturing their own children. The dolls give the resident something to care for and often promote conversation among caretakers and residents. These dolls were placed in our Memory Care Units.
- In conjunction with the Emporia State University Foundation, we presented two recitals as part of *The Edith Lessenden Chandler Recital Series*. The spring concert was Marco Tezza, an Italian pianist who played a very intense concert. The fall event featured Jeongwan Ham, a professor at the University of Oklahoma. Both events provided residents with afternoons of beautiful music.

As we start 2015, we look forward to many events sponsored by the Brewster Foundation. We will start the year with a presentation on January 30 by the Topeka Shawnee County Public Library’s Speakers Bureau on the *Titanic*. We plan the continuation of the *Books for Kids* Program in March. In April, we will feature a piano recital with Eva del Carmen Medina Amezcua. Watch for announcements of upcoming events in the *Brewster News* in the coming months.

As always, we ask that you remember the Brewster Foundation in your charitable giving. If it were not for your generous gifts, we could not accomplish all that we are able to do. ■

THE PLAINS INDIANS

ARTISTS OF EARTH + SKY



**Thursday, January 8
8:30 am Lobbies**

This groundbreaking exhibition will unite the Plains Indian masterworks found in European and North American collections, from pre-contact to contemporary, ranging from a 2,000-year-old Human Effigy stone pipe to 18th-century painted robes to a 2011 beaded adaptation of designer shoes.

The distinct Plains aesthetic—singular, ephemeral and materially rich—will be revealed through an array of forms and media: painting and drawing; sculptural works in stone, wood, antler and shell; porcupine quill and glass bead embroidery; feather work; painted robes depicting figures and geometric shapes; richly ornamented clothing; composite works; and ceremonial objects.

Together the 140 works will reveal the accomplishments of Plains Indian artists, not only as the makers of objects that sustain tradition and embody change, but as the bearers of individual creative expression and innovation. Many nations are represented—Osage, Quapaw, Omaha, Crow, Cheyenne, Arapaho, Lakota, Blackfeet, Pawnee, Kiowa, Comanche, Mesquakie, Kansa and others. Objects will travel from France, Germany, Austria, Switzerland, Canada and the United States.

(nelson-atkins.org)

Please give Jeanene a call at 274-3398 if you are interested in going on this day trip. Tickets to the museum are \$10 and transportation is \$13. Lunch will be Dutch treat. ■

The
Nelson-Atkins
Museum
of Art

Looking Forward to 2015!



Right: Virginia Mansfield took advantage of a warm, snowy day to sweep her porch. Staying active is what we are all about!



Left: Jim McCune was looking quite dapper at the Annual CoreFirst Bank & Trust Christmas Party in December. Jim has lived at Brewster Place since 1991.

Below: Al and Betty Jo Morris also enjoyed the CoreFirst Party. Everyone was decked out in their finest holiday attire. Thank you CoreFirst!



Resident Birthdays

Ann Conley	1
Bill Thornton	1
Max Baker	2
Steve Hall	2
Melvin Mergenmeier	2
Betty Geiser	3
Cliff Hurst	3
Alice Hurst	7
Martin Woner	7
Esther May	11
Georgiana Morrill	12
Mary Lou Kiene	14
Maggie Killinger	16
Connie Buergin	17
Leota White	17
Mildred Stone	19
Jim Barron	20
Theresa Cain	20
George Marschall	20
Carlene Allen	21
Anderson Chandler	21
Pauline Harris	22
Virginia Skinner	22
David Smith	22
Elsie Becker	23
Shirley Day	24
Jim Stanton	25
Virginia Anderson	27
Arlene Burkdoll	29
Bill Douthett	30
Margery Purcell	30
Louise Salisbury	30

Anniversaries

Max and Liz Kiene	1-17-42
Sydney and Edna Fluke	1-22-49
Max and Lillie DaMetz	1-24-43
Al and Darline Peterson	1-24-94
John and Barbara Thiele	1-24-49
Bill and Ruth Larson	1-25-57
Warren and Freida Schriener	1-29-55

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 January!

Department	Location	Years
<u>Dining Services</u>		
Jessica Spencer	MB	1
Lorraine Hickerson	MB	2
Josephine Bowman	BHC	1
Margaret Buergin	BHC	7
Matt Reseigh	MB	2
<u>Environmental Services</u>		
Joshua Briggs	BS	1
Hermelyn Stillie	BE	2
Rita Hulsing	Campus	11
<u>Health Services Administration</u>		
Suzanne Vorhies	BHC	4
Lisa Lohmeyer	AL	15
<u>Health Services</u>		
Shay Mason	BHC	7
Amber Serl	BHC	1
Timothy Ware	BHC	1
Deborah Wells	BHC	1
Monique Wingo	AL	8
Whitney Carrier	BHC	3
Barbara Wente	BHC	5
Lea Morgan	BHC	17
Candy Bauman	BHC	1
Faith May	BHC	1
Andrea Steverson	BHC	2
<u>Security/Transportation</u>		
Joe Hubbard	Campus	1
Travis Warren	MB	1

New Residents

Louida Arnold	MB 209
Edward Smith	MB 214

Transfers

Hazel Cramer	AL 27
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In Memoriam

Mr. Max Bennett	12-14-14
Mrs. June Pringle	12-20-14
Ms. Juliette Burnett	12-21-14
Mr. Earl Butler	12-23-14
Mr. Eugene Halbert	12-27-14
Mr. Emery Fager	12-28-14