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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

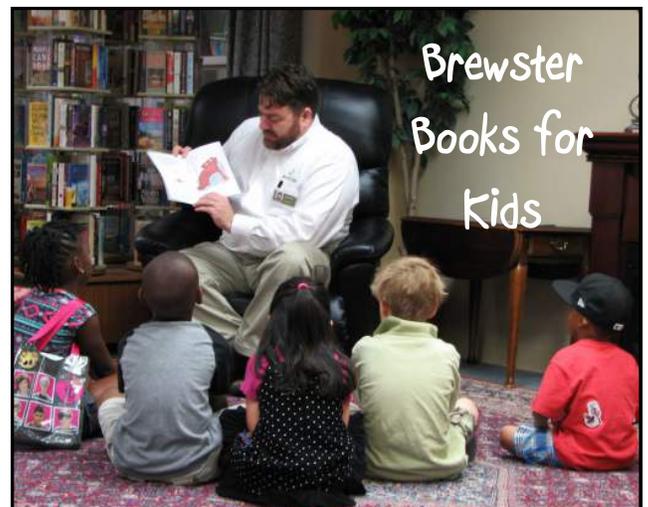


## Our Greatest Asset Is Our Compassionate Staff

As a human service organization, Brewster’s reputation depends on the people who provide the services. The fact that Brewster is known for excellence 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 has an excellent reputation because our staff members are excellent.

Brewster residents recognize the value of our caregiver staffers. Thanks to the generosity of two residents who prefer to remain anonymous, the Brewster Foundation is able to offer opportunities that would not otherwise be available.

In June the "Brewster Books for Kids" program was established. The program's goal is to encourage reading by providing books to the dependents of Brewster staff - from new readers to high school. The Brewster Foundation sponsored a Saturday morning book fair where Brewster staff members could bring their kids or grandkids to pick out a free book or two. The kids enjoyed music, snacks, and story time with CEO David Beck and



Brewster Foundation Director, Jeremy Hall, reads at story time at the inaugural "Books for Kids" event in June. We had over 25 kids participate!

Foundation Director Jeremy Hall as well as from Kyler Carpenter, from Topeka & Shawnee County Public Library.

Coming up August 4—7, nine Brewster Health Center direct care staff will have a great opportunity to attend a national conference. Usually only management and supervisory staff get to attend professional conferences, but thanks to a very generous donor the Brewster Foundation will pay all expenses for the selected staff to attend the Pioneer Network Conference in Kansas City, Missouri. "Journey to the Heartland" is billed as "the nation's largest conference focused solely on culture change and person-centered living." This is the fourth year in a row that Brewster has been able to offer this type of opportunity to direct health care staff.

In May we honored our nursing staff, and the month of June was all about saluting those who serve on the front lines in our health care centers, the Brewster Health Center and Brewster Assisted Living. We celebrated Certified Nursing Assistant (CNA) Week during the second week in June.

Continued on page 3...

# Social Services Help Provide Optimal Quality of Life

The social services team at Brewster Place offers assistance designed to support you and our loved ones with an extended range of services and programs to enhance your quality of life.

Brewster Place offers a variety of support groups for residents and family members to share their mutual concerns in a confidential setting. The meetings provide opportunities for individuals to encourage and bond with one another, express challenges or concerns and discuss experiences and changes that affect their lives in a time of need.

## Services Include:

- Emotional support for depression, anxiety, loneliness and loss
- Coordination of psychosocial and health services within Brewster Place and outside agencies
- Advance directive assistance, support and guidance
- Referrals to a clinical social worker (LSCSW) if needed
- Confidential one-on-one assistance and support
- Support and education information for psychosocial issues
- Referrals to community service agencies
- Support for the Medicare and Medicaid processes
- Spiritual care and pastoral support
- Support for life's transitions
- End of life support



## Social Services Team

### **Stacy Wenger, LSCSW**

Director of Social Services  
Independent Living Social Worker  
Main Building 216  
785-274-3395  
stacyw@brewsterplace.org

### **Chaplain Roger Jackson, M. Div**

Main Building KAC  
785-274-3349  
rogerj@brewsterplace.org

### **Carol Degenhardt, LMSW**

Brewster Health Center  
Social Worker  
785-274-3396  
carold@brewsterplace.org

### **Angala Anderson, SSD**

Brewster Health Center  
Social Service Designee  
785-274-3306  
angalaa@brewsterplace.org



## **I Always Wanted to Learn How to Draw...**

Wednesdays, July 16, 23 and 30  
2:00—4:00 pm KAC

"I can't even draw a stick figure!" Not true! Everyone can learn to draw once you learn how to see and develop a few skills. Using a still-life setting of simple forms, you will learn to concentrate and develop your perception and drawing skills. It takes practice and perseverance. All levels of experience are welcome. There will be individual problem solving and discussions about techniques and famous artists.

### **Instructor**

**Barbara Solberg, BFA**, University of Kansas, has been a working artist for more than 30 years. She has taught classes in her studio, at art centers, and has presented workshops statewide. Course materials are \$10 and number of participants is limited.

## **Thinkers Who Changes the United States**

Tuesdays, July 8, 15 and 22  
6:30 pm Lobbies

Building on his original presentation about thinkers who challenged us in the modern world, John Mack returns to discuss important American thinkers who helped shape the social, cultural, economic and political views of modern Americans. The first session focuses on the important debate over the role of religion in the nation. Session two looks at the development of a uniquely American philosophical tradition. The third session examines the way in which leading thinkers helped create the nature of American capitalism.

### **Instructor**

**John Mack, Ph.D.**, teaches history online for the University of Georgia system and is an adjunct professor of history at Johnson County Community College. He has master's degrees in divinity and modern eastern European and Russian history and doctorates in theology and American history.

continued from page 1...

At Brewster Place, our CNAs are called Kaizen because they do more than just standard CNA care and go above and beyond “normal” CNA work. Kaizen, loosely translated from Japanese as a “team member dedicated to quality improvement,” work tirelessly to provide excellent, compassionate care to our elders. We can be proud of all of them, but one Brewster Health Center Kaizen, Sha’net “Shay” Mason, has been honored for an essay she wrote and entered in an

essay contest sponsored by the National Association of Healthcare Assistants (NAHCA). Shay works in the Meadowlark neighborhood at BHC. Her essay, “Why CNAs are Champions,” won the national contest, and her prize is a trip to the 2014 NAHCA Conference in Iowa.

*Congratulations to Shay and a big thank you to all our Kaizen staff. You are the backbone of the great care provided to Brewster Place residents.*

**“Why CNAs are Champions”  
by Sha’net Mason, CNA, CMA, CAD, HSS**

Being a CNA is not just my job, it’s my life. It means that my elders find me important in their lives due to the care I provide. Not just as a CNA, but as a friend, companion, therapist, provider and loved one. CNAs are the champions of long term care because our hearts and consideration are put into our work. Therefore, any care we give, any hand we hold, any ear or shoulder we lend to our elders, comes out of love for the elders and the unconditional love of our job. CNAs are champions because we deal day in and day out with extreme behaviors, changing attitudes, mood swings, elders who are hurting physically and/or emotionally. We go as far as making sure family members of our elders are comfortable with our work and the environment we provide.

***I am a bed making, feet aching, multi-tasking, gown and masking, patient pleasing, nurse appeasing, shampoo and shaving, coffee craving, hand holding, family consoling, meal cooking, shower bathing, laundry washing, hair grooming, fast moving CNA!***

You ask me why CNAs deserve to be called champions of long term care. I will tell you because we EARNED it! Nobody knows, loves and cares for our elders the way we do. We will go the extra mile and spend the extra time with each of our elders to ensure them comfort. The connection we make with our elders is priceless and sometimes we lose the elders that we have grown to love. Yet, and still, the bond is unbreakable and the love is so strong. We are compassionate, patient, understanding, empathetic and sympathetic. We have to be sensitive to each elder situation and know that we are the closest people to them and they expect for us to be there for them no matter what the situation. Not only do we care for our elders but we are the back bones of our nurses. Making sure the nurses are aware of what goes on so they have the information and tools needed to perform their duties. A good CNA does what they are supposed to and does not need a nurse to shadow or look over or instruct on how to do assigned work. An awesome CNA knows each elder and how to treat them and keep them happy and content. CNAs know each elder’s likes and dislikes, and even the family member’s preferences. Even if we mean nothing to everyone else we mean EVERYTHING to our elders. They look up to us and look forward to us coming back to work and caring for them the following day. CNAs go above and beyond and being the champions we are is what keeps long term care possible. Without the hard work, sincerity and dedication of me and my fellow CNAs, the long term care industry wouldn’t be what it is today.

***So yes, I AM A CHAMPION because my title is CNA!***



“Aging is not lost youth but a new stage of opportunity and strength.”  
-Betty Friedan

## Ready, Set, Exercise!

### Brewster’s Therapy Team Is Ready to Help Get You Started

**T**he benefits of exercise have been well documented in research and include increased strength, mobility, safety, social interactions, and brain functioning. Before you start a new exercise program, you should check with your physician to be sure that what you have in mind is a good starting point for you. After gaining your doctor’s approval, choose activities that you know you enjoy, or can learn to enjoy. If you don’t like what you are doing, it is much more difficult to keep it up.

You can exercise your body and mind by doing many activities including: walking, golfing, gardening, painting, weight lifting, exercise class, Tai Chi, water aerobics, cycling and participating in group activities. Before you embark on a new journey, give some thought to these categories:

#### Goals

Be sure your goals are achievable. If you start out walking briskly for five minutes and doing 10 repetitions of exercise with 5 pound weights, a good goal might be to increase over six weeks to a 20 minute walk and using 8 pound weights for 10 repetitions.

#### Equipment

An armless chair and some light weights may be all you need. If weights are not available, you can use soup cans or water bottles. Good athletic shoes that are appropriate for your activity are a must.

#### Schedule

Think about times of day that will increase your consistency. Plan to be faithful.

#### Training Zone

If you are starting a new weight program, start with 3-5 pound weights and perform 8-12 repetitions. Rest for one minute and perform another set of repetitions. You should not have any pain. When you can comfortably perform more than 15-20 repetitions, you should consider increasing your weight by a pound or two. Try to strengthen at least twice a week — three to five times per week is optimal.

#### Stretch

Select a stretch for the upper or lower body and hold that stretch for 30 seconds. Repeat the stretch 2-3 times. You should not feel any pain. Stretching should generally feel good. Only hold neck stretches for five seconds and stop if you feel any dizziness. Stretch at least twice a week. Stretch five days per week to really increase flexibility.

#### Remember the Talk Test

You should be able to speak in your normal voice and tone during exercise. If you become out of breath and not able to speak, then you need to lower your intensity level by slowing down.

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If you feel that starting a new program would not be safe without professional guidance, feel free to contact the Brewster Therapy department at 274-3337. We will be happy to help you get a physician’s order and help you get started! ■

*There’s more to experience!*

## For Your Wellness | The Health Benefits of Good Sleep

By Eileen McGivern, BSN, RN, Director of Strategic Community Initiatives

Sleep provides health benefits on many different levels. These benefits include energy, balance, increased intellectual function and alertness, elevated mood and many cellular and molecular benefits. Sleep affects almost every tissue in our bodies including growth and stress hormones, immune system, appetite, and cardiovascular systems.

Research shows that lack of sleep increases the risk for obesity, heart disease and infections. During sleep, heart rate, breathing and blood pressure rise and fall. This process has been shown to be important to overall cardiovascular health. The body releases special hormones during sleep that repair cells and control the body's use of energy. The release of these hormones are also related to weight control. Research has shown that lack of sleep can produce a diabetic-type condition that alters the ability to synthesize glucose. Hormones that regulate our mood are also recalibrated during sleep.

A good night's sleep consists of four to five sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM). REM is when we dream. These cycles of REM and deep sleep are critical to health. Disruptions to these sleep cycles can have serious ramifications. Sleep needs vary from person to person. On average, adults need seven to eight hours of sleep per night, babies need almost 16 hours, young children 10 hours and teenagers require at least nine hours. Studies show that seniors

don't require more or less sleep than middle-aged adults.

As people age, they may not get enough sleep because of illness, medications or sleep disorders. Two common disorders are insomnia and sleep apnea. While sleep apnea is a more common sleep disorder, alterations in heart rhythm such as bradycardia can often exhibit as a sleep disorder. All people experience some degree of insomnia — the ability to fall asleep and stay asleep — during their lifetime. If insomnia is an ongoing issue, speak to your doctor. Often sleep studies are performed by sleep specialists to determine what quality of sleep you are experiencing and what can be done to remedy poor sleep.

Lack of quality sleep can inhibit cognition and alertness. Memory is also diminished by chronic sleep deficiencies. During sleep your brain is busy processing information from the day and forming memories. Our brains process three different types of memories: episodic

(based on past events in your life), procedural (how to do something) and fact based (what are the state capitals?).

Without adequate sleep, your brain has a harder time absorbing and recalling new information. Studies involving memory tests show that after a single night of sleep, even a nap, people perform better. Good, restful sleep sharpens the mind, speeds up our physical reflexes, motor skills, judgment and mood! Try to practice quality sleep practices such as retiring and rising at the same time each night and day, sleeping in a cool, quiet environment, limiting the use of electronics before bed, avoiding caffeine and most certainly(!) nicotine before sleep. Try a warm bath, herbal tea and reading before you plan to sleep. Another great word of advice is not to make important, life changing decisions in the evening! Things of that nature can wait until the morning after a full night of sleep! ■

### Looking Ahead to August...

#### **Trash & Treasure Sale Friday and Saturday August 8 and 9**

The cutoff date for residents to donate items for this Sale is Friday, July 18 by 5:00 pm. Please bring items to the Klinge Activity Center.

#### **Brewster's 50th Anniversary Plein Air Art Event and Show**

In August our 50th Anniversary celebration continues with two separate art-focused events. The first will involve having local artists visit campus and have a "plein air" art session with instruction for our resident artists. Later in the month, we will host an Art Show that will showcase art from our residents and local artists as well. More information will be coming soon! ■



## Meet Our Members

by Julie Schmake, Member Relations

Carol Wertenberger joined Brewster at Home this June. She is hoping to gain better fitness and balance by attending exercise classes. She finds herself feeling a little off balance while doing things around the house, so she decided to get started.

Carol and her husband, Dale, lived in Norton, Kansas for many years where she was a County Clerk for two years and later became the City Clerk. Dale worked at Norton State Hospital for 27 years and, due to some changes at work, decided to move

to Topeka for a job at Topeka State Hospital. Dale passed away from cancer a few years after they moved here and Carol has lived here about 20 years.

Carol has three grandchildren (one granddaughter and two grandsons). Her hobbies are singing and she plays a little piano. She was excited at the mention of Brewster Singers. If you see a really tall gal on campus it's probably Carol. Be sure and make her feel welcome. ■

### We Invite You to Invite a Friend! "Lunch and Learn" with Brewster at Home

Friday, July 25  
11:30 am—1:00 pm  
Klinge Activity Center

#### The program will include:

**Eileen McGivern, Director, Brewster at Home**

How Brewster at Home can make "aging in place" work for you

**Jeanene Johnson, Activities Coordinator**

Review of upcoming events and activities

**Julie Schmanke, Wellness Specialist**

Wellness and fitness opportunities available to you

**Phyllis Lansford, Marketing Consultant**

Downsizing your home and managing "stuff"

We will share lunch and get to know one another as well. Please call 274-3303 if you are interested in attending. If you have a family member or friend who you think could benefit from the services of Brewster at Home, we encourage you to call 274-3303 and we will invite them as well. **Spaces are limited so call early!** ■

### There's More to Experience!

News from the Brewster Place Marketing Team

**Do you have friends who you would like to have as your neighbors here at Brewster Place?** There are several great options available now, including a beautiful newly remodeled Brewster East apartment.

**DON'T FORGET! Refer your friends to Brewster Place and when they move in, you will receive a FREE month's rent!**

For those living in Brewster East, a Grand Home, or one of the Terrace or "Trees" apartments (Oak, Maple and Cedar), have you considered making a move to the Main Building? Some great homes are coming available which might be just what you need. As part of our Catered Living service, we offer:

- All food included – no more grocery store hassles
- Housekeeping with bed linens changed
- Weekly personal laundry service
- Plus easy access to all the Main Building amenities including the dining room, computer resource center, bank, The Market, library, beauty/barber shop and the Penthouse Art Studio

And remember, there is NO transfer fee to move from another independent living apartment to an apartment home in the Main Building.

Call the Marketing department at 274-3350 and begin to learn more about options that are available. ■

July 4th Lunch  
Friday, July 4  
Main Dining Room



#### Menu

Chili Dogs | Potato Salad | Corn on the Cob |  
Watermelon | Brownies

The Brewster Foundation has been very busy in the past month thanks to big hearts and the generous donations of people like you. Here is a recap:

**Brewster Books for Kids**

Earlier this year a donor came forward wanting to provide books for the dependents of Brewster staff. With a generous gift the Foundation purchased over 800 books to be handed out at our first “Brewster Books for Kids” event in June. Books were provided for kids to choose — new readers all the way to high school students. More about this event is featured on the front page of this issue.

**Chapel Organ**

As you may know, the organ in the Chapel at Brewster Place served us well for many years but this spring it gave its last gasp (during Vespers, no less). Music is an important part of every service held in the Chapel and through the efforts of dedicated Brewsterites, funds were raised to purchase a new organ that will last for years to come. The new organ should be in place this month for all to enjoy.

The wonderful thing about the purchase of the organ is the joy in giving that people have expressed. One donation came from a person that said, “I don’t listen to the organ, but I know the joy

it brings to others, so I am willing to give for this purpose.” Yet another great example of the kind of people we have in Brewster community. We give to help each other and to bring joy to each other.

**Community Giving**

Last month the Brewster Foundation participated in the Topeka Community Foundation’s “Topeka Gives” event. In 2013 this event provided over \$180,000 to Topeka area non-profit organizations in our community. This year the Topeka community gave over \$300,000 to area non-profits — all in one day of giving at Fairlawn Plaza. Generosity is alive and well in our community.

We are happy to report the Brewster Foundation received just over \$2800 from this event — four times the amount received last year. In addition, four of our 13 contributors at this event were first time givers to Brewster. We look forward to next year’s “Topeka Gives” event! ■

**Event in July...**

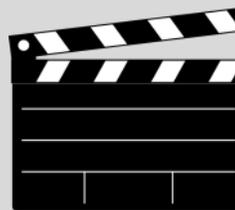
**New Resident Ladies Lunch**

Thursday, July 24  
11:30 am  
Founders Room

**Newsletter Volunteer Needed**

Do you enjoy meeting new people? Do you have a penchant for interviewing and writing? We have a volunteer job just for you! The resident profiles that are featured in the Brewster News each month have always been written by resident volunteers. Our most recent volunteer, Phyllis McMahan, stepped into the post when asked — but only on a temporary basis. She has done a great job and we thank her! Mary Mills and the late Nyla Faye Shoemaker also enjoyed volunteering in this manner.

If you have an interest in this volunteer position, please give Janis Swanson a call at 274-3389. This volunteer job is vital to making the Brewster News enjoyable for our readers and we hope you will consider this opportunity! ■



**At the Movies**  
**BPTV 23**  
**Thursdays**  
**2:00 pm**

**July 3**  
“Home Run” (2013 faith and spirituality)

**July 10**  
“Lovely and Amazing” (2002 comedy)

**July 17**  
“Saving Mr. Banks” (2013 biography)

**July 24**  
“Still Mine” (2013 independent drama)

**July 31**  
“Seven Days in Utopia” (2011 sports drama)

## It Will Be a “Supercalifragilisticexpialidocious” Time!

*“Go and chase your dreams, you won’t regret it.”*

**B**rewster is a proud supporter of the arts in our community and we are thrilled to be an Associate Co-Producer of Topeka Civic Theatre’s production of *Mary Poppins*. Topeka Civic Theatre is one of the first community theatres in the nation to bring *Mary Poppins* to the stage. Residents and Brewster at Home members will board the Brewster bus at 6:00 pm on Thursday, July 24 to see this wonderful show. Tickets are \$30. Please call Jeanene at 274-3398 for reservations.



*“Anything can happen if you let it.”*

-Mary Poppins

Based on the books by P.L. Travers and the classic Walt Disney Film, *Mary Poppins* includes a score filled with timeless classics such as “Feed the Birds,” “Jolly Holiday,” “Step in Time,” and the Academy Award winning “Chim-Chim Cher-ee.” The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family how to value each other again. *Mary Poppins* delighted Broadway audiences for over 2,500 performances and received nominations for nine Olivier and seven Tony Awards, including Best Musical. With spirited music and dancing along with special effects, the story of the Banks family will touch the entire audience. (topekacivictheatre.com)

As an added treat this month, we will show *Saving Mr. Banks* on BPTV 23 on Thursday, July 17 at 2:00 pm. This film tells the story behind the story of Mary Poppins. ■

## Summertime Is Outside Time at Brewster Place

*“A life without love is like a year without summer.”*

-Swedish Proverb



**Above:** Carl Roney attended the 50th Anniversary “A Day at the Park” Celebration at Lake Shawnee. Residents enjoyed a sack lunch and a walk around Ensley Gardens. It was a beautiful day!



**Left:** Mary Mills and Adele Wallace attended the “Bare Bones Tour” of the Stone House. The house is being renovated into a Welcome Center and office space. Stay tuned for updates!



**Above:** Warren Schriener also attended the “A Day at the Park” event in June. We couldn’t have asked for a more perfect day to be outside celebrating with friends. We LOVE Warren’s hat!

**Resident Birthdays**

Lillie DaMetz	2
Alberta Cowles	4
Carl Roney	4
Don Brock	5
Irv Sheffel	5
Merlin Johnson	7
Polly Collins	9
Mary Petrik	9
Mary Allen	10
Fred Rausch	11
Ann Cousins	14
Max Kiene	15
Virginia Mansfield	15
Jim Banks	17
Al Morris	19
Lola Parerson	19
June Cunningham	20
Laura Hill	20
Dick Nichol	21
Wendell Yockey	21
Daisy Douthett	22
Tom McMahan	22
Jean McKenzie	23
Betty Morris	23
Betty Bulkley	24
Milton Jackson	24
Reeta Akins	25
Don Finson	26
Nancy Toedman	27
Chuck Howard	28
Nolan McKenzie	31

**Anniversaries**

Al and Betty Morris	7-2-44
Richard and Shirley Fuller	7-4-48
Lawrence and Tina Heide	7-4-45
Jack and Gloria Barron	7-12-48
Emery and Dorothy Fager	7-26-43
David and Sue Smith	7-26-52
Cliff and Mary Lou Heckathorn	7-31-49

**New Residents**

Dick and Donna Crawford	Maple 201
Jane Stephens	North Terrace 12

**Transfers**

Waunita Roseberry	N24
Shirley Day	BHC
Maxine Noller	BHC
Marian Cutler	BHC

**Staff Anniversaries**

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

Department	Location	Years
<b><u>Administration</u></b>		
Melissa Reynolds	BE	11
<b><u>Capital Care Transitions Coalition (CCTP)</u></b>		
Demetra Moore	CCTP	1
Margrette Atwood	CCTP	1
Kimberley Rice	CCTP	1
Ken Schmanke	CCTP	1
<b><u>Dining Services</u></b>		
Shirley Kraus	MB	1
Anna Powell	MB	1
<b><u>Environmental Services</u></b>		
Larry Maddux	Campus	6
Vanesa Munoz	BS	1
Mary Stephens	Campus	9
<b><u>Health Services Administration</u></b>		
Barb Kemble	BHC	11
Carol Degenhardt	BHC	1
<b><u>Health Services</u></b>		
Fina O'Brien	BHC	6
Kendra Besenyi	BHC	1
Bill Bation	BHC	2
Marilyn Liby	BHC	26
Jaimie Casto	BHC	4
Samuel Mwangi	BHC	6
Crystal Fosdick	BHC	2
Monique Wright	AL	1
Michelle Ideker	AL	2
<b><u>Rehab</u></b>		
Amanda Saylor	Rehab	1
<b><u>Resident Services</u></b>		
Stacy Wenger	MB	3
<b><u>Therapy Services</u></b>		
Jane Anderson	BHC	5
Jason Burrous	BHC	1
<b><u>Security/Transportation</u></b>		
Hector Rodriguez	MB	8

**In Memoriam**

Mrs. Martha Carithers	5-30-2014
Mrs. Jean Ingersoll	6-4-2014
Mrs. Geraldine Davidson	6-14-2014
Mrs. Henrietta Schick	6-16-2014
Mrs. Betty Whitney (former resident)	6-19-2014